

USAPL PA STATE BENCH PRESS / DEADLIFT CHAMPIONSHIPS
LEHIGHTON, PA
JUNE 4TH, 2011

BENCH PRESS CHAMPIONSHIPS

<u>60 kg / 132.25</u>	<u>ACTUAL WT</u>	<u>AGE/DIVISION</u>	<u>BENCH</u>	<u>PLACE</u>
Ryan Hirsch	57.8 kg / 127.4	11/ 10 – 13	32.5 kg/ 72	1 st
Joshua Popek	56.8 kg / 125.2	17/16 – 17	87.5 kg/192.75	1 st

67.5 kg / 148.75 lb

Nick Hirsch	67.5 kg / 148.75	12/ 10 – 13	50 kg / 110	1 st
Jordan Blanton	64.6 kg / 144.4	18/High School	120 kg /264	1 st
Adam Belyo	60.7 kg / 133.8	14/14 – 15	95 kg / 209	1 st
Nick Strubinger	60.7 kg / 133.8	15 /14 – 15	62.5 kg/ 137.75	2 nd

75 kg / 165.25 lb

Chuck Holland	74.2 kg / 163.6	35/Raw Open	127.5 kg / 281	1 st
Cory Snow	73.9 kg / 162.9	17/High School	120 kg / 264	1 st
Justin Cannalley	71.7 kg / 158.1	18/18 – 19	120 kg / 264	1 st

Justin Cannalley Best Teen Bench Press

82.5 kg / 181.75 lb

Robert Andre	80.7 kg / 177.9	31/Open	152.5 kg / 336	1 st
Jeff McDaniel	80.2 kg / 176.8	29/Raw Open	172.5 kg / 380	1 st
Mike Ciupinski	81.9 kg / 180.55	32/ Raw NJ	187.5 kg / 413.25*	1 st
Mason Griffiths	80.0 kg / 176.25	18/Raw 18 – 19	82.5 kg / 181	1 st

***Mike Ciupinski 187.5 kgs / 413.25 USAPL Single Lift Raw American BP Record**

90 kg / 198.25

Pete Grohoski	89.1 kg / 196.4	40/Open	240 kg / 529	1 st
Paul Tongiani	86.3 kg / 190.2	34/Raw Open	145 kg / 319.5	1 st
Mike Hitcho Jr.	88.2 kg / 194.4	32/Raw Open	105 kg / 231.25	2 nd
Mike Reid	85.7 kg / 188.9	15/14 – 15	115 kg / 253.5	1 st
Nick Goldberg	84.9 kg / 187.2	15/14 – 15	90 kg / 198.25	2 nd
Bailey Becker	85.8 kg / 189.1	14/14 – 15	55 kg / 121.25	3 rd
Tre Nelson	87.3 kg / 192.5	15/Raw 14 – 15	97.5 kg / 214.75	1 st
Bobby McHale	83.8 kg / 184.7	16/16 – 17	105 kg / 231.25	1 st
Lucas Estes	89.0 kg / 196.2	18/High School	117.5 kg/259	1 st
Molly Kate Campbell	84.7 kg / 186.7	14/14 – 15	60 kg / 132.25	1 st (f)

Pete Grohoski Best Open Bench Press

100 kg / 220.25

Ron Zsido	96.1 kg / 211.9	36/Open	220 kg / 485	1 st
Andy Elkin	93.9 kg / 207.0	25/Open	185 kg / 407	2 nd
Joe Semeister	91.7 kg / 202.2	43/40 - 44	110 kg / 242.5	1 st
Jeff Van Dyke	98.2 kg / 216.5	43/40 - 44	105 kg / 231.25	2 nd
Joe Hirsch	99.6 kg / 219.6	46/45 - 49	170 kg / 374.75	1 st
Tony Contino	98.4 kg / 216.9	64/60 - 64	107.5 kg / 236.75	1 st

Joe Hirsch Best Master Bench Press

110 kg / 242.5

Rob Eckhart	109.0 kg / 240.3	38/Open	242.5 kg / 534.25	1 ^{sr}
Anthony Stavenski	103.7 kg / 228.6	31/Open	232.5 kg / 512.5	2 nd
Joe Hirsch, Jr.	101.5 kg / 223.8	23/Jr	160 kg / 352.5	1 st
Chuck Herman	104.7 kg / 230.8	50/Raw / 50 - 54	165 kg / 363.75	1 st /1 st
Tom Harman	106.7 kg / 235.2	55/55 - 59	187.5 kg / 413.25	Bomb
Walt Malloreay	101.5 kg / 223.8	48/Raw Open	152.5 kg / 336	2 nd
Charles King	100.3 kg / 221.1	60/Blind	130 kg / 286.5	1 st

125 kg / 275.5

Tom Skelly	114.7 kg / 252.9	38/Open	237.5 kg / 523.5	1 st
Steve Nusca	123.0 kg / 271.2	24/Open	155 kg / 341.5	2 nd
Sean Siggins	121.2 kg / 267.2	37/Open / PFM	232.5 kg / 512.5	Bomb
Levi Perillo	123.5 kg / 272.3	21/Jr	252.5 kg / 556.5	Bomb

SHW

Dan Lobb	125.1 kg / 275.8	16/16 - 17	75 kg / 165.25	1 st
CJ Hartman	131.3 kg / 289.5	17/HS	145 kg / 319.5	1 st

DEADLIFT CHAMPIONSHIPS

<u>60 kg / 132.25</u>	<u>ACTUAL WT</u>	<u>AGE/DIVISION</u>	<u>DEADLIFT</u>	<u>PLACE</u>
Ryan Hirsch	57.8 kg / 127.4	11 / 10 – 13	97.5 kg/214.75	1 st
Joshua Balliet	59.7 kg / 131.6	18 / 18 – 19	145 kg/319.5	1 st

67.5 kg / 148.75

Nick Hirsch	67.5 kg / 148.75	12 / 10 – 13	137.5 kg/303	1 st
Nick Strubinger	60.7 kg / 133.8	15 / 14 – 15	127.5 kg/281	1 st
Tee Jay Leffew	66.8 kg / 147.3	16 / 16 – 17	195 kg/ 429	1 st
Konnor Herman	62.7 kg / 138.2	18 / 18 – 19	182.5 kg/402.25	1 st

75 kg / 165.25

Dylan Lesisko	69.9 kg / 154.1	17 / 16 – 17	150 kg/ 330.5	1 st
Chuck Gagliano	72.6 kg / 160.0	18 / 18 – 19	172.5 kg/380.25	1 st

82.5 kg / 181.75

Tom Acker	78.6 kg / 173.3	18 / 18 – 19/Open	255 kg /562.2	1 st /1 st
Jaleel Beck	81.1 kg / 178.8	35 / Raw Open	202.5 kg/446.25	1 st

Tom Acker Beet Teen Deadlift

90 kg / 198.25

Pete Grohoski	89.1 kg / 196.4	40 / Open	242.5 kg /534.6	1 st
Paul Tongiani	86.3 kg / 190.2	34 / Raw Open	262.5 kg /578.7	1 st
Mike Hitcho Jr.	88.2 kg / 194.4	32 / Raw Open	207.5 kg /457.25	2 nd
Tre Nelson	87.3 kg / 192.5	15 / Raw 14 – 15	187.5 kg/413.25	1 st
Molly Kate Campbell	84.7 kg / 186.7	14 / 14 – 15	105 kg / 231.25	1 st
Nick Goldberg	84.9 kg / 187.2	15 / 14 – 15	142.5 kg / 314	1 st
Bailey Becker	85.8 kg / 189.2	14 / 14 – 15	112.5 kg /248	1 st
Matt Bukowski	83.7 kg / 184.5	15 / 14 – 15	175 kg/ 385.75	Bomb

Tre Nelson 187.5 kg / 413.25 USAPL Raw Single Lift Teen 14 – 15 American Deadlift Record

90+ kg / 198.25+ (F)

Kensey Shanfelt	100.4 kg / 221.3	17 / 16 – 17	105 kg / 231.25	1 st
-----------------	------------------	--------------	-----------------	-----------------

100 kg / 220.5

Andrew Elkin	93.9 kg / 207.0	25 / Open	275 kg / 606.25	1 st
Charles Vitanza	96.6 kg / 213	15 / 14 – 15	162.5 kg / 358.25	1 st
Dylan Smith	93.9 kg / 207.0	17 / Raw 16 – 17	227.5 kg / 501.5	1 st
Jeff Van Dyke	98.2 kg / 216.5	43 / 40 – 44	215 kg / 473.75	1 st
Joe Semeister III	91.7 kg / 202.2	43 / 40 – 44	182.5 kg / 402.25	2 nd
Joe Hirsch	99.6 kg / 219.6	46 / 45 – 49	210kg / 463	1 st
Tony Contino	98.4 kg / 216.9	64 / 60 – 64	210 kg / 463	1 st

Andrew Elkin Best Open Deadlift

Jeff Van Dyke Best Master Deadlift

110 kg / 242.5

Anthony Stavenski	103.7 kg / 228.6	31 / Open	240 kg / 529.1	1 st
Taylor Turchick	102.8 kg / 226.6	18 / 18 – 19	192.5 kg / 424.35	1 st
Joe Hirsch	101.5 kg / 223.8	23 / Jr	210 kg / 462.75	1 st
Charles King	100.3 kg / 221.1	60 / Blind	172.5 kg / 380.25	1 st

125 kg / 275.5

Sean Siggins	121.2 / 267.2	37 / Open / PFM	247.5 kg / 545.5	1 st /1 st
Steven Nusca	123.0 kg / 271.2	24 / Open	205 kg / 451.75	2 nd
Levi Perillo	123.5 kg / 272.3	23 / Jr	252.5 kg / 556.6	1 st

Levi Perillo 252.5 kg / 556.6 USAPL Junior Single Lift American Deadlift Record

275+ kg / SHW

Steve Marino	145.8 kg / 321.4	14 / 14 – 15	117.5 kg 259	1 st
Dan Lobb	125.1 kg / 275.8	16 / Raw 16 – 17	177.5 kg / 391.25	1 st

Dan Lobb 177.5 kg / 391.25 USAPL Raw Single Lift Teen 16 – 17 American Deadlift Record