

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)

| | | | | |
|------------------|------------------|--------------|-----------------|-----------------|
| Kensley 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