



2009 USAPL MASSACHUSETTS and RHODE ISLAND OPEN STATE

POWERLIFTING BENCH PRESS CHAMPIONSHIPS

12/12/09 - North Scituate, RI

Meet Directors: Eric Cordeiro and Mike Zawilinski

Name	Age	BWt (Lbs)	Squat				Bench				Sub Total	Deadlift				PL Total	Wilks	Open Place	Open Raw Place	Age Div. Place	Team
			1	2	3	Best	1	2	3	Best		1	2	3	Best						
114 Women																					
Gregory, Sara	26	107.8	-126.8	132.3	143.3	143.3	55.1	71.6	77.2	77.2	220.5	126.8	143.3	-154.3	143.3	363.8	215.5		1-F-OR-52		Spring Col
132 Women																					
Staveley, Shauna	24	129.0	-154.3	-159.8	159.8	159.8	126.8	-132.3	-132.3	126.8	286.6	253.5	275.6	-303.1	275.6	562.2	290.0		1-F-OR-60		Spring Col
Guss, Raquel	21	132.3	165.3	176.4	-187.4	176.4	115.7	-126.8	-126.8	115.7	292.1	170.9	187.4	203.9	203.9	496.0	250.9		2-F-OR-60		NUPL
Stone, Jennifer	36	120.6	154.3	-170.9	-176.4	154.3	104.7	110.2	121.3	121.3	275.6	165.3	192.9	209.4	209.4	485.0	263.7	1-F-O-60	3-F-OR-60	1-F-SM	
148 Women																					
Lehans, Dara	57	141.3	264.6	286.6	-303.1	286.6	132.3	143.3	-154.3	143.3	429.9	275.6	303.1	319.7	319.7	749.6	360.4				1-F-M
Crocker, Heather	21	139.8	203.9	226.0	-259.0	226.0	115.7	132.3	-148.8	132.3	358.2	264.6	303.1	319.7	319.7	677.9	328.7				1-F-JR
Padilla, Anna	23	145.3	-143.3	176.4	-181.9	176.4	-116.7	143.3	143.3	143.3	319.7	253.5	275.6	308.6	308.6	628.3	296.0		1-F-OR-67.5		NUPL
LaBarre, Cassandra	18	133.2	-132.3	132.3	-165.3	132.3	71.6	77.2	82.7	82.7	214.9	181.9	198.4	-226.0	198.4	413.4	208.0				1-F-T3R
165 Women																					
Mason, Deb	53	159.4	198.4	214.9	-220.5	214.9	132.3	143.3	148.8	148.8	363.8	237.0	253.5	-286.6	253.5	617.3	272.6	1-F-O-75			2-F-M
198 Women																					
O'Neal, Revathi	29	182.8	165.3	176.4	187.4	187.4	82.7	99.2	-110.2	99.2	286.6	198.4	209.4	226.0	226.0	512.6	208.7				1-F-OR-90
123 Men																					
Dabrowski, Jason	22	113.3	198.4	231.5	253.5	253.5	154.3	-181.9	-198.4	154.3	407.9	297.6	325.2	336.2	336.2	744.1	335.2				1-M-OR-56
132 Men																					
Kupperstien, Eric (raw)	43	131.4	-407.9	407.9	-440.9	407.9	231.5	-248.0	-248.0	231.5	639.3	518.1	562.2	-600.8	562.2	1201.5	467.7	1-M-O-60			1-M-M1
Willette, Peter	19	131.0	286.6	303.1	-325.2	303.1	203.9	226.0	-253.5	226.0	529.1	363.8	385.8	0.0	385.8	914.9	357.2				2-M-T3
148 Men																					
Cordoba, Aaron	18	148.8	352.7	-418.9	418.9	418.9	292.1	-314.2	314.2	314.2	733.0	451.9	-534.6	-534.6	451.9	1185.0	414.4				1-M-T3
Mears, Paul	56	147.7	374.8	402.3	0.0	402.3	203.9	-209.4	-209.4	203.9	606.3	402.3	418.9	-424.4	418.9	1025.1	360.7				2-M-GM
165 Men																					
York, Michael	21	165.3	529.1	-551.2	-551.2	529.1	374.8	396.8	407.9	407.9	937.0	529.1	551.2	-584.2	551.2	1488.1	481.0	1-M-O-75			
Metivier, Russ	49	164.5	418.9	440.9	463.0	463.0	-292.4	292.1	-308.6	292.1	755.1	440.9	463.0	-485.0	463.0	1218.0	395.1				1-M-M2L
Hadad, Jeffery	43	151.5	363.8	402.3	413.4	413.4	330.7	374.8	380.3	380.3	793.7	363.8	402.3	-413.4	402.3	1196.0	412.5				3-M-M1
Diaz, Melvin	20	156.1	303.1	330.7	-358.2	330.7	203.9	-220.5	220.5	220.5	551.2	451.9	485.0	-523.6	485.0	1036.2	349.2				2-M-JRL
Cassaro, Joseph	18	162.9	-325.2	325.2	369.3	369.3	198.4	-214.9	-214.9	198.4	567.7	308.6	341.7	363.8	363.8	931.4	304.2				3-M-T3
181 Men																					
Gasinowski, Edju	37	179.9	490.5	512.6	-523.6	512.6	308.6	-319.7	-319.7	308.6	821.2	507.1	523.6	-540.1	523.6	1344.8	411.4	1-M-O-82.5			
Poland, Andrew	26	179.7	-451.9	468.5	-501.5	468.5	314.2	336.2	-341.7	336.2	804.7	451.9	501.5	-507.1	501.5	1306.2	399.9	2-M-O-82.5			Next-Level
Jaffe, Daniel	24	174.2	380.3	396.8	407.9	407.9	314.2	330.7	-341.7	330.7	738.5	496.0	512.6	-529.1	512.6	1251.1	390.6				1-M-OR-82.5
Gross, Evan	21	177.5	380.3	402.3	418.9	418.9	286.6	303.1	-308.6	303.1	722.0	496.0	512.6	-529.1	512.6	1234.6	380.8				1-M-JRL
Cohen, Zachary	23	175.9	424.4	-451.9	-451.9	424.4	303.1	-314.2	314.2	314.2	738.5	407.9	429.9	-440.9	429.9	1168.4	362.4				5-M-J
Muccino, Jason	22	180.6	319.7	352.7	-374.8	352.7	253.5	281.1	303.1	303.1	655.9	402.3	429.9	451.9	451.9	1107.8	338.1				2-M-OR-82.5
Reidy, Roger	19	176.1	385.8	-402.3	-402.3	385.8	-253.5	-253.5	253.5	253.5	639.3	385.8	402.3	-413.4	402.3	1041.7	322.8				3-M-T3R
Mennell, William	32	175.9	325.2	341.7	352.7	352.7	220.5	-231.5	-231.5	220.5	573.2	440.9	451.9	468.5	468.5	1041.7	323.1				3-M-OR-82.5
Rizza, Joe	60	167.3	363.8	391.3	413.4	413.4	165.3	-176.4	-176.4	165.3	578.7	363.8	391.3	-413.4	391.3	970.0	310.9				1-M-GM+
Dionne, Mark	36	179.7	303.1	-330.7	330.7	330.7	203.9	214.9	-228.0	214.9	545.6	352.7	374.8	-402.3	374.8	920.4	281.8				1-M-SM



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			1	2	3	Best	1	2	3	Best		1	2	3	Best						
198 Men																					
Nappa, Joe	22	194.4	578.7	611.8	633.8	633.8	369.3	402.3	448.9	402.3	1036.2	551.2	600.8	639.3	600.8	1636.9	479.0	1-M-O-90		1-M-J	Next-Level
Hughes, Josh	21	195.3	562.2	600.8	600.8	600.8	385.8	407.9	413.4	413.4	1014.1	507.1	540.4	540.4	507.1	1521.2	444.1	2-M-O-90		2-M-J	Gilly's Gym
Ascani, Joe	44	194.0	507.1	534.6	551.2	551.2	281.1	286.6	297.6	286.6	837.7	545.6	578.7	595.2	578.7	1416.5	415.0			2-M-M1	
Bruno, Mark	21	190.5	396.8	429.9	461.9	429.9	281.1	303.1	314.2	314.2	744.1	578.7	622.8	622.8	622.8	1366.9	404.4			1-M-JRH	Spring Col
Daniel, Mark	47	197.5	457.5	485.0	501.5	501.5	336.2	358.2	369.3	369.3	870.8	457.5	490.5	507.1	490.5	1361.3	395.1			3-M-M2H	
Dally, Jerry	49	198.4	474.0	501.5	0.0	501.5	292.1	303.4	303.4	292.1	793.7	501.5	529.1	540.1	540.1	1333.8	386.2			2-M-M2H	
Brown, Benjamin	35	184.1	363.8	385.8	396.8	396.8	253.5	264.6	275.6	275.6	672.4	534.6	567.7	584.2	584.2	1256.6	379.1	3-M-O-90	1-M-OR-90	1-M-SM	
Caplan, Scott	22	196.0	474.0	474.0	474.0	474.0	275.6	303.4	303.4	275.6	749.6	474.0	501.5	518.1	501.5	1251.1	364.6	4-M-O-90			NUPL
Clayton, Bill	56	185.4	424.4	451.9	463.0	451.9	303.1	314.2	319.7	314.2	766.1	435.4	457.5	468.5	468.5	1234.6	370.9			1-M-GM	
Emar, Doug	25	191.4	424.4	446.4	457.5	446.4	352.7	380.3	380.3	352.7	799.2	429.9	429.9	446.4	429.9	1229.1	362.8	5-M-O-90			Powerfit
Greene, Jason	24	197.8	363.8	407.9	424.4	424.4	253.5	303.4	303.4	253.5	677.9	479.5	551.2	584.2	551.2	1229.1	356.5		2-M-OR-90		Spring Col
Kearney, Robert	19	196.4	402.3	424.4	424.4	424.4	264.6	270.1	286.6	270.1	694.4	496.0	507.1	534.6	507.1	1201.5	349.7			1-M-T3R	Spring Col
Johnson, Rick	46	188.9	440.9	463.0	463.0	440.9	176.4	198.4	209.4	209.4	650.4	518.1	0.0	0.0	518.1	1168.4	347.3			4-M-M2H	
Waters, Matthew	19	187.8	303.1	319.7	330.7	330.7	264.6	281.1	286.6	281.1	611.8	457.5	479.5	501.5	501.5	1113.3	332.0			2-M-T3R	Spring Col
Spear, Steven	48	184.1	314.2	341.7	358.2	341.7	270.1	270.1	286.6	286.6	628.3	413.4	440.9	457.5	440.9	1069.2	322.6			2-M-M2L	
Mears, Kevin	24	185.6	347.2	347.2	369.3	347.2	226.0	237.0	248.0	237.0	584.2	446.4	474.0	496.0	474.0	1058.2	317.7	6-M-O-90			
Lewandowski, Adam	20	186.1	308.6	330.7	341.7	330.7	198.4	237.0	237.0	198.4	529.1	330.7	380.3	407.9	407.9	937.0	280.9			3-M-JRH	NUPL
Burke, Jeff	56	195.1	264.6	286.6	308.6	308.6	226.0	237.0	248.0	248.0	556.7	336.2	363.8	374.8	374.8	931.4	272.1			1-M-MR	Next Level
Cohen, Lauren		195.5	683.4	716.5	716.5	683.4	463.0	479.5	479.5	0.0	0.0	584.2	0.0	0.0	0.0	0.0	0.0				
Wells, Robert	23	195.3	424.4	457.5	479.5	457.5	297.6	297.6	297.6	0.0	0.0	429.9	501.5	529.1	501.5	0.0	0.0				
220 Men																					
Rossi, Kevin	48	213.2	523.6	567.7	584.2	584.2	440.9	463.0	468.5	463.0	1047.2	501.5	534.6	556.7	534.6	1581.8	442.8	1-M-O-100		1-M-M2H	Next Level
Roncarati, Michael	22	207.2	545.6	589.7	600.8	589.7	391.3	396.8	424.4	396.8	986.6	545.6	589.7	589.7	545.6	1532.2	434.4	2-M-O-100		3-M-J	NUPL
Price, Thomas	41	214.7	507.1	523.6	540.4	523.6	374.8	385.8	396.8	396.8	920.4	545.6	567.7	584.2	567.7	1488.1	415.3	3-M-O-100			
Fusaro, John	18	210.3	429.9	463.0	0.0	463.0	292.1	314.2	325.2	314.2	777.1	501.5	551.2	600.8	551.2	1328.3	374.1			1-M-T2R	
Juszynski, Frank	39	209.2	402.3	418.9	429.9	429.9	253.5	281.1	308.6	281.1	711.0	507.1	529.1	545.6	529.1	1240.1	350.0			1-M-SM	
Shaughnessy, Brian	45	213.8	352.7	402.3	418.9	402.3	275.6	303.1	319.7	303.1	705.5	374.8	402.3	418.9	418.9	1124.3	314.3			5-M-M2H	
Procopio, John	23	208.3	292.1	308.6	341.7	308.6	314.2	330.7	341.7	330.7	639.3	391.3	407.9	418.9	418.9	1058.2	299.3			2-M-JRH	Spring Col
Shaklin, Aleks	62	201.9	292.1	308.6	325.2	325.2	242.5	242.5	259.0	242.5	567.7	308.6	319.7	330.7	319.7	887.4	254.7			2-M-GM+	
242 Men																					
Kalter, Michael	37	241.4	606.3	639.3	683.4	683.4	407.9	407.9	0.0	407.9	1091.3	639.3	683.4	727.5	683.4	1774.7	474.4	1-M-O-110			Gilly's Gym
Peters, Michael	18	233.7	457.5	501.5	523.6	523.6	325.2	341.7	363.8	363.8	887.4	479.5	507.1	529.1	529.1	1416.5	382.7	2-M-O-110			
Fabiano Jr, William	23	234.8	485.0	485.0	501.5	501.5	407.9	424.4	429.9	429.9	931.4	451.9	479.5	501.5	479.5	1410.9	380.5			4-M-J	
Fabiano, William	52	229.3	358.2	369.3	391.3	391.3	352.7	369.3	380.3	369.3	760.6	374.8	391.3	407.9	407.9	1168.4	317.8			3-M-GM	
MacKinnon, Fred	39	226.9	319.7	369.3	402.3	402.3	275.6	275.6	303.4	275.6	677.9	407.9	446.4	485.0	485.0	1162.9	317.5			1-M-SM	
Cocci, Charlie	53	242.5	341.7	358.2	380.3	380.3	242.5	242.5	253.5	242.5	622.8	407.9	424.4	435.4	435.4	1058.2	282.5			2-M-MR	NUPL
275 Men																					
West, Tom	38	272.0	440.9	468.5	0.0	468.5	440.9	463.0	501.5	463.0	931.4	485.0	518.1	540.1	540.1	1471.6	381.4			1-M-SM	
Smith, Kyle	20	257.3	198.4	226.0	264.6	264.6	176.4	198.4	209.4	209.4	474.0	330.7	374.8	402.3	374.8	848.8	222.8			4-M-JRH	Spring Col
Borbeau, Darren	37	273.4	562.2	600.8	600.8	562.2	440.9	440.9	440.9	0.0	0.0	562.2	606.3	628.3	628.3	0.0	0.0				Gilly's Gym
275+ Men																					
Takahashi, Ken	19	332.9	248.0	275.6	303.1	303.1	220.5	242.5	264.6	242.5	545.6	314.2	341.7	402.3	402.3	948.0	237.7			4-M-T3R	Spring Col

