

2009 Massachusetts High School Open Powerlifting Championships

Location: Northeastern University, Boston, MA

Date: March 14, 2009

Meet Director: Mike Zawilinski

Co Meet Director: Eric Cordeiro

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Best Squat	Best Bench	Best Dead lift	PL Total	Placing PI-Div-WtCl
Alyssa Freitas	18	F-V	119.2	114	205	95	210	510	1-F-V-114
Taylor Cournoyer	17	F-V	145.6	148	210	95	220	525	1-F-V-148
Nathan Schaney	15	M-JV	146.6	148	295	165	315	775	1-M-JV-148
Nicholas McDaniels	15	M-JV	151.8	165	345	200	405	950	1-M-JV-165
Cameron Walsh	15	M-JV	162.2	165	275	200	365	840	2-M-JV-165
Zachary Maiuri	15	M-JV	156	165	235	165	370	770	3-M-JV-165
John Henderson	16	M-JV	150.8	165	275	---	405	---	
Robert Chisholm	16	M-JV	181.6	181	365	255	395	1015	1-M-JV-181
Patrick Shea	14	M-JV	168.6	181	200	125	230	555	2-M-JV-181
Kevin Ihlefeld	16	M-JV	198.2	198	385	265	415	1065	1-M-JV-198
Conor Benton	16	M-JV	193.4	198	300	215	405	920	2-M-JV-198
Hugh Largey	15	M-JV	197	198	235	150	300	685	3-M-JV-198
Jad Fadel	16	M-JV	212	220	375	235	435	1045	1-M-JV-220
Andrew Malin	15	M-JV	200.8	220	250	165	405	820	2-M-JV-220
Alexander Lazarz	15	M-JV	231.8	242	385	220	405	1010	1-M-JV-242
Joshua Altime	14	M-JV	253	275	285	160	355	800	1-M-JV-275
Patrick Morton	17	M-V	129	132	265	135	300	700	1-M-V-132
Aaron Cordoba	17	M-V	142.6	148	355	280	405	1040	1-M-V-148
Pat Hagerty	17	M-V	142.6	148	220	205	370	795	2-M-V-148
Lee Keaffer	17	M-V	164.4	165	420	265	435	1120	1-M-V-165
Zachery Turner	17	M-V	158.6	165	400	200	370	970	2-M-V-165
Manaury Esguide	17	M-V	158.8	165	270	165	285	720	3-M-V-165
Jack Fadel	17	M-V	170.6	181	400	235	450	1085	1-M-V-181
Jaquan Mckenzie	16	M-V	181.6	181	320	170	425	915	2-M-V-181
Kyle Akerman	18	M-V	194.8	198	450	265	400	1115	1-M-V-198
Jared Roulier	17	M-V	184.6	198	405	235	400	1040	2-M-V-198
Jeremy Romanauskas	17	M-V	190.6	198	405	305	315	1025	3-M-V-198
Schenyder Metellus	18	M-V	196.2	198	280	215	425	920	4-M-V-198
Matthew Lima	18	M-V	212.4	220	500	280	485	1265	1-M-V-220
Cameron Moitoza	16	M-V	214	220	410	215	400	1025	2-M-V-220
Ryan Matthew Moore	17	M-V	230.2	242	560	325	600	1485	1-M-V-242
Daniel Lane	17	M-V	240.4	242	380	305	400	1085	2-M-V-242
Xavier Gonzalez	18	M-V	221	242	350	225	405	980	3-M-V-242
Evan Marcotte	17	M-V	253.4	275	535	345	515	1395	1-M-V-275
Alex Tisme	17	M-V	249.4	275	520	280	525	1325	2-M-V-275
Miguel Pena	19	M-V	258.2	275	340	225	435	1000	3-M-V-275
Alexander Sandberg-Bernard	19	Guest	165.2	165	245	235	385	865	Guest
Michael Bellows	19	Guest	181	181	245	235	375	855	Guest
Eric Dubnoff	19	Guest	189	198	400	---	485	---	Guest

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Best Lifters:

JV Best Lifter- Nicholas McDaniels

Varsity Best Lifter- Ryan Matthew Moore

Team Standings:

1st Place- Coyle and Cassidy High School

2nd Place- Xaverian Brothers High School

3rd Place- Brighton High School

Meet Officials:

Tom Weeks (NH) State

Joe Ascani (NH) State

Eric Cordeiro (MA) State

Joe Wencus (MA) State

Thank you to everyone who assisted and supported us at our recent 2009 USAPL Massachusetts Open High School Championships! This is the first competition that I have run and I couldn't have done it without the help of the New England Powerlifting Community. I want to express my heartfelt gratitude for everyone's support. Thanks to: Joe Ascani, Tom Weeks, Joe Wencus and Eric Cordeiro for their tireless efforts in the judge's chairs! These guys sat in the judge's seat for every lift. Also, I would like to thank the members of the Northeastern Power Lifting Team who managed the platform and did a great job for their first time. In addition, I would like to thank APT Inc. Pro Gear for their contributions. We were able to provide knee wraps to the two female best Lifters, men's JV best lifter, men's Varsity best lifter as well as to all the teams who entered thanks to APT Inc. Pro Gear. Lastly, I would like to thank Chicken Lou's for their contribution. We had a total of 39 lifters from MA, NJ and CT and saw some pretty amazing lifting.

A special thanks to Greg Kostas for mentoring me in running this competition. It was unfortunate that he was unable to attend due to health issues. For those of you unaware Greg has been extremely ill and I would like to invite the New England powerlifting community in joining me in thoughts and prayers for his full recovery.

Train Hard,

Mike Zawilinski