

1/29/2012	Seventh Annual USAPL Northeast Regional High School and Collegiate Powerlifting Championships																					Director: Michael Zawilinski			
																						Athletic Based Training, Holliston, MA			
Powerlifting Results Name	Team	State	Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	Wilks Pts	PI-Div- WtCls-Evt	
Anke Wang	HH	PA	F-HS	54.6	56	36	1.2002	16	77.5	-85	-85	77.5	30	35	-37.5	35	112.5	87.5	100	-105	100	212.5	255.042	1-F-HS-56-PL	
Seri Gordon	NUPL	MA	F-COL	51.2	52	52	1.2616	22	-60	65	75	75	35	-42.5	-42.5	35	110	85	97.5	110	110	220	277.552	1-F-COL-52-PL	
Sarah Danielson	NUPL	MA	F-COL	57.6	60	22	1.1509	23	87.5	-92.5	92.5	92.5	40	45	52.5	52.5	145	70	77.5	92.5	92.5	237.5	273.339	1-F-COL-60-PL	
Jessica De St. Croix	NUPL	MA	F-COL	61.6	67.5	19	1.0925	20	85	95	-100	95	42.5	47.5	-50	47.5	142.5	90	102.5	112.5	112.5	255	278.587	1-F-COL-67.5-PL	
Alexandra Deleon	WH	MA	F-HSR	71	75	41	0.9852	17	45	55	-65	55	30	35	37.5	37.5	92.5	65	80	-100	80	172.5	169.947	1-F-HSR-75-PL	
Ally Almeida	NUPL	MA	F-COL	68.9	75	42	1.0059	22	110	120	-130	120	60	-70	70	70	190	120	130	137.5	137.5	327.5	329.432	1-F-COL-75-PL	
Erika Myers	NUPL	MA	F-COL	70.3	75	51	0.9919	21	75	82.5	-90	82.5	40	45	-52.5	45	127.5	90	110	122.5	122.5	250	247.975	2-F-COL-75-PL	
Matthew Schaney	XAV	MA	M-HSR	55.4	56	21	0.92	16	57.5	70	77.5	77.5	47.5	52.5	-57.5	52.5	130	92.5	100	115	115	245	225.400	1-M-HSR-56-PL	
Danny Shapiro	HH	PA	M-HS	55.1	56	35	0.925	16	80	90	95	95	57.5	62.5	-65	62.5	157.5	112.5	125	135	135	292.5	270.563	1-M-HS-56-PL	
Josh Fejfar	HH	PA	M-HS	66.9	67.5	25	0.7766	17	147.5	162.5	-165	162.5	87.5	95	-97.5	95	257.5	172.5	185	192.5	192.5	450	349.470	1-M-HS-67.5-PL	
Mitchell Gruver	HH	PA	M-HS	63.7	67.5	27	0.8089	18	112.5	122.5	132.5	132.5	75	82.5	90	90	222.5	132.5	145	152.5	152.5	375	303.337	2-M-HS-67.5-PL	
Brandon Chase	Colby	NH	M-COLR	65.6	67.5	2	0.7891	19	-62.5	70	-80	70	95	102.5	-115	102.5	172.5	85	110	125	125	297.5	234.757	1-M-COLR-67.5-PL	
Michael Laskowski	Colby	NH	M-COLR	66	67.5	1	0.7852	20	-62.5	82.5	92.5	92.5	72.5	-77.5	77.5	77.5	170	85	105	125	125	295	231.634	2-M-COLR-67.5-PL	
Dennis Burns	NUPL	MA	M-COL	64.2	67.5	38	0.8035	19	-140	140	-155	140	100	110	-115	110	250	-162.5	172.5	182.5	182.5	432.5	347.514	1-M-COL-67.5-PL	
Roy Apostle	NUPL	NJ	M-COL	66.1	67.5	4	0.7842	20	145	152.5	-155	152.5	-87.5	-87.5	-87.5	0	0	170	185	190	190	0	0.000		
Ian Whelan	HH	PA	M-HS	72	75	12	0.7337	15	95	107.5	112.5	112.5	62.5	-70	70	70	182.5	127.5	137.5	145	145	327.5	240.287	1-M-HS-75-PL	
Joe Cassaro	BC	MA	M-COLR	72.7	75	44	0.7285	20	130	140	147.5	147.5	85	95	-97.5	95	242.5	152.5	167.5	182.5	182.5	425	309.613	1-M-COLR-75-PL	
Keon Reed	NUPL	MA	M-COL	73.8	75	37	0.7207	22	145	160	-165	160	90	-110	112.5	112.5	272.5	195	215	227.5	227.5	500	360.350	1-M-COL-75-PL	
Justin Haddadnia	NUPL	NY	M-COL	73.7	75	40	0.7214	19	190	-202.5	202.5	202.5	90	95	-97.5	95	297.5	177.5	190	-195	190	487.5	351.683	2-M-COL-75-PL	
Wilson Mefford	NUPL	MA	M-COL	69.3	75	32	0.7552	19	90	92.5	-100	92.5	-80	80	-90	80	172.5	120	130	142.5	142.5	315	237.888	3-M-COL-75-PL	
Shane Kaminski	XAV	MA	M-HSR	81.1	82.5	50	0.6769	16	115	125	137.5	137.5	97.5	105	110	110	247.5	165	185	197.5	197.5	445	301.221	1-M-HSR-82.5-PL	
Jack Anastasi	SJS	MA	M-HSR	81.2	82.5	20	0.6764	16	137.5	145	145	137.5	102.5	107.5	112.5	112.5	250	152.5	155	155	155	405	273.942	2-M-HSR-82.5-PL	
Jason Mesaric	HH	PA	M-HS	79.7	82.5	14	0.6843	15	120	125	125	125	70	72.5	72.5	0	0	125	137.5	145	137.5	0	0.000		
Jim Marcotte	BWS	MA	M-COLR	81	82.5	3	0.6774	20	165	177.5	177.5	165	127.5	140	145	140	305	187.5	202.5	215	215	520	352.248	1-M-COLR-82.5-PL	
Vincent Liew	MIT	MA	M-COLR	81.2	82.5	9	0.6764	20	110	120	135	135	95	107.5	0	107.5	242.5	170	195	202.5	202.5	445	300.998	2-M-COLR-82.5-PL	
Wuqiong Fan	MIT	MA	M-COLR	80	82.5	11	0.6827	19	130	137.5	150	150	80	87.5	92.5	92.5	242.5	140	165	187.5	187.5	430	293.561	3-M-COLR-82.5-PL	
Max Ockner	MIT	MA	M-COLR	78.8	82.5	10	0.6893	20	120	135	140	135	60	65	80	65	200	170	185	200	200	400	275.720	4-M-COLR-82.5-PL	

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Brian Phillips	BWS	MA	M-COL	80.92	82.5	13	0.6778	22	187.5	197.5	205	197.5	165	175	182.5	182.5	380	200	0	0	200	580	393.124	1-M-COL-82.5-PL
Alexander Baval	NUPL	MA	M-COL	81.6	82.5	28	0.6744	21	197.5	207.5	215	207.5	150	160	162.5	150	357.5	185	210	225	210	567.5	382.722	2-M-COL-82.5-PL
Thomas Giglio	NUPL	MA	M-COL	79.3	82.5	24	0.6865	19	207.5	215	215	207.5	120	150	150	120	327.5	195	215	235	215	542.5	372.426	3-M-COL-82.5-PL
Kurt Banker	NUPL	NJ	M-COL	80.1	82.5	15	0.6822	23	195	202.5	210	202.5	92.5	117.5	122.5	117.5	320	200	210	220	220	540	368.388	4-M-COL-82.5-PL
Matt Cassista	NUPL	MA	M-COL	77.6	82.5	33	0.6963	19	170	177.5	190	190	122.5	122.5	122.5	122.5	312.5	175	192.5	210	210	522.5	363.817	5-M-COL-82.5-PL
Thomas Reilly	NUPL	NH	M-COL	78.5	82.5	43	0.691	19	180	190	195	195	95	122.5	127.5	95	290	185	215	227.5	215	505	348.955	6-M-COL-82.5-PL
Justin Barbas	NUPL	MA	M-COL	77.9	82.5	23	0.6945	19	142.5	157.5	167.5	157.5	80	100	107.5	100	257.5	175	190	195	190	447.5	310.789	7-M-COL-82.5-PL
Daniel Groleau		NH	M-HSR	86.1	90	60	0.6536	19	142.5	150	157.5	157.5	107.5	110	112.5	110	267.5	215	227.5	235	235	502.5	328.434	1-M-HSR-90-PL
Sean Gillan	XAV	MA	M-HSR	88.9	90	47	0.6424	15	115	125	130	130	60	67.5	70	67.5	197.5	142.5	155	165	165	362.5	232.870	2-M-HSR-90-PL
Mike Sullivan	XAV	MA	M-HS	85.8	90	48	0.6549	17	182.5	195	205	205	102.5	110	115	110	315	165	180	190	190	505	330.725	1-M-HS-90-PL
Jonathan Slocum	MIT	MA	M-COLR	88.2	90	75	0.6451	19	100	115	125	125	80	95	95	80	205	135	145	155	155	360	232.236	1-M-COLR-90-PL
Michael Friedman	XAV	MA	M-HSR	94.2	100	18	0.6244	15	132.5	142.5	147.5	147.5	90	100	100	90	237.5	142.5	157.5	172.5	172.5	410	256.004	1-M-HSR-100-PL
Ben Montgomery	HH	PA	M-HS	98.9	100	26	0.6113	17	225	225	237.5	225	127.5	137.5	140	140	365	195	217.5	225	225	590	360.667	1-M-HS-100-PL
Derek Lutes	HH	PA	M-HS	97.1	100	29	0.6161	15	162.5	172.5	182.5	172.5	95	97.5	97.5	95	267.5	157.5	175	182.5	182.5	450	277.245	2-M-HS-100-PL
Jancarlo Perez	MIT	MA	M-COLR	98.8	100	6	0.6116	21	160	170	182.5	182.5	130	140	150	140	322.5	185	195	210	210	532.5	325.677	1-M-COLR-100-PL
Vahe Missirian	NUPL	MA	M-COL	96.6	100	30	0.6174	20	210	230	250	230	115	155	160	160	390	215	235	250	235	625	385.875	1-M-COL-100-PL
Carlos Moran		MA	M-G	93.7	100	46	0.626	22	210	230	230	230	152.5	165	167.5	152.5	382.5	247.5	267.5	287.5	267.5	650	406.900	1-M-G-PL
Christopher Ihlefeld	XAV	MA	M-HS	106.4	110	31	0.5948	16	155	165	172.5	172.5	125	132.5	132.5	132.5	305	165	185	192.5	192.5	497.5	295.913	1-M-HS-110-PL
Stephen King	NUPL	NH	M-COL	107.2	110	17	0.5933	19	197.5	212.5	217.5	212.5	170	180	190	180	392.5	200	227.5	240	240	632.5	375.262	1-M-COL-110-PL
Michael Glantz	HH	PA	M-HS	120	125	39	0.5749	18	235	247.5	250	235	112.5	120	122.5	120	355	192.5	207.5	215	215	570	327.693	1-M-HS-125-PL
Dietrich House	HH	PA	M-HS	125	125	7	0.5698	15	142.5	155	160	160	90	95	97.5	97.5	257.5	137.5	160	162.5	137.5	395	225.071	2-M-HS-125-PL
Ronny Balboa	MIT	MA	M-COLR	128.5	125+	45	0.5668	21	150	160	182.5	182.5	115	120	120	115	297.5	185	200	210	210	507.5	287.651	1-M-COLR-125+-PL
Bench Press Results Name	Team		Div	Bwt (kg)	WtCls (kg)	lot#	Wilks Coeff	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	(1) Best BP	(2) Wilks Pts	PI-Div- WtCls-Evt
Liane Blyn	ABT		F-G	79.7	82.5	402	0.9169	39					155	167.5	182.5	155						155	142.119	1-F-G-BP