

2004 USAPL MA/RI STATES OPEN POWERLIFTING CHAMPIONSHIPS**NOVEMBER 20, 2004****NORTHEAST SPORTS TRAINING, WARWICK, RI****MEET DIRECTORS: Greg Kostas & Rene Moyen**

<u>Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
<u>Special Olympics-Men</u>						
Sean Burns		133	220	175	270	665
Matt Kardok		193 ½	--	190	305	495
<u>Special Olympics-Women</u>						
Jessica MacDonald		192 ½	285	140	315	740
<u>Teenage Women's</u>						
Nicole Pierce	17	162	155	110	215	480
<u>Women's Masters</u>						
Theresa Michaels-Ward	41	114 ½	200	100	245	545
Dianne Farrar	48	120	220	110	225*	555
<u>Women's Grandmasters</u>						
Dara Lehang	52	147	255	150	325	730
Joanne Clough	57	110 ½	200	100	285	585
<u>Women's Open</u>						
Disa Hatfield – BL		177	460*	290*	375	1125*
Taryn Schiffer		156	280	160	300	740
Joanne Clough		110 ½	200	100	285	585
Jessica MacDonald		192 ½	285	140	315	740
Carolyn Towne		157	250	135	265	650
<u>Men's Juniors (20-23)</u>						
Michael Petrarca	21	146	450	280	475	1205
Dan Poulos	23	190	500	325	525	1350
Dean Fragola	21	160 ½	380	275	420	1075
Yasha Kahn		206	400	295	530	1225
Jacob Carpenter	21	214	450	340	450	1240
Coleman Clifford	20	264	465	320	430	1215
Brian Lanoue	22	270	255	55	645	955
Keith Gilbert	23	--	--	--	--	--
<u>Master's I (40-44)</u>						
Bill White		220 ¼	565	415	680	1660
Kevin Rossi		193 ½	530*	420	535*	1485*
Saul Michelson		269 ½	535	335	545	1415
Rick Johnson	40	194	500	250	405	1155
Steven Bowen, Sr.	41	220 ¼	260	145	365	770
<u>Masters II (45-49)</u>						
Dennis Montembault – BL	49	227	650	400	580	1630
Dennis Schuman	48	180	520	325	490	1335

John Ricci	46	264	600	370	540	1510
Bruce Topol	49	193	435	360	465	1260
Brian Letson	49	188 ½	325	265	430	1020

Masters III (50-54)

Paul Mears	51	163	420	245	470	1135
Jon Wild	52	229 ½	305	160	345	810
Butch Troiano	53	272 ½	--	--	--	--

Masters IV (55-59)

Dave Mansfield	58	201 ½	575*	290	540*	1405*
John Medeiros	58	205	475	365	465	1305
Joe Rizza	55	168	400	155	355	910

Masters V (60-69)

Dwayne Allen	60	187 ½	375	260	435	1070
Joe Marchionda	69	164	350	170	330	850
Ed French	62	165	265	160	360	785

Masters VI

Fred Archambault	81	163	350	210	410	970
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Men's Open 132 lb.

Eric Kupperstein – BL		132	485	260	575*	1320
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Men's Open 148 lb.

Michael Petrarca		146	450	280	475	1205
Stephen McIsaac		144 ¾	375	--	--	--

Men's Open 165 lb.

Gene Marshall		164	530	415*	560*	1505*
Ryan Urso		154 ½	340	315	410	1065

Men's Open 181 lb.

Stephen Ritucci, Jr.		170	450	340	535	1325
Benjamin Brown		178	385	275	550	1210
Sam Alba		181	440	--	--	--

Men's Open 198 lb.

Mike Campbell		198	630*	400	610	1640
Kevin Rossi		193 ½	530	420	535	1485
Edju Gasinowski		186	450	300	500	1250
Frank Juszynski		191 ½	425	295	525	1245
Rick Johnson		194	500	250	405	1155

Men's Open 220 lb.

Scott Burbank		215	625	450	625	1700
Bill White		220 ¼	565	415	680	1660
Garrett McDonough		208 ½	455	315	540	1310
Matthew Leblanc		212	365	245	380	990

Men's Open 242 lb.

Mike Aliano, Jr.		234	400	300	450	1150
Rostislau Kongarn Zilber		242 ¼	320	300	420	1040

Brian Butler	232	300	265	380	945
Peter West	239 ½	--	--	--	--

Men's Open 275 lb.

Saul Michelson	269 ½	535	335	545	1415
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Men's SHW

Guy Ziriak	307	700	--	--	--
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Women's Overall Best Lifter

Disa Hatfield	177	460	290	375	1125
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Men's Overall Best Lifter Session I

Dennis Montembault	227	650	400	580	1630
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Men's Overall Best Lifter Session II

Eric Kupperstein	132	485	260	575	1320
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Team Standings:1st – Next Level Fitness – RI2nd – Powerzone – NH**CT State Records:**

Disa Hatfield – Women's 181lb. Div. - 460 Squat, 290 Benchpress, 1125 Total

Mass State Records:

Eric Kupperstein – Men's 132 Div. – 575 Deadlift

Gene Marshall – Men's 165 Div. – 415 BP, 560 Deadlift, 1505 Total

Dave Mansfield – Masters IV 220 lb. Div. – 575 Squat, 540 Deadlift, 1405 Total

RI State Records:

Dianne Farrar – Women's Masters 123 lb. Div. – 225 Deadlift

Mike Campbell – Men's 198 lb. Div. – 630 Squat

Kevin Rossi – Men's 198 Masters – 530 Squat, 535 Deadlift, 1485 Total

Officials:

Greg Kostas – MA National

Joe Wencus – MA State

Eric Cordiero – MA State

Rene Moyen – RI State

Joe Peters – RI State

Disa Hatfield – CT State

Mike Laliberte – ME State

Sam Tyler – ME State

Sean DiCataldo – MA State

Meet Highlights:

Disa Hatfield – Women's Open: 460 Squat – 290 Benchpress – 375 Deadlift – 1125 Total

Bill White – Masters I: 565 Squat – 415 Benchpress – 680 Deadlift – 1660 Total

Kevin Rossi – Masters I: 530 Squat – 420 Benchpress – 535 Deadlift – 1485 Total

Dennis Montembault – Masters II: 650 Squat – 400 Benchpress – 580 Deadlift – 1630 Total

Dave Mansfield – Masters IV: 575 Squat – 540 Deadlift – 1405 Total

Fred Archambault – 81 yrs. Old:	350 Squat – 410 Deadlift
Eric Kupperstein – Men’s 132s:	485 Squat – 260 Benchpress – 575 Deadlift – 1320 Total
Gene Marshall – Men’s 165s:	530 Squat – 415 Benchpress – 560 Deadlift – 1505 Total
Mike Campbell – Men’s 198s:	630 Squat – 400 Benchpress – 610 Deadlift – 1640 Total
Scot Burbank – Men’s 220s:	625 Squat – 450 Benchpress – 625 Deadlift – 1700 Total

The following lifters went 9 for 9: Paul Mears

This event featured 64 lifters (including multiple entries – those lifters who entered more than one division) who came from the following states: MA, RI, NH, ME and MI. The event featured a multitude of quality USAPL lifters of all ages, both men and women. The event again featured a split session on Saturday with one flight in the morning and the other flight in the afternoon.

Thanks again to Rene Moyon and Next Level Fitness for hosting another successful event. Thanks also to Mike of Northeast Fitness for the continued use of his excellent facility. Thanks as always to all of our judges, spotters, loaders, table help, sponsors and everyone else who assisted with hosting this event. And of course, thanks to you – the lifters who support our USAPL events!

On a personal note, my mentor, Joe Zarella, was in attendance at our event. For those of you who don’t know who Joe was, he was the father of New England Powerlifting as well as Women’s International Powerlifting. He ran powerlifting events for over 25 years at the Nashua NH YMCA and also in Amesbury, MA. It was both an honor and a privilege to have Joe here so that we could thank him for all of his tireless and selfless efforts in promoting NE powerlifting.

In closing, I hope that everyone enjoyed their holidays and I look forward to seeing everyone in the Spring.

God Bless,

Yours in powerlifting,

Greg Kostas