

## 2004 USAPL NEW ENGLAND STATES OPEN POWERLIFTING CHAMPIONSHIPS

May 15, 2004

Northeast Fitness, Warwick, RI

Meet Directors: Greg Kostas and Rene Moyen

<u>Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
<b><u>Special Olympics</u></b>						
<b><u>Sight Impaired</u></b>						
Michael Yontz		190 ¼	440	310	485	1235
<b><u>Women's Open</u></b>						
Disa Hatfield-BL		179	440*	285*	385*	1110*
Donna Slaga	40	147	300	235	375	910
Donna Aliminosa	52	93	215*	95	255*	565*
Grace Parisi	53	112	225	115	265	605
Florette Ruggiero	56	171	300*	160	325	785*
<b><u>Women's Masters</u></b>						
Donna Slaga	40	147	300	235	375	910
Diane Farrar	47	122	220*	100	210*	530*
Laurie Roderick	45	132 ¼	195*	115*	230*	540*
<b><u>Women's Grandmasters</u></b>						
Donna Aliminosa	52	93	215	95	255	565
Grace Parisi	53	112	225	115	265	605
Sonja McKinlay	60	163	290	185	295	770
Florette Ruggiero	56	171	300*	160	325	785*
<b><u>Men's Teenage / HS Division</u></b>						
Christopher Leuth	19	160	420	255	470	1145
Ralph Fasano, Jr.	17	160 ¾	385	220	400	1005
Mike Penza	17	129 ¾	275	215	340	830
Zachary Abrams	16	263 ½	460	290	500	1250
Eric Tomolilo	15	193	420	210	370	1000
Matthew Ball	17	173	305	185	385	875
<b><u>Men's Junior Division</u></b>						
Michael Petrarca	21	146	475	295	475	1245
Cory Wasniewski	20	241	525	350	625	1500
Dan Poulos	22	179 ½	425	305	540	1270
Jacob Carpenter	21	216	450	360	465	1275
Brian King	21	244	460	335	485	1280
Coleman Clifford	20	274 ½	405	310	430	1145
<b><u>Masters I (40-44)</u></b>						
Kevin Rossi		193 ¾	525*	430	525*	1480*
Saul Mickelson	40	265	480	320	540	1340
<b><u>Masters II (45-49)</u></b>						
Dennis Schuman	47	179 ½	515	320	485	1320
John Ricci	45	257	570*	350	550*	1470*
Jeff Speaks	49	212	500	375	500	1375
Bryan Letson	48	186 ¼	325	275	425	1025
<b><u>Grandmasters (50-59)</u></b>						
Joe Wencus	51	224	510	350	600	1460
Alfred Irby	57	183 ½	440	295	475	1210
Paul Mears	50	163	395	235	470	110
Kevin Iskierski	52	173 ¾	395	240	460	1095
Larry Emerson	56	178 ½	360	235	490	1085
<b><u>Goldenmasters (60+)</u></b>						
Fred Archambault	81	162 ½	345	210	400	955
Joe Marchionda	69	164 ½	355	180	330	865

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Robert Ayer	61	157 ¾	265	140	345	750
Ed French	62	163	280	150	370	800
<b><u>Men's Open 148 lb.</u></b>						
Mike Petrarca		146	475	295	475*	1245*
Ryan Urso		148	365	305	405	1075
<b><u>Men's Open 181 lb.</u></b>						
Matt Vail		178	470	405*	525	1400
Dan Poulos		179 ½	425	305	540	1270
Sam Alba		181	455	330	425	1210
<b><u>Men's Open 198 lb.</u></b>						
Mike Campbell- BL		198 ¼	620*	440	600	1660*
Mike Laliberte		198 ¼	585	380	580	1545
Kevin Rossi		193 ¾	525	430	525	1480
Garrett McDonough		193	420	300	500	1220
<b><u>Men's Open 220 lb.</u></b>						
Keith Lambert		217	655*	400	565	1620*
Rene Moyen		211	565	355	525	1445
Jeff Speaks		121	500	375	500	1375
Frank Juszynski		200	460	300	525	1285
Salvatore Guerrieri		212	405	340	500	1245
<b><u>Men's Open 242 lb.</u></b>						
Joe Wencus		224	510	350	600	1460
Ryan Luchka		229	450	360	460	1270
<b><u>Men's Open 275 lb.</u></b>						
Phil Najemy		262 ½	605	350	610	1565
Saul Mickelson		265	480	320	540	1340
Peter West		251	--	--	--	--
<b><u>Men's Open SHW</u></b>						
Guy Ziriak		330	715	500	525	1740
<b><u>Women's Overall Best Lifter:</u></b>						
Disa Hatfield		179	440*	285*	385*	1110*
<b><u>Men's Overall Best Lifter:</u></b>						
Mike Campbell		198 ¼	620*	440	600	1660*

**Team Standings:** 1<sup>st</sup>: Next Level Fitness - RI

2<sup>nd</sup>: Bally's - RI

3<sup>rd</sup>: Xaverian - MA

**CT State Records:** Disa Hatfield - Women's 181 lb. Div. - 440 SQ - 285 BP - 385 DL - 1110 Total

Matt Vail - Men's 181 lb. Div. 405 BP

**NH State Records:** Donna Aliminosa - Women's 97 lb. Div. - 215SQ - 255 DL - 565 Total

**RI State Records:** Florette Ruggiero - Women's Grandmasters - 300 SQ - 785 Total

Florette Ruggiero - Women's 181 lb. Div. - 300 SQ - 785 Total

Dianne Farrar - Women's Master 123 lb. Div. - 220 SQ - 210 DL - 530 Total

Laurie Roderick - Women's Masters 132 lb. Div. - 195 SQ - 115 BP - 230 DL - 540 - Total

Kevin Rossi Men's Masters 198 lb. Div. - 525 SQ - 525 DL - 1480 Total

John Ricci - Men's Masters 275 lb. Div. - 570 SQ - 550 DL - 1470 Total

Mike Petrarca - Men's 148 lb. Div. - 475 DL - 1245 Total

Mike Campbell - Men's 198 lb. Div. - 620 SQ - 1660 Total

Keith Lambert - Men's 220 lb. Div. - 655 SQ - 1620 Total

**Officials:** Greg Kostas - MA National  
 Joe Wencus - MA State  
 Rene Moyen - RI State  
 Joe Peters - RI State

Eric Cordeiro - MA	State (Pending)
Mike Laliberte - ME	State
Disa Hatfield - CT	Stets (Pending)

**Meet Highlights:**

Disa Hatfield - Women's Open - 440 Squat - 285 Benchpress - 385 Deadlift - 1110 Total  
Donna Slaga - Women's Open & Masters - 300 Squat - 235 Benchpress - 375 Deadlift - 910 Total  
Donna Aliminosa - Women's Open & Grandmasters - 215 Squat - 255 Deadlift - 565 Total  
Kevin Rossi - Men's Masters - 525 Squat - 430 Benchpress - 525 Deadlift - 1480 Total  
Joe Wencus - Men's Grand masters - 510 Squat - 350 Benchpress - 600 Deadlift - 1460 Total  
Fred Archambault - Men's Goldenmasters, 81 years old - 345 Squat - 400 Deadlift  
Mike Petrarca - Men's 148 Div. - 475 Squat - 475 Deadlift  
Matt Vail - Men's 181 lb. Div. - 470 Squat - 405 Benchpress - 525 Deadlift - 1400 Total  
Mike Campbell - Men's 198 lb. Div. - 620 Squat - 440 Benchpress - 600 Deadlift - 1660 Total  
Mike Laliberte - Men's 198 lb. Div. 585 Squat - 380 Benchpress - 580 Deadlift - 1545 Total  
Keith Lambert - Men's 220 lb. Div. 655 Squat - 400 Benchpress - 565 Deadlift - 1620 Total  
Guy Ziriak - Men's SHW Div. - 715 Squat - 500 Benchpress

**The following lifters went 9 for 9:**

Sonja McKinlay, Zachary Abrams

This event featured 60 lifters how came from the following states: MA, RI, CT, NH, ME, and DE. The lifting was excellent once again as the results will attest to the quality of the lifters who compete in the USAPL. This event featured a split session on Saturday with one flight in the morning and the other flight in the afternoon. Even lifters who came by themselves had no problem having a fellow lifter assist them their gear and with words of encouragement during their attempts. This is what separates the USAPL events from others.

Thanks to the former RI State Chairman David Roderick, who's wife lifted in the event but found time to assist our sight-impaired athlete during all of his attempts. It was most appreciated. Thanks again to Rene Moyen and Next Level Fitness for hosting yet another successful event. Thank you also to Mike of Northeast Fitness for the continued use of his facility. Thanks to all of the judges, spotters, loaders, table help and everyone else who assisted with hosting this event. And of course, thanks to all of the lifters who support our USAPL events - these meets are for you.

On a personal note, this event marked my 25<sup>th</sup> consecutive year of running powerlifting events. I ran my first contest back in may of 1979 at 18 years of age with the help of my "Powerlifting father" Joe Zarella. For those of you who are to young to remember, Joe Zarella ran powerlifting events for at least 25 years and kept New England powerlifting going until others could pick-up the torch! Joe was the "unofficial" father of Women's powerlifting back in the 1980's and also brought powerlifting some television coverage as well. Without Joe's help and guidance, I could never have done this alone. And now, with Rene Moyen's help and the members of Next Level, I look forward to at least another 25 years!!

God Bless,

Yours in powerlifting,

Greg Kostas