

2006 USAPL MA/RI STATES OPEN POWERLIFTING CHAMPIONSHIPS
SATURDAY, NOVEMBER 18, 2006
NORTHEAST SPORTS TRAINING – WARWICK, RI
USAPL SANCTION #11-06-4
MEET DIRECTORS: GREG KOSTAS, RENE MOYEN & DISA HATFIELD

<u>Class/Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
<u>Special Olympics</u>						
Sean Burns	29	130.8	215	155	255	625
<u>Teen Women</u>						
Randi Kaplan	14	148.7	275*	140*	300*	715*
Courtney Rowe	19	93.2	130	80	165	375
<u>Amanda Drummond</u>	16	200	--	--	--	--
<u>Women's Masters IV</u>						
Donna Aliminosa	55	93.1	200	105	255	560
<u>Women's Masters V</u>						
Sonja McKinlay	63	166.3	245	170	275	690
<u>Women's Open</u>						
Rebecca Crapo - BL	30	147.7	305*	205*	370*	880*
Donna Aliminosa	55	93.1	200	105	255	560
Jennifer Cameron	28	160.6	275	165	330+	770
Shannon Cook	25	187	245	150	260	655
Tina Johnson	37	105.5	115	90	155	360
<u>Teen I (14-15)</u>						
Justin Rolfe	15	217.3	365*	215*	405*	985*
Emilio Jacintho	15	261	390	305**	325	1020
<u>Teen II (16-17)</u>						
Sam White	16	237.1	500*	350*	440	1290
Mike Srokowski	16	164	365	240	420	1025
Cory Bender	16	212.2	350	250	440	1040
Brandon Lane	17	159.2	275	190	355	820
<u>Teen III (18-19)</u>						
Jason Longfellow – BL	19	181	600	320	600	1520
Joshua Hughes	18	211	600	405	500	1505
Stephen Gross	18	190.1	355	260	425	1040
Joseph Nappa	19	190.8	390	245	405	1040
Chris Paine	18	150.1	145	255	145	545
Jeremy Fortin	18	132.2	--	--	--	--
William Kenney	19	272.5	--	300	460	--

<u>Class/Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
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Juniors (20-23)

Joe Caouette	20	171.9	575	335	550	1460
Corey Sprague	20	178.9	465	370	460	1295
Jason Poulos	21	210.6	475	345	575	1395
Christopher Murray	20	156.5	395	315	440	1150
William Fabiano	20	215.2	450	350**	500	1300
Louis Fiorenzano	22	173.9	385	300	405	1090
Douglas Emar	22	196.9	400	335	420	1155
Alexander Healey	21	131.2	285	255	300	840
Chris Desrosiers	20	234.1	--	400	--	--
Cole Clifford	22	298.2	--	--	--	--

Men's Submasters (35-39)

Frank Juszynski	36	197.3	435	280	535	1250
Mike Galicki	37	215.8	470	265	465	1200
Matthew McLean	36	197.2	365	275	460	1100

Masters I (40-44)

Rick Johnson	42	197	500	265	600	1365
Dave Fusco	41	200.9	505	325	500	1330
Mark Emerald	44	234.3	460	380	525	1365
Matt Corcoran	42	219.4	135	300	135	570
Eric Dalbo	41	331	--	--	--	--

Masters II (45-49)

Kevin Rossi	45	205.6	580	470	555	1605
Russ Metivier	46	164.5	445	--	--	--

Masters III (50-54)

Dennis Schuman	50	177.75	520	330	500	1350
Dennis Montembault	51	231.8	625	405	450	1480
Paul Mears	53	147.7	390	200	425	1015

Masters IV (55-59)

Larry Emerson	58	179.8	380	230	500	1110
Joe Rizza	57	164	420	155	390	965
Kevin Conroy	57	198.1	375	305	400	1080
Alek Shaklin	58	192.5	255	190	300	745

Masters V (60-64)

John Medeiros	60	210.8	495	345	145	985
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Masters VI (80-84)

Fred Archambault	83	161	300	230	400	930
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<u>Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
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148 lb. Division

Paul Mears		147.7	390	200	425	1015
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165 lb. Division

Steven Ritucci		157.9	380	280	440	1100
Russ Metivier		164.5	445	--	--	--

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181 lb. Division

Jason Longfellow	181	600	320	600	1520
Ed Gasinowski	178.8	450	300	500	1250
Kevin Beauregard	178	425	300	470	1195

198 lb. Division

Rick Johnson	197	500	265	600	1365
Jeff Malayter	192.9	135	275	145	555
Lauren Cohen	196	--	--	--	--

220 lb. Open Division

Kevin Rossi	205.6	580	470	555	1605
Joshua Hughes	211	600	405	500	1505
Garrett McDonough	215.5	525	400	580	1505

242 lb. Open Division

Mike Kalter – BL	237.4	625	405	700	1730
Craig Hoffman	229.8	555	380	600	1535
Jamie Guay	229.9	615	380	520	1515
Tom Price	227.4	485	405	560	1450
Mark Emerald	234.3	460	380	525	1365

275 lb. Division

Jason Kane	265.7	485	--	--	--
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SHW Division

Walter Sabine	370.4	--	--	--	--
Eric Dalbo	331	--	--	--	--

Women's Best Lifter

Rebecca Crapo	147.4	305	205	370	880
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Men's Best Lifter – Session I

Jason Longfellow	181	600	320	600	1520
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Men's Best Lifter – Session II

Mike Kalter	237.4	625	405	700	1730
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The following lifters went 9 for 9:

Randi Kaplan	Kevin Conroy
Rick Johnson	Edju Gasinowski
Dennis Schuman	

Meet Officials:

Greg Kostas (MA) National	Joe Peters (RI) State
Tom Weeks (NH) State	Disa Hatfield (CT) National
Joe Wencus (MA) State	Lianne Blynn (MA) IPF World Champ
Howie Waldron (MA) State	Eric Kupperstein (MA) IPF World Champ
Eric Cordeiro (MA) State	

State Records

* = Maine State Records	<u>Note:</u> New England States Records are Meet Records which can only be set at the NE States PL Championships in May. Any state records that have been omitted please forward them to Eric Cordeiro at ecbeast@yahoo.com
+ = RI State Records	
** = MA State Records	

Meet Highlights

	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
Randi Kaplan	14	148.7	275*	140*	300*	715*
Rebecca Crapo	30	147.7	305*	205*	370*	880*
Donna Aliminosa	55	93.1	200	105	255	560
Jennifer Cameron (1 st contest)	28	160.6	275	165	330+	770
Jason Longfellow	19	181	600	320	600	1520
Joshua Hughes	18	211	600	405	500	1505
Joe Caouette	20	171.9	575	335	550	1460
Kevin Rossi	45	205.6	580	470	555	1605
Fred Archambault	<u>83</u>	161	300	230	400	930
Mike Kalter		237.4	625	405	700	1730

Our contest drew lifters from MA, RI, CT, ME, NH, NY as well as NB Canada! We had three 2006 IPF World Champions present at the contest, all from New England. Eric Kupperstein and Lianne Blynn assisted with officiating while Donna Aliminosa competed in 2 divisions. Their presence and assistance was most appreciated. We were able to honor our fellow lifter Fred Archambault, who at 83 years young, continues to amaze us with his feats of strength! Donna Aliminosa, Dennis Schuman and Mike Kalter all showed true grit and determination as they came back to successfully complete their 3rd attempt deadlifts after unfortunate misloads had occurred.

In closing I would like to thank everyone who assisted in any capacity in the running of another successful USAPL contest. Your help is as always most appreciated! A big thanks to Rene Moyon, Disa Hatfield and the members of Next Level Fitness for hosting yet another outstanding event along with Mike Macchioni of Northeast Sports Training. And last but definitely not least, thanks to ALL of the lifters and spectators who continue to support our USAPL events. I hope that everyone enjoys their Holidays and we hope to see you in May!

God Bless,
Yours in powerlifting,

Greg Kostas
MA State Chairman