

2007 USAPL MASS/RI STATES OPEN POWERLIFTING CHAMPIONSHIPS**Saturday, November 17, 2007****One80 Sport & Fitness, Wilmington, MA****Meet Directors: Greg Kostas and Liane Blyn**

<u>Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
<u>Special Olympics</u>						
Matt Kardok	-	179	260	190	310	760
Ernie Vandall	-	214	255	120	300	675
<u>Teenage Womens</u>						
Stephanie Nappa	14	134 ¾	160	75	185	420
<u>Women's Open</u>						
Jennifer Cameron	-	160 ½	310	140	345	795
Monica Messoro	-	127 ¾	200	100	205	505
Liane Blyn	-	165	300	200	300	800+
<u>Women's Grandmasters</u>						
Sonja McKinlay	63	164	245	180	300	725
Diane Crosby	51	113	180	115	210	505
Debbie Mason	51	159 ¼	225	125	275	625
<u>Teen I (14-15)</u>						
Anthony Vavosa	15	162	365	185	385	935
<u>Teen II (16-17)</u>						
Emilo Jacintho	16	242	470	385*	445	1300
Cory Bender	17	227	425	320	525	1270
Oscar Negron	16	196	400	185	400	985
Michael Zeghibe	16	162 ¾	245	190	340	775
Jean Paul Mora	16	146 ¾	265	150	270	685
<u>Teen III (18-19)</u>						
Luis Jaimes	18	177 ½	435	285	445	1165
Paul Anthony Iodice	19	179 ¼	385	225	325	935
Joseph Puleo	18	148 ¾	285	210	350	845
<u>Junior (20-23) Under 200 Lbs.</u>						
Corey Sprague	21	181 ¾	500	380	500	1380
Joseph Nappa, Jr.	20	189 ½	480	330	470	1280
Jason Muccino	20	178 ¾	405	315	425	1145
Doug Emar	23	184	425	330	435	1190
Steve Linnane	20	170 ½	315	235	420	970
Alex Healy	22	129 ½	355	Injured	--	--
<u>Junior (20-23) Over 200 Lbs.</u>						
Jason Poulos	22	217	530	365	610	1505
Reinier Cala	21	228 ¼	560	400	560	1520
Andrew Mangan	20	234	515	350	530	1395
William Fabiano, Jr.	21	240 ½	515	385	505	1405
William Kenney	20	215 ½	400	335	480	1215
Geoffrey Marston	20	229	450	300	470	1220
Michael Sirignano	22	234	620	440	--	--
<u>Submasters (35-39)</u>						
Frank Juszynski	37	193 ½	415	275	505	1195
<u>Masters I (40-44)</u>						

Rick Johnson	43	198 ¼	475	265	555	1295
Dominick Paradise	44	240	300	315	430	1045
<u>Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
<u>Masters II (45-49)</u>						
Kevin Rossi	46	212	605	480	525	1610
Kevin Manning	45	168 ¼	435	340	445	1220
<u>Masters III (50-54)</u>						
Dennis Schuman	51	163 ½	470	295	450	1215
Jeffrey Burke	54	193	370	295	410	1075
William Fabiano, Sr.	50	229	145	335	145	625
<u>Masters IV (55-59)</u>						
Joe Rizza	58	146	400	150	400	950
Kevin Conroy	58	195	355	320	430	1105
<u>Masters V (60-64)</u>						
John Medeiros	61	215	405	370	145	920
<u>165 lb. Class</u>						
Steve Beaupre (BL)		161	630	410	560	1600
Steven Ritucci		162	445	300	470	1215
<u>198 Lb. Class</u>						
Lauren Cohen		196	655	425	575	1655
Rick Johnson		198 ¼	475	265	555	1295
Doug Emar		184	425	330	435	1190
Kevin Conroy		195	355	320	430	1105
<u>220 Lb. Class</u>						
Kevin Rossi		212	605	480	525	1610
Matthew Britts		205	350	245	440	1035
<u>242 Lb. Class</u>						
Matt Salokangas		224 ½	485	385	500	1370
Nate Mason		222 ½	400	280	440	1120

+ National Qualifying Total Only (Liane Blyn)

* MA State Record

NOTE: Any state records that have been omitted please forward them to Eric Cordiero at eccbeast@yahoo.com. New England States Records can only be set at the New England meet held annually in May.

Overall Best Lifter:

Steve Beaupre	161	630	410	560	1600
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Team Standings:

Next Level Fitness (RI)	1 st
One80 Sport & Fitness (MA)	2 nd
North Bergen PAL (NJ)	3 rd
Powerfit (MA)	4 th

The following lifters went 9 for 9:

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 Sonja McKinlay
 Oscar Negron
 Nate Mason

Joe Rizza
 Kevin Manning

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Meet Officials:

Greg Kostas: NAT (MA)
 Liane Blyn: State (MA)
 Joe Wencus: State (MA)
 Joe Peters: State (RI)

Tom Weeks: State (NH)
 Joe Ascani: State (NH)
 Eric Cordeiro: State (MA)
 Jennifer Perry: State (RI)

Meet Highlights:

	<u>AGE</u>	<u>BDWT</u>	<u>SQUAT</u>	<u>BP</u>	<u>DL</u>	<u>TOTAL</u>
Steve Beaupre		161	630	410	560	1600
Lauren Cohen		196	655	425	575	1655
Kevin Rossi		212	605	480	525	1610
Jennifer Cameron		160 ½	310	140	345	795
Corey Sprague	21	181 ¾	500	380	500	1380
Jason Poulos	22	217	530	365	610	1505
Reinier Cala	21	228 ¼	560	400	560	1520

Our contest drew lifters from MA, RI ME, NH and NJ. The new contest venue at One80 Sport & Fitness in Wilmington, MA was outstanding offering lifters multiple warm-up stations, beautiful locker room facilities with full showers, an ample contest area as well as an outstanding lifting platform! One80 owner Art McDermott, as well as the members and staff made us feel at home and welcome at their awesome facility!

IPF World Champion Eric Kupperstein, as well as USAPL National Champions Liane Blyn, Disa Hatfield and Fred Archambault were on hand to lend their assistance as well. Fred Archambault will be seeking a National title next year at 85 years old!! Fred is from NH and is a testament to what a drug free lifting and lifestyle can offer anyone at any age! We all wish Fred the best in the coming year.

In closing I would like to thank everyone who assisted in any capacity with the hosting of another successful USAPL competition. Your help is, as always, most appreciated. A big thanks to Art and Liane of One80 for co-hosting this event! I look forward to holding all future events at One80. Thanks to Rich Blyn for building an awesome competition platform and for handling admissions. And last but definitely not least, thanks again to all of the lifters, spectators and sponsors who continue to support our USAPL events. I hope that everyone enjoys their Holidays and we hope to see everyone in May!

God Bless,

Yours in Powerlifting,

Greg Kostas
 USAPL MA State Chairman