

**2008 USAPL MA/RI STATES OPEN POWERLIFTING CHAMPIONSHIPS**  
**SATURDAY, NOVEMBER 22, 2008**  
**MEET DIRECTOR: GREG KOSTAS**  
**ADVANCED CARDIO & STRENGTH, ABINGTON, MA**

<u>Class/Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
<b>-</b>						
<b><u>Special Olympics</u></b>						
Matt Kardok		181.5	265	190	315	770
<b><u>Women's Teenage</u></b>						
Stephanie Nappa	15	139.8	250	110	260	620
Shannon Kane	17	126.8	175	105	240	520
<u>Nicole Simonis</u>	17	96.6	130	75	200	405
<u>Renata Degennarmo</u>	15	126.8	120	100	215	435
<b>-</b>						
<b><u>Women's Raw</u></b>						
Allison Bradshaw		185	345	210	355	910
<b><u>Women's Open</u></b>						
Deb Mason		161.4	240	140	300	680
Jessica Scofield		154	135	135	285	555
<u>Jennifer Stone</u>		120	165	105	185	455
Rebecca Crapo		150	--	230	--	--
<b><u>Women's Grandmaster</u></b>						
Dara Lehans	56	148	300	145	325	770
Deb Mason	52	161.4	240	140	300	680
<b><u>Teen II (16-17)</u></b>						
Ryan Moore	17	231	575	300	585	1460
Justin Rolfe	17	305.8	600	420	525	1545
<b><u>Teen III (18-19)</u></b>						
Luis Jaimes	19	179	465	350	515	1330
Joseph Puleo	19	146	330	230	340	900
<b>-</b>						
<b><u>Teen Raw (14-19)</u></b>						
Evan Gross	19	177.5	355	280	440	1075
Jonathan Maneen	19	160	255	325	390	970
Matt Waters	18	183.5	235	240	435	910
Ken Takahashi	18	300.5	265	230	315	810
<b>-</b>						
<b><u>Junior (20-23)</u></b>						
Michael York	20	164.2	485	375	525	1385
Joseph Nappa	21	201.8	600	385	565	1550
Brendan Stote	22	283.6	555	430	600	1585
Michael Anderson	21	143.6	365	250	465	1080
Jason Muccino	21	178	435	320	460	1215
Geoffrey Marston	22	209.8	475	270	480	1225
Andrew Mangan	21	231.8	535	--	--	--
<u>Class/Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
<b>-</b>						
<b><u>Junior Raw (20-23)</u></b>						

Mark Bruno - <b>BL</b>	20	191.5	425	295	600	1320
Luke Badaracco	20	294.5	510	430	565	1505
Daniel Jaffe	23	174.5	380	325	500	1205
Jeff Bruno	20	192	425	310	540	1275
Eric Disko	20	230.5	465	315	520	1300
Rick Depalma	22	191.5	350	260	425	1035
Michael Repetto	20	213	135	380	365	880

**Submasters (35-39)**

Tom West	37	274	435	440	535	1410
Frank Juszynski	38	205	425	290	550	1265
<u>George Sousa</u>	35	206.5	515	370	200	1085

**Masters I (40-44)**

Rick Johnson	44	197	480	270	555	1305
Jeffrey Hadad	42	147	275	375	350	1000
<u>Wayne Lacy</u>	42	197	425	--	--	--

**Masters II (45-49)**

Lloyd Weinstein - <b>BL</b>	49	151.5	510	285	530	1325
Kevin Manning	46	168	455	350	435	1240

**Masters IV (55-59)**

<u>Kevin Conroy</u>	59	193	380	310	450	1140
Dennis Chervenak	59	215.5	295	180	390	865

**Masters V (60-64)**

<u>Curt Farrison</u>	64	236.5	405	145	140	690
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**Men's Raw**

Brent Pendleton		271.5	525	365	610	1500
Dennis Schuman		180.5	470	290	460	1220
<u>Ben Brown</u>		178	380	255	545	1180
Chris Collins		212.5	400	335	455	1190
Chad Nelson		160.5	320	240	425	985
Jeff Burke		191.5	280	245	355	880

**148 Lb.**

Adam Mattson		147.6	385	235	440	1060
Jeffrey Hadad		147	275	375	350	1000

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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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**165 lb.**

Michael York		164.2	485	375	525	1385
Pat Davitt		163.6	320	290	445	1055
Steve Beaupre		163.2	600	--	--	--

**181 lb.**

Terry Butler - <b>BL</b>		177.8	660	425	545	1630
Edju Gasiowski		178	475	310	520	1305
Steven Ritucci		172.6	405	375	500	1280
Kevin Beauregard		177.6	465	290	500	1255
Andrew Poland		169.4	445	300	480	1225

Pat Gorman	176.6	450	250	500	1200
Benjamin Brown	178	380	255	545	1180
Louis Fiorezano	178.8	430	300	405	1135
Mario Mai	177	315	--	--	--

**198 lb. Division**

Rick Johnson	197	480	270	555	1305
Douglas Emar	187.6	420	320	460	1200
Kevin Conroy	193	360	310	450	1140
Sean Davitt	193	350	275	475	1100

**220 lb. Open Division**

Kevin Rossi	215.2	575	440	550	1565
Joe Nappa	201.8	600	385	565	1550
Eli Laipson-Williams	211.4	550	280	500	1330
Nate Mason	216.6	450	290	500	1240
Edwin Urrutia	215.4	400	225	315	940

**242 lb. Open Division**

Michael Lund	223.6	590	--	--	--
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**275 lb. Division**

Tom West	274	435	440	535	1410
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**SHW Division**

Michael Zawilinski	362.4	675	525	555	1755
Justin Rolfe	305.8	600	420	525	1545

**Overall Best Lifter: Raw**

Mark Bruno	20	191.5	425	295	600	1320
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**Overall Best Lifter: Session I**

Lloyd Weinstein	49	151.5	510	285	530	1325
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**Overall Best Lifter: Session II**

Terry Butler		177.8	660	425	545	1630
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**Team Standings:**

Next Level Fitness (RI)	1 <sup>st</sup> Place
Springfield College (MA)	2 <sup>nd</sup> Place
Northeastern University (MA)	3 <sup>rd</sup> Place
Powerfit (MA)	4 <sup>th</sup> Place

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

Shannon Kane	Jeff Burke
Daniel Jaffe	Jeffrey Hadad
Nate Mason	

**Meet Officials:**

Greg Kostas (MA) National	Joe Ascani (NH) State
Tom Weeks (NH) State	Jennifer Perry (RI) State
Joe Wencus (MA) State	Sean DiCataldo (MA) State
Eric Cordeiro (MA) State	

**Meet Highlights**

<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Benchpress</u>	<u>Deadlift</u>	<u>Total</u>
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Joseph Nappa	21	201.8	600	385	565	1550
Mark Bruno	20	191.5	425	295	600	1320
Lloyd Weinstein	49	151.5	510	285	530	1325
Terry Butler		177.8	660	425	545	1630
Michael Zawilinski	-	362.4	675	525	555	1755

Thanks once again to everyone who assisted and supported us at our recent USAPL event! I want to express my heartfelt gratitude for everyone's support once again. We had a total of 70 lifters from MA, CT, RI, NH, ME, NY and NJ and saw some pretty amazing lifting.

I can't thank Joe A, Tom W., Joe W. and Eric Cordeiro enough for their tireless efforts once again in the judge's chairs! These guys sat for every session except for a couple when Jen Perry and Sean DiCataldo were able to provide them with a break while they were at the meet. Brian Kostas, Al Queen, Tom LeFave and the rest of the spotters and loaders did a fantastic job manning the platform and keeping things moving throughout the day. Al Spinosa, Scott Stevens (the owners) and the members of Advanced Cardio & Strength in Abington, MA provided us with an excellent venue for our competition! My wife Kathy as always did a fantastic job once again making sure that the meet program, meet paperwork and lifter gift bags were ready to go come meet day. Thanks again to Powerlifting USA and Con-Cret/Promera Health for providing magazines and samples for the gift bags that were given to all the lifters.

On another note, we as a lifting community need to show more respect to the facilities that host our events and leave them in better condition than we did at this event. Someone put a hole in the wall behind one of the squat racks and did not report it. Someone also took a wedding band out of a lifter's personal chalk bin and left the bin on a shelf in the gym. This ring belongs to Steve Beaupre of Maine and he has asked that whoever took it please return it to me, no questions asked.

In closing, I hope that everyone enjoys their Holidays and I am looking forward to seeing everyone once again in May at the USAPL New Englands!

God Bless,  
Yours in powerlifting,

Greg Kostas  
MA State Chairman