

MA / RI States Open PL Championships

22-Nov-03

Warwick, Rhode Island

MD: Greg Kostas

	Class	Age	Squat	Bench	Deadlift	Total
Women						
JoAnne Clough	114	Open	205	100	270	575
JoAnne Clough	114	M4	205	100	270	575
Penny Shaw	123	Open	250	155	270	675
Alena Simara	123	Open	225	135	275	635
Grace Parisi	123	Open	215	100	260	575
Grace Parisi	123	M3	215	100	260	575
Diane Farrar	123	M2	170	110	200	480
Pamela Morong	132	Open	255	145	310	710
Donna Slaga	148	Open	285	210	350	845
Pam McCann	148	M1	225	155	280	660
Eileen Molloy	148	T2	240	130	210	580
Eileen Molloy	148	Open	240	130	210	580
Theresa Michaels-War	148	M1	165	95	215	475
Disa Hatfield	165	Open	375	245	370	990
Sonja McKinlay	165	M5	275	175	275	725
Sharlynn Naylor	165	Open	245	125	280	650
Florette Ruggiero	181	Open	285	160	310	755
Florette Ruggiero	181	M4	285	160	310	755
Lisa Stylos	181	Open	205	125	225	555
Men						
Allen Whigham	148	Open	505	285	550	1340
Mike Petracca	148	Open	450	285	460	1195
Mike Petracca	148	Junior	450	285	460	1195
Jason Petracca	148	T2	305	195	350	850
Gene Marshall	165	Open	550	385	545	1480
Gene Marshall	165	SM	550	385	545	1480
Steve Beaupre	165	Open	540	385	530	1455
Randy Deleon	165	Open	480	300	555	1335
Eric Cordeiro	165	Open	450	275	440	1165
Eric Quintin	165	SM	360	300	400	1060
Ray Thibault	165	M1	370	335	350	1055
Dean Fragola	165	Junior	375	260	385	1020
Don Hilton	165	T2	300	225	400	925
Bob Ayers	165	M5	250	155	345	750
Sean DiCataldo	181	Open	570	380	600	1550
Sean DiCataldo	181	SM	570	380	600	1550
Hal Scholmick	181	Open	515	370	560	1445
Alex Yvars	181	M1	555	335	545	1435
Steven Ritucci	181	Open	435	335	520	1290
Dan Poulos	181	Open	400	285	540	1225
Dan Poulos	181	Junior	400	285	540	1225
Sam Alba	181	Open	425	320	450	1195
Chip McCann	181	M2	385	325	425	1135
Mike Campbell	198	Open	605	390	585	1580
Kevin Rossi	198	Open	505	445	520	1470
Kevin Rossi	198	M1	505	445	520	1470
Dave Mansfield	198	M4	525	270	525	1320
Robert Rogers	198	M1	440	340	530	1310
Doug Morong	198	Open	350	390	525	1265
Doug Morong	198	M2	350	390	525	1265
Bruce Topol	198	M2	420	360	425	1205
Dwayne Allen	198	M4	375	275	450	1100
John Pyrcz	198	T2	415	215	440	1070
Joe Rizza	198	M3	450	190	450	1090
Bryan Letson	198	M2	225	225	405	855
Jason Nickerson	198	Open	550			
Geoffrey Esper	220	Open	625	360	660	1645
Rene Moyer	220	Open	540	360	565	1465
Lance Reardon	220	Open	510	340	560	1410
George Sousa	220	Open	510	350	540	1400
Mike Laliberte	220	Open	500	315	520	1335
Frank Juszynski	220	Open	455	290	525	1270

John Medeiros	220	M4	475	345	445	1265
Jacob Carpenter	220	Junior	425	350	460	1235
Jonathan Wild	220	M3	250	140	335	725
Matthew Kurdok	220	S0		175	225	400
Andrew Bender	220	M2	325			
Jim Sexton	220	M1				
Phil Najemy	242	Open	550	325	600	1475
Scott Gagnon	242	Open	530	340	580	1450
Robert Troon	242	Open	515	400	510	1425
Cory Wasniewski	242	T3	500	320	580	1400
Ryan Luchka	242	Open	460	360	450	1270
Kiron Farris	242	Junior	415	315	475	1205
Butch Troiano	242	M3	350	385	425	1160
Sean Culnan	275	Open	685	550	765	2000
Patrick Johnson	275	Open	700	500	550	1750
Mark Griffin	275	Open				
Guy Ziriak	SHW	Open	655	435	550	1640

This event featured 78 lifters who came from the following states: MA, RI, CT, NH, ME and NY. The lifting was excellent showing the quality of lifters in the USAPL. The 2-day format with the specialty groups lifting on Saturday and the Men's Open on Sunday worked out well. Several lifters did well on a National level for the USAPL as well as the National and World level for the AAU. Thanks to Rene Moyen and members of Next Level Fitness for hosting another successful event. Also thanks to Mike of Northeast Fitness for continuing to allow us to utilize his exceptional facility for our USAPL events. Thanks to all the judges, spotters, loaders, table help and everyone who assisted us. It is a team effort when hosting meets of this caliber and it could not be accomplished without everyone's help. Last but not least, thanks again to all the lifters who supported this event - these meets are for you and could not exist without your support!

- Yours in powerlifting, Greg Kostas

Results Legend

Open: Can be any age.	Junior: up to 23 (Dec 31)
M1: Master 40-44	Y1: Youth 10-11
M2: Master 45-49	Y2: Youth 12-13
M3: Master 50-54	T1: Teen 14-15
M4: Master 55-59	T2: Teen 16-17
M5: Master 60-64	T3: Teen 18-19
M6: Master 65-69	Teen: 14-19 (exact age unknown)
M7: Master 70+	Collegiate: Age unknown
Master: 40+ (exact age unknown)	SM: Submaster 35-39