



**2010 USAPL NEW ENGLAND POWERLIFTING  
and BENCH PRESS CHAMPIONSHIPS**

5/16/2010

Next-Level Fitness Center, Johnston, RI

Meet Director: Mike Zawilinski

Name	Age	State	Div	BWt (Lb)	WtCls (Lb)	Best Squat	Best Bench	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI
Claire Barrett- M1	43	NH	F-M1	168	181	286.6	220.5	303.1	810.2	<b>346.0</b>	356.7	1-F-M1
Claire Barrett	43	NH	F-O	168	181	286.6	220.5	303.1	810.2	<b>346.0</b>	356.7	1-F-O-181
Robert Kearney	18	CT	M-RT	215	220	440.9	314.2	540.1	1295.2	361.3	383.0	1-M-RT
Connor McNamara	19	MA	M-RT	232	242	479.5	303.1	451.9	1234.6	334.4	347.8	2-M-RT
Ben Garelick	19	MA	M-RT	148	148	308.6	253.5	363.8	925.9	325.4	338.4	3-M-RT
Matt Winfield	18	RI	M-RT	175.75	181	352.7	226.0	435.4	1014.1	314.8	333.7	4-M-RT
Kevin Constantine	19	MA	M-RT	158.25	165	314.2	226.0	319.7	859.8	286.7	298.2	5-M-RT
Ryan Moore	18	MA	M-T	251	275	622.8	325.2	666.9	1614.9	426.8	452.4	1-M-T
John Fusaro-RO	18	CT	M-T	208.25	220	529.1	325.2	584.2	1438.5	406.8	431.2	2-M-T
Sampson Perry	17	MA	M-T	173	181	463.0	314.2	463.0	1240.1	388.7	419.8	3-M-T
Lee Keaffer	18	MA	M-T	178.5	181	474.0	237.0	529.1	1240.1	381.0	403.9	4-M-T
Joe Cassaro	18	MA	M-T	164	165	347.2	231.5	358.2	937.0	304.6	322.8	5-M-T
Ian MacPherson	15	MA	M-T	110.5	114	209.4	110.2	242.5	562.2	260.4	307.2	6-M-T
Brendan Stote	23	CT	M-RJR	270	275	633.8	418.9	556.7	1609.4	<b>417.8</b>		1-M-RJR
Ed Minelli	21	MA	M-RJR	231.25	242	474.0	259.0	540.1	1273.2	345.2	352.1	2-M-RJR
Jon Maneen	21	NY	M-RJR	148	148	297.6	275.6	396.8	970.0	340.9	347.7	3-M-RJR
Kyle Smith	20	NY	M-RJR	267.5	275	363.8	203.9	407.9	975.5	253.8	261.4	4-M-RJR
Jason Muccino - JR	23	RI	M-JR	184	198	440.9	363.8	501.5	1306.2	394.1		1-M-JR
Geoffrey Marston	23	RI	M-JR	250	275	501.5	352.7	501.5	1355.8	358.7		2-M-JR
Joe Nappa-JR	22	RI	M-JR	195	198	0	0	0	0	0		0
Andrew Poggie	36	RI	M-SM	216	220	463.0	248.0	496.0	1207.0	335.9		1-M-SM
Mark Dionne	37	RI	M-SM	178	181	352.7	231.5	358.2	942.5	290.3		2-M-SM
Joe Whitcomb	41	CT	M-M1	214	220	551.2	474.0	556.7	1581.8	442.1	446.5	1-M-M1
Jeff Hadad - M1	44	NH	M-M1	148	148	380.3	369.3	407.9	1157.4	406.7	424.2	2-M-M1
Frank Juszynski	40	RI	M-M1	214	220	440.9	286.6	529.1	1256.6	351.2	351.2	3-M-M1
Mike Wadsworth	43	MA	M-M1	174	181	352.7	226.0	391.3	970.0	303.1	312.5	4-M-M1
Russ Metivier -M2	49	RI	M-M2	173	181	440.9	248.0	474.0	1162.9	364.5	405.7	1-M-M2
Kevin J. Conroy	60	MA	M-GM	196.25	198	385.8	303.1	418.9	1107.8	322.7	432.4	1-M-GM
John N. Amore	24	RI	M-RO	184.75	198	319.7	270.1	385.8	975.5	293.7		1-M-RO-198
John Fusaro	18	CT	M-RO	208.25	220	529.1	325.2	584.2	1438.5	406.8	431.2	1-M-RO-220
Charles J Cocci	53	MA	M-RO	238	242	330.7	231.5	435.4	997.6	267.8	317.1	1-M-RO-242
Jeff Hadad	44	NH	M-O	148	148	380.3	369.3	407.9	1157.4	406.7	424.2	1-M-O-148
Edju Gasinowski	38	MA	M-O	179	181	501.5	319.7	529.1	1350.3	414.3		1-M-O-181
Andrew Poland	26	RI	M-O	175	181	474.0	319.7	468.5	1262.1	392.7		2-M-O-181
Russ Metivier	49	RI	M-O	173	181	440.9	248.0	474.0	1162.9	364.5	405.7	3-M-O-181
Lauren Cohen	30	MA	M-O	198	198	711.0	429.9	650.4	1791.2	<b>519.3</b>		1-M-O-198
Jason Muccino	23	RI	M-O	184	198	440.9	363.8	501.5	1306.2	394.1		2-M-O-198
Joe Nappa	22	RI	M-O	195	198	0	0	0	0	0		0
Bill Fabiano Jr.	24	MA	M-O	235	242	501.5	440.9	501.5	1444.0	389.4		1-M-O-242
Name	Age		Div	BWt (Lb)	WtCls (Lb)		Best Bench		Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCI
Debby Mason - GM	53	RI	F-GM	158	165		154.3		154.3	68.5	81.1	1-F-GM
Shaina Petit-JR	20	MA	F-JR	144.5	148		209.4		209.4	99.1	102.1	1-F-JR
Shaina Petit	20	MA	F-O	144.5	148		209.4		209.4	99.1	102.1	1-F-O-148
Debby Mason	53	RI	F-O	158	165		154.3		154.3	68.5	81.1	1-F-O-165
John Procopio	23	NJ	M-RJR	196	198		330.7		330.7	96.4		1-M-RJR
Dan Jaffe	25	ME	M-RO	184	198		352.7		352.7	106.4		1-M-RO-198
Lauren Cohen- BP	30	MA	M-O	198	198		429.9		429.9	<b>124.6</b>		1-M-O-198



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Meet Director: Mike Zawilinski

**Best Female Lifter** Claire Barrett  
**Best Raw Male Lifter** Brendan Stote  
**Best Equipped Lifter** Lauren Cohen  
**Best Bencher** Lauren Cohen

**Team Placing**  
**1st** Next-Level  
**2nd** Iron Revolution  
**3rd** Springfield College

**Divisions**  
T:14-19  
JR: 20-23  
SM: 35-39  
M1: 40-44  
M2: 45-49  
GM: 50+

R=Raw  
O= Open

Example:

1-M-RJR = 1st Place, Men's, Raw JR

1-M-JR = 1st Place, Men's , JR