



# 2009 USAPL MASSACHUSETTS and RHODE ISLAND OPEN STATE

## POWERLIFTING BENCH PRESS CHAMPIONSHIPS

12/12/09 - North Scituate, RI

Meet Directors: Eric Cordeiro and Mike Zawilinski

Name	Age	BWt (lbs)	Squat				Bench				Sub Total	Deadlift				PL Total	Wilks	Open Place	Open Raw Place	Age Div. Place	Team
			1	2	3	Best	1	2	3	Best		1	2	3	Best						
<b>114 Women</b>																					
Gregory, Sara	26	107.8	<del>-126.8</del>	132.3	143.3	143.3	55.1	71.6	77.2	77.2	220.5	126.8	143.3	<del>-154.3</del>	143.3	363.8	215.5		1-F-OR-52		Spring Col
<b>132 Women</b>																					
Staveley, Shauna	24	129.0	<del>-154.3</del>	<del>-159.8</del>	159.8	159.8	126.8	<del>-132.3</del>	<del>-132.3</del>	126.8	286.6	253.5	275.6	<del>-303.4</del>	275.6	562.2	290.0		1-F-OR-60		Spring Col
Guss, Raquel	21	132.3	165.3	176.4	<del>-187.4</del>	176.4	115.7	<del>-126.8</del>	<del>-126.8</del>	115.7	292.1	170.9	187.4	203.9	203.9	496.0	250.9		2-F-OR-60		NUPL
Stone, Jennifer	36	120.6	154.3	<del>-170.9</del>	<del>-176.4</del>	154.3	104.7	110.2	121.3	121.3	275.6	165.3	192.9	209.4	209.4	485.0	263.7	1-F-O-60	3-F-OR-60	1-F-SM	
<b>148 Women</b>																					
Lehans, Dara	57	141.3	264.6	286.6	<del>-303.4</del>	286.6	132.3	143.3	<del>-154.3</del>	143.3	429.9	275.6	303.1	319.7	319.7	749.6	360.4			1-F-M	
Crocker, Heather	21	139.8	203.9	226.0	<del>-259.0</del>	226.0	115.7	132.3	<del>-148.8</del>	132.3	358.2	264.6	303.1	319.7	319.7	677.9	328.7			1-F-JR	NUPL
Padilla, Anna	23	145.3	<del>-143.3</del>	176.4	<del>-181.9</del>	176.4	<del>-116.7</del>	132.3	143.3	143.3	319.7	253.5	275.6	308.6	308.6	628.3	296.0		1-F-OR-67.5		NUPL
LaBarre, Cassandra	18	133.2	<del>-132.3</del>	132.3	<del>-165.3</del>	132.3	71.6	77.2	82.7	82.7	214.9	181.9	198.4	<del>-226.0</del>	198.4	413.4	208.0			1-F-T3R	RPI
<b>165 Women</b>																					
Mason, Deb	53	159.4	198.4	214.9	<del>-220.5</del>	214.9	132.3	143.3	148.8	148.8	363.8	237.0	253.5	<del>-286.6</del>	253.5	617.3	272.6	1-F-O-75		2-F-M	Next Level
<b>198 Women</b>																					
O'Neal, Revathi	29	182.8	165.3	176.4	187.4	187.4	82.7	99.2	<del>-110.2</del>	99.2	286.6	198.4	209.4	226.0	226.0	512.6	208.7		1-F-OR-90		
<b>123 Men</b>																					
Dabrowski, Jason	22	113.3	198.4	231.5	253.5	253.5	154.3	<del>-181.9</del>	<del>-198.4</del>	154.3	407.9	297.6	325.2	336.2	336.2	744.1	335.2		1-M-OR-56		Spring Col
<b>132 Men</b>																					
Kupperstien, Eric (raw)	43	131.4	<del>-407.9</del>	407.9	<del>-440.9</del>	407.9	231.5	<del>-248.0</del>	<del>-248.0</del>	231.5	639.3	518.1	562.2	<del>-600.8</del>	562.2	1201.5	467.7	1-M-O-60		1-M-M1	
Willette, Peter	19	131.0	286.6	303.1	<del>-325.2</del>	303.1	203.9	226.0	<del>-253.5</del>	226.0	529.1	363.8	385.8	0.0	385.8	914.9	357.2			2-M-T3	RPI
<b>148 Men</b>																					
Cordoba, Aaron	18	148.8	352.7	<del>-418.9</del>	418.9	418.9	292.1	<del>-314.2</del>	314.2	314.2	733.0	451.9	<del>-534.6</del>	<del>-534.6</del>	451.9	1185.0	414.4			1-M-T3	
Mears, Paul	56	147.7	374.8	402.3	0.0	402.3	203.9	<del>-209.4</del>	<del>-209.4</del>	203.9	606.3	402.3	418.9	<del>-424.4</del>	418.9	1025.1	360.7			2-M-GM	Powerfit
<b>165 Men</b>																					
York, Michael	21	165.3	529.1	<del>-551.2</del>	<del>-551.2</del>	529.1	374.8	396.8	407.9	407.9	937.0	529.1	551.2	<del>-584.2</del>	551.2	1488.1	481.0	1-M-O-75			
Metivier, Russ	49	164.5	418.9	440.9	463.0	463.0	<del>-292.4</del>	292.1	<del>-308.6</del>	292.1	755.1	440.9	463.0	<del>-485.0</del>	463.0	1218.0	395.1			1-M-M2L	
Hadad, Jeffery	43	151.5	363.8	402.3	413.4	413.4	330.7	374.8	380.3	380.3	793.7	363.8	402.3	<del>-413.4</del>	402.3	1196.0	412.5			3-M-M1	
Diaz, Melvin	20	156.1	303.1	330.7	<del>-358.2</del>	330.7	203.9	<del>-220.5</del>	220.5	220.5	551.2	451.9	485.0	<del>-523.6</del>	485.0	1036.2	349.2			2-M-JRL	RPI
Cassaro, Joseph	18	162.9	<del>-325.2</del>	325.2	369.3	369.3	198.4	<del>-214.9</del>	<del>-214.9</del>	198.4	567.7	308.6	341.7	363.8	363.8	931.4	304.2			3-M-T3	NUPL
<b>181 Men</b>																					
Gasnowski, Edju	37	179.9	490.5	512.6	<del>-523.6</del>	512.6	308.6	<del>-319.7</del>	<del>-319.7</del>	308.6	821.2	507.1	523.6	<del>-540.4</del>	523.6	1344.8	411.4	1-M-O-82.5			
Poland, Andrew	26	179.7	<del>-451.9</del>	468.5	<del>-501.5</del>	468.5	314.2	336.2	<del>-341.7</del>	336.2	804.7	451.9	501.5	<del>-507.4</del>	501.5	1306.2	399.9	2-M-O-82.5			Next-Level
Jaffe, Daniel	24	174.2	380.3	396.8	407.9	407.9	314.2	330.7	<del>-341.7</del>	330.7	738.5	496.0	512.6	<del>-529.4</del>	512.6	1251.1	390.6		1-M-OR-82.5		Spring Col
Gross, Evan	21	177.5	380.3	402.3	418.9	418.9	286.6	303.1	<del>-308.6</del>	303.1	722.0	496.0	512.6	<del>-529.4</del>	512.6	1234.6	380.8			1-M-JRL	Spring Col
Cohen, Zachary	23	175.9	424.4	<del>-451.9</del>	<del>-451.9</del>	424.4	303.1	<del>-314.2</del>	314.2	314.2	738.5	407.9	429.9	<del>-440.9</del>	429.9	1168.4	362.4			5-M-J	NUPL
Muccino, Jason	22	180.6	319.7	352.7	<del>-374.8</del>	352.7	253.5	281.1	303.1	303.1	655.9	402.3	429.9	451.9	451.9	1107.8	338.1		2-M-OR-82.5		Next-Level
Reidy, Roger	19	176.1	385.8	<del>-402.3</del>	<del>-402.3</del>	385.8	<del>-253.5</del>	<del>-253.5</del>	253.5	253.5	639.3	385.8	402.3	<del>-413.4</del>	402.3	1041.7	322.8			3-M-T3R	Spring Col
Mennell, William	32	175.9	325.2	341.7	352.7	352.7	220.5	<del>-231.5</del>	<del>-231.5</del>	220.5	573.2	440.9	451.9	468.5	468.5	1041.7	323.1		3-M-OR-82.5		
Rizza, Joe	60	167.3	363.8	391.3	413.4	413.4	165.3	<del>-176.4</del>	<del>-176.4</del>	165.3	578.7	363.8	391.3	<del>-413.4</del>	391.3	970.0	310.9			1-M-GM+	
Dionne, Mark	36	179.7	303.1	<del>-330.7</del>	330.7	330.7	203.9	214.9	<del>-226.0</del>	214.9	545.6	352.7	374.8	<del>-402.3</del>	374.8	920.4	281.8			1-M-SM	



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			1	2	3	Best	1	2	3	Best		1	2	3	Best						
<b>198 Men</b>																					
Nappa, Joe	22	194.4	578.7	611.8	633.8	633.8	369.3	402.3	<del>448.9</del>	402.3	1036.2	551.2	600.8	<del>639.3</del>	600.8	1636.9	479.0	1-M-O-90		1-M-J	Next-Level
Hughes, Josh	21	195.3	562.2	<del>600.8</del>	600.8	600.8	385.8	407.9	413.4	413.4	1014.1	507.1	<del>540.4</del>	<del>540.4</del>	507.1	1521.2	444.1	2-M-O-90		2-M-J	Gilly's Gym
Ascani, Joe	44	194.0	507.1	534.6	551.2	551.2	281.1	286.6	<del>297.6</del>	286.6	837.7	545.6	578.7	<del>595.2</del>	578.7	1416.5	415.0			2-M-M1	
Bruno, Mark	21	190.5	396.8	429.9	<del>461.9</del>	429.9	281.1	303.1	314.2	314.2	744.1	578.7	<del>622.8</del>	622.8	622.8	1366.9	404.4			1-M-JRH	Spring Col
Daniel, Mark	47	197.5	457.5	485.0	501.5	501.5	336.2	358.2	369.3	369.3	870.8	457.5	490.5	<del>507.1</del>	490.5	1361.3	395.1			3-M-M2H	
Dally, Jerry	49	198.4	474.0	501.5	0.0	501.5	292.1	<del>303.4</del>	<del>303.4</del>	292.1	793.7	501.5	529.1	540.1	540.1	1333.8	386.2			2-M-M2H	
Brown, Benjamin	35	184.1	363.8	385.8	396.8	396.8	253.5	264.6	275.6	275.6	672.4	534.6	567.7	584.2	584.2	1256.6	379.1	3-M-O-90	1-M-OR-90	1-M-SM	
Caplan, Scott	22	196.0	<del>474.0</del>	<del>474.0</del>	474.0	474.0	275.6	<del>303.4</del>	<del>303.4</del>	275.6	749.6	474.0	501.5	<del>518.4</del>	501.5	1251.1	364.6	4-M-O-90			NUPL
Clayton, Bill	56	185.4	424.4	451.9	<del>463.0</del>	451.9	303.1	314.2	<del>319.7</del>	314.2	766.1	435.4	457.5	468.5	468.5	1234.6	370.9			1-M-GM	
Emar, Doug	25	191.4	424.4	446.4	<del>457.5</del>	446.4	352.7	<del>380.3</del>	<del>380.3</del>	352.7	799.2	<del>429.9</del>	429.9	<del>446.4</del>	429.9	1229.1	362.8	5-M-O-90			Powerfit
Greene, Jason	24	197.8	363.8	407.9	424.4	424.4	253.5	<del>303.4</del>	<del>303.4</del>	253.5	677.9	479.5	551.2	<del>584.2</del>	551.2	1229.1	356.5		2-M-OR-90		Spring Col
Kearney, Robert	19	196.4	402.3	<del>424.4</del>	424.4	424.4	<del>264.6</del>	270.1	<del>286.6</del>	270.1	694.4	<del>496.0</del>	507.1	<del>534.6</del>	507.1	1201.5	349.7			1-M-T3R	Spring Col
Johnson, Rick	46	188.9	440.9	<del>463.0</del>	440.9	440.9	176.4	198.4	209.4	209.4	650.4	518.1	0.0	0.0	518.1	1168.4	347.3			4-M-M2H	
Waters, Matthew	19	187.8	303.1	<del>319.7</del>	330.7	330.7	264.6	281.1	<del>286.6</del>	281.1	611.8	457.5	479.5	501.5	501.5	1113.3	332.0			2-M-T3R	Spring Col
Spear, Steven	48	184.1	314.2	341.7	<del>358.2</del>	341.7	<del>270.1</del>	270.1	286.6	286.6	628.3	413.4	440.9	<del>457.5</del>	440.9	1069.2	322.6			2-M-M2L	
Mears, Kevin	24	185.6	<del>347.2</del>	347.2	<del>369.3</del>	347.2	226.0	237.0	<del>248.0</del>	237.0	584.2	446.4	474.0	<del>496.0</del>	474.0	1058.2	317.7	6-M-O-90			
Lewandowski, Adam	20	186.1	308.6	330.7	<del>341.7</del>	330.7	198.4	<del>237.0</del>	<del>237.0</del>	198.4	529.1	330.7	380.3	407.9	407.9	937.0	280.9			3-M-JRH	NUPL
Burke, Jeff	56	195.1	264.6	286.6	308.6	308.6	226.0	237.0	248.0	248.0	556.7	336.2	363.8	374.8	374.8	931.4	272.1			1-M-MR	Next Level
Cohen, Lauren		195.5	683.4	<del>716.5</del>	<del>716.5</del>	683.4	<del>463.0</del>	<del>479.5</del>	<del>479.5</del>	0.0	0.0	<del>584.2</del>	0.0	0.0	0.0	0.0	0.0				
Wells, Robert	23	195.3	424.4	457.5	<del>479.5</del>	457.5	<del>297.6</del>	<del>297.6</del>	<del>297.6</del>	0.0	0.0	429.9	501.5	<del>529.1</del>	501.5	0.0	0.0				
<b>220 Men</b>																					
Rossi, Kevin	48	213.2	523.6	567.7	584.2	584.2	440.9	463.0	<del>468.5</del>	463.0	1047.2	501.5	534.6	<del>556.7</del>	534.6	1581.8	442.8	1-M-O-100		1-M-M2H	Next Level
Roncarati, Michael	22	207.2	545.6	589.7	<del>600.8</del>	589.7	<del>391.3</del>	396.8	<del>424.4</del>	396.8	986.6	545.6	<del>589.7</del>	<del>589.7</del>	545.6	1532.2	434.4	2-M-O-100		3-M-J	NUPL
Price, Thomas	41	214.7	507.1	523.6	<del>540.1</del>	523.6	374.8	385.8	396.8	396.8	920.4	545.6	567.7	<del>584.2</del>	567.7	1488.1	415.3	3-M-O-100			
Fusaro, John	18	210.3	429.9	463.0	0.0	463.0	292.1	314.2	<del>325.2</del>	314.2	777.1	501.5	551.2	<del>600.8</del>	551.2	1328.3	374.1			1-M-T2R	
Juszynski, Frank	39	209.2	402.3	418.9	429.9	429.9	253.5	281.1	<del>308.6</del>	281.1	711.0	507.1	529.1	<del>545.6</del>	529.1	1240.1	350.0			1-M-SM	
Shaughnessy, Brian	45	213.8	352.7	402.3	<del>418.9</del>	402.3	275.6	303.1	<del>319.7</del>	303.1	705.5	374.8	402.3	418.9	418.9	1124.3	314.3			5-M-M2H	
Procopio, John	23	208.3	292.1	308.6	<del>341.7</del>	308.6	314.2	330.7	<del>341.7</del>	330.7	639.3	391.3	407.9	418.9	418.9	1058.2	299.3			2-M-JRH	Spring Col
Shaklin, Aleks	62	201.9	292.1	308.6	325.2	325.2	<del>242.5</del>	242.5	<del>259.0</del>	242.5	567.7	308.6	319.7	<del>330.7</del>	319.7	887.4	254.7			2-M-GM+	
<b>242 Men</b>																					
Kalter, Michael	37	241.4	606.3	639.3	683.4	683.4	<del>407.9</del>	407.9	0.0	407.9	1091.3	639.3	683.4	<del>727.5</del>	683.4	1774.7	474.4	1-M-O-110			Gilly's Gym
Peters, Michael	18	233.7	457.5	501.5	523.6	523.6	325.2	341.7	363.8	363.8	887.4	479.5	507.1	529.1	529.1	1416.5	382.7	2-M-O-110			
Fabiano Jr, William	23	234.8	<del>485.0</del>	485.0	501.5	501.5	407.9	424.4	429.9	429.9	931.4	451.9	479.5	<del>501.5</del>	479.5	1410.9	380.5			4-M-J	
Fabiano, William	52	229.3	358.2	369.3	391.3	391.3	352.7	369.3	<del>380.3</del>	369.3	760.6	374.8	391.3	407.9	407.9	1168.4	317.8			3-M-GM	
MacKinnon, Fred	39	226.9	319.7	369.3	402.3	402.3	<del>275.6</del>	275.6	<del>303.4</del>	275.6	677.9	407.9	446.4	485.0	485.0	1162.9	317.5			1-M-SM	
Cocci, Charlie	53	242.5	341.7	358.2	380.3	380.3	<del>242.5</del>	242.5	<del>253.5</del>	242.5	622.8	407.9	424.4	435.4	435.4	1058.2	282.5			2-M-MR	NUPL
<b>275 Men</b>																					
West, Tom	38	272.0	440.9	468.5	0.0	468.5	440.9	463.0	<del>501.5</del>	463.0	931.4	485.0	518.1	540.1	540.1	1471.6	381.4			1-M-SM	
Smith, Kyle	20	257.3	198.4	226.0	264.6	264.6	176.4	198.4	209.4	209.4	474.0	330.7	374.8	<del>402.3</del>	374.8	848.8	222.8			4-M-JRH	Spring Col
Borbeau, Darren	37	273.4	562.2	<del>600.8</del>	<del>600.8</del>	562.2	<del>440.9</del>	<del>440.9</del>	<del>440.9</del>	0.0	0.0	562.2	606.3	628.3	628.3	0.0	0.0				Gilly's Gym
<b>275+ Men</b>																					
Takahashi, Ken	19	332.9	248.0	<del>275.6</del>	303.1	303.1	220.5	242.5	<del>264.6</del>	242.5	545.6	314.2	341.7	402.3	402.3	948.0	237.7			4-M-T3R	Spring Col



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			1	2	3	Best	1	2	3	Best	1	2	3	Best	1	2	3	Best							
<b>114 Women</b>																									
Douhgerty, Jessica	19	112.0					77.2	88.2	<del>99.2</del>	88.2								88.2	50.8					1-F-T3	
<b>132 Women</b>																									
D'Entremont, Lizz	47	122.4					187.4	<del>192.9</del>	<del>192.9</del>	187.4								187.4	100.7	1-F-O-60				1-F-M	
<b>165 Women</b>																									
McKinlay, Sonja	66	162.7					176.4	181.9	187.4	187.4								187.4	81.6					1-F-GM+	
<b>181 Women</b>																									
Wadsworth, Michael	43	173.5					231.5	<del>248.0</del>	<del>248.0</del>	231.5								231.5	72.4					1-M-M1	
<b>198 Women</b>																									
Berthiaume, Chuck	52	190.9					275.6	297.6	<del>308.6</del>	297.6								297.6	88.0					1-M-MR	
<b>198 Men</b>																									
Bruno, Jeffrey	21	193.6					286.6	303.1	319.7	319.7								319.7	93.8					1-M-JR	Spring Col
<b>220 Men</b>																									
O'Connel, Kelan	21	216.1					<del>402.3</del>	<del>402.3</del>	<del>402.3</del>	0.0								0.0	0.0					0	
<b>242 Men</b>																									
Leite, Joshua	23	230.2					336.2	<del>369.3</del>	<del>369.3</del>	336.2								336.2	91.3	1-M-O-110				1-M-J	

**Best Female Lifter** Dara Lehans

**Best Male Lifters**

**Morning Session** Eric Kupperstien

**Light Weight** Michael York

**Heavy Weight** Joe Nappa

**Team Placing**

**1st** Springfield College (Spring Col)

**2nd** Northeastern University (NUPL)

**3rd** Next-Level

**Age Classes**

T1: 14-15

T2: 16-17

T3: 18-19

J: 20-23

SM: 35-39

M1: 40-44

M2: 45-49

GM+: 50-59

GM+: 60+

R=Raw

L=Light

H=Heavy

O=Open