30th Annual USAPL/FSF Sunshine State Games Bench Press and Powerlifting Championships

Lakeland Convention Center -- Lakeland, Florida

Satuday, June 13, 2009

							SQUAT				BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	CLUB / CITY	DIVISION	1.	2.	3.		1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Womens Powerlifting**																	
2	52.00	51.50	Ashley Nenna	16	Lake Mary HS -- Lake Mary	Teen [16-17]	80.0	-90.0	-92.5	80.0	52.5	57.5	-62.5	137.5	95.0	97.5	105.0	242.5	304.6	1.0
3	60.00	58.60	Leslie Kutner	19	University of Florida -- Gainesville	Teen [18-19]	107.5	-117.5	127.5	127.5	-62.5	62.5	92.5	220.0	125.0	140.0	145.0	365.0	318.2	1.0
4	60.00	58.60	Leslie Kutner	19	University of Florida -- Gainesville	Collegiate	107.5	-117.5	127.5	127.5	-62.5	62.5	92.5	220.0	125.0	140.0	145.0	365.0	318.2	1.0
5	82.50	81.60	Hannah Crowe	19	Manatee CC -- Manatee	Open	97.5	110.0	117.5	117.5	-45.0	47.5	52.5	170.0	45.0	60.0	80.0	250.0	226.3	1.0
6	82.50	81.60	Hannah Crowe	19	Manatee CC -- Manatee	Junior [20-23]	97.5	110.0	117.5	117.5	-45.0	47.5	52.5	170.0	45.0	60.0	80.0	250.0	226.3	1.0
7	82.50	81.60	Hannah Crowe	19	Manatee CC -- Manatee	Collegiate	97.5	110.0	117.5	117.5	-45.0	47.5	52.5	170.0	45.0	60.0	80.0	250.0	226.3	1.0
8	82.50	81.60	Hannah Crowe	19	Manatee CC -- Manatee	Raw/Unequipped	97.5	110.0	117.5	117.5	-45.0	47.5	52.5	170.0	45.0	60.0	80.0	250.0	226.3	1.0
9																				
10			**Mens Powerlifting**																	
11	60.00	57.70	Tyler Mohammed	20	Ft. Myers	Junior [20-23]	150.0	157.5	Pass	157.5	87.5	92.5	-95.0	250.0	195.0	205.0	210.0	460.0	406.9	1.0
12	67.50	65.20	Joseph Meyerhoffer	21	Platinum Gym -- Sanford	Junior [20-23]	170.0	187.5	-200.0	187.5	137.5	142.5	-150.0	330.0	-195.0	195.0	-210.0	525.0	416.4	2.0
13	67.50	67.20	Derek Grabowski - Guest	20	University of Georgia	Junior [20-23]	165.0	-175.0	-175.0	165.0	102.5	-107.5	107.5	272.5	182.5	190.0	202.5	475.0	367.6	2.0
14	75.00	71.40	Glenn Gibson	39	Temple Fitness -- Tampa	Raw/Unequipped	147.5	157.5	162.5	162.5	112.5	-122.5	122.5	285.0	170.0	175.0	-180.0	460.0	339.6	1.0
15	75.00	72.50	Jay Halprin - Guest	49	Charlotte, North Carolina	Raw/Unequipped	132.5	-142.5	-142.5	132.5	82.5	90.0	95.0	227.5	170.0	182.5	-190.0	410.0	299.3	2.0
16	82.50	78.70	Sam Goldstein	15	Palm City	Teen [14-15]	122.5	-130.0	137.5	137.5	90.0	-100.0	-100.0	227.5	195.0	210.0	-227.5	437.5	301.6	1.0
17	82.50	78.00	Mike Paugh	69	Cape Coral	Master 60+	-82.5	82.5	95.0	95.0	42.5	45.0	47.5	142.5	-125.0	137.5	-140.0	280.0	194.3	1.0
18	90.00	86.70	Jordan Mills	14	Seahawk Powerlifting - Land O Lakes	Teen [14-15]	-170.0	-170.0	-170.0	-170.0	107.5	112.5	117.5		172.5	185.0	-192.5	185.0		
19	90.00	89.40	Steve Eisman	59	Pembrooke Pines	Master 50+	-102.5	102.5	107.5	107.5	142.5	-147.5	147.5	255.0	102.5	120.0	Pass	375.0	240.2	1.0
20	90.00	86.60	John Ruffalo	71	Palm Coas	Master 70+	110.0	117.5	Pass	117.5	110.0	-115.0	-115.0	227.5	135.0	145.0	-157.5	372.5	242.7	1.0
21	90.00	89.80	Danilo Najera	37	Universal Power & Fitness -- Orlando	Raw/Unequipped	177.5	-197.5	-200.0	177.5	150.0	157.5	-162.5	335.0	227.5	250.0	265.0	600.0	383.5	1.0
22	90.00	89.40	Steve Eisman	59	Pembrooke Pines	Raw/Unequipped	-102.5	102.5	107.5	107.5	142.5	-147.5	147.5	255.0	102.5	120.0	Pass	375.0	240.2	2.0
23	100.00	99.80	Nick Israel	20	University of Florida -- Gainesville	Open	290.0	-300.0	-300.0	290.0	-250.0	-250.0	-250.0							
24	100.00	93.10	Craig King	16	Seahawk Powerlifting - Land O Lakes	Teen [16-17]	125.0	147.5	-160.0	147.5	-102.5	102.5	-117.5	250.0	125.0	145.0	-177.5	395.0	248.0	1.0
25	100.00	99.80	Nick Israel	20	University of Florida -- Gainesville	Junior [20-23]	290.0	-300.0	-300.0	290.0	-250.0	-250.0	-250.0							
26	100.00	99.80	Nick Israel	20	University of Florida -- Gainesville	Collegiate	290.0	-300.0	-300.0	290.0	-250.0	-250.0	-250.0							
27	100.00	99.20	William McGuire	67	Palm Coast	Master 60+	-160.0	160.0	-170.0	160.0	-147.5	-147.5	-147.5							
30	100.00	98.40	Zied Hichri	33	Universal Power & Fitness -- Orlando	Raw/Unequipped	-250.0	250.0	257.5	257.5	-170.0	170.0	Pass	427.5	295.0	-320.0	-320.0	722.5	442.6	1.0
31	100.00	97.90	Peter Callovi	23	Wellington	Raw/Unequipped	205.0	-215.0	-215.0	205.0	142.5	-150.0	-150.0	347.5	215.0	227.5	235.0	582.5	357.6	2.0
32	100.00	92.80	James Bragg	49	Golds Gym -- Brooksville	Raw/Unequipped	170.0	182.5	192.5	192.5	137.5	145.0	-150.0	337.5	150.0	175.0	190.0	527.5	331.7	3.0
33	110.00	105.40	Francis Shannon	47	Lifestyles Fitness -- Valrico	Open	-185.0	-185.0	185.0	185.0	147.5	157.5	-165.0	342.5	185.0	-200.0	-200.0	527.5	314.7	1.0
32	110.00	102.90	Paul Leitz	20	University of Florida -- Gainesville	Junior [20-23]	-207.5	207.5	-295.0	207.5	145.0	-247.5	-280.0	352.5	215.0	235.0	-272.5	587.5	353.6	1.0
33	110.00	102.90	Paul Leitz	20	University of Florida -- Gainesville	Collegiate	-207.5	207.5	-295.0	207.5	145.0	-247.5	-280.0	352.5	215.0	235.0	-272.5	587.5	353.6	1.0
34	110.00	105.44	Francis Shannon	47	Lifestyles Fitness -- Valrico	Master 40+	-185.0	-185.0	185.0	185.0	147.5	157.5	-165.0	342.5	185.0	-200.0	-200.0	527.5	314.7	1.0
35	110.00	107.80	George Morning	53	Universal Power & Fitness -- Orlando	Master 50+	185.0	-205.0	205.0	205.0	137.5	-152.5	-152.5	342.5	217.5	-232.5	-232.5	560.0	331.7	1.0
36	110.00	110.60	John Czerepak	62	Winter Haven	Master 60+	80.0	90.0	100.0	100.0	92.5	97.5	-102.5	197.5	115.0	125.0	132.5	330.0	200.3	1.0
37	110.00	107.80	George Morning	53	Universal Power & Fitness -- Orlando	Raw/Unequipped	185.0	-205.0	205.0	205.0	137.5	-152.5	-152.5	342.5	217.5	-232.5	-232.5	560.0	331.7	1.0
38	110.00	111.00	Hector Hernandez	19	Team Florida -- Manatee County	Open	180.0	-195.0	200.0	200.0	100.0	-112.5	-112.5	300.0	180.0	200.0	-230.0	500.0	293.4	1.0
39	125.00	111.60	Dylan Lane	17	Seahawk Powerlifting - Land O Lakes	Teen [16-17]	112.5	137.5	-160.0	137.5	117.5	127.5	132.5	270.0	112.5	145.0	-175.0	415.0	243.2	1.0
40	125.00	111.00	Hector Hernandez	19	Team Florida -- Manatee County	Teen [18-19]	180.0	-195.0	200.0	200.0	100.0	-112.5	-112.5	300.0	180.0	200.0	-230.0	500.0	293.4	1.0
41	125.00	116.10	Mike Francis	49	Universal Power & Fitness -- Orlando	Master 40+	307.5	327.5	-342.5	327.5	180.0	192.5	Pass	520.0	307.5	330.0	Pass	850.0	492.7	1.0
42	125.00	112.50	Segismundo Pares	51	YMCA -- Ocala	Master 50+	110.0	150.0	182.5	182.5	210.0	220.0	227.5	410.0	255.0	-265.0	265.0	675.0	394.6	1.0
43	125.00	116.10	Mike Francis	49	Universal Power & Fitness -- Orlando	Police/Fire/Military	307.5	327.5	-342.5	327.5	180.0	192.5	Pass	520.0	307.5	330.0	Pass	850.0	492.7	1.0
44	125.00	111.00	Hector Hernandez	19	Team Florida -- Manatee County	Collegiate	180.0	-195.0	200.0	200.0	100.0	-112.5	-112.5	300.0	180.0	200.0	-230.0	500.0	293.4	1.0
45	125.00	111.00	Hector Hernandez	19	Team Florida -- Manatee County	Raw/Unequipped	180.0	-195.0	200.0	200.0	100.0	-112.5	-112.5	300.0	180.0	200.0	-230.0	500.0	293.4	1.0
46	125.00	161.50	Mike DiBiase	18	Space Coast Barbell -- Rockledge	Teen [18-19]	275.0	295.0	-320.0	295.0	150.0	165.0	-182.5	460.0	275.0	-295.0	-295.0	735.0	402.4	1.0
47	125.00+	161.50	Mike DiBiase	18	Space Coast Barbell -- Rockledge	Raw/Unequipped	275.0	295.0	-320.0	295.0	150.0	165.0	-182.5	460.0	275.0	-295.0	-295.0	735.0	402.4	1.0
48																				
49																				
50																				

30th Annual USAPL/FSF Sunshine State Games Bench Press and Powerlifting Championships

Lakeland Convention Center -- Lakeland, Florida

Satuday, June 13, 2009

							SQUAT			BENCHPRESS				DEADLIFT					
NR	WT	BDW.	NAME	AGE	CLUB / CITY	DIVISION	1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Bench Press Only**																
2	56.00	52.70	Trevor Branam	40	Cocoa Beach	Open				77.5	-82.5	-82.5	77.5				77.5	75.0	1.0
3	56.00	52.70	Trevor Branam	40	Cocoa Beach	Master 40+				77.5	-82.5	-82.5	77.5				77.5	75.0	1.0
4	56.00	52.70	Trevor Branam	40	Cocoa Beach	Raw/Unequipped				77.5	-82.5	-82.5	77.5				77.5	75.0	1.0
5	67.50	64.90	Wilmar Serrano	19	Tampa	Teen [18-19]				-125.0	125.0	-132.5	125.0				125.0	99.5	1.0
5	75.00	69.30	Frank Lavigna	76	St. Petersburg	Masster 70+				-65.0	67.5	-67.5	67.5				67.5	51.0	1.0
6	82.50	80.70	Joe Hill	33	Pitbull Gym -- Tampa	Raw/Unequipped				185.0	192.5	197.5	197.5				197.5	134.1	1.0
7	82.50	78.90	Lee Lichtle	64	Nokomis	Raw/Unequipped				110.0	115.0	-120.0	115.0				115.0	79.2	2.0
8	82.50	78.90	Lee Lichtle	64	Nokomis	Master 60+				110.0	115.0	-120.0	115.0				115.0	79.2	1.0
9	90.00	89.40	Steve Eisman	59	Pembrooke Pines	Master 50+				142.5	-147.5	147.5	147.5				147.5	94.5	1.0
10	90.00	87.10	George Walker	62	Quest Fitness -- Sebring	Master 60+				142.5	147.5	150.0	150.0				150.0	97.4	1.0
11	90.00	89.80	Sonha Nguyen	37	Brandon	Raw/Unequipped				-165.0	-170.0	172.5	172.5				172.5	110.2	1.0
12	100.00	99.80	Nick Israel	20	University of Florida -- Gainesville	Open				-250.0	-250.0	-250.0							
13	100.00	97.20	Randy Silverwood	14	Seahawk Powerlifting - Land O Lakes	Teen [14-15]				-95.0	-95.0	95.0	95.0				95.0	58.5	1.0
14	100.00	93.10	Craig King	16	Seahawk Powerlifting - Land O Lakes	Teen [16-17]				-102.5	102.5	-117.5	102.5				102.5	64.4	1.0
15	100.00	99.80	Nick Israel	20	University of Florida -- Gainesville	Junior [20-23]				-250.0	-250.0	-250.0							
16	100.00	99.80	Nick Israel	20	University of Florida -- Gainesville	Collegiate				-250.0	-250.0	-250.0							
17	100.00	96.20	Tom Acquaviva	46	Lifestyles Fitness -- Valrico	Raw/Unequipped				145.0	-152.5	-152.5	145.0				145.0	89.7	1.0
18	100.00	98.60	Steve Schwarzer	61	Crescent City	Raw/Unequipped				132.5	-140.0	-140.0	132.5				132.5	81.1	2.0
19	110.00	105.10	Brandon Martin	17	Lakeland HS -- Lakeland	Open				160.0	-180.0	-180.0	160.0				160.0	95.6	1.0
20	110.00	105.40	Francis Shannon	47	Lifestyles Fitness -- Valrico	Open				147.5	157.5	-165.0	157.5				157.5	94.0	2.0
21	110.00	105.40	Brandon Martin	17	Lakeland HS -- Lakeland	Teen [16-17]				160.0	-180.0	-180.0	160.0				160.0	95.6	1.0
22	110.00	105.40	Brandon Martin	17	Lakeland HS -- Lakeland	High School Varsity				160.0	-180.0	-180.0	160.0				160.0	95.6	1.0
23	110.00	114.90	Jeff Ruth	45	Pinellas Park	Master 40+				182.5	190.0	-197.5	190.0				190.0	110.4	1.0
24	110.00	107.80	Mitch Hersh	49	Lifestyles Fitness -- Valrico	Master 40+				145.0	165.0	170.0	170.0				170.0	100.7	2.0
25	110.00	105.40	Francis Shannon	47	Lifestyles Fitness -- Valrico	Master 40+				147.5	157.5	-165.0	157.5				157.5	94.0	3.0
26	110.00	108.40	John Ferris	46	Orlando	Master 40+				142.5	152.5	157.5	157.5				157.5	93.1	4.0
27	110.00	108.00	James Booker	35	Clearwater	Raw/Unequipped				175.0	185.0	190.0	190.0				190.0	112.5	1.0
28	110.00	114.90	Jeff Ruth	45	Pinellas Park	Raw/Unequipped				182.5	190.0	-197.5	190.0				190.0	110.4	2.0
29	110.00	105.40	Brandon Martin	17	Lakeland HS -- Lakeland	Raw/Unequipped				160.0	-180.0	-180.0	160.0				160.0	95.6	3.0
30	125.00	123.90	Chris Dixon	43	Coral Springs	Master 40+				205.0	-227.5	-227.5	205.0				205.0	117.0	1.0
31	125.00	119.20	Sheldon Schultz	70	Satsuma	Master 70+				-132.5	137.5	142.5	142.5				142.5	82.1	1.0
32	125.00	118.40	Perry Ellis	27	Riverview	Raw/Unequipped				-220.0	-220.0	-220.0							1.0
33	125.00+	134.60	Nathan McCoole	14	Seahawk Powerlifting - Land O Lakes	Teen [14-15]				-140.0	140.0	145.0	145.0				145.0	81.5	1.0
34																			
35			**Deadlift Only**																
36	125.00	123.4	David Silverbloom	49	Tamarac	Master 40+								272.5	290.0	-297.5	290.0	165.7	1.0
37																			
38			**Out**																
39	110.00		Tony Moscato	70	YMCA -- Palm Harbor	Master 70+													
40																			
41																			
42																			