

APA FIRST STATE POWER FRENZY November 07, 2009 The Training Center, New Castle DE

Kate Baird /Len Walker - Meet Directors

<u>NAME</u>	<u>DVSN</u>	<u>WGHT CL</u>	<u>AGE DVSN</u>	<u>SQ</u>	<u>BNCH</u>	<u>DEAD</u>	<u>TOTAL</u>
<u>FULL POWER</u>							
Chris Kourmadas /22/DT	RAW	165	JUNIOR	310	280	410	1000
Steve Rawlings 15/DT	RAW	181	TEEN 13-15	310	225	375	910
				4 th - 325*		4 th - 405*	
Joe Palantino /37/DT	RAW	198	OPEN	525	365	550	1440
Joe Dottino /22	RAW	220	JUNIOR	575*	400	585	1560
						4 th - 605	
Roman Rozek /24	RAW	220	OPEN	500	350	630	1480
Brian Lego / 34/DT	RAW	220	OPEN	500	370	545	1415
Jon Stoklosa/28/DT	RAW	220	OPEN	385	355	405	1125
Hank Beaudet/58/DT	RAW	220	MSTR IV	325*	280	520*	1125
Aaron Utermahlin/32/DT	RAW	242	OPEN	550	405	600	1555
David Hill /25/DT	RAW	275	OPEN	490	330	490	1310
Scott Haddaway/35	RAW	275	OPEN	560	400	600	1560
Scott Yard/27/DT	RAW	275	OPEN	750*	55	750*	1555
John Keller/39	RAW	275	OPEN	700	425	600	1725
John Linthicum/33/DT	RAW	308	OPEN	400	270	425	1095
Joe DeAscanis/34	STD EQ	198	OPEN	580	425	500	1505
Peter Miedena/31	STD EQ	220	OPEN	530	425	525	1480
Sam Sweigart/24	EQ UNL	220	OPEN	700	465	615	1780
Tim Gale /36	EQ UNL	242	OPEN	850	650	635	2135
Wayne Jordan/39	EQ UNL	275	OPEN	500	405	600	1605
Matt Wilson/30	EQ UNL	308	OPEN	1105*	725	720	2550*

Marty Nickel/32	EQ UNL	341	OPEN	785	540	560	1885
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PUSH/PULL

				<u>SQ</u>	<u>BNCH</u>	<u>DEAD</u>	<u>TOTAL</u>
Joshua Klug/19/DT	RAW	165	Teen 18-19		230	450	680
Joe Jacoby/22/DT	RAW	220	Junior		355	455	810
Chris Webb/50/DT	RAW	220	OPEN/MSTR IV		390*	580*	970
Chris Dellafave/21	EQ UNL	220	Junior		580*	705	1285

SQUAT ONLY

Ben Campbell/35	RAW	242	OPEN	500			
Michael O'Brien/21/DT	EQ UNL	148	Junior / OPEN	675 * *			

BENCH ONLY

Craig Haviland/38	RAW	275	SUBMSTR		575*		
Scott Kuzma/44	RAW	275	MSTR II		500		
Ben Campbell/35	EQ UNL	242	OPEN		435		
Mark Caserta/48	EQ UNL	181	OPEN /MSTR II		505		

4th - 520

Michael O'Brien/21/DT	EQ UNL	148	JUNIOR		425*		
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DEADLIFT ONLY

Jonathan Om / 9/DT	RAW	97	YOUTH			115	
Christopher Annino /25/DT	RAW	308	OPEN			450	
James Dibble/48	EQ STD	242	MSTR II			600	
Jon Rock/	EQ UNL	198	OPEN			705	

STRICT CURL

Wendell Oms/30/DT		198	OPEN	145			
Christopher Annino/25/DT		308	OPEN	145			

4th- 160

*Denotes World Record