

USPA Drug Tested Pennsylvania State Powerlifting Championships September 28, 2019 Allentown, PA

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	<b>Women Raw Powerlifting</b>														
	75kg Jr 18-19														
GL	Darleyne Espinosa	PA	75kg	73.4	19	147.5	65	142.5	355	342.149		325.2	143.3	314.2	782.6
	48kg Open														
1	Jamie Silver	MD	48kg	47.6	32	100	45	105	250	333.15		220.5	99.2	231.5	551.2
	56kg Open														
1	Patti Coates	PA	56kg	55.3	49	92.5	60	112.5	265	314.9	350.483	203.9	132.3	248	584.2
	60kg Open														
1	Sarah Gosdin	PA	60kg	59.6	37	115	71	130	316	354.141		253.5	156.5	286.6	696.7
	75kg Open														
1	Christy Zeigler	PA	75kg	73.4	43	150	65	160	375	361.425	372.629	330.7	143.3	352.7	826.7
GL	Darleyne Espinosa	PA	75kg	73.4	19	147.5	65	142.5	355	342.149		325.2	143.3	314.2	782.6
	82.5kg Open														
1	Kristyn Whisman	PA	82.5kg	76.6	36	127.5	67.5	152.5	347.5	326.094		281.1	148.8	336.2	766.1
	SHW Open														
1	Heather Mutchler	PA	SHW	111.6	29	160	102.5	160	422.5	342.479		352.7	226	352.7	931.4
	60kg Submaster														
1	Sarah Gosdin	PA	60kg	59.6	37	115	71	130	316	354.141		253.5	156.5	286.6	696.7
	82.5kg Submaster														
1	Kristyn Whisman	PA	82.5kg	76.6	36	127.5	67.5	152.5	347.5	326.094		281.1	148.8	336.2	766.1
	56kg Master 45-49														
1	Patti Coates	PA	56kg	55.3	49	92.5	60	112.5	265	314.9	350.483	203.9	132.3	248	584.2
	60kg Master 40-44														
1	Mary Jurovcik	WA	60kg	58.6	40	77.5	42.5	100	220	249.81	249.81	170.9	93.7	220.5	485
	75kg Master 40-44														
1	Christy Zeigler	PA	75kg	73.4	43	150	65	160	375	361.425	372.629	330.7	143.3	352.7	826.7
2	Erika Hill	PA	75kg	71.6	44	107.5	55	142.5	305	298.809	311.657	237	121.3	314.2	672.4
	75kg Master 65-69														
1	Linda Arvey	PA	75kg	75	69	87.5	67.5	142.5	297.5	282.804	455.314	192.9	148.8	314.2	655.9

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<b>Men Raw Powerlifting</b>															
	60kg Jr 13-15														
1	Tristan Kratz	PA	60kg	59.4	14	115	70	167.5	352.5	303.432		253.5	154.3	369.3	777.1
2	Joseph Fazio	PA	60kg	57.9	14	87.5	82.5	122.5	292.5	257.868		192.9	181.9	270.1	644.8
							4th: 85								
	67.5kg Jr 13-15														
1	Dillon Britting	PA	67.5kg	64.5	14	87.5	58.5	115	261	208.904		192.9	129	253.5	575.4
						4th: 92.5		4th: 126							
	75kg Jr 20-23														
1	Erik Bissell	NJ	75kg	72.3	20	147.5	107.5	220	475	347.463		325.2	237	485	1047.2
	82.5kg Open														
1	Jay Orta	PA	82.5kg	77.7	25	150	120	197.5	467.5	325.24		330.7	264.6	435.4	1030.7
	90kg Open														
1	Mason Salisbury	NC	90kg	88.5	43	228.5	142.5	275	646	416.024	428.921	503.8	314.2	606.3	1424.2
2	Nolan Linaberry	PA	90kg	88.4	25	215	147.5	237.5	600	386.64		474	325.2	523.6	1322.8
3	Sean Ramsey	PA	90kg	89	23	197.5	130	225	552.5	354.76		435.4	286.6	496	1218
	110kg Open														
1	John Ignatovich	PA	110kg	107.5	28	245	187.5	302.5	735	435.708		540.1	413.4	666.9	1620.4
2	Dj Moore	PA	110kg	105.9	23	212.5	157.5	247.5	617.5	367.907		468.5	347.2	545.6	1361.3
DQ	Eric Benkert	PA	110kg	103.6	26	0	107.5	215	0	0		0	237	474	0
	75kg Master 50-54														
1	Gary Teeter	PA	75kg	67.8	54	125	107.5	162.5	395	303.479	365.388	275.6	237	358.2	870.8
	90kg Master 40-44														
1	Mason Salisbury	NC	90kg	88.5	43	228.5	142.5	275	646	416.024	428.921	503.8	314.2	606.3	1424.2
	90kg Master 45-49														
1	Ron Zsido	PA	90kg	89.4	45	197.5	162.5	220	580	371.548	391.983	435.4	358.2	485	1278.7
	90kg Master 70-74														
1	Al Arvey	PA	90kg	86.7	73	87.5	80	112.5	280	182.308	320.133	192.9	176.4	248	617.3
<b>Men Classic Raw Powerlifting</b>															
	67.5kg Jr 20-23														
1	Bobby George	PA	67.5kg	64.3	21	155	105	195	455	365.138		341.7	231.5	429.9	1003.1
	67.5kg Open														
1	Bobby George	PA	67.5kg	64.3	21	155	105	195	455	365.138		341.7	231.5	429.9	1003.1

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	75kg Open														
1	Norberto Rodriguez	DE	75kg	74.1	32	212.5	120	247.5	580	416.788		468.5	264.6	545.6	1278.7
	90kg Open														
1	George Yencha	PA	90kg	89.4	28	230	132.5	275	637.5	408.383		507.1	292.1	606.3	1405.4
	125kg Open														
1	Lawrence Maday	PA	125kg	114.8	37	272.5	165	287.5	725	421.443		600.8	363.8	633.8	1598.3
	125kg Submaster														
1	Lawrence Maday	PA	125kg	114.8	37	272.5	165	287.5	725	421.443		600.8	363.8	633.8	1598.3
<b>Women Raw Bench Only</b>															
	67.5kg Open														
1	Laura Niedermayer	PA	67.5kg	62.2	34		97.5		97.5	105.729			214.9		214.9
	SHW Open														
1	Heather Mutchler	PA	SHW	111.6	29		102.5		102.5	83.087			226		226
	75kg Master 65-69														
1	Linda Arvey	PA	75kg	75	69		67.5		67.5	64.166	103.307		148.8		148.8
<b>Men Raw Bench Only</b>															
	52kg Jr 13-15														
1	Joe Messina	PA	52kg	51.3	13		60.5		60.5	60.222			133.4		133.4
	60kg Jr 13-15														
1	Joseph Fazio	PA	60kg	57.9	14		82.5		82.5	72.732			181.9		181.9
2	Tristan Kratz	PA	60kg	59.4	14		70		70	60.256			154.3		154.3
	82.5kg Open														
1	Semaj Pollard	DE	82.5kg	81.3	25		172.5		172.5	116.593			380.3		380.3
2	Michael Fay	PA	82.5kg	82	28		152.5		152.5	102.541			336.2		336.2
	90kg Open														
1	Mason Salisbury	NC	90kg	88.5	43		142.5		142.5	91.77	94.615		314.2		314.2
	140kg Open														
1	Gary Ball	PA	140kg	130.3	31		180		180	101.772			396.8		396.8
	67.5kg Master 40-44														
1	John Messina	PA	67.5kg	67.1	43		114		114	88.316	91.054		251.3		251.3
	75kg Master 50-54														
1	Gary Teeter	PA	75kg	67.8	54		107.5		107.5	82.592	99.441		237		237



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	Powerlifting Best Lifters														
	Open Women Raw: Christy Zeigler														
	Masters Women Raw: Linda Arvey														
	Open Men Raw: John Ignatovich														
	Meet Director: Eric Kratz														
	Thank you to our referees:														
	National: Eric Kratz and Jessica Kratz														
	State: Ed Komissar, Ed Harrington and Marc Masishin														
	Announcer: Justin Eckert														
	Computer: Jessica Kratz														
	Expeditor: Sergio Andres Jara														
	Spotter/Loaders: Haley Kavelak, Mike Scherer, Ben Helman, Derrick Mattison and Mario Lozano														