

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	Women Raw Powerlifting																
	75kg Jr 20-23																
1	Ginamarie Caiafa	CT	75kg	73.8	23	125	135	-145	65	70	-75	150	160	167.5	372.5	357.749	
	60kg Open																
1	Brigette Zacharczenko	CT	60kg	58.9	31	137.5	142.5	-147.5	77.5	-80	-80	182.5	-195	-195	402.5	455.228	
2	Karen Le	CT	60kg	59.2	29	90	97.5	102.5	65	70	75	150	160	-165	337.5	380.228	
	67.5kg Open																
1	Jesica Swisher	RI	67.5kg	66.7	35	137.5	145	-150	80	85	92.5	175	182.5	-185	420	432.348	
	75kg Open																
1	Ginamarie Caiafa	CT	75kg	73.8	23	125	135	-145	65	70	-75	150	160	167.5	372.5	357.749	
2	Mary Sumislaski	CT	75kg	67.7	23	105	120	127.5	52.5	-67.5	-67.5	140	155	170	350	356.475	
3	Brittany Burke	CT	75kg	71.9	29	95	97.5	102.5	50	52.5	-57.5	135	142.5	150	305	297.955	
	82.5kg Open																
DQ	Erica Seraphin	CT	82.5kg	75.5	35	-107.5	-107.5	-107.5	57.5	62.5	-65	117.5	-125	-125	0	0	
	90kg Open																
1	Alicia Morea	CT	90kg	86.8	31	130	132.5	137.5	-57.5	57.5	-60	167.5	172.5	177.5	372.5	326.981	
2	Brianna Townsend	MA	90kg	87.2	27	125	130	137.5	57.5	-65	-65	137.5	147.5	157.5	352.5	308.79	
	67.5kg Submaster																
1	Jesica Swisher	RI	67.5kg	66.7	35	137.5	145	-150	80	85	92.5	175	182.5	-185	420	432.348	
	82.5kg Submaster																
DQ	Erica Seraphin	CT	82.5kg	75.5	35	-107.5	-107.5	-107.5	57.5	62.5	-65	117.5	-125	-125	0	0	
	Men Raw Powerlifting																
	67.5kg Jr 18-19																
1	Zachary Ryan	NY	67.5kg	64	19	165	170	175	-102.5	110	117.5	175	187.5	197.5	490	394.793	
	75kg Jr 18-19																
1	Ezra Hercyk	VA	75kg	74.8	18	135	145	150	82.5	92.5	-97.5	182.5	192.5	200	442.5	315.901	
	75kg Jr 20-23																
1	Michael Ivan	CT	75kg	72.4	23	175	-187.5	-187.5	120	-127.5	-127.5	215	222.5	-227.5	517.5	378.137	
2	Ryan Gallo	CT	75kg	72.8	21	122.5	137.5	145	77.5	82.5	-85	145	152.5	165	392.5	285.662	
DQ	Nikolas Canter	ME	75kg	73.6	20	157.5	165	172.5	-112.5	-115	-122.5	177.5	190	-200	0	0	
	82.5kg Jr 20-23																
1	Nicholas Tribelli	RI	82.5kg	81.4	23	220	232.5	-240	147.5	155	160	257.5	270	277.5	670	452.518	
2	Elias Lisle	CT	82.5kg	82	22	162.5	172.5	180	110	117.5	-125	162.5	175	182.5	480	322.752	
3	Evan Starbard	CT	82.5kg	76	20	155	165	175	90	95	97.5	180	192.5	-200	465	328.337	

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	110kg Jr 20-23																
1	Anthony Polito	MA	110kg	106.6	23	227.5	242.5	255	140	150	152.5	232.5	247.5	265	672.5	399.801	
	67.5kg Open																
1	Zachary Ryan	NY	67.5kg	64	19	165	170	175	102.5	110	117.5	175	187.5	197.5	490	394.793	
	75kg Open																
1	Michael Ivan	CT	75kg	72.4	23	175	187.5	187.5	120	127.5	127.5	215	222.5	227.5	517.5	378.137	
2	Ezra Hercyk	VA	75kg	74.8	18	135	145	150	82.5	92.5	97.5	182.5	192.5	200	442.5	315.901	
	82.5kg Open																
1	Andy Hernandez	MA	82.5kg	81.1	21	200	212.5	217.5	170	180	180	267.5	282.5	287.5	675	456.908	
2	David Reindl	CT	82.5kg	81.1	32	215	230	242.5	135	145	152.5	237.5	262.5	277.5	672.5	455.215	
DQ	John Syc	CT	82.5kg	80.5	39	167.5	180	185	120	-----	-----	-----	-----	-----	0	0	
	90kg Open																
1	Stephen Peszynski	CT	90kg	89.8	28	255	272.5	-----	170	182.5	-----	297.5	320	332.5	787.5	503.291	
2	William Littlefield	MA	90kg	89.9	31	227.5	242.5	252.5	175	182.5	187.5	260	272.5	287.5	712.5	455.145	
3	Matthew Barringer	CT	90kg	85.2	33	192.5	207.5	220	132.5	140	140	247.5	255	265	617.5	406.006	
4	Jon Sheehan	CT	90kg	89.9	28	125	135	147.5	105	112.5	120	155	167.5	185	452.5	289.057	
5	Kevin Fenton	MA	90kg	86	28	135	152.5	165	80	92.5	102.5	165	180	190	447.5	292.665	
	110kg Open																
1	Paul Milano	CT	110kg	107	28	270	290	302.5	180	180	187.5	312.5	332.5	340	802.5	476.444	
2	Courtland Wright	CT	110kg	104.1	33	227.5	255	-----	182.5	192.5	192.5	307.5	330	-----	745	446.553	
	125kg Open																
DQ	Joseph Craft	SC	125kg	122.8	29	-----	-----	-----	-----	-----	-----	-----	-----	-----	0	0	
	82.5kg Submaster																
DQ	John Syc	CT	82.5kg	80.5	39	167.5	180	185	120	-----	-----	-----	-----	-----	0	0	
	100kg Master 50-54																
1	Michael Bruno	NY	100kg	92.9	53	110	112.5	120	85	87.5	97.5	135	137.5	145	362.5	227.831	269.752
Men Classic Raw Powerlifting																	
	100kg Open																
1	Peter Lennon Iv	CT	100kg	93.2	31	180	185	192.5	130	137.5	142.5	205	212.5	220	550	345.18	
	125kg Open																
1	Jake Aguilar	MA	125kg	124.1	27	290	305	317.5	172.5	182.5	187.5	305	320	335	825	470.828	
	90kg Submaster																
1	Albert Heinrich	CT	90kg	88.7	36	242.5	265	272.5	150	160	165	237.5	252.5	265	690	443.808	
	110kg Submaster																
1	Josue Nevarez	CT	110kg	104.7	36	232.5	247.5	272.5	170	185	190	232.5	247.5	272.5	730	436.686	

USPA Lightning in Winter 3 November 23, 2019 South Windsor, CT

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