

USPA Vermont State Powerlifting Championship December 7, 2019 Williston, VT

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
<b>Women Raw Powerlifting</b>																	
	52kg Open																
1	Ally Dovano	VT	52kg	52	19	67.5	77.5	<del>85</del>	45	50	52.5	105	112.5	120	250	311.65	
2	Kimberly Schmidt	VT	52kg	51.4	29	52.5	62.5	67.5	<del>30</del>	30	37.5	65	70	80	185	232.693	
	60kg Open																
1	Kristin Day	VT	60kg	58.7	28	102.5	110	115	47.5	52.5	55	112.5	120	130	300	340.2	
2	Caroline Pflregar	VT	60kg	59.4	21	52.5	<del>55</del>	55	30	35	<del>37.5</del>	<del>87.5</del>	87.5	92.5	182.5	205.057	
	82.5kg Open																
1	Danielle Phillips	VT	82.5kg	78.3	30	132.5	142.5	<del>145</del>	<del>72.5</del>	77.5	<del>80</del>	160	<del>172.5</del>	<del>172.5</del>	380	351.994	
2	Blanka Nikolic	VT	82.5kg	77.6	31	60	<del>65</del>	70	42.5	<del>47.5</del>	<del>47.5</del>	92.5	100	<del>105</del>	212.5	197.859	
	SHW Open																
1	Aja Varney	VT	SHW	135.4	37	<del>147.5</del>	157.5	167.5	75	80	<del>85</del>	162.5	172.5	<del>182.5</del>	420	328.608	
2	Kimberly Swett	VT	SHW	121.2	49	135	<del>150</del>	<del>150</del>	77.5	<del>85</del>	<del>85</del>	175	200	<del>210</del>	412.5	329.258	366.464
	67.5kg Master 40-44																
1	Kazmin Thibault	VT	67.5kg	66.9	40	<del>82.5</del>	90	<del>100</del>	42.5	47.5	52.5	115	130	<del>142.5</del>	272.5	279.912	279.912
	75kg Master 75-79																
1	Barbara DeAngelis	VT	75kg	73.3	75	55	<del>65</del>	70	<del>30</del>	30	<del>32.5</del>	90	100	107.5	207.5	200.155	367.284
	SHW Master 45-49																
1	Kimberly Swett	VT	SHW	121.2	49	135	<del>150</del>	<del>150</del>	77.5	<del>85</del>	<del>85</del>	175	200	<del>210</del>	412.5	329.258	366.464
2	Donnah Lewis	NY	SHW	94.3	49	<del>100</del>	100	<del>112.5</del>	60	<del>65</del>	<del>67.5</del>	137.5	140	145	305	258.823	288.07
<b>Men Raw Powerlifting</b>																	
	67.5kg Jr 20-23																
1	Billy Alcaide	AK	67.5kg	66.4	22	162.5	170	177.5	117.5	<del>125</del>	<del>125</del>	192.5	205	<del>215</del>	500	390.65	
	75kg Jr 20-23																
1	Myles Frendel	VT	75kg	71.4	22	147.5	160	167.5	87.5	92.5	<del>100</del>	175	177.5	182.5	442.5	326.698	
	90kg Jr 20-23																
1	Jack Felag	VT	90kg	84.5	22	120	125	140	90	100	<del>110</del>	165	185	195	435	287.361	
	110kg Jr 16-17																
1	Jack Fortin	VT	110kg	107.9	16	175	177.5	185	125	130	<del>137.5</del>	<del>210</del>	210	<del>212.5</del>	525	310.853	
	125kg Jr 20-23																
DQ	Chaz Maclay	VT	125kg	118.3	21	<del>270</del>	<del>270</del>	<del>270</del>	165	<del>172.5</del>	<del>---</del>	275	285	<del>302.5</del>	0	0	
	67.5kg Open																
1	Billy Alcaide	AK	67.5kg	66.4	22	162.5	170	177.5	117.5	<del>125</del>	<del>125</del>	192.5	205	<del>215</del>	500	390.65	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	75kg Open																
1	Adam Bentley	VT	75kg	74.9	26	155	167.5	<del>175</del>	<del>107.5</del>	112.5	<del>127.5</del>	202.5	<del>217.5</del>	<del>217.5</del>	482.5	344.119	
2	Myles Frendel	VT	75kg	71.4	22	147.5	160	167.5	87.5	92.5	<del>100</del>	175	177.5	182.5	442.5	326.698	
	82.5kg Open																
1	Hendrik Reinold	VT	82.5kg	80.2	33	152.5	160	170	102.5	107.5	110	187.5	195	205	485	330.576	
2	John Ring	VT	82.5kg	80.3	25	150	160	167.5	80	85	90	190	195	202.5	460	313.306	
	90kg Open																
1	Connor Moore	VT	90kg	85.4	22	210	222.5	230	137.5	142.5	145	225	235	245	620	407.092	
	100kg Open																
1	Steven Ushakov	VT	100kg	97.6	25	227.5	242.5	250	132.5	140	147.5	250	265	272.5	670	411.849	
2	Jeremy Peyton	VT	100kg	98.3	30	192.5	200	205	142.5	147.5	155	247.5	262.5	270	630	386.127	
3	Russell Dougherty	VT	100kg	97.3	18	160	175	185	107.5	115	122.5	<del>250</del>	<del>280</del>	280	587.5	361.606	
4	Jacob Mainville	NY	100kg	98	28	187.5	200	210	120	<del>127.5</del>	<del>127.5</del>	215	232.5	240	570	349.752	
5	Sonny Parrotte	VT	100kg	96.8	24	175	182.5	190	115	125	<del>132.5</del>	177.5	190	200	515	317.704	
	110kg Open																
1	Garrett Graves	VT	110kg	108.8	32	225	235	<del>245</del>	190	197.5	<del>202.5</del>	265	<del>272.5</del>	272.5	705	416.303	
	125kg Open																
1	Kyle Smith	VT	125kg	123.4	24	305	330	<del>342.5</del>	215	<del>240</del>	<del>240</del>	<del>305</del>	305	<del>325</del>	850	485.69	
2	Jeremy Degreenia	VT	125kg	121.7	33	<del>205</del>	212.5	222.5	147.5	152.5	157.5	242.5	257.5	272.5	652.5	373.948	
DQ	Chaz Maclay	VT	125kg	118.3	21	<del>270</del>	<del>270</del>	<del>270</del>	165	<del>172.5</del>	<del>---</del>	275	285	<del>302.5</del>	0	0	
	140kg Open																
1	Adam Brigante	VT	140kg	129	31	257.5	272.5	280	137.5	142.5	<del>150</del>	257.5	272.5	<del>280</del>	695	393.648	
	SHW Open																
1	James Martin	VT	SHW	143.8	37	215	227.5	232.5	<del>125</del>	135	<del>145</del>	237.5	262.5	272.5	640	356.224	
	SHW Submaster																
1	James Martin	VT	SHW	143.8	37	215	227.5	232.5	<del>125</del>	135	<del>145</del>	237.5	262.5	272.5	640	356.224	
	110kg Master 50-54																
1	Sean Brown	VT	110kg	102.6	51	117.5	122.5	130	57.5	62.5	70	122.5	130	137.5	337.5	203.378	233.274
<b>Women Classic Raw Powerlifting</b>																	
	82.5kg Open																
1	Sara Boudah	VT	82.5kg	75.8	27	92.5	95	97.5	47.5	50	52.5	<del>110</del>	110	115	265	250.266	

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<b>Men Classic Raw Powerlifting</b>																	
	75kg Open																
1	Christopher Cameron	MA	75kg	75	25	<del>200</del>	210	<del>220</del>	117.5	125	127.5	210	227.5	<del>232.5</del>	565	402.619	
	100kg Open																
1	Tony Bonvechio	RI	100kg	95.1	31	250	260	<del>272.5</del>	172.5	180	<del>185</del>	250	262.5	<del>272.5</del>	702.5	436.744	
<b>Men Raw Bench Only</b>																	
	110kg Open																
1	Garrett Graves	VT	110kg	108.8	32				190	197.5	<del>202.5</del>				197.5	116.624	
Best Lifters:																	
	Danielle Phillips	Raw Open Women PL												<b>Record Color Codes:</b>			
	Kyle Smith	Raw Open Men PL												State			
														National			
Meet Director: Adam Ferchen																	
Thank you to our officials:																	
Adam Ferchen - International																	
Alana Burns - National																	
Tyler Keen - State																	
Mike Bulzomi - State																	
Miriam Lawrence - State																	
Thank you to our spotters and loaders:																	
Mike, Jason Berthe, Stephanie Bennett and Don Tedesco																	