

USPA New Hampshire Lift Freeze or Die January 22, 2022 Manchester, NH

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total	
Women Raw Powerlifting				Open														
	67.5kg Open																	
1	Pamela Hyde	CT	67.5kg	61.4	32	127.5	137.5	140	82.5	85	87.5	157.5	167.5	172.5	392.5	428.869		
	75kg Open																	
1	Courtney Leahy	MA	75kg	72.05	27	130	135	145	82.5	87.5	87.5	145	152.5	160	387.5	385.648		
2	Michelle Berry	MA	75kg	73.9	26	87.5	95	102.5	57.5	60	65	97.5	105	112.5	280	274.865		
3	Emily Smith	MA	75kg	73.75	26	100	102.5	102.5	45	50	57.5	102.5	107.5	112.5	262.5	257.966		
	100kg Open																	
1	Collette Bates	NY	100kg	92.45	51	147.5	170	182.5	70	75	80	185	205	227.5	490	431.772	495.243	
2	Kirsten Hodgdon	NH	100kg	98.2	32	90	97.5	100	50	55	57.5	110	117.5	125	275	236.353		
	110kg Open																	
1	Sarah Heminger	MA	110kg	105.15	44	145	160	170	90	95	102.5	155	170	182.5	455	381.019	397.403	
Women Raw Powerlifting				Submaster														
	75kg Submaster																	
1	Deborah Lebl	MA	75kg	72.7	39	112.5	117.5	120	52.5	55.5	57.5	120	122.5	125	300	297.108		
Women Raw Powerlifting				Master														
	100kg Master 50-54																	
1	Collette Bates	NY	100kg	92.45	51	147.5	170	182.5	70	75	80	185	205	227.5	490	431.772	495.243	
	110kg Master 40-44																	
1	Sarah Heminger	MA	110kg	105.15	44	145	160	170	90	95	102.5	155	170	182.5	455	381.019	397.403	
Men Raw Powerlifting				Junior														
	75kg Jr 18-19																	
1	Nick Arenstam	NH	75kg	73.5	19	155	160	165	110	115	115	200	207.5	212.5	482.5	350.709		
2	Connor Winslow	NH	75kg	74.3	18	165	175	182.5	90	97.5	102.5	192.5	202.5	210	482.5	348.248		
	110kg Jr 16-17																	
1	Drake Sutton	NH	110kg	106.8	16	150	165	175	100	115	122.5	180	192.5	200	497.5	298.018		
	110kg Jr 20-23																	
1	Michael Jennings	MA	110kg	107.7	22	260	270	275	160	165	172.5	265	275	280	727.5	434.369		
Men Raw Powerlifting				Open														
	75kg Open																	
1	Connor Winslow	NH	75kg	74.3	18	165	175	182.5	90	97.5	102.5	192.5	202.5	210	482.5	348.248		

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	90kg Open																
1	Russell Bartholomew	NH	90kg	89.45	33	210	220	227.5	122.5	130	137.5	215	227.5	235	600	389.165	
2	David Garborcauskas Jr.	CT	90kg	89	25	165	180	195.0	120	140	-147.5	200	240	245	580	377.161	
3	Jonathan Fee	MA	90kg	88.3	24	142.5	157.5	170	-92.5	-102.5	102.5	145	160	170	442.5	288.918	
	100kg Open																
1	Eric Quinones	NH	100kg	96.9	25	245	260	270	150	160	167.5	295	310	-320	747.5	466.562	
2	Jonathan Chaisson	NH	100kg	99.8	31	212.5	-227.5	227.5	167.5	-182.5	-182.5	227.5	-240	-240	622.5	383.491	
3	Nick Scali	MA	100kg	93.7	22	-137.5	137.5	152.5	-125	-132.5	132.5	205	215	227.5	512.5	324.911	
	110kg Open																
1	Nicholas Perreault	RI	110kg	108.5	30	240	250	265	157.5	165	172.5	245	255	267.5	705	419.734	
2	Dustin Kelleher	MA	110kg	107.9	30	200	210	220	130	140	-145	207.5	217.5	227.5	587.5	350.527	
3	Jacob Young	NH	110kg	107.9	37	175	195	210	125	140	-145	195	225	-240	575	343.069	
4	Justin Bioc	MA	110kg	101.9	31	177.5	187.5	-195	115	-120	120	147.5	167.5	177.5	485	296.136	
	125kg Open																
1	Garrett Graves	VT	125kg	121.8	35	250	265	280	212.5	227.5	235	260	280	290	805	460.053	
2	James Ewing	NH	125kg	124.6	59	142.5	147.5	155	102.5	105	-110	185	192.5	210	470	266.646	350.639
	Men Raw Powerlifting																
	110kg Submaster																
1	Jacob Young	NH	110kg	107.9	37	175	195	210	125	140	-145	195	225	-240	575	343.069	
	125kg Submaster																
1	Garrett Graves	VT	125kg	121.8	35	250	265	280	212.5	227.5	235	260	280	290	805	460.053	
	Men Raw Powerlifting																
	125kg Master 55-59																
1	James Ewing	NH	125kg	124.6	59	142.5	147.5	155	102.5	105	-110	185	192.5	210	470	266.646	350.639
	140+ Master 40-44																
1	John Lynch	MA	140+	192.7	40	167.5	170	175	97.5	102.5	105	170	175	182.5	462.5	233.301	233.301
	Men Raw Bench Only																
	110kg Jr 16-17																
1	Drake Sutton	NH	110kg	106.8	16				100	115	122.5				122.5	73.381	
	Men Raw Bench Only																
	100kg Open																
1	Jonathan Chaisson	NH	100kg	99.8	31				167.5	-182.5	-182.5				167.5	103.188	

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	125kg Open																
1	Garrett Graves	VT	125kg	121.8	35				212.5	227.5	235				235	134.301	
Men Raw Bench Only		Submaster															
	125kg Submaster																
1	Garrett Graves	VT	125kg	121.8	35				212.5	227.5	235				235	134.301	
Men Single Ply Deadlift Only		Open															
	67.5kg Open																
1	Tyler O'Doherty	MA	67.5kg	66.8	28							205	245	245	205	159.205	
Men Raw Push-Pull		Open															
	100kg Open																
1	Jonathan Chaisson	NH	100kg	99.8	31				167.5	182.5	182.5	227.5	240	240	395	243.34	
Best Lifters																Record Color Codes	
	Collette Bates	Raw	PL	Open	Women											State	
	Eric Quinones	Raw	PL	Open	Men											National	
	Meet Director:	Tyler Auclair															
	Referees																
	International:	Dave Mansfield, Mark Sieminski															
	National:	Tyler Auclair, Ann Hall															
	State:	Phil Craven, Lucas Craig, Micah Deshaies															
	Spotter/Loaders:	Tyler Mackey, Donnie Ross, Frank Butler, Connor Feathers, Morgan Taylor															