

100% RAW Powerlifting Federation, Inc.
American Challenge - Massachusetts
POWERHOUSE GYM - East Longmedow, MA
June 6, 2015

Name	Division	Wgt	Class	SQUAT				BENCH				DEADLIFT				TOTAL	LBS	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd			4th
Ashlee MacRae- MA	Open	119.0	123.0	70.0	77.5	82.5		45.0	50.0	55.0		137.5	92.5	102.5	112.5	121.0	250.0	551.2
Andrew Hogeveen- IL	18-19	146.0	148.0	102.5	107.5	110.0		-70.0	80.0	85.0		195.0	120.0	137.5	147.5	152.5	342.5	755.1
Katelyn Crogan- MA	Junior (20-24)	161.2	165.0	97.5	105.0	-115.0		-67.5	67.5	-72.5		172.5	137.5	142.5	147.5		320.0	705.5
Michael Casabona- NY	Open	162.6	165.0	165.0	175.0	-185.0		130.0	137.5	-140.0		312.5	200.0	210.0	-242.5		522.5	1151.9
Nick Stodolski- NY	Open	154.2	165.0	-150.0	155.0	-165.0		80.0	90.0	-95.0		245.0	185.0	192.5	205.0		450.0	992.1
Mary Kate Mercier- MA	Open	162.6	165.0	72.5	-80.0	80.0		52.5	-57.5	-57.5		132.5	125.0	130.0	-137.5		262.5	578.7
Austin Mendez- NY	18-19	172.0	181.0	-137.5	147.5	-160.0		115.0	120.0	127.5	-140.0	275.0	175.0	187.5	200.0		475.0	1047.2
Ryan Montesi- NY	16-17	174.0	181.0	140.0	152.5	-160.0	-160.0	100.0	110.0	117.5	120.0	270.0	165.0	177.5	-190.0		447.5	986.6
David Lyons- NY	Junior (20-24)	174.0	181.0	-185.0	190.0	197.5		160.0	167.5	-175.0		365.0	205.0	217.5	-225.0		582.5	1284.2
Scott Provost- CT	Open	173.0	181.0	135.0	147.5	157.5		110.0	120.0	127.5		285.0	170.0	185.0	192.5		477.5	1052.7
Jacob Sytsma- IL	18-19	197.0	198.0	167.5	175.0	180.0	182.5	120.0	122.5	125.0		305.0	215.0	222.5	227.5	230.0	532.5	1173.9
Sarah Heminger- MA	Open & Submaster (35-39)	215.0	198+	120.0	130.0	135.0		62.5	67.5	72.5	75.5	207.5	135.0	-151.0	-151.0		342.5	755.1
Jeff Lett- MA	Master (50-54)	239.0	242.0	232.5	-252.5	-252.5		150.0	160.0	170.0		402.5	257.5	275.0	-285.0		677.5	1493.6
James Prendergast- NY	50-54	253.0	275.0	127.5	145.0	155.0		105.0	115.0	120.0		275.0	155.0	185.0	-		460.0	1014.1
Push/Pull																		
Will Dominguez- MA	Masters 40-44	213.0	220.0					110.0	-120.0	127.5		127.5	175.0	192.5	200.0		327.5	722.0
Cameron Gillespie- CT	Open	315.0	SHW					192.5	205.0	210.0	-242.5	210.0	265.0	285.0	295.0	305.0	505.0	1113.3
Bench Press																		
Jonathan Demarais- NY	Open	143.0	148.0					105.0	107.5	110.0		110.0					110.0	242.5
Michael Barber- NY	Junior (20-24)	154.0	165.0					105.0	110.0	112.5		112.5					112.5	248.0
Ray Barber- NY	55-59	165.0	165.0					85.0	90.0	92.5		92.5					92.5	203.9
Ryan Montesi- NY	16-17	174.0	181.0					100.0	110.0	117.5		117.5					117.5	259.0
Deadlift																		
Ryan Montesi	16-17	174.0	181.0										165.0	177.5	-190.0		177.5	391.3
Strict Curl																		
Ray Barber	55-59	165.0	165.0	40.0	46.0	-50.0						46.0					46.0	101.4
Michael Barber	Junior (20-24)	154.0	165.0	40.0	47.5	-53.5						47.5					47.5	104.7
Michael Casabona- NY	Open	162.6	165.0	60.0	65.0	70.0	-73.5					70.0					70.0	154.3
Mary Kate Mercier	Open	162.6	181.0	32.5	35.0	37.5						37.5					37.5	82.7
Ryan Montesi	16-17	174.0	181.0	37.5	47.5	-53.5	53.5					47.5					47.5	104.7
Vaughn Maldfeld	70-74	275.0	275.0	32.5	37.5	40.0	-41.0					40.0					40.0	88.2
James Prendergast	50-54	253.0	275.0	45.0	51.1	-						51.1					51.1	112.7