

## 2022 Maryland States / Prince Frederick, MD 3-Dec-22

Last Name	First Name	Age	Gender	Home State	Country	Bwt	Divisions	Wt Cls label	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	TOTAL
Elliott	Shane	19	Male	MD	USA	162.6	(18-19)	165	192.5	200.0	205.0	92.5	107.5	112.5	217.5			535.0
Velasquez	Jaime	36	Male	MD	USA	180	Open	181	252.5	265.0		167.5	177.5	185.0	272.5	287.5		737.5
Yates	Ted	35	Male	MD	USA	210.2	(35-39)/PFM	220	200.0	210.0	217.5	125.0	132.5		240.0	255.0	270.0	620.0
Nelson	Matthew	38	Male	MD	USA	229	(35-39)	242	135.0		140.0	105.0	107.5	112.5	185.0	192.5	200.0	452.5
O'Donnell	Vincent	32	Male	MD	USA	232.6	PFM	242	125.0	130.0	132.5	152.5	162.5	167.5	145.0	147.5	150.0	450.0
									<b>BENCH ONLY</b>									0.0
Atchison	James	19	Male	MD	USA	276	Open	308				125.0	130.0					130.0
									<b>DEADLIFT</b>									0.0
Marchio	Jim	67	Male	MD	USA	129.6	(65-69)	132							160.0	175.0	182.5	182.5
Holland	Steve	47	Male	MD	USA	181.4	(45-49)	181							195.0	207.5		207.5
Cotillo	Chris	59	Male	MD	USA	212.8	PFM	220							272.5	285.0	290.5	290.0
									<b>STRICT CURL</b>									
Last Name	First Name	Age	Gender	Home State	Country	Bwt	Divisions	Wt Cls label	Strict Curl 1	Strict Curl 2	Strict Curl 3							TOTAL
Holland	Steve	47	Male	MD	USA	181.4	(45-49)	181	52.0	54.0								54.0
Sellner	Ronald	53	Male	MD	USA	242	(50-54)/PFM	242	69.5	74.0								74.0
Smith	Marvin	67	Male	MD	USA	264	(65-69)	275		54.0	55.0							55.0