

**2013 IPA LONG ISLAND  
FALL FEST  
NOVEMBER 9, 2013  
DIRECTOR: SHAWNA MENDELSON  
Judges: Mark Chaillet,  
David Hoff, Steve Acquaro**

DIVISION	WT CLASS	NAME	SQUAT	BENCH	DEAD LIFT	TOTAL	BWT	AGE
<b>WOMEN'S FULL POWER</b>								
Masters Raw AM	123	Lisa DeMetrou - 1st Place Overall	225	135	250	610	116	47
Raw AM	132	Janie Pumphrey-2nd Place Overall	215	115	300	630	131.5	32
Raw AM	148	Savannah Punik-3rd Place Overall	240	130	290	660	146	22
Raw AM	165	Danielle Hoddinott	250	120	310	680	162	
Raw AM	181	Araceli Vidal	190	90	255	545	177.5	23
<b>MEN'S FULL POWER</b>								
<b>TEEN</b>								
Raw AM	181	Sean Noriega	470	245	515	1230	181	17
Raw AM	181	Ron Piscitello	330	275	375	980	181	17
<b>MEN'S OPEN</b>								
Raw AM	148	BJ Tormon	405	300	465	1170	148	26
Raw AM	181	Mike Smith	420	265	545	1230	181	27
Raw AM	198	Chris Ramirez	330	220	400	950	198	21
Raw AM	220	Alec Hansen	375	315	475	1165	220	23
Raw AM	275	Jon McIntyre	470	335	630	1435	275	27
Raw AM	275	Matt Watson	455	300	515	1270	275	32
<b>MEN'S OPEN - MULTI-PLY</b>								
Multiply	181	Lucas Chapman	500	315	450	1265	173	19
Multiply - Subm	308	Nathan Robertson #1 Mens Overall	875	575	570	2020	278	37
<b>MEN'S BENCH ONLY</b>								
Raw AM	165	Singh Jaspreet		245		245	165	24
Raw AM	SHW	Eric Frost		240		240	332.5	39
<b>INDICATES AN IPA WORLD RECORD</b>								