

2016 IPA CONNECTICUT STATE POWERLIFTING CHAMPIONSHIPS

October 15, 2016

Powerhouse Gym

New Haven, CT

DIVISION	SUBDIVISION	WT CLASS	NAME	SQUAT	BENCH	DEAD	TOTAL	BWT
WOMEN'S DIVISIONS - FULL POWER								
AM Raw	Teen(16-17)	198	JESSICA SMITH	250	130	350	730	196
AM Raw	Teen(18-19)	165	KAYLIE MAVRICZ	235	140	260	635	151.5
AM Raw	Open	97	ABIGAIL GRICH	195	110	240	545	95
AM Raw	Open	123	KATIE MILLER	160	125	275	560	123
AM Raw	Open	123	MARY DUFFY	175	125	235	535	120
AM Raw	Open	132	LAUREAN VAZQUEZ-LIMAURO	225	125	265	615	130
AM Raw	Open	165	LAUREN FINNEGAN	160	140	280	580	153
AM Raw	Open	SHW	MARY DAMON	115	120	290	525	200
AM Raw	Master(45-49)	105	JENNIFER CHAMPAGNE	125	75	200	400	104
AM Raw	Master(45-49)	148	SANDRA SMITH	160	75	235	470	148
AM Raw	Master(50-54)	165	TAMMY SPISTO	190	120	260	570	158
AM Raw	Master(55-59)	SHW	MARY DAMON	115	120	290	525	200
AM Raw	Master(65-69)	123	MARY DUFFY	175	125	235	535	120
MEN'S DIVISIONS - FULL POWER								
AM Raw	Teen(18-19)	181	JUSTIN PERROTTI	425	275	475	1175	177
AM Raw	Junior(20-23)	165	DANIEL VALLI	460	300	545	1305	164
AM Raw	Junior(20-23)	198	GRANT LASKIN	535	340	525	1400	193
AM Raw	Open	181	JESSE SILVERMAN	470	275	470	1215	180
AM Raw	Open	198	JON GONZALES	385	290	525	1200	193.5
AM Raw	Open	220	SPENCER HENNES	425	310	505	1240	199
AM Raw	Open	220	CHRIS GIORI	390	245	460	1095	214
AM Raw	Open	275	MIKE CROCE	600	415	635	1650	260
INDICATES A CONNECTICUT STATE RECORD								
INDICATES AN IPA WORLD AND CT STATE RECORD								

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MEN'S DIVISIONS - FULL POWER CONTINUED								
AM Raw	Master(50-54)	220	FRANK HIGGINS	405	275	425	1105	203
Pro Raw	Open	220	AL HEINRICH	505	315	550	1370	210
Pro Raw	SubMaster(33-39)	165	LESLEY BILLINGSLEA	460	300	480	1240	165
MEN'S DIVISIONS - BENCH ONLY								
AM Equip	Master(60-64)	165	JAMES MICIK	0	220	0	220	165
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