



7th Annual USAPL Southeastern USA Regional Championships



Don Taft University Center Arena -- Nova Southeastern University: Davie, Florida

Saturday, September 25, 2010

NR	WT	BDW.	NAME	AGE	CLUB / CITY	DIVISION	SQUAT			BENCHPRESS			DEADLIFT			TOT.	Wilk's	PL.	
							1.	2.	3.	1.	2.	3.	SUB.	1.	2.				3.
1			Powerlifting																
2	F 48.00	47.20	Leah Sosa	24	Just Lift Ink -- Margate	Open	45.0	50.0	52.5	20.0	25.0	30.0	82.5	55.0	65.0	72.5	155.0	207.8	1.0
3	F 52.00	52.00	Tanya Forbes	35	Bahamas Powerlifting Federation	Open	60.0	70.0	-80.0	35.0	-45.0	-50.0	105.0	102.5	110.0	137.5	242.5	302.3	1.0
4	F 90.00+	136.70	Danielle Dennard	21	Bahamas Powerlifting Federation	Open	182.5	200.0	-227.5	70.0	90.0	102.5	302.5	130.0	147.5	170.0	472.5	369.1	1.0
5	F 90.00+	129.80	Nancy Edelson	48	Irish Iron -- Palm Harbor	Raw/Unequipped	105.0	-117.5	117.5	50.0	57.5	-65.0	175.0	175.0	185.0	-190.0	360.0	283.9	1.0
6	75.00	73.80	Carlos Cevallos	22	Prime Time Fitness -- Hialeah	Open	220.0	230.0	235.0	150.0	160.0	-165.0	395.0	200.0	210.0	215.0	610.0	439.6	1.0
7	75.00	73.80	Carlos Cevallos	22	Prime Time Fitness -- Hialeah	Raw/Unequipped	220.0	230.0	235.0	150.0	160.0	-165.0	395.0	200.0	210.0	215.0	610.0	439.6	1.0
8	82.50	80.50	Doug Phan	22	University of South Florida -- Tampa	Collegiate	-190.0	190.0	200.0	122.5	140.0	-145.0	340.0	235.0	245.0	-250.0	585.0	397.8	1.0
9	82.50	78.40	Scott Shill	22	Florida Atlantic University - Boca Raton	Collegiate	-125.0	125.0	135.0	117.5	125.0	-132.5	260.0	142.5	150.0	10.0	410.0	283.6	2.0
10	82.50	78.20	Mike Paugh	71	Keepin Fit on the Cape - Cape Coral	Master [70 - 79]	45.0	50.0	55.0	45.0	50.0	Pass	105.0	150.0	-165.0	-165.0	255.0	176.6	1.0
11	82.50	76.90	Gonzalo Gonzales	77	YMCA -- Weston, Florida	Master [70 - 79]	-75.0	75.0	Pass	-50.0	50.0	-55.0	125.0	75.0	Pass	Pass	200.0	140.1	2.0
12	90.00	89.50	Andrew Wainer	25	Just Lift Ink -- Margate	Open	137.5	145.0	150.0	112.5	117.5	-122.5	267.5	180.0	192.5	205.0	472.5	302.5	1.0
13	90.00	87.20	Eric Smuclovsky	23	LA Fitness -- Boca Raton	Junior [20 - 23]	142.5	170.0	-180.0	102.5	115.0	120.0	290.0	185.0	-210.0	-220.0	475.0	308.3	1.0
14	90.00	84.40	Jim Wold	63	Pensacola NAS -- Pensacola	Master [60 - 69]	182.5	185.0	187.5	110.0	-112.5	115.0	302.5	215.0	217.5	220.0	522.5	345.4	1.0
15	90.00	87.80	Alex Tirtitiski	30	Moore Muscle -- Miami	Raw/Unequipped	-232.5	235.0	247.5	160.0	-165.0	-165.0	407.5	-295.0	295.0	312.5	720.0	465.6	1.0
16	100.00	96.70	Lamont Evans	36	Bahamas Powerlifting Federation	Open	182.5	227.5	237.5	145.0	162.5	167.5	405.0	205.0	230.0	250.0	655.0	404.3	1.0
17	100.00	97.90	Julian Ulvang	47	Just Lift Ink -- Margate	Master [40 - 49]	155.0	175.0	Pass	215.0	-232.5	-232.5	390.0	260.0	280.0	-290.0	670.0	411.3	1.0
19	100.00	98.10	James Henderson-Coffee	49	Pensacola NAS -- Pensacola	Master [40 - 49]	237.5	250.0	260.0	147.5	155.0	157.5	417.5	237.5	242.5	-250.0	660.0	404.8	2.0
18	110.00	102.70	Romeo Archer	36	Bahamas Powerlifting Federation	Open	205.0	227.5	-250.0	160.0	172.5	-177.5	400.0	205.0	230.0	250.0	650.0	391.6	1.0
20	125.00	123.10	Leslie White	29	Bahamas Powerlifting Federation	Open	305.0	320.0	340.0	192.5	-205.0	205.0	545.0	-295.0	295.0	-305.0	840.0	480.2	1.0
21	125.00+	127.60	Alpheus Woodside	31	Bahamas Powerlifting Federation	Open	250.0	272.5	-285.0	182.5	-192.5	Pass	455.0	227.5	272.5	-320.0	727.5	412.9	1.0
22	125.00+	127.80	Kenneth Morris	25	Samson Strength /Fitness -- Port St. Lucie	Raw/Unequipped	227.5	250.0	262.5	182.5	190.0	195.0	457.5	272.5	290.0	-295.0	747.5	424.1	1.0
23			Push/Pull for Total																
24	F 48.00	47.60	Joan Schmidt	70	The Commons Club -- Bonita Sprgs	Open				30.0	32.5	-35.0	32.5	57.5	62.5	-72.5	95.0	126.6	1.0
25	F 48.00	47.60	Joan Schmidt	70	The Commons Club -- Bonita Sprgs	Master [70 - 79]				30.0	32.5	-35.0	32.5	57.5	62.5	-72.5	95.0	126.6	1.0
26	52.00	50.00	Zhao Cheng Zheng	16	Montverde Academy - Montverde	Teen [16 - 17]				27.5	30.0	32.5	32.5	45.0	52.5	60.0	92.5	94.6	1.0
27	52.00	50.00	Zhao Cheng Zheng	16	Montverde Academy - Montverde	High School Varsity				27.5	30.0	32.5	32.5	45.0	52.5	60.0	92.5	94.6	1.0
28	60.00	59.80	Ray Kang	18	Montverde Academy - Montverde	Teen [18 - 19]				50.0	55.0	62.5	62.5	102.5	117.5	125.0	187.5	160.4	1.0
29	60.00	59.80	Ray Kang	18	Montverde Academy - Montverde	High School Varsity				50.0	55.0	62.5	62.5	102.5	117.5	125.0	187.5	160.4	1.0
30	67.50	66.70	K.C. Park	18	Montverde Academy - Montverde	Teen [18 - 19]				60.0	65.0	72.5	72.5	85.0	92.5	102.5	175.0	136.1	1.0
31	67.50	66.70	K.C. Park	18	Montverde Academy - Montverde	High School Varsity				60.0	65.0	72.5	72.5	85.0	92.5	102.5	175.0	136.1	1.0
32	75.00	67.60	Xiao Lin	18	Montverde Academy - Montverde	Teen [18 - 19]				60.0	65.0	72.5	72.5	142.5	-150.0	-150.0	215.0	165.4	1.0
33	75.00	67.60	Xiao Lin	18	Montverde Academy - Montverde	Raw/Unequipped				60.0	65.0	72.5	72.5	142.5	-150.0	-150.0	215.0	165.4	1.0
34	82.50	79.80	Scott Yoo	16	Montverde Academy - Montverde	Teen [16 - 17]				70.0	75.0	77.5	77.5	112.5	122.5	137.5	215.0	147.0	1.0
35	82.50	79.80	Scott Yoo	16	Montverde Academy - Montverde	High School Varsity				70.0	75.0	77.5	77.5	112.5	122.5	137.5	215.0	147.0	1.0
36	90.00	88.60	Nenghua He	18	Montverde Academy - Montverde	Teen [18 - 19]				105.0	112.5	122.5	122.5	150.0	160.0	165.0	287.5	185.0	1.0
37	90.00	88.60	Nenghua He	18	Montverde Academy - Montverde	High School Varsity				105.0	112.5	122.5	122.5	150.0	160.0	165.0	287.5	185.0	1.0
38	125.00	111.90	Eric Pauli	51	Montverde Academy - Montverde	Master [50 - 59]				140.0	157.5	165.0	165.0	160.0	182.5	200.0	365.0	213.7	1.0
39	125.00+	145.40	Mike Ricker	44	Anytime Fitness -- Cape Coral	Master [40 - 49]				165.0	-185.0	-185.0	165.0	272.5	-287.0	-287.5	437.5	243.1	1.0
40			Bench Press Only																
41	F 75.00	74.90	Adeline Ulvang	44	Just Lift Ink -- Margate	Master [40 - 49]				37.5	45.0	47.5	47.5				47.5	45.2	1.0
42	F 75.00	74.90	Adeline Ulvang	44	Just Lift Ink -- Margate	Raw/Unequipped				37.5	45.0	47.5	47.5				47.5	45.2	1.0
43	52.00	50.00	Zhao Cheng Zheng	16	Montverde Academy - Montverde	Teen [16 - 17]				27.5	30.0	32.5	32.5				32.5	33.3	1.0
44	52.00	50.00	Zhao Cheng Zheng	16	Montverde Academy - Montverde	High School Varsity				27.5	30.0	32.5	32.5				32.5	33.3	1.0
45	60.00	59.80	Ray Kang	18	Montverde Academy - Montverde	Teen [18 - 19]				50.0	55.0	62.5	62.5				62.5	53.5	1.0
46	60.00	59.80	Ray Kang	18	Montverde Academy - Montverde	High School Varsity				50.0	55.0	62.5	62.5				62.5	53.5	1.0
47	67.50	66.70	K.C. Park	18	Montverde Academy - Montverde	Teen [18 - 19]				60.0	65.0	72.5	72.5				72.5	56.4	1.0
48	67.50	66.70	K.C. Park	18	Montverde Academy - Montverde	High School Varsity				60.0	65.0	72.5	72.5				72.5	56.4	1.0
49	75.00	73.80	Carlos Cevallos	22	Prime Time Fitness -- Hialeah	Raw/Unequipped				150.0	160.0	-165.0	160.0				160.0	115.3	1.0
50	75.00	67.60	Xiao Lin	18	Montverde Academy - Montverde	Raw/Unequipped				60.0	65.0	72.5	72.5				72.5	55.8	2.0

