



# 31st Annual FSF/USAPL Florida Sunshine State Games Powerlifting Championships



Bay Oaks Recreation Center -- Ft. Myers Beach, Florida

Sunday, December 12, 2010

NR	WT	BDW.	NAME	AGE	CLUB / CITY	DIVISION	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wlk's	PL.	Coef.
							1.	2.	3.	1.	2.	3.		1.	2.	3.				
1			<b>Powerlifting</b>																	
2	110.00	107.00	Frank Shannon	48	Campo YMCA -- Valrico	Open	-205.0	-205.0	205.0	145.0	-160.0	-160.0	350.0	-182.5	-182.5	182.5	532.5	316.0	1.0	0.6
3	56.00	54.90	Chris Andrews	14	Capt Currey's Powerlifting Team -- Largo	Teen [14 - 15]	95.0	-112.5	112.5	-57.5	-57.5	-57.5	112.5	120.0	140.0	147.5	260.0	241.4	1.0	0.9
4	60.00	58.90	Blake Andrews	16	Capt Currey's Powerlifting Team -- Largo	Teen [16 - 17]	120.0	125.0	127.5	62.5	70.0	-75.0	197.5	130.0	142.5	152.5	350.0	303.6	1.0	0.9
5	90.00	88.30	Gary Levenson	46	FGCU Powerlifting Team - Estero	Master [40 - 49]	162.5	-170.0	-170.0	-117.5	117.5	-122.5	280.0	192.5	200.0	205.0	485.0	312.7	1.0	0.6
6	110.00	107.00	Frank Shannon	48	Campo YMCA -- Valrico	Master [40 - 49]	-205.0	-205.0	205.0	145.0	-160.0	-160.0	350.0	-182.5	-182.5	182.5	532.5	316.0	1.0	0.6
7	90.00	89.40	Aaron Byas	57	Bay High School -- Panama City	Master [50 - 59]	-210.0	217.5	230.0	-145.0	150.0	-155.0	380.0	-250.0	260.0	275.0	655.0	419.6	1.0	0.6
8	82.50	80.80	Pat Currey	67	Capt Currey's Powerlifting Team -- Largo	Master [60 - 69]	152.5	160.0	170.0	125.0	135.0	-137.5	305.0	185.0	197.5	-212.5	502.5	340.9	1.0	0.7
9	60.00	59.00	Dillon Maier	75	Gill YMCA -- New Pot Richey	Master [70 - 79]	-85.0	85.0	102.5	30.0	47.5	52.5	155.0	102.5	115.0	127.5	282.5	241.3	1.0	0.9
10	82.50	76.00	Joseph McDermott	70	24 Hr Sports Club -- Clearwater	Master [70 - 79]	25.0	Pass	Pass	125.0	-140.0	-140.0	150.0	65.0	Pass	Pass	215.0	151.8	1.0	0.7
11	67.50	61.50	Douglas Nouverr	17	Temple Fitness Center -- Tampa	Raw/Unequipped	110.0	115.0	-117.5	-65.0	65.0	-67.5	180.0	127.5	130.0	137.5	317.5	264.8	1.0	0.8
12	75.00	69.70	Trent Chance	26	YMCA -- Lady Lake	Raw/Unequipped	105.0	112.5	120.0	-70.0	-72.5	72.5	192.5	142.5	157.5	165.0	357.5	268.8	1.0	0.8
13	90.00	89.20	Anthony Loreto	24	Just Lift Ink -- Margate	Raw/Unequipped	210.0	220.0	227.5	140.0	145.0	150.0	377.5	255.0	275.0	290.0	667.5	428.1	1.0	0.6
14	90.00	89.90	Jordan Pederson	17	LA Fitness -- Ft. Myers	Raw/Unequipped	165.0	175.0	185.0	100.0	107.5	112.5	297.5	210.0	220.0	235.0	532.5	340.2	2.0	0.6
16	90.00	87.60	Jeremy Halpern	25	You - Fit Gym -- Sarasota	Raw/Unequipped	-162.5	162.5	167.5	85.0	90.0	95.0	262.5	175.0	182.5	187.5	450.0	291.4	3.0	0.6
15	100.00	98.80	Andrew Wainer	25	Just Lift Ink -- Margate	Raw/Unequipped	157.5	165.0	170.0	110.0	117.5	122.5	292.5	202.5	-215.0	215.0	507.5	310.4	1.0	0.6
17	110.00	107.80	Rick Hoover	48	Raw Dawgs -- Tampa	Raw/Unequipped	205.0	-220.0	220.0	115.0	125.0	-140.0	345.0	205.0	225.0	-235.0	570.0	337.6	1.0	0.6
19	125.00	125.00	Tim Burns	41	Raw Dawgs -- Tampa	Raw/Unequipped	215.0	232.5	245.0	140.0	152.5	-162.5	397.5	215.0	237.5	-245.0	635.0	361.8	1.0	0.6
18	125.00+	153.00	Beau Moore	45	Raw Dawgs -- Tampa	Raw/Unequipped	320.0	340.0	Pass	230.0	245.0	-250.0	585.0	320.0	-352.5	-352.5	905.0	499.4	1.0	0.6
20			<b>Push/Pull for Total</b>																	
21	67.50	60.40	Kendra Solow [F]	18	Joe's Garage Gym -- Ft. Myers	Teen [18 - 19]				37.5	42.5	45.0	45.0	85.0	92.5	97.5	142.5	158.1	1.0	1.1
22	110.00	107.00	Frank Shannon	48	Campo YMCA -- Valrico	Open				145.0	-160.0	-160.0	145.0	-182.5	-182.5	182.5	327.5	194.4	1.0	0.6
23	110.00	107.00	Frank Shannon	48	Campo YMCA -- Valrico	Master [40 - 49]				145.0	-160.0	-160.0	145.0	-182.5	-182.5	182.5	327.5	194.4	1.0	0.6
24	90.00	88.60	Dr. Richard Herrick	65	Garage Gym -- North Redington Beach	Master [60 - 69]				65.0	80.0	90.0	90.0	90.0	110.0	130.0	220.0	141.6	1.0	0.6
25	75.00	74.30	Jordy Garrett	20	Joe's Garage Gym -- Ft. Myers	Raw/Unequipped				112.5	-117.5	-117.5	112.5	157.5	167.5	-175.0	280.0	200.8	1.0	0.7
26	125.00	110.40	Damon Sanson	36	Beach Street Gym -- Daytona	Police/Fire/Military				155.0	162.5	-170.0	162.5	182.5	197.5	202.5	365.0	214.5	1.0	0.6
27			<b>Bench Press Only</b>																	
28	110.00	107.00	Frank Shannon	48	Campo YMCA -- Valrico	Open				145.0	-160.0	-160.0	145.0				145.0	86.1	1.0	0.6
29	110.00	107.00	Frank Shannon	48	Campo YMCA -- Valrico	Master [40 - 49]				145.0	-160.0	-160.0	145.0				145.0	86.1	1.0	0.6
30	125.00	121.50	Joe Hernandez	41	Joe's Garage Gym -- Ft. Myers	Master [40 - 49]				130.0	-140.0	-140.0	130.0				130.0	74.5	1.0	0.6
31	75.00	74.50	Doc Bauer	70	Millennium Gym -- Largo	Master [70 - 79]				65.0	70.0	77.5	77.5				77.5	55.5	1.0	0.7
32	82.50	77.60	Ron Hicks	70	South Shore Falls Fitness -- Apollo Beach	Master [70 - 79]				-65.0	-65.0	-65.0								
33	75.00	74.70	Justin Valo	32	LA Fitness -- Cape Coral	Raw/Unequipped				100.0	107.5	115.0	115.0				115.0	82.2	1.0	0.7
34	125.00	118.80	Jim Campbell	44	Lifestyles Fitness -- Winter Garden	Raw/Unequipped				165.0	-170.0	-170.0	165.0				165.0	95.1	1.0	0.6
35	125.00+	153.00	Beau Moore	45	Raw Dawgs -- Tampa	Raw/Unequipped				230.0	245.0	-250.0	245.0				245.0	135.2	1.0	0.6
36	125.00	110.40	Damon Sanson	36	Beach Street Gym -- Daytona	Police/Fire/Military				155.0	162.5	-170.0	162.5				162.5	95.5	1.0	0.6