









## 29th Annual USAPL Florida State Powerlifting Championships

Westin Hotel -- Lake Mary, Florida  
Saturday/Sunday, February 19 & 20, 2011



NR	WT	BDW.	NAME	AGE	CLUB / CITY	DIVISION	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.
							1.	2.	3.	1.	2.	3.		1.	2.	3.			
1					<b>Combined Bench Press and Deadlift for Total</b>														
2	60.00	54.80	Kimberly Smith [F]	15	Deland PL Team -- Deland	Raw/Unequipped				47.5	50.0	-52.5	50.0	62.5	70.0	77.5	127.5	152.6	1.0
3	52.00	49.60	Zhaocheng Zheng	17	Montverde Academy -- Montverde	High School Varsity				40.0	45.0	-50.0	45.0	75.0	92.5	-102.5	137.5	141.9	1.0
4	56.00	53.40	SethDahl	19	YMCA -- Port Charlotte	Teen [18 - 19]				-87.5	87.5	-92.5	87.5	147.5	150.0	157.5	245.0	233.9	1.0
5	56.00	53.40	Seth Dahl	19	YMCA -- Port Charlotte	Raw/Unequipped				-87.5	87.5	-92.5	87.5	147.5	150.0	157.5	245.0	233.9	1.0
6	60.00	57.90	Yuanye Yang	17	Montverde Academy -- Montverde	High School Varsity				57.5	-62.5	-62.5	57.5	85.0	95.0	105.0	162.5	143.3	1.0
7	67.50	66.50	Phuong Ha	17	Montverde Academy -- Montverde	Teen [16 -17]				75.0	-82.5	-82.5	75.0	155.0	165.0	175.0	250.0	195.1	1.0
8	67.50	65.50	Anh Ngoc Pham	18	Montverde Academy -- Montverde	Teen [18 - 19]				65.0	70.0	75.0	75.0	105.0	110.0	115.0	190.0	150.1	1.0
9	67.50	66.50	Phuong Ha	17	Montverde Academy -- Montverde	High School Varsity				75.0	-82.5	-82.5	75.0	155.0	165.0	175.0	250.0	195.1	1.0
10	67.50	65.50	Anh Ngoc Pham	18	Montverde Academy -- Montverde	High School Varsity				65.0	70.0	75.0	75.0	105.0	110.0	115.0	190.0	150.1	2.0
11	75.00	72.00	Tien Ha	15	Montverde Academy -- Montverde	High School JV				80.0	85.0	92.5	92.5	112.5	115.0	120.0	212.5	155.9	1.0
12	75.00	70.70	K.C. Park	18	Montverde Academy -- Montverde	High School Varsity				80.0	82.5	85.0	85.0	130.0	137.5	-145.0	222.5	165.5	1.0
13	75.00	74.70	Eddie Stamper	20	Deland PL Team -- Deland	Special Olympian				90.0	97.5	-102.5	97.5	112.5	122.5	137.5	235.0	167.9	1.0
14	82.50	77.60	Dcota Sims	16	Montverde Academy -- Montverde	High School JV				75.0	80.0	-85.0	80.0	120.0	125.0	137.5	217.5	151.4	1.0
15	82.50	79.50	Scott Yoo	17	Montverde Academy -- Montverde	High School Varsity				92.5	100.0	-102.5	100.0	145.0	152.5	157.5	257.5	176.5	1.0
16	82.50	81.20	Jason Sensi	25	Platinum Titans PL Team -- Orlando	Raw/Unequipped				137.5	-147.5	-147.5	137.5	182.5	192.5	-205.0	330.0	223.2	1.0
17	90.00	83.50	Jacob Bennett	14	North Port High School - North Port	Teen [14 - 15]				-97.5	-97.5	97.5	97.5	115.0	130.0	142.5	240.0	159.6	1.0
18	100.00	97.40	Dan Rushton	34	YMCA -- Springhill	Open				-165.0	165.0	-170.0	165.0	-215.0	215.0	225.0	390.0	239.9	1.0
19	100.00	92.30	Menghua He	19	Montverde Academy -- Montverde	Teen [18 - 19]				127.5	137.5	142.5	142.5	170.0	182.5	195.0	337.5	212.8	1.0
20	100.00	95.80	Al Reiss	55	Orlando Barbell -- Ovieda	Master [50 - 59]				95.0	97.5	102.5	102.5	132.5	142.5	150.0	252.5	156.5	1.0
21	100.00	92.30	Menghua He	19	Montverde Academy -- Montverde	High School Varsity				127.5	137.5	142.5	142.5	170.0	182.5	195.0	337.5	212.8	1.0
22	110.00	106.20	Damon Sansom	37	Beach Street Gym -- Daytona	Police/Fire/Military				147.5	-155.0	-155.0	147.5	180.0	195.0	-202.5	342.5	203.9	1.0
23	125.00	121.60	Jon Kennedy	37	Sunrise Fitness -- Sunrise	Open				160.0	182.5	-192.5	182.5	190.0	-210.0	-210.0	372.5	213.5	1.0
24	125.00	120.30	Eric Pauli	51	Montverde Academy -- Montverde	Master [50 - 59]				160.0	-182.5	190.0	190.0	200.0	210.0	-220.0	400.0	229.8	1.0
25																			

### Overall Champion of Champions

Women's Powerlifting Champion of Champions: Nona Hubbard -- Synergy Fitness, Exeter, New Hampshire  
Men's Powerlifting Champion of Champions: Corey Clark -- University of Florida, Gainesville

Women's Push/Pull Champion of Champions: Kimberly Smith -- Deland Powerlifting Team, Deland  
Men's Push/Pull Champion of Champions: Daniel Rushton -- YMCA, Springhill

Women's Bench Press Champion of Champions: Adeline Ulvang -- Just Lift Powerlifting Team, Margate  
Men's Bench Press Champion of Champions: Reginal Miles -- Gainesville Fitness Center, Gainesville

Women's Deadlift Champion of Champions: Vacant  
Men's Deadlift Champion of Champions: Chris Pluhacek -- Golds Gym, Dr. Phillips

### Team Champions

Platinum Titans -- 1st Place Mens Open Team  
Deland Powerlifting Team -- 1st Place Combined Open Team  
Montverde Academy -- 1st Place High School Open Team  
Florida State University -- 1st Place Collegiate Open Team  
Florida Gulf Coast University -- 2nd Place Collegiate Open Team