

2016 Maine State Powerlifting and Bench Press Championships
May 7, 2016
Portland, ME

Score Sheet/AMEET

APF, AAFP, AWWF "Best Lifter" formula: (LT) * (GBC) = (PN)										APF Master's Formula: (LT) * (GBC) * (MAM) = (PN)									
(LT) = Lifter's Total										(PN) = Product Number									
GBC = Glosbrenner Bodyweight Coefficient										MAM = Master's Age Multiple									
May 7, 2016										2016 Maine State Powerlifting and Bench Press Championships									
Westbrook, Maine										2016 Maine State Powerlifting and Bench Press Championships									
Place	Date	First	Last	City, State	Age	Class	Weight In Lbs	Weight In Kg	Glosbrenner Coefficient	Squat In Kg	Bench In Kg	Dead In Kg	Total In Kg	Total In Lbs	Product Number	Master's Age Multiple	Master's Point Total		
Men's Masters 51+																			
1	5/7/2016	Ray	Simogliou	Harrison, ME	51	Masters 51+	203	92.1	0.604500	257.5	172.5	265.0	695.0	1,532.2	420	1,470.0	618		
2	5/7/2016	Michael	Socoby	Old Town, ME	60	Masters 51+	326	147.9	0.567200	272.5	172.5	275.0	720.0	1,587.3	408	1,340.0	547		
3	5/7/2016	Tim	Lane	Subston, ME	57	Masters 51+	269	122.0	0.548800	340.0	155.0	272.5	767.5	1,692.0	421	1,260.0	534		
	5/7/2016	James	Barville	Lewiston, ME	52	Masters 51+	217	98.4	0.585475	265.0	185.0	230.0	680.0	1,499.1	398	1,165.0	464		
	5/7/2016	Dana	Gillespie	Hampden, ME	67	Masters 51+	218	98.9	0.584300	260.0	0.0	0.0	260.0	573.2	152	1,543.0	234		
Men's Masters 40-50																			
1	5/7/2016	Jason	Connors	Standish, ME	43	Masters 40-50	212	96.2	0.591650	272.5	150.0	230.0	652.5	1,438.5	386	1,031.0	398		
2	5/7/2016	Scott	Stackpole	Scarborough, ME	47	Masters 40-50	199	90.3	0.610950	185.0	102.5	215.0	502.5	1,107.8	307	1,082.0	332		
Women's Masters																			
1	5/7/2016	Patty	Drake	Scarborough, ME	50	Women's Masters	195	88.5	0.754750	137.5	77.5	160.0	375.0	826.7	283	1,130.0	320		
2	5/7/2016	Lisa	Clifford	Westbrook, ME	47	Women's Masters	144	65.3	0.923250	110.0	62.5	125.0	297.5	655.9	275	1,082.0	297		
3	5/7/2016	Lisa	Fasulo	Biddeford, ME	45	Women's Masters	129	58.5	1.007900	92.5	37.5	100.0	230.0	507.1	232	1,055.0	245		
	5/7/2016	Teresa	Garner	Emmett, ID	42	Women's Masters	145	65.8	0.918320	92.5	45.0	122.5	260.0	573.2	239	1,020.0	244		
	5/7/2016	Katheryn	Holt	Portland, ME	42	Women's Masters	243	110.2	0.691050	147.5	92.5	92.5	332.5	733.0	230	1,020.0	234		
Teen Open																			
1	5/7/2016	Ryan	Vail	Greenwood, ME	19	Teen	234	106.1	0.568750	242.5	155.0	272.5	670.0	1,477.1	381				
2	5/7/2016	Ruben	Hinojosa	Salisbury, ME	19	Teen	342	155.1	0.519250	287.5	152.5	255.0	695.0	1,532.2	361				
3	5/7/2016	Russell	Barlow	Limington, ME	19	Teen	232	105.2	0.570400	290.0	132.5	242.5	625.0	1,377.9	357				
	5/7/2016	Joe	Kenney	Standish, ME	17	Teen	166	75.3	0.688825	197.5	102.5	210.0	510.0	1,124.3	350				
	5/7/2016	Connor	Lajoie	Windham, ME	17	Teen	179	81.2	0.651575	182.5	140.0	205.0	527.5	1,162.9	344				
	5/7/2016	Chandan	McCall	Scarborough, ME	16	Teen	250	113.4	0.558100	205.0	137.5	227.5	570.0	1,256.6	318				
	5/7/2016	Noah	Tibbetts	New Sharon, ME	15	Teen	272	123.4	0.547300	202.5	147.5	182.5	532.5	1,173.9	291				
	5/7/2016	Tony	Black	Standish, ME	16	Teen	156	70.8	0.720070	142.5	92.5	150.0	385.0	848.8	277				
	5/7/2016	Matt	Drake	Scarborough, ME	19	Teen	216	98.0	0.586650	102.5	85.0	167.5	355.0	782.6	208				
Bench Only Men's Masters 51+																			
1	5/7/2016	Randy	Favreau	Palham, NH	51	Masters 40-50	213	96.6	0.590350	0.0	242.5	0.0	242.5	534.6	143	1,147.0	164		
2	5/7/2016	Frank	Ventriglia, Sr.	North Attleboro, MA	66	Masters 40-50	246	111.6	0.560400	0.0	92.5	0.0	92.5	203.9	52	1,511.0	78		
	5/7/2016	Chris	Lajoie	Windham, ME	51	Masters 40-50	249	112.9	0.558650	0.0	0.0	0.0	0.0	0.0	0	1,147.0	0		
Bench Only Teen																			
1	5/7/2016	Hunter	Reed	Georgetown, ME	18	BO Teen	176	79.8	0.658950	0.0	112.5		112.5	248.0	74				
Raw Open Women																			
1	5/7/2016	Sakura	Uiolette	Orono, ME	21	Raw Open Women	139	63.0	0.949850	122.5	77.5	165.0	365.0	804.7	347				
2	5/7/2016	Jade	Socoby	Bangor, ME	28	Raw Open Women	199	89.9	0.759500	172.5	102.5	172.5	450.0	925.9	316				
3	5/7/2016	Emily	Nordine	Portland, ME	33	Raw Open Women	127	57.6	1.020500	92.5	60.0	127.5	280.0	617.3	286				
	5/7/2016	Patty	Drake	Scarborough, ME	50	Raw Open Women	195	88.5	0.754750	137.5	77.5	160.0	375.0	826.7	283				
	5/7/2016	Erica	Guay	Lewiston, ME	39	Raw Open Women	122	55.3	1.054500	100.0	57.5	105.0	262.5	578.7	277				
	5/7/2016	Lindsay	Marquis	Raymond, ME	27	Raw Open Women	137	62.1	0.960800	102.5	60.0	125.0	287.5	633.8	276				
	5/7/2016	Danielle	Beard	Biddeford, ME	25	Raw Open Women	145	65.8	0.913200	115.0	60.0	125.0	300.0	661.4	275				
	5/7/2016	Kristen	Gault	Oakville, Ontario, CA	30	Raw Open Women	142	64.4	0.933450	110.0	52.5	125.0	287.5	633.8	268				
	5/7/2016	Audrey	Timmons	Shackley, ME	25	Raw Open Women	131	59.2	0.999020	85.0	50.0	115.0	250.0	551.2	250				
	5/7/2016	Chelsi	Murray	Houlton, ME	23	Raw Open Women	173	78.5	0.811550	107.5	67.5	127.5	302.5	666.9	245				
	5/7/2016	Katheryn	Holt	Portland, ME	42	Raw Open Women	243	110.2	0.691050	147.5	92.5	92.5	332.5	733.0	230				
	5/7/2016	Erin	Gagnon	Portland, ME	41	Raw Open Women	118	53.5	1.008280	67.5	57.5	95.0	220.0	485.0	222				
	5/7/2016	Roxane	Wilber	Somerville, MA	38	Raw Open Women	159	72.1	0.858700	95.0	47.5	95.0	237.5	523.6	204				
Westbrook, Maine																			
Afternoon Session																			
Awards	Last	First	Age	Class	Weight In Lbs	Weight In Kg	Glosbrenner Coefficient	Squat In Kg	Bench In Kg	Dead In Kg	Total In Kg	Total In Lbs	Product Number						
Raw Men's 115-123																			
1	5/7/2016	Mark	Zaccadelli	Bristol, ME	21	Raw 114-123	123	55.8	1.047700	150.0	122.5	180.0	452.5	997.6	474				
Raw Men's 133-148																			
1	5/6/2016	Lloc	Nguyen	Westbrook, ME	25	Raw 148-165	148	67.1	0.752200	157.5	122.5	175.0	455.0	1,003.1	342				
Raw Men's 149-165																			
1	5/7/2016	Peter	Desmond	Topsham, ME	27	Raw 149-165	164	74.4	0.693000	195.0	120.0	205.0	520.0	1,146.4	360				
Raw Men's 166-181																			
1	5/7/2016	Dustin	Cyr	Bangor, ME	31	Raw 166-181	178	80.7	0.654000	292.5	187.5	260.0	740.0	1,631.4	484				
2	5/7/2016	Ronald	Carrier	Westbrook, ME	56	Raw 166-182	175	79.4	0.661475	170.0	100.0	197.5	467.5	1,030.7	309				
Raw Men's 182-198																			
1	5/7/2016	Nathan	Kulas	Topsham, ME	32	Raw 182-198	196	88.9	0.616050	230.0	150.0	295.0	675.0	1,488.1	416				
2	5/7/2016	Ethan	Beard	Biddeford, ME	24	Raw 182-198	197	89.4	0.614350	237.5	140.0	252.5	630.0	1,389.9	387				
3	5/4/2016	Adam	McKay	Poland, ME	32	Raw 182-195	193	87.5	0.621750	235.0	155.0	227.5	617.5	1,361.3	384				
	5/7/2016	Chris	Bagley	New Gloucester, ME	27	Raw 182-198	185	83.9	0.637750	205.0	127.5	205.0	537.5	1,185.0	343				
	5/5/2016	Riley	Libby	Standish, ME	20	Raw 182-198	195	88.5	0.617900	185.0	122.5	227.5	535.0	1,179.5	331				
	5/7/2016	Todd	Casper	Portland, ME	22	Raw 182-198	192	87.1	0.623625	190.0	110.0	220.0	520.0	1,146.4	324				
	5/5/2016	Michael	Ricigiano	Portland, ME	24	Raw 182-196	196	88.9	0.616050	167.5	107.5	227.5	502.5	1,107.8	310				
Raw Men's 199-220																			
1	5/7/2016	Jason	Connors	Standish, ME	43	Raw 199-220	212	96.2	0.591650	272.5	150.0	230.0	652.5	1,438.5	386				
2	5/7/2016	Tom	Adams	Topsham, ME	36	Raw 199-220	203	92.1	0.604500	205.0	112.5	275.0	590.0	1,200.7	357				
3	5/7/2016	Jonathan	Bassett	Westbrook, ME	38	Raw 199-220	217	98.4	0.585475	187.5	117.5	272.5	577.5	1,273.2	338				
	5/8/2016	Ryan	Whelan	Westbrook, ME	24	Raw 199-220	206	93.4	0.599950	207.5	137.5	212.5	557.5	1,229.1	334				
	5/7/2016	Kevin	Bruning	Brunswick, ME	25	Raw 199-220	215	97.5	0.587875	182.5	102.5	182.5	467.5	1,030.7	275				
	5/7/2016	Robert	Musinski	Old Orchard, ME	23	Raw 199-220	204	92.5	0.602950	160.0	105.0	170.0	435.0	959.0	262				
	5/9/2016	Derek	Sargent	Biddeford, ME	21	Raw 199-220	199	90.3	0.610950	127.5	125.0	157.5	410.0	903.9	250				
Raw Men's 221-242																			
1	5/6/2016	Anthony	Mureno	Auburn, ME	33	Raw 221-242	241	109.3	0.692800	325.0	200.0	302.5	827.5	1,824.3	573				
2	5/7/2016	Damon	Vogel	Pine Point, ME	39	Raw 221-242	239	108.4	0.686500	272.5	192.5	277.5	742.5	1,628.5	491				
3	5/7/2016	Jacob	Prior	Damariscotta, ME	23	Raw 221-242	237	107.5	0.566375	247.5	147.5	272.5	667.5	1,471.6	378				
	5/7/2016	Cormac	Walsh	Biddeford, ME	21	Raw 221-242	232	105.2	0.570400	240.0	147.5	257.5	645.0	1,422.0	368				
	5/7/2016	Seth	Gaffan	Portland, ME	26	Raw 221-242	230	104.3	0.572100	192.5	112.5	262.5							