



USA POWERLIFTING WISCONSIN

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Open Men's Records As of June 2008

DIVISION	SQUAT	WT	BENCH	WT	DEADLIFT	WT	TOTAL	WT
52 KILO..114 LB								
OPEN	M.CASTRO	352	M.CASTRO	192	M.CASTRO	457	M.CASTRO	1008
TEEN	T.CROSS	320	A.KINNARD	195	T.HILTON	385	M.KNIGHT	821
56 KILO..123 LB								
OPEN	D.KNOLL	370	M.CASTRO	245	M.CASTRO	578	M.CASTRO	1100
TEEN	T.CROSS	390	J.MORROW	220	M.WIOXM	410	T.CROSS	975
60 KILO..132 LB								
OPEN	A.PHILLIPS	04 452	A.PHILLIPS	04 264.5	M.CASTRO	560	M.CASTRO	1210
TEEN	A.PHILLIPS	04 452	A.PHILLIPS	04 264.5	A.PHILLIPS	04 452	A.PHILLIPS	04 1168
JUNIOR	A.PHILLIPS	04 452	R.COLA	05 270	A.PHILLIPS	04 452	A.PHILLIPS	04 1168
M. 40-44	B.LUNA	390	B.LUNA	280	B.LUNA	440	B.LUNA	1110
M. 45-49	W.BRUNO	305	W.BRUNO	190	W.BRUNO	350	W.BRUNO	835
67.5 KILO..148 LB								
OPEN	R.TRIPHAHN	550	R.ZIRPEL	315	M.BOWE	555	R.TRIPHAHN	1360
TEEN	JJ.ZWIERS	460	B.TASELSKE	290	S.MIKULECKY	507	JJ.ZWIERS	1190
JUNIOR	A.PHILLIPS	06 485	A.PHILLIPS	08 314.2	R.SCHWALBACK	06 501.6	R.SCHWALBACK	06 1190.5
M. 40-44	B.HEINER	335	B.HEINER	245	B.HEINER	385	B.HEINER	965
M. 45-49	H.TOBIAS	325	H.TOBIAS	230	H.TOBIAS	375	H.TOBIAS	925
M. 50-54	M.CASTRO SR	07 341.7	M.CASTRO SR	07 270	M.CASTRO SR	07 600.75*	M.CASTRO SR	07 1212.5
75 KILO. 165 LB								
OPEN	D.BREHM	620	L.KIRCHNER	501	M.CONNER	655	D.BREHM	1600
TEEN	D.KLAWIKOWSKI	556.5	J.WOLTER	336.2	K.RICCHIO	556	J.WOLTER	1365
JUNIOR	M.STIENMETZ	06 518	M.STIENMETZ	07 347.5	D.LABRIE	06 529	M.STIENMETZ	07 1383.9
M. 40-44	L.ALECIA	500	L.ALECIA	350	L.ALECIA	580	L.ALECIA	1430
M. 45-49	J.KRUEGER	485	J.LOT	340	C.LOHMAN	510	J.KRUEGER	1195
M. 50-54	J.KRUEGER	507	D.PARKER	04 353	J.KRUEGER	479	J.KRUEGER	1218
82 KILO. 181 LB								
OPEN	T.SCHUERMAN	630	L.KIRCHNER	07 556.6	K.RICCHIO	04 650	D.BREHM	1640
TEEN	H.HENK	600	K.RICCHIO	04 386	K.RICCHIO	04 650	K.RICCHIO	04 1626
JUNIOR	K.RICCHIO	04 590	K.RICCHIO	04 386	K.RICCHIO	04 650	K.RICCHIO	04 1626
M. 40-44	B.SULLIVAN	91 510	G.ZANGL	460	C.LOHMAN	578	G.ZANGL	1470
M. 45-49	B.SULLIVAN	93 505	B.SULLIVAN	93 325	D.FELTON	04 540	B.SULLIVAN	93 1325
M. 50-54	J.KRUEGER	510	F.PADRON	300	B.SULLIVAN	505	J.KRUEGER	1255
M. 55-59	B.SULLIVAN	07 424.5	B.SULLIVAN	07 303	B.SULLIVAN	07 468.5	B.SULLIVAN	07 1196
90 KILO. 198 LB								
OPEN	D.WILLIAMS	07 705.4	D.STATZ	440	D.WILLIAMS	06 725	D.WILLIAMS	07 1846.3
TEEN	J.DHEIN	610	C.ALSTEEN	360	C.LOEBEL	600	J.DHEIN	1470
JUNIOR	D.WILLIAMS	07 660	D.WILLIAMS	07 420	D.WILLIAMS	07 725	D.WILLIAMS	07 1805
RAW OPEN	M.BAADE	07 300	M.BAADE	07 235	M.BAADE	07 335	M.BAADE	07 870
RAW M. 45-49	J.MONAHOS	08 479.5	J.MONAHOS	08 325.2	J.MONAHOS	08 512.5	J.MONAHOS	08 1317.2
M. 40-44	T.CONKLIN	610	B.MILLER	390	T.CONKLIN	585	T.CONKLIN	1535
M. 45-49	J.MONAHOS	08 578.7	J.TODD	365	B.SULLIVAN	520	J.MONAHOS	08 1388.9
M. 50-54	J.KRUEGER	500	J.DONATELL	315	D.JOHNSON	640	D.JOHNSON	1330
M. 55-59	B.BRIGGS	440	J.DONATELL	300	D.JOHNSON	625	D.JOHNSON	1290

M. 60-64	B.DOVE		425	B.BRIGGS		300	B.DOVE		490	B.DOVE		1205
M. 65-69	B.FITZPATERIC		145	B.FITZPATERIC		250	B.FITZPATERIC		145	B.FITZPATERIC		545
M. 70-74	P.JENSEN		160	P.JENSEN		210	P.JENSEN		345	P.JENSEN		715
100 KILO. 220 LB												
OPEN	R.STILLS		710	C.RENNERT		520	S.CAIN		744	S.CAIN		1879.9
TEEN	T.MONAHOS	07	600.9	B.GARRITY		385	J.RIEDEL	08	600.7	J.RIEDEL	08	1515.7
JUNIOR	D.BRIXIUS	07	672.5	D.BRIXIUS	07	479	D.LABRIE	08	666.9	D.BRIXIUS	07	1791.2
M. 40-44	S.CAIN		675	M.BECKER		435.4	S.CAIN		738	S.CAIN		1825
M. 45-49	S.CAIN		661	S.CAIN		446.4	S.CAIN		688.9	S.CAIN		1769.2
M. 50-54	B.BRIGGS		470	B.BRIGGS		295	R.LITTMANN		525	R.LITTMANN		1240
M. 55-59	B.BRIGGS		475	B.BRIGGS		315	R.LITTMANN		500	R.LITTMANN		1255
M. 60-64	B.BRIGGS	07	463	B.BRIGGS	05	335	B.BRIGGS	06	475	B.BRIGGS	06	1255
M. 65-69	B.BRIGGS	07	440	B.BRIGGS	07	295	B.BRIGGS	07	425	B.BRIGGS	06	1160
110 KILO. 242 LB												
OPEN	J.BETZINGER	07	788	D.DOAN		540	S.CAIN		755	S.CAIN		1910
TEEN	L.GISTER		625	G.VILLNOW		374	L.GISTER		578.5	L.GISTER		1515.7
JUNIOR	J.BETZINGER	07	788	J.BETZINGER	07	451.9	J.BETZINGER	06	677.9	J.BETZINGER	07	1901.5
M. 40-44	S.CAIN		700	S.CAIN		485	S.CAIN		755	S.CAIN		1884
M. 45-49	S.CAIN	07	633.8	S.CAIN	07	451.9	S.CAIN	07	644.9	S.CAIN	07	1703
M. 50-54	S.CAIN	08	633.8	S.CAIN	08	451.9	S.CAIN	08	622.5	S.CAIN	08	1675.5
M. 55-59	B.BRIGGS		470	B.BRIGGS		325	B.BRIGGS		470	B.BRIGGS		1265
M. 60-65	A.BUNESCU		396.5	A.BUNESCU		209	A.BUNESCU		380	A.BUNESCU		974.5
125 KILO. 275 LB												
OPEN	B.GJERMO		875	S.LADE		683.4	P.MCGETTIGAN		804.5	S.LADE		2155
TEEN	M.RYUN		700	G.KIRIAKI		350	M.RYUN		600	M.RYUN		1615
JUNIOR	B.LUEDTKE	07	644	B.LUEDTKE	07	420	B.LUEDTKE	07	633	B.LUEDTKE	07	1708.5
RAW OPEN	S.WARD	08	600.75	S.WARD	08	385.8	S.WARD	08	573.2	S.WARD	08	1559.75
M. 40-44	T.SMITH	80	705.5	T.SMITH	08	507	G.STEELE		625	T.SMITH	08	1829.82
M. 45-49	M.SANNDERS		640	M.SANNDERS		405	M.SANNDERS		625	M.SANNDERS		1670
M. 50-54	J.MILLER		600.7	J.MILLER		380.2	J.MILLER		562	J.MILLER		1543.2
M. 55-59	R.CRAWFORD	06	500	R.CRAWFORD	07	385.8	R.CRAWFORD	06	475	R.CRAWFORD	06	1325
M. 65-69	A.BUNESCU		375	A.BUNESCU		220	A.BUNESCU		380	A.BUNESCU		975
125+ KILO. 275+												
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TEEN	B.DOBRAZT		665	J.CHRISTUS		455	R.LEWIS		610	B.DOBRAZT		1605
JUNIOR	J.CHRISTUS		800	J.CHRISTUS		606	J.CHRISTUS		665	J.CHRISTUS		2040
M. 40-44	R.VOLLAND		735	R.VOLLAND		420	M.SANNDERS		665	M.SANNDERS		1755
M. 45-49	R.VOLLAND		740	R.KEYES	08	474	R.KEYES	07	611.7	R.VOLLAND		1755
M. 50-54	J.HARPER		560	J.HARPER		320	J.HARPER		590	J.HARPER		1440
M. 55-59	R.CRAWFORD	08	507.5	R.CRAWFORD	08	407.5	R.CRAWFORD	08	529	R.CRAWFORD	08	1444

Jun '08



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M. 55-59	B.BRIGGS		475	B.BRIGGS		315	R.LITTMANN		500	R.LITTMANN		1255
M. 60-64	B.BRIGGS	07	463	B.BRIGGS	05	335	B.BRIGGS	06	475	B.BRIGGS	06	1255
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M. 40-44	T.SMITH	80	705.5	T.SMITH	08	507	G.STEELE		625	T.SMITH	08	1829.82
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TEEN	N.LUDWIG	06	705	J.CHRISTUS		455	R.LEWIS		610	N.LUDWIG	06	1705
JUNIOR	J.CHRISTUS		800	J.CHRISTUS		606	J.CHRISTUS		665	J.CHRISTUS		2040
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M. 55-59	R.CRAWFORD	08	507.5	R.CRAWFORD	08	407.5	R.CRAWFORD	08	529	R.CRAWFORD	08	1444

Nov. '08



USA POWERLIFTING WISCONSIN



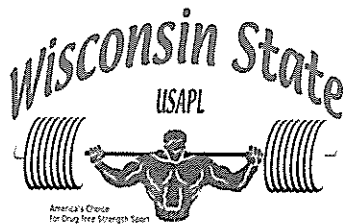
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Powerlifting

USAPL Wisconsin Sponsors

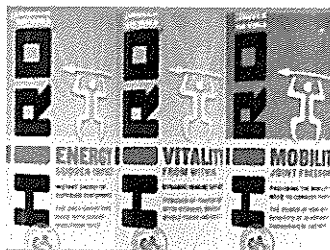
Visual Numerics.

Cain Equipment - Shawn Cain
Metal Magic 715.246.9363

Racine Powerlifting Club

RGO (Rebel Golf Outing)

Tahitian Nomi International



What we have to say
may change your life!



Wisconsin State Meet January 31, 2009

Entry and Information

Wisconsin Open Meet January 31, 2009

Entry and Information

Result-State Meet -January 31

Wisconsin Records as of November, 2008

97 lbs Class -Sommer Binash.. Teen Record... Squat..260 lbs...Total..620 lbs
105 lb Class -Michelle.. Teen Record... Squat..315 lbs..Dead...320 lbs ..Total..745 lbs
114 lb Class Jayna Vande Voort..TeenB...170.9 lbs ..Dead 369.3 lbs ..Total..854.3
123 lb Class -Alexa Schillinger... Squat..325 lbs....Dead...355 lbs ..Total..810 lbs
118 lb Class -Brandi Decker... Squat..410 lbs....Dead...385 lbs
242 lb Class -Jamie Pasch... Squat..475 lbs....Dead...410 lbs ..Total..1060 lbs
242+ lbs Class -Amanda Court... Squat..485 lbs
148 lb Class -Megan Jovanvich.. Jr ... Squat..347.2 lbs..B....226 lbs..Dead...330.7 lbs ..Total..903.9 lbs
123 lb Class Phillip Rotar..TeenSquat..429 lbs...B...264 lbs ..Dead 395 lbs ..Total..1078
198 lb Class - Dan Williams - World Champion ----- 1884.9 Total
198 lbs Class - Brian Briggs - Hudson Open - M-6 - Sq, 390 lbs..B..275 lbs..D.395 lbs...T. 1060
198 lb Class - Jeff Monahos - Hudson Open 198 M-2....B. 330 lbs.
198 lbs Class - Dan Williams ..Men's Nationals... First Place.... Total Record 1851.8 lbs.
165 lb Class - Frank Jones - Badger Open- JrBench Press 352.6 lbs
165 lb Class - Steve Mikulecky - Badger Open-Jr:Deadlift 556.5 lbs ...Total 1388.5 lbs

198 lb CI Jeff Monahos - RAW Nationals 198 M-2.....Sq. 479.5lbB. 325.2 lb... D. 512.5 .. T. 1317.2

Jeff Monahos ... the squat and bench are RAW American and National Records.The Dead and Total are Wisconsin RAW M-2 Records

SHW M-4 Robert Crawford - Bench Press Nationals Repeats National Championship with a bench of 402 lbs.

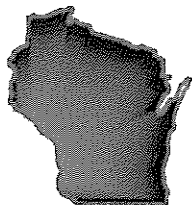
New Wisconsin Records for May 2008

Master's Nationals

198 lb CI Jeff Monahos.....M-2...Sq-578.7/262.5 K ...T- 1388.9 lb/630 K
242 lb CI Shawn Cain.....M-3... Sq-287.5 kg / 633.83 lbs B- 202.5 kg / 446.43 lbs
275 lb CI Tom Smith.....M-1.....Sq-705.5 lb/320 K.....B- 507 lb/230 K...T- 1829.8 lb/830K
275+ lb CI Robert Crawford.....M-4 Sq -230 kg/ 507 lbs B-185 kg / 407.9 lbs D- 240 kg / 529 lbs T-1444 lbs

New Wisconsin Records for January, 2008

114 lb CL Jennifer Kingsley...M-2 Bench Only 65k/143.3 lb
123 lb CL Breanne Carlson.....Jr & Open B-95k/209.4 lb D-147.5k/325.2 lb T-377.5k/832.2 lb
148 lb CL Erin Waltermann.....Bench Only 114k/253.5 lb
148 lb CL Aaron Phillips.....Jr-Bench 142.5k/ 314.2 lb
198 lb CL Jeff Monahos.....M-2 Squat 245k/540 lb
220 lb CL David Labrie.....Jr-Deadlift 302.5k/ 666.9 lb
220 lb CL Jake RiedelTeen Deadlift 272.5k/600.7lb Total 657.5k/1515.6 lb
242 lb CL Shawn CainM-3 Sq-282.5k/622.5lb B-195k/ 429.9lb D-282.5k/622.5lb T-760k/1675.5lb
275 lb CL Scott Ward....Raw Open Sq-272.2k/600.7lb B-175k/385.8lb D-260k/573.2lb T-707.5k/1559.7lb
SHW Robert KeyesM-2 B-215k/474 lb
SHW Robert Crawford.....M-4....Sq- 227.8k/501.5lb B-182.5k/402.5lb D-237.5k/523.5lb T-647.5k/1427.5lb
SHW Jim Ray....M-3-Bench Only 277.5k/611.77 lb



Women

USA POWERLIFTING WISCONSIN



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Open Women's Records - November 2008

97 LB CLASS	SQUAT			BENCH			DEAD			TOTAL		
OPEN	S.SEEBRUCK	07	235	S.HOFFMAN	00	120	S.SEEBRUCK	07	270	S.SEEBRUCK	07	595
TEEN	S.BINASH	08	260	S.HOFFMAN	00	120	S.SEEBRUCK	07	270	S.BINASH	08	620
105 LB												
OPEN	M.VAN DUSEN	08	303	M.VAN DUSEN	08	132.3	A.SCHILLINGER	07	308.6	M.VAN DUSEN	08	733
TEEN	M.VAN DUSEN	08	315	M.VAN DUSEN	08	132.3	M.VAN DUSEN	08	320	M.VAN DUSEN	08	745
MASTER 40-44	S.WHITING		210	S.WHITING		115.5	S.WHITING		230	S.WHITING		550
MASTER 45-49	S.WHITING		203.7	S.WHITING		121.2	S.WHITING		231.2	S.WHITING		551
MASTER 50-54	S.WHITING		190	S.WHITING		120	S.WHITING		231	S.WHITING		528.5
MASTER 55-59	S.WHITING	07	181.8	S.WHITING	07	110	S.WHITING	07	220	S.WHITING	07	510
114 LB												
OPEN	J.VANDE VOORT	08	340	K.MOORE		187.2	J.VANDE VOORT	08	369.3	J.VANDE VOORT	08	854.3
TEEN	J.VANDE VOORT	08	340	J.VANDE VOORT	08	170.9	J.VANDE VOORT	08	369.3	J.VANDE VOORT	08	854.3
Junior	A.CUTTS		165.4	A.CUTTS		88	A.CUTTS		215	A.CUTTS		468.5
RAW OPEN	J.BEER	07	145	J.BEER	07	100	J.BEER	07	230	J.BEER	07	475
MASTER 40-44	J.MACH	07	297.5	S.SULLIVAN		165	G.EDISON		297.5	S.SULLIVAN		716.2
MASTER 45-49	S.SULLIVAN		285	S.SULLIVAN		165.2	S.SULLIVAN		325	S.SULLIVAN		772
123 LB												
OPEN	G.KEHL		297.5	B.CARLSON	08	209.4	D.SELLERS		355	B.CARLSON	08	832.2
TEEN	A.SCHILLINGER	08	325	B.CARLSON	07	187	A.SCHILLINGER	08	355	A.SCHILLINGER	08	810
JUNIOR	S.TSCHUMPERLI		297.5	B.CARLSON	08	209.4	B.CARLSON	08	325.2	B.CARLSON	08	832.2
MASTER 40-44	G.KEHL		320	S.SULLIVAN		175	G.KEHL		335	G.KEHL		795
MASTER 45-49	S.SULLIVAN		292	S.SULLIVAN		179.5	S.SULLIVAN		326	S.SULLIVAN		782.5
132 LB												
OPEN	T.RYSKOSKI		369.2	T.RYSKOSKI		170.2	D.SELLERS		369.2	T.RYSKOSKI		854.2
TEEN	K.VANDUSEN	07	360	T.RUDE	01	175	K.VANDUSEN	07	370	K.VANDUSEN	07	890
JUNIOR	R.NIEDERKORN		352.7	R.NIEDERKORN		187.5	R.NIEDERKORN		292	R.NIEDERKORN		765.5
MASTER 40-44	T.RYSKOSKI		374.7	T.RYSKOSKI		165	T.RYSKOSKI		347	T.RYSKOSKI		887
148 LB												
OPEN	A.HITCHCOCK	07	413	E.WALTERMAN	07	248	A.HITCHCOCK	05	418	A.HITCHCOCK	06	1036
TEEN	R.NIEDERKORN	01	385	SJ.ANDERSON	99	185	J.STRUB	98	345	R.NIEDERKORN	01	885
JUNIOR	M.JOVANVICH	08	347.2	M.JOVANVICH	08	226	M.JOVANVICH	08	330.7	M.JOVANVICH	08	904
MASTER 40-44	T.RYSKOSKI		347.7	T.RYSKOSKI		165	T.RYSKOSKI		347	T.RYSKOSKI		887
MASTER 45-49												
165 LB												
OPEN	D.DOAN		380.3	D.DOAN		287.7	S.VIRGIN		402.2	D.DOAN		1019.5
TEEN	D.DOAN		380.3	D.DOAN		*287.7	E.LOWNEY	08	365	D.DOAN		1019.5
MASTER 40-44	T.RYSKOSKI		363.7	T.RYSKOSKI		170.7	T.RYSKOSKI		363.7	T.RYSKOSKI		898.2
181 LB												
OPEN	T.RYSKOSKI		370	D.DOAN		295	G.STEELE		390	D.DOAN		1000
TEEN	B.DECKER	08	410	D.DOAN		295	B.DECKER	08	385	D.DOAN		1000

MASTER 40-44	T.RYSKOSKI		396	T.RYSKOSKI		187	T.RYSKOSKI		369.2	T.RYSKOSKI		953.5
198 LB												
OPEN	T.KENDHAMMERT		350	T.KENDHAMMERT		150	S. DURA		325	T.KENDHAMMERT		800
TEEN	A.BIERCE	03	405	R.HINZ	00	165	A.MORSE	03	375	A.BIERCE	03	900
242 LB												
OPEN												
TEEN	J.PASCH	08	475	A.JUEN	07	185	J.PASCH	08	410	J.PASCH	08	1060
SHW												
OPEN	C.REAGAN		479.5	C.REAGAN		280	C.REAGAN		413.2	C.REAGAN		1129.5
TEEN	A.COURT	08	485	T.FENDRICK	95	220	E.BAILEY	02	420	S.BROCK	05	1065
MASTER 40-44	C.REAGAN		466	C.REAGAN		280	C.REAGAN		418	C.REAGAN		1113

Nov. '08