



USA WEIGHTLIFTING

The National Governing Body for Weightlifting in the United States

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SCORESHEET

Competition: 2011 West Hartford Crossfit Reletless Open **Location:** 635 New Park Ave, West Hartford, CT.
Date: 5/1/2011 **Group:** NE LWC **Sanction #:** 2/11/2002

Lot No.	Gnd	Member ID	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best Sna	Clean & Jerk			Best C&J	Total	Place	i	Sinclair	Master's Sinclair
									1	2	3		1	2	3						
Session 1- Weighin 8:30 am																					
3	F	153540	O,M,CF	48	Picardy, Tara	1970	Northshore CF	48.0	31	32x	32x	31	42	45x	45	45	76	1		116.074	133.14
4	F	124624	O	48	Krovatin, Kate	1982	Reno's	45.8	31	33x	33x	31	40	43	45x	43	74	2		117.911	
2	F	162072	O,M	48	Bloom, Denise	1967	Thor's	45.4	26	28x	28	28	38	40	42x	40	68	3		109.237	129.23
1	F	166619	O,J	48	Rojas, Gwendolyn	2003	ECG	32.1	16	18	19	19	20	22x	22x	20	39	4, J1		91.477	
5	F	168878	O,CF	53	Marshall, Amanda	1987	SECT CF	52.8	35	38	40	40	52	55	57	57	97	1		136.775	
6	F	168640	O	53	Melton, Alana	1987	CF Boston	53.0	34	37x	37	37	44	49	51	51	88	2		123.713	
7	F	168607	O, M	53	Yelen, Sandra	1966	Unattached	52.0	20	22	24x	22	27	29	31	29	51	3		72.798	86.993
8	F	152034	O,M	58	Baker, Stephanie	1969	Robinson	56.5	41	45	48	48	52	55	58	58	106	1		141.936	164.36
9	F	168158	O	58	Wheeler-Young, Susan	1982	Northshore CF	56.5	37x	37	40	40	53	56	57x	56	96	2		128.546	
10	F	121840	O	63	Sisto, Gwendolyn	1982	ECG	62.5	72	76	79x	76	84	87	90x	87	163	1		203.666	
11	F	167994	O,M,CF	63	Malz, Kimberly	1970	CF Relentless	60.0	41	46	51x	46	61	68	70	70	116	2		148.887	170.77
15	F	167549	O, CF	63	Zdanowicz, Sarah	1987	Northshore CF	62.7	39	41x	41	41	57	60	62	62	103	3		128.435	
12	F	141559	O	63	Spayd, Nicole	1986	LPetit Animaux	62.5	39	41x	41x	39	52	56	59	59	98	4		122.45	
13	F	167649	O,M	63	Costes, Val	1963	Unattached	61.1	43x	43	45	45	47	49	51	51	96	5		121.73	149.24
14	F	166658	O,M	63	Steingress, Carol	1959	Thor's	59.3	26	28	30x	28	36	38	41x	38	66	6		85.393	108.53
16	F	162693	O	69	Carlson, Chelsea	1990	Team CT	68.0	35	40	43x	40	50	55	58x	55	95	1		112.837	
17	F	121858	O	75	Rue, Danica	1982	Met Elite	73.1	85	88	91	91	110	114	118	118	209	1		238.927	
18	F	168704	O, CF	75	Haynes-Grassia, Cassie	1983	CF Boston	72.3	42	45x	45x	42	55	57	59	59	101	2		116.1	
19	F	141938	O,M	75	Bloom, Tracy	1958	Team CT	74.5	40x	40x	40x	x	50	55x	55x	50	0			0.000	
21	F	168643	O, CF	75+	Brody, Nicolette	1986	CF Boston	90.7	44	47x	47	47	60	63	66x	63	110	1		115.438	
20	F	167291	O, CF	75+	Lee, Renee	1986	CF Boston	78.1	40	43x	43x	40	50	56	58x	56	96	2		106.419	
22	F	134937	O,M	75+	Dahl, Elsa	1935	Unattached	79.7	24	25	25	25	28	29	30	30	56	3		61.544	134.41

Lot No.	Member ID	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best	Total	Place	i	Sinclair
								1	2	3	Sna	1	2	3	C&J				
Session 2 - Weighin 10:30am																			
1	M	168831	O,J	56	Wong-Rapuano, Sam	1998	NS WLC	54.1	23	26	30x	26	37	41	45	45	71	1	113.029
3	M	153874	O,M,CF	62	Blair, Steve	1966	Northshore CF	60.8	51	53	55	55	74	77x	77x	74	129	1	188.004
4	M	161036	O,M	62	Hernandez, Sergio	1946	LBH Dept Pks	60.5	45	52x	52x	45	65	70	75	75	120	2	175.51
2	M	163068	O,M	62	Del Puppo, Dario	1958	Team CT	60.8	41	44	47x	44	53	57	62x	57	101	3	147.197
6	M	141795	O,J	69	Forte, Hunter	1994	Unattached	65.9	95	98	102	102	117	120	125	125	227	1	312.965
5	M	130429	O	69	Mangiaracina, Louis	1982	Met Elite	68.9	89	93x	95	95	120x	120	125x	120	215	2	288.011
7	M	166466	O	69	Cohen, Andrew	1990	SHU	69.0	77	81	85	85	100	105x	105x	100	185	3	247.597
16	M	134173	O,M	69	Epshteyn, Lev	1933	Reno's WLC	66.4	50	55x	55x	50	65	70x	70x	65	115	4	157.763
8	M	164350	O,J	69	Colantonio, Robert Jr.	1998	Unattached	64.2	38	43	45	45	49	55	61x	55	100	5, Jr 1	140.308
11	M	134788	O	77	Delaney, Matthew	1984	Boston WLC	76.8	110	113	115	115	129	136x	136x	129	244	1	306.438
12	M	154926	O	77	Disanto, Mark	1988	Team CT	77.0	90	94x	97x	90	110	115	120	120	210	2	263.356
13	M	142382	O,J	77	Rizk, Jonathan	1994	Met Elite	70.9	80	86	89	89	105	110	114	114	203	3, J1	267.142
23	M	143650	O	77	Ward, Mike	1983	Robinson	77.0	75	80x	80x	75	105	108	110x	108	183	4	229.496
15	M	167358	O, CF	77	O'Fallon, Kevin	1979	Pioneer Val CF	76.8	75	80x	80x	75	95	100	103	103	178	5	223.549
19	M	164451	O,J	77	Cook, Tanner	1994	Team CT	69.9	70	75	77	77	90	95	100	100	177	6, J2	234.976
21	M	168692	O	77	Casey, Daniel	1983	Unattached	73.7	70	72x	72	72	94	95	99	99	171	7	219.873
18	M	160408	O	77	Baines, Richard	1986	Team CT	69.6	67x	68	75x	68	94	98	101	101	169	8	224.958
24	M	162126	O,CF	77	Valego, Brett	1979	Pioneer Val CF	77.0	64	67	71	71	83	87	91x	87	158	9	198.144
20	M	168464	O,J	77	Gardner, Daniel	1992	Unattached	75.7	62	65	70	70	82	86	90x	86	156	10, J3	197.515
9	M	167150	O,M, CF	77	Arakaki, Brandon	1976	Northshore CF	71.9	57	61	71	71	75	84	89x	84	155	11	202.249
17	M	applied	O	77	Chandler, Matthew	1977	Robinson	75.0	50x	50x	50	50	65	70	72	72	122	12	155.287
22	M	120676	O, M	77	Brown, Erick	1958	Unattached	74.8	40x	40	45	45	70	75	80x	75	120	13	152.976
14	M	158376	O	77	Dolan, Christopher	1984	Boston WLC	74.6	1104x	104x	105x	0	124	130x	130x	124	0		0.000
	M	167935	Extra	77	LeClair, Jon	1977	Thor's	76.3	55	58	60	60	70	75	80	80	140		

224.66
287.13
190.33

372

216.81
197.8

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									1	2	3	Sna	1	2	3	C&J				
Session 3 - Weighin 1pm																				
1	M	155408	O	85	Sullivan, Tom	1986	Team CT	82.9	105	110	115	115	130	135	140	140	255	1		307.509
10	M	159057	O	85	Mattessich, Eric	1988	Team NJ	83.6	100x	100	105	105	120	125	130x	125	230	2		276.192
6	M	162969	O	85	Craven, Michael	1986	Unattached	84.4	94	98x	100x	94	125	129	134x	129	223	3		266.523
4	M	164909	O	85	Huang, Steven	1986	Team NJ	83.8	100	105x	105x	100	120	125x	125x	120	220	4		263.869
11	M	153039	O	85	Mosher, Joseph	1982	Robinson	84.9	97	103x	103x	97	115x	115	120	120	217	5		258.601
3	M	166467	O	85	Johnson, Don	1989	SHU	84.7	92x	92x	92	92	115	120x	122	122	214	6		255.321
5	M	167326	O	85	Stearns, William	1990	Robinson	84.4	80	85	90x	85	110	115	120	120	205	7		245.01
9	M	161108	O,M	85	Wade, Chris	1967	Inst. Heavy Tr.	83.1	70	75	80	80	90	97	100x	97	177	8		213.188
2	M	164060	O,M	85	Kottke, Dane	1964	Thor's	84.0	70	73	75x	73	85	90	95x	90	163	9		195.271
	M	124565	Xtra	85	Boffa, David	1980	Met Elite	81.8	110	115	118x	115	135	140	145x	140	255			
13	M	137309	O	94	Oakley, Chris	1985	Team NJ	93.9	115	121	126x	121	145	155x	155x	145	266	1		302.801
19	M	143101	O	94	Platt, Brian	1985	Team NJ	91.0	110x	110x	110	110	150	160x	160x	150	260	2		300
12	M	159077	O	94	Zito, Stephen	1986	Team CT	90.0	107	112	117x	112	140	143x	143	143	255	3		295.683
15	M	159204	O,J	94	Gordon, Alex	1992	Gardner Perf.	86.2	100	104x	407x	100	114	118	122	122	222	4, J1		262.622
18	M	114774	O,M	94	Ballog, Bruce	1961	Unattached	92.8	85	91x	91	91	110	115	121x	115	206	5		235.676
14	M		O,J	94	Behzad, Alex	1991	SHU	93.3	85x	85	90	90	107x	107	112x	107	197	6, J2		224.863
17	M	162603	O,M	94	Passage, Chris	1971	Thor's	87.8	66	69	72	72	85	90	95	95	167	7		195.849
16	M	166761	O,J	94	Jorge, David	1994	ECG	91.5	95	100	105	105	120x	121x	121x	0	0			0.000

252.2
237.65

292.95
222.48

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									1	2	3	Sna	1	2	3	C&J				
Session 4 - Weighin 3pm																				
1	M	139043	O	105	Kahn, Yasha	1984	Reno's WLC	102.7	140	148	155	155	165	173	178	178	333	1		366.063
2	M	135125	O	105	Goeller, Dan	1985	Team NJ	102.6	110	117	122x	117	138	144	150	150	267	2		293.613
5	M	151964	O	105	Voris, Frank	1986	Team NJ	99.6	100	107	115	115	135	143	150x	143	258	3		286.849
7	M	162873	O	105	Brandom, Eric	1985	Team CT.	98.9	105	110	114	114	130	135x	135	135	249	4		277.59
3	M	164913	O	105	Logus, John	1987	Team CT	100.0	95x	95	106x	95	135	142	150x	142	237	5		263.101
4	M	165513	O	105	Bauer, Elliot	1989	Unattached	96.9	98	102	105	105	125	130	135x	130	235	6		264.089
8	M	130872	O,M	105	Smith, Chris	1973	Team CT	104.0	75	80	85x	80	95	100	105	105	185	7		202.463
6	M	167367	O,M	105	O'Donnell, Frank	1955	Thor's	103.5	40	50	55	55	70	75x	75	75	130	8		142.513
	M	167353	Xtra	105	Pontier, Derek	1990	Robinson	101.6	95	100	105x	100	118	124	130	130	230			
14	M	158327	O	105	Butt, Bilal	1989	Unattached	138.7	127	129	131x	129	157x	157	161x	157	286	1		291.046
10	M	162991	O,M	105	Hau, Patrick	1976	Thor's	137.7	90	95	100	100	120	125	131	131	231	2		235.342
12	M	162585	O	105	Rzeszutek, Joseph	1983	Team CT	109.1	90	95	100	100	125	130	135x	130	230	3		247.713
11	M	138968	O,M	105	Klarman, Jeff	1961	Unattached	113.0	70	75	78	78	95	100x	105	105	183	4		247.713
13	M	166013	O,M	105	Roden, Andrew	1967	Unattached	132.4	70	75x	75	75	95	100	110x	100	175	5		194.986
9	M	163174	O	105	Wicki, Ben	1989	SHU	111.0	70	75	80	80	90	95	98x	95	175	6		194.986
	M	117826	Xtra	105	Rue, Matt	1980	Met Elite	135.5	135	145x	145	145	160	170	180	180	325			

ANNOUNC

Denis Reno

REFEREES

Jim Fitzgibbon, David Lussier, Roland Bolieau,

Greg Laxer, Steven Condon, Mike McCool,

Lou Mangiaracina, Michael Ward

Timekeeper

Daryl Bennett

Loaders

Justin Walter, Joe Ridarelli, Mike McCool, Ben Fuller

Dave Bruzzi, Gary Valentine, Joel Quintong, Eric Mattessich

Mark DiSanto, Rich Baines, tom Sullivan

MEET DIRECTOR

Gary Valentine, M.A.

DATE

1-May-11

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