



USA WEIGHTLIFTING

The National Governing Body for Weightlifting in the United States

1 Olympic Plaza
 Colorado Springs, CO 80909
 (719) 866-4508
 Fax (719) 866-4741
<http://weightlifting.teamusa.org>
 e-mail: usaw@usaweightlifting.org

SCORESHEET

Competition: West Hartford Crossfit Relentless Open

Location: (city, state) West Hartford, CT

Date: 4/29/2012

Group: NE LWC **Sanction #:** 2-12-02

Lot No.	Gnd	Member ID	Div	Wt Class	Name	Year of Birth	Team	Body Wt	Snatch			Best	Clean & Jerk			Best C&J	Total	Place	Sinclair	Master's
									1	2	3	Sna	1	2	3	C&J				
1	F	156925	O,M	48	Amy Zorn	1/10/1962	Inst. Heavy Trng.	46.4	25	30	33x	30	35	40	45	45	75	1	118.084	146.779
2	F	171605	O, CF	53	Marie Garcia	11/19/1985	Un, CF Woburn	52.3	39	41	44x	41	52	55	58	58	99	1	140.66	
4	F	173688	O,M,CF	53	Sarah Wong	1/39/1962	Nshore CF	52.4	31	34x	34	34	48	51	55x	51	85	2	120.584	149.886
3	F	168607	O,M	53	Sandra Yelen	3/21/1966	Un.	52.4	22	24x	24x	22	32	34	36	36	58	3	82.281	99.313
6	F	173824	O, CF	58	Skye Butman	12/5/1991	Un./ White Mtn CF	53.5	46	48	49x	48	60	63x	63x	60	108	1	150.713	
5	F	152034	O,M	58	Stephanie Baker	5/28/1969	Robinson	56.1	40	43	45	45	50	53	55	55	100	2	134.604	157.486
7	F	168878	O, CF	58	Amanda Marshall	1/5/1987	Un, Sect CF	54.5	34	38	41	41	42	48	53	53	94	3	129.31	
8	F	100377	O,M	58	Suzanne Kim	3/3/1962	Inst. Heavy Trng.	54.0	30	35	40	40	45x	45	50	50	90	4	124.689	154.988
9	F	171642	O	58	Kledia Spiro	7/10/1987	Robinson	55.8	27	28	30x	28	38	40	43x	40	68	5	91.895	
11	F	174303	O	63	Amanda DiBiccari	9/11/1989	Inst. Heavy Trng.	61.4	30	35	40x	35	45	56	59	59	94	1	118.81	
13	F	175122	O	63	Nikki Gnozzio	2/27/1987	BFS	61.5	36	38	40	40	50	51	54	54	94	2	118.683	
12	F	141810	O	63	Sarah Cahill	2/22/1981	Robinson	61.1	35	38	40	40	43	47	50	50	90	3	114.121	
10	F	173689	O,M,CF	63	Susan Wong	3/3/1959	Nshore CF	58.8	26	29x	29	29	43x	43x	43	43	72	4	93.703	121.158
15	F	173885	O, CF	69	Michelle Conelly	8/8/1980	Tm.CT, CF 203	66.4	45	48	51	51	60	63	66x	63	114		137.264	
16	F	174624	O,M,CF	69	Susan Friedman	4/22/1964	Tm.CT, CF Norwalk	65.2	40	43	46x	43	58	63	64	64	107		130.235	159.668
14	F	174675	O, M,CF	69	Jennifer Conlin	7/26/1969	Un, CF Legitimus	66.0	37	38	39	39	52	53	54	54	93		112.376	131.48
17	F	170900	O,M,CF	75	Cindi Briggs	1/9/1965	Un., CF	73.6	45	48	50	50	65	70	75x	70	120		136.723	166.392
20	F	140906	O, CF	75	Alex Roman	2/3/1989	Un, CF Relentless	76.1	40	45	50x	45	55	60x	63	63	108		121.118	
18	F	173412	O,J, CF	75	Hailey Butman	8/25/1994	Un., White Mtn. CF.	73.6	40x	43	46x	43	54	57	60	60	103		117.354	
19	F	173454	O, CF	75	Mary Jane Mattern	5/28/1983	Un, SECT CF	70.9	37	39	42x	39	48	52	55x	52	91		105.663	
21	F	165399	O	75+	Carly Mauch	5/10/1987	Robinson	80.1	64x	64	70	70	98	101	104	104	174		190.832	
23	F	172050	O, CF	75+	Kaitlin Lyons	5/5/1979	Nshore CF	105.8	45	48	50x	48	59	63	65	65	113		114.514	
22	F	170435	O,M	75+	Stephanie Bassham	10/4/1968	Tm. CT.	76.2	33	37	40x	37	47	50	53x	50	87		97.508	115.352
24	F	174997	O	75+	Michele Grosodonia	4/10/1990	SHU	87.4	35x	35	39	35	45	50	55x	50	85		90.249	

1	M	253874	O,M	62	Steve Blair	10/11/1966	Nshore CF	60.3	55x	55	60x	55	72	75	78x	75	130	1	190.59	230.042
2	M	168831	O,J	62	Sam Wong-Rapuano	7/31/1998	Nshore CF	59.2	51x	51	56x	51	62	65	68	68	119	2	176.819	
3	M	173211	O,J	69	Bobby Wyman	3/13/1996	Tm.CT.	67.4	65	70	75	75	94x	98	105	105	180	1	244.54	
4	M	158173	O,M	69	Stephen Condon	6/25/1950	Robinson	67.8	57x	57	60x	57	70	75	77	77	134	2	181.354	283.093
7	M	150747	O	77	Michael Basciano	11/15/1988	Inst. Heavy Trng.	75.9	105	110x	111x	105	135	140	148	148	253	1	319.85	
6	M	141795	O,J	77	Hunter Forte	10/25/1994	Un.	69.4	107	111	115	115	132	137	141x	137	252	2	336.044	
10	M	167359	O	77	Matt McLaughlin	2/26/1987	Robinson	73.2	88	91	94	94	115	119	122	122	216	3	278.848	
17	M	154926	O	77	Mark DiSanto	4/27/1988	Tm. CT.	77.0	98	103x	105	98	116x	116x	116x	116	214	4	268.372	
14	M	151071	O,M	77	Yoon Sohn	10/8/1976	Inst. Heavy Trng.	75.8	90x	90	98x	90	110	117x	124	124	214	5	270.747	294.302
11	M	174599	O, CF	77	Steven Raboin	12/31/1981	Un, CF Relentless	75.6	70	77	84	84	105	111	113	113	197	6	249.613	
13	M	171054	O,J	77	Mike Louros	11/9/1992	Inst. Heavy Trng.	72.2	70	75	80	80	95	102	107	107	187	7	243.393	
16	M	160408	O	77	Richard Baines	11/5/1986	Tm. CT.	74.3	75x	78	82x	78	100	105	110x	105	183	8	234.194	
20	M	174046	O, J, CF	77	Andrew Yanik	11/27/1993	Un, CF Legitimus	76.1	66	68	75	75	93	98	102	102	177	9	223.437	
9	M	172618	O,J	77	Jared Mello	3/5/1992	Robinson	71.9	68	71	73	73	95	100	103	103	176	10	229.65	
5	M	174520	O, CF	77	Jason Dimitropolis	5/25/1985	Tm. CT Sprngfld CF	74.9	65	70	76	76	90	95	100	100	176	11	224.193	
8	M	168692	O	77	Dan Casey	10/7/1983	Inst. Heavy Trng.	76.0	70	75x	75	75	80	90	95	95	170	12	214.759	
19	M	161434	O	77	Christopher Kardos	11/12/1987	Inst. Heavy Trng.	76.6	75	80x	80x	75	95	100x	100x	95	170	13	213.813	
12	M	171858	O, CF	77	Derek Goff	11/15/1985	Nshore CF	74.2	62	65	68	68	87	91	93	93	161	14	206.201	
15	M	169829	O,M,CF	77	David Peddie	6/13/1967	Nshore CF	74.1	57	60x	60x	57	78	81	84x	81	138	15	176.882	211.374
18	M	164350	O,J	77	Robert Colantonio Jr.	5/18/1998	Tm. CT.	76.6	55	60	63	63	70	75	80x	75	138	16	173.566	
5	M	155408	O	85	Tom Sullivan	4/16/1986	Tm. CT.	84.9	105	110x	pass	105	135x	135	pass	135	240	1	286.01	
1	M	165313	O,J	85	Anthony Altobell	8/12/1993	Un.	79.2	103	105x	106	106	127	130	133	133	239	2	295.150	
4	M	171697	O	85	Walter Pecor	8/14/1984	Un.	84.7	88x	89x	89	89	130	135	140x	135	224	3	267.252	
23	M	171529	O, CF	85	Sam Broadway	8/14/1989	Un, CF Woburn	81.1	80	84	89x	84	102	107	110	110	194	4	236.596	
22	M	154232	O,M	85	Rick Stebbins	4/10/1965	Tm. CT.	77.7	72	77x	77	77	100	105x	105x	100	177	5	220.864	268.792
2	M	174919	O	85	Victor Broadley	2/8/1985	S. Brooklyn WLC	80.7	65	70	75	75	95	100	105x	100	175	6	213.976	
25	M	170567	O,CF	85	Michael Lambert	4/30/1985	Yankee CF	83.0	71	75x	76x	71	96	102x	104	104	175	7	210.907	
3	M	161108	O,M	85	Chris Wade	5/26/1967	Inst. Heavy Trng.	84.0	75x	75	80x	75	80	90	101x	90	165	8	197.667	236.212
21	M	171363	O,J	85	Harry Nikel	11/15/1995	Tm. CT.	78.4	66	71x	75x	66	98	105x	105x	98	164	9	203.643	
24	M	120612	O,M	85	Bruce Orowson	3/8/1954	Un.	81.1	52	57	62x	57	82x	pass	pass	0	0	10	0	
7	M	159077	O	94	Stephen "Russ" Zito	3/17/1986	Tm. CT.	91.7	110	115	120	120	143x	145	148	148	268	1	308.192	
10	M	162969	O	94	Michael Craven	5/22/1986	Un.	91.3	102	107	112	112	134	138	143x	138	250	2	288.044	
6	M	167326	O	94	Bill Stearns	4/13/1990	Robinson	86.9	93	97x	97	97	128	132x	134	134	231	3	272.219	
11	M	169077	O	94	Alexander Behzad	10/27/1991	SHU	91.2	100x	102	105	105	125x	125x	125	125	230	4	265.128	
8	M	171964	O	94	Mael Walkowiak	10/26/1988	Pioneer Vly WLC	89.3	90s	90	95	95	111	120	125s	120	215	5	250.182	
9	M	153039	O	94	Joseph Mosher	5/8/1982	Robinson	89.9	90	93	96	96	110	115x	115	115	211	6	244.785	

16	M	162873	O	105	Eric Brandom	7/27/1985	Tm. CT.	104.9	110	115	120	120	140x	140	145	145	265	1	289.146
15	M	165513	O	105	Elliot Bauer	12/12/1989	Tm. CT.	101.3	108	113	118	118	136	142	145	145	263	2	290.561
21	M	171165	O	105	Donald Pezzolo	7/29/1989	Inst. Heavy Trng.	98.8	115	122x	122	122	135	142x	142x	135	257	3	286.62
20	M	174625	O	105	Alex Fischer	11/7/1989	Pioneer Vly WLC	96.3	93	97	102	102	125	130	137	137	239	4	269.254
19	M	172902	O,J, CF	105	Nicholas Saccente	8/5/1992	Tm. CT Springfld CF	99.6	95	100x	102	102	125	130	135	135	237	5	263.5
12	M	167353	O	105	Derek Pontier	4/27/1990	Robinson	94.6	103x	103	107x	103	127	131x	131x	127	230	6	261.01
13	M	171864	O	105	Jake Bassham	3/10/1991	Tm. CT.	95.5	88	92	95x	92	118	125	127	127	219	7	243.581
18	M	173728	O	105	Kyle Testerman	7/16/1988	Un.	101.5	79	83	89	89	95	105	110	110	199	8	219.695
17	M	171187	O	105	Cody Benz	8/1/1991	Inst. Heavy Trng.	99.7	70	80	90x	80	100	107	112	112	192	9	213.387
14	M	175121	O	105	Jared Cruz	1/13/1982	Robinson	96.4	73	75	77	77	100	103	106	106	183	10	206.079
23	M	170038	O	105+	Lou Crispo	1/23/0988	Inst. Heavy Trng.	118.1	110	120x	120	120	150	165	175x	165	285	1	299.949
22	M	162585	O	105+	Joe Rzeszutek	1/24/1983	Tm.CT.	114.8	100	105x	107x	100	142x	142	152x	142	242	2	256.677

REFEREES

Loaders

Timer

Announcer

Jim Fitzgibbon, David Lussier, Greg Laxer

Stephanie Bassham, Harry Nikel, Jake Bassham, Mark DiSanto

Rich Baines, Michael Sabato

Greg Laxer. **Weighin** - Ellyn Robinson, Joe Ridarelli

Denis Reno. **Score Keeper** - Karen Jorgensen.

PLEASE **EMAIL** COMPLETED FORM IN EXCEL OR CSV FORMAT TO: usaw@usawweightlifting.org

MEET DIRECTOR Gary Valentine, M.A.

DATE April 29, 2012