



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 | 129.23 |
| 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 | |
| 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 | 86.993 |
| 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 | |
| 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 | 170.77 |
| 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 | |
| 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 | 149.24 |
| 13 | F | 167649 | O,M | 63 | Costes, Val | 1963 | Unattached | 61.1 | 43x | 43 | 45 | 45 | 47 | 49 | 51 | 51 | 96 | 5 | | 121.73 | |
| 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 | |
| 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 | 134.41 |
| 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 | |

| 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 | | |
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224.66
287.13
190.33

372

216.81
197.8

| Lot No. | Gnd | Member ID | Div | Wt Class | Name (Please print legibly) | Year of Birth | Team | Body Wt | Snatch | | | Best | Clean & Jerk | | | Best C&J | Total | Place | i | Sinclair |
|--------------------------------|-----|-----------|------|----------|--------------------------------|---------------|------------|---------|--------|------|------|------|--------------|------|------|----------|-------|-------|---|----------|
| | | | | | | | | | 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 | | | |
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**ANNOUNC
REFEREES**

Denis Reno
 Jim Fitzgibbon, David Lussier, Roland Bolieau,
 Greg Laxer, Steven Condon, Mike McCool,
 Lou Mangiaracina, Michael Ward
 Daryl Bennett
 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.

**Timekeeper
Loaders**

DATE

1-May-11

PLEASE **EMAIL** COMPLETED FORM TO: usaw@usaweightlifting.org