

ADFPF 2019 Single Event Nationals

3/16/2019

Squat	Wt Class	Division	Lift 1	Lift 2	Lift 3	Best Lift
Morrison, Catherine	63	F-M6	65	70	75	75
Kyle, Cheryl	63	F-M5	80	85	85	80
White, Bob	75	M-EM6	440	110	0	110
Herbst, Bob	75	M-M5	440	110	125	125
Tilley, Greg	110	M-M3	165	175	180	175
Callaghan, Mike	75	M-EM1	180	187.5	192.5	192.5
Mansfield, Dave	90	M-EM7	185	200	207.5	207.5

Bench Press	Wt Class	Division	Lift 1	Lift 2	Lift 3	Best Lift
Morrison, Catherine	63	F-M6	50	50.5	52.5	52.5
Kyle, Cheryl (6)	63	F-M5	50	52.5	55	55
Cross, Ray	110	M-M7	75	85	0	85
Emerson, Larry	82.5	M-M7	82.5	87.5	90	90
Herbst, Bob	75	M-M5	85	95	100	95
Reagan, Randy	82.5	M-M4	107.5	117.5	125	117.5
Lovejoy, Brad	110	M-M5	110	127.5	132.5	132.5
Tilley, Greg	110	M-M3	127.5	137.5	140	137.5
Jachim, John	90	M-M4	145	145	145	

White, Bob	75	M-EM6	80	80	82.5	82.5
Mansfield, Dave	90	M-EM7	97.5	105	110	105
Callaghan, Mike	75	M-EM1	120	125	127.5	125
Lovejoy, Brad	110	M-EM5	125	140	150	140
Peters, Chuck	90	M-EM3	165	175	175	165
Jachim, John	90	M-EM4	162.5	162.5	167.5	167.5
Clasing, Ray	145	M-M4	152.5	165	172.5	172.5
Deleon, Rich	145+	M-M3	175	187.5	198	187.5
Sproul, Justin	145+	M-EO	195	200	200	

Deadlift	Wt Class	Division	Lift 1	Lift 2	Lift 3	Lift 4	Best Lift
----------	----------	----------	--------	--------	--------	--------	-----------

Morrison, Catherine	63	F=M6	105	112.5	117.5		117.5
Kyle, Cheryl	63	F-M5	115	122.5	126		126
White, Bob	75	M-M6	150	160	0		160
Herbst, Bob	75	M-M5	155	170	175		175
Clasing, Ray	145	M-M4	152.5	165	182.5		182.5
Callaghan, Mike	75	M-EM1	182.5	192.5	200	205	200
Tilley, Greg	110	M-M3	202.5	210	215		215
Emerson, Larry	82.5	M-M7	205	212.5	216	217.5	217.5
Mansfield, Dave	90	M-EM7	190	200	212.5	220	220
Sproul, Justin	145+	M-EO	205	220	230		220

ADFPF Single Lift National Championship: March 16, 2019

Bay State Athletic Club, Scituate, MA

Presented by: BIG IRON Powerlifting

Meet Directors: Dave Mansfield: BIG IRON Fitness & Rehab. LLC/ BIG IRON Powerlifting

Mark Sieminski: Bay State Athletic Club

Officials:

Head Referee: Dave Mansfield (International)

Chief Referee: Mike Tanis (International)

Weigh-In and Gear Check Officials:

Dan Driscoll (International), Mark Sieminski (International), Gabby Deleon

Jury: Dave Mansfield, Rich Deleon (International), John Jachim (National), Mark Sieminski

Side Referees (Squat): Ray Cross (International), Dan Driscoll, Rich Deleon, Mark Sieminski

Side Referees (Bench): Ray Cross, Mark Sieminski, Dan Driscoll

Side Referees (Deadlift): Rich Deleon, Ray Cross, John Jachim

Table Officials: Announcer: Gaby Deleon

Expediter/Scorer/Timekeeper: Sean Mc Carthy

Platform (Spotters/Loaders): Bay State Athletic Club Staff

Special Thanks

Bay State Athletic Club: for hosting this event and for providing platform help, as well as clean up and refreshments for the crew and officials.

The BIG IRON Powerlifting Team: for training and warm up support.

Clubex, East Bridgewater, MA.: for support for the BIG IRON Team at their training facility.

ADFPF Board of Directors: for sanctioning us to run the National Championship for 2019

All of the volunteers: without your help there simply could not be a competition.

Thanks to all for all your help.

Dave Mansfield and Mark Sieminski
Meet Directors

Key:

Drug Tested

World Record	Potential Records
National Record	
American Record	