



<b>Lifter</b>	<b>State</b>	<b>Division</b>	<b>Wt. Class</b>	<b>Squat</b>	<b>Bench Press</b>	<b>Deadlift</b>	<b>Total</b>
<b>North American Open</b>							
Pat Azlin (F)	VA	55-59	123	190**	100**	240**	530**
Susan Boyce (F)	VA	30-34	132	155	95	235	485
Kyle Rochefort	VA	11-12	88	105	55	155	315
Robert Clark	VA	16-17	132	290	210	305	805
Josh Sine	VA	20-24	132	315*	225*	370	910*
Sequan Swint	VA	14-15	148	195	130	260	585
Abram Pastor	VA	16-17	148	185	155	300	640
Yaqub Abour-Rahman	VA	18-19	148	230	235	390	855
Brandon Barndt	PA	20-24	148	275	250	480	1005
George Pluhar	NJ	20-24	165	440	345	405	1190
Anthony Yee	MD	Open	165	285	275	335	895
Jerome Penn	VA	45-49	181	350	260	480	1090
Nick Arbia	VA	20-23	242	480	360	575	1415
Mike Williams	VA	Open	242	430	310	445	1185
Sam Smith	VA	30-34	275	405	345	545	1295
<b>BENCH ONLY</b>							
Brendan Didiano	PA	16-17	165		280		
Thomas Oudinot	MD	16-17	181		225		
Charles Nunnally	VA	45-49	242		330		
Jervis Penn	VA	45-49	308		340		
Jerry Lewis	NC	45-49	308		325		

The meet went great. It was held in the Best Western Crossroads Inn at Zions Crossroads , Virginia. We started just after 9 am and was done around 1:45 pm. We gave out three feet stars and strips trophies for the masters and red three footers for the North American Open.

The lifting was very good with lots of new records. World, National and State.

Special thanks to Nick Minnetti, Rudy Garcia, Brian Rochefort, Jeremy Shifflett, Ben Nunnally, Jerry Lewis for all the help and support at the contest.