

2006 Maryland State Powerlifting Championship

Meet Date: 12/2/2006 Meet Director: Mark Daniel Type: Powerlifting and Bench Only Location: Anne Arundel Community College

Best lifter female - **Jan Shultis** wilks points 353.977. Best lifter male - **Benjamin Rose** wilks points 444.616

Meet Statistics

| Avg Lifts | Average Squat | Average Bench | Average Deadlift | Average Total | Biggest Lifts | Biggest Squat | Biggest Bench | Biggest Deadlift | Biggest Total |
|--------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------|---------------------|-----------------------|-----------------------|------------------------|
| Women | 103.8 kg 228.8 lbs | 61.2 kg 135 lbs | 128.8 kg 283.8 lbs | 293.8 kg 647.6 lbs | Women | 105 kg 231.5 lbs | 65 kg 143.3 lbs | 150 kg 330.7 lbs | 317.5 kg 700 lbs |
| Men | 193.8 kg 427.1 lbs | 132.2 kg 291.4 lbs | 204 kg 449.9 lbs | 530 kg 1168.4 lbs | Men | 275 kg 606.3 lbs | 207.5 kg 457.5 lbs | 262.5 kg 578.7 lbs | 697.5 kg 1537.7 lbs |

Full Powerlifting Results

| | Lifter | WtClass | Bwt | Divisions | Squat1 | Squat2 | Squat3 | Bench1 | Bench2 | Bench3 | Deadlift1 | Deadlift2 | Deadlift3 | Total | Wilks | Class |
|-------|--------------------------|-----------------------|---------------|----------------|---------------------|---------------------|--------------------------------|-----------------------|-----------------------|----------------------------------|---------------------|-----------------------|-----------------------|------------------------|--------|-----------|
| Women | Jan Shultis | 60.0 kg 132.3 lbs | 0 Kg 0 Lbs | Open Age 21 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 102.5 Kg 226 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 65 Kg 143.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 150 Kg 330.7 Lbs | 317.5 Kg 700 Lbs | 353.98 | Class I |
| Women | Patricia Krawczyk | 67.5 kg 148.8 lbs | 0 Kg 0 Lbs | Open Age 44 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 105 Kg 231.5 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 57.5 Kg 126.8 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 107.5 Kg 237 Lbs | 270 Kg 595.2 Lbs | 275.56 | Class III |
| Men | Alexander Kang | 67.5 kg 148.8 lbs | 0 Kg 0 Lbs | Open Age 21 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 167.5 Kg 369.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 72.5 Kg 159.8 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 187.5 Kg 413.4 Lbs | 427.5 Kg 942.5 Lbs | 329.6 | Class III |
| Men | Frank Yang | 75.0 kg 165.3 lbs | 0 Kg 0 Lbs | Open Age 21 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 125 Kg 275.6 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 92.5 Kg 203.9 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 165 Kg 363.8 Lbs | 382.5 Kg 843.3 Lbs | 272.57 | Class IV |
| Men | Mike Sichelman | 82.5 kg 181.9 lbs | 0 Kg 0 Lbs | Open Age 40 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 217.5 Kg 479.5 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 120 Kg 264.6 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 225 Kg 496 Lbs | 562.5 Kg 1240.1 Lbs | 376.82 | Class II |
| Men | Josh Halbert | 82.5 kg 181.9 lbs | 0 Kg 0 Lbs | Open Age 19 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 177.5 Kg 391.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 110 Kg 242.5 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 207.5 Kg 457.5 Lbs | 495 Kg 1091.3 Lbs | 331.6 | Class III |
| Men | Lawrence Atkinson | 82.5 kg 181.9 lbs | 0 Kg 0 Lbs | Open Age 80 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 75 Kg 165.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 60 Kg 132.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 120 Kg 264.6 Lbs | 255 Kg 562.2 Lbs | 170.82 | |
| Men | Benjamin Rowe | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 30 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 275 Kg 606.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 170 Kg 374.8 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 240 Kg 529.1 Lbs | 685 Kg 1510.2 Lbs | 437.3 | Class I |
| Men | Zachary Cerrone | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 22 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 245 Kg 540.1 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 147.5 Kg 325.2 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 242.5 Kg 534.6 Lbs | 635 Kg 1399.9 Lbs | 405.38 | Class II |
| Men | Joe Russo | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 31 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 230 Kg 507.1 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 155 Kg 341.7 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 240 Kg 529.1 Lbs | 625 Kg 1377.9 Lbs | 399 | Class II |
| Men | Brandon Fleming | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 25 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 205 Kg 451.9 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 162.5 Kg 358.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 230 Kg 507.1 Lbs | 597.5 Kg 1317.3 Lbs | 381.44 | Class II |
| Men | Kevin Conlogue | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 24 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 215 Kg 474 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 155 Kg 341.7 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 212.5 Kg 468.5 Lbs | 582.5 Kg 1284.2 Lbs | 371.87 | Class II |
| Men | Jamal Allen | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 21 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 205 Kg 451.9 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 157.5 Kg 347.2 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 207.5 Kg 457.5 Lbs | 570 Kg 1256.6 Lbs | 363.89 | Class II |
| Men | Jamie Velasquez | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 20 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 190 Kg 418.9 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 150 Kg 330.7 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 207.5 Kg 457.5 Lbs | 547.5 Kg 1207 Lbs | 349.52 | Class III |
| Men | Paul Krawczyk | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 49 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 197.5 Kg 435.4 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 120 Kg 264.6 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 202.5 Kg 446.4 Lbs | 520 Kg 1146.4 Lbs | 331.97 | Class III |
| Men | Henry J. Smith | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 51 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 192.5 Kg 424.4 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 125 Kg 275.6 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 185 Kg 407.9 Lbs | 502.5 Kg 1107.8 Lbs | 320.8 | Class III |
| Men | Dennis Reamy | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 63 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 142.5 Kg 314.2 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 85 Kg 187.4 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 185 Kg 407.9 Lbs | 412.5 Kg 909.4 Lbs | 263.34 | |
| Men | Robert Tamburello | 100.0 kg 220.5 lbs | 0 Kg 0 Lbs | Open Age 28 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 210 Kg 463 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 175 Kg 385.8 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 240 Kg 529.1 Lbs | 625 Kg 1377.9 Lbs | 380.38 | Class II |
| Men | Will Slade Raw | 100.0 kg 220.5 lbs | 0 Kg 0 Lbs | Open Age 42 | 175 Kg 385.8 Lbs | 185 Kg 407.9 Lbs | 400 Kg 448.9 Lbs | 122.5 Kg 270.1 Lbs | 132.5 Kg 292.1 Lbs | 137.5 Kg 303.4 Lbs | 175 Kg 385.8 Lbs | 182.5 Kg 402.3 Lbs | 187.5 Kg 413.4 Lbs | 505 Kg 1113.3 Lbs | 307.34 | Class IV |
| Men | Tim Gill | 100.0 kg 220.5 lbs | 0 Kg 0 Lbs | Open Age 26 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 195 Kg 429.9 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 65 Kg 143.3 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 200 Kg 440.9 Lbs | 460 Kg 1014.1 Lbs | 279.96 | Class IV |
| Men | Michael Bance | 100.0 kg 220.5 lbs | 0 Kg 0 Lbs | Open Age 30 | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 147.5 Kg 325.2 Lbs | ⌀ Kg ⌀ Lbs | ⌀ Kg ⌀ Lbs | 192.5 Kg 424.4 Lbs | 0 Kg 0 Lbs | 0 | |

| | Lifter | WtClass | Bwt | Divisions | Squat1 | Squat2 | Squat3 | Bench1 | Bench2 | Bench3 | Deadlift1 | Deadlift2 | Deadlift3 | Total | Wilks | Class |
|-----|--------------------|-----------------------|---------------|----------------|---------------|---------------|---------------------|---------------|---------------|-----------------------|---------------|---------------|-----------------------|------------------------|--------|----------|
| Men | Matt Gary | 110.0 kg 242.5 lbs | 0 Kg 0 Lbs | Open Age 34 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 265 Kg 584.2 Lbs | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 170 Kg 374.8 Lbs | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 262.5 Kg 578.7 Lbs | 697.5 Kg 1537.7 Lbs | 410.48 | Class II |
| Men | Chris Felix | 110.0 kg 242.5 lbs | 0 Kg 0 Lbs | Open Age 42 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 160 Kg 352.7 Lbs | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 207.5 Kg 457.5 Lbs | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 145 Kg 319.7 Lbs | 512.5 Kg 1129.9 Lbs | 301.61 | Class IV |

Bench Only Results

| | Lifter | WtClass | Bwt | Divisions | Bench1 | Bench2 | Bench3 | Best Bench | Wilks |
|-------|-----------------------|-----------------------|---------------|----------------|---------------|---------------|-----------------------|-----------------------|--------|
| Women | Jan Schultis | 60.0 kg 132.3 lbs | 0 Kg 0 Lbs | Open Age 21 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 65 Kg 143.3 Lbs | 65 Kg 143.3 Lbs | 72.47 |
| Men | Iain Burgess | 60.0 kg 132.3 lbs | 0 Kg 0 Lbs | Open Age 62 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 80 Kg 176.4 Lbs | 80 Kg 176.4 Lbs | 68.23 |
| Men | Josh Halbert | 82.5 kg 181.9 lbs | 0 Kg 0 Lbs | Open Age 19 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 110 Kg 242.5 Lbs | 110 Kg 242.5 Lbs | 73.69 |
| Men | Howard Sturman | 90.0 kg 198.4 lbs | 0 Kg 0 Lbs | Open Age 48 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 180 Kg 396.8 Lbs | 180 Kg 396.8 Lbs | 114.91 |
| Men | Michael Bance | 100.0 kg 220.5 lbs | 0 Kg 0 Lbs | Open Age 30 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 147.5 Kg 325.2 Lbs | 147.5 Kg 325.2 Lbs | 89.77 |
| Men | Chris Felix | 110.0 kg 242.5 lbs | 0 Kg 0 Lbs | Open Age 42 | 0 Kg 0 Lbs | 0 Kg 0 Lbs | 207.5 Kg 457.5 Lbs | 207.5 Kg 457.5 Lbs | 122.11 |