

USPF Sierra Nevada Cup PL, BP, DL  
 Sept 27, 2008  
 Grass Valley, CA

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
<b>Sierra Nevada Cup Powerlifting Championship</b>							
<b>198 Junior Women</b>							
1	Heather Keola	198.00	17	341.71	159.83	330.69	832.24
<b>123 Open Women</b>							
1	Suzanne Hedman	122.00	48	264.55	192.90	303.13	760.59
2	Bonnie Aerts	116.80	49	181.88	115.74	223.19	520.81
<b>123 Master Women 40-49</b>							
1	Bonnie Aerts	116.80	49	181.88	115.74	223.19	520.81
<b>148 Junior Men 18-19</b>							
1	Austin Boom	146.00	19	320.22	220.46	375.31	915.99
<b>181 Junior Men 18-19</b>							
1	Greg Lewis	179.40	19	435.41	352.74	473.99	1262.13
<b>198 Junior Men 18-19</b>							
1	John Tripodi	198.00	18	358.25	297.62	451.94	1107.81
<b>220 Junior Men 20-23</b>							
1	Edgar Reyes	217.00	22	402.34	440.92	435.41	1278.67
<b>132 Open Men</b>							
1	Gerordo Molina	128.80	28	286.60	242.51	402.34	931.44
<b>165 Open Men</b>							
1	Antonio Jimenez	161.80	34	380.29	297.62	385.81	1063.72
<b>181 Open Men</b>							
1	Keith Schiessl	180.00	49	540.13	341.71	501.55	1383.39
2	Antonio Machuca	178.00	27	473.99	303.13	523.59	1300.71
3	Adam Hall	171.40	29	347.22	308.64	462.97	1118.83
<b>198 Open Men</b>							
1	Shawn Buckley	197.20	26	578.71	429.90	628.31	1636.92
<b>220 Open Men</b>							
1	Nicholas Willis	214.80	31	556.66	407.85	573.20	1537.71
2	Patrick O'Neal	219.20	32	507.06	336.20	523.59	1366.85
3	Kevin Nieznanski	212.20	45	501.55	336.20	507.06	1344.81
4	Jerry Amaral	214.40	45	496.04	347.22	485.01	1328.27
<b>242 Open Men</b>							
1	Jim Chaaban	238.00	40	534.62	518.08	501.55	1554.24
2	Parish Harmon	237.40	31	501.55	369.27	501.55	1372.36
3	Lawrence Allenger	229.80	34	385.81	402.34	500.44	1288.59
<b>275 Open Men</b>							
1	Alan Aerts	271.40	52	374.78	468.48	551.15	1394.41
<b>308 Open Men</b>							
1	Brad Cikana	299.00	30	622.80	556.66	562.17	1741.63

USPF Sierra Nevada Cup PL, BP, DL  
 Sept 27, 2008  
 Grass Valley, CA

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	<b>181 Submaster Men 35-39</b>						
1	Brian Pacheco	180.00	37	490.52	385.81	473.99	1350.32
	<b>181 Master Men 40-49</b>						
1	Keith Schiessl	180.00	49	540.13	341.71	501.55	1383.39
	<b>220 Master Men 40-49</b>						
1	Kevin Nieznaski	212.20	45	501.55	336.20	507.06	1344.81
2	Jerry Amaral	214.40	45	496.04	347.22	485.01	1328.27
	<b>242 Master Men 40-49</b>						
1	Jim Chaaban	238.00	40	534.62	518.08	501.55	1554.24
2	John Johnson	233.60	48	501.55	451.94	551.15	1504.64
	<b>275 Master Men 40-49</b>						
1	Mel Goodwin	256.80	47	501.55	462.97	540.13	1504.64
	<b>242 Master Men 50-59</b>						
1	Wayne Jandoc	234.40	50	633.82	435.41	573.20	1642.43
	<b>275 Master Men 50-59</b>						
1	Alan Aerts	271.40	52	374.78	468.48	551.15	1394.41
	<b>198 Master Men 60-69</b>						
1	Deane Knapp	192.00	67	242.51	176.37	314.16	733.03
	<b>220 Master Men 60-69</b>						
1	Roy Erikson	212.60	65	451.94	279.98	464.07	1196.00
	<b>242 Master Men 60-69</b>						
1	Ron Pagal	220.00	62	396.83	308.64	462.97	1168.44
	<b>181 Master Men 70-79</b>						
1	Donald Torrence	169.60	71	352.74	242.51	358.25	953.49

USPF Sierra Nevada Cup PL, BP, DL  
 Sept 27, 2008  
 Grass Valley, CA

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
<b>Sierra Nevada Cup Benchpress Championship</b>							
<b>198 Junior Women</b>							
1	Heather Keola	198.00	17		159.83		159.83
<b>123 Open Women</b>							
1	Bonnie Aerts	116.80	49		115.74		115.74
<b>123 Master Women 40-49</b>							
1	Bonnie Aerts	116.80	49		115.74		115.74
<b>148 Master Women 40-49</b>							
1	Lani Powell	75.00	49		187.39		187.39
<b>181 Junior Men 18-19</b>							
1	Greg Lewis	179.40	19		352.74		352.74
<b>165 Open Men</b>							
1	Luke Selig	154.20	26		319.67		319.67
<b>181 Open Men</b>							
1	Adam Hall	171.40	29		308.64		308.64
<b>198 Open Men</b>							
1	Shawn Buckley	197.20	26		429.90		429.90
2	Cliff Young	198.00	40		253.53		253.53
<b>220 Open Men</b>							
1	Jeremy Willis	199.00	27		143.30		143.30
<b>242 Open Men</b>							
1	Jim Chaaban	238.00	40		518.08		518.08
2	Jeff Hunter	224.40	48		418.87		418.87
<b>275 Open Men</b>							
1	Alan Aerts	271.40	52		468.48		468.48
<b>308+ Open Men</b>							
1	Mike Womack	327.00	36				

USPF Sierra Nevada Cup PL, BP, DL  
 Sept 27, 2008  
 Grass Valley, CA

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	<b>308+ Submaster Men 35-39</b>						
1	Richard Lopez	357.40	36		551.15		551.15
	<b>198 Master Men 40-49</b>						
1	Cliff Young	198.00	40		253.53		253.53
	<b>220 Master Men 40-49</b>						
1	Mike DeGennaro	217.20	44		418.87		418.87
2	Jerry Amaral	214.40	45		347.22		347.22
	<b>242 Master Men 40-49</b>						
1	Jim Chaaban	238.00	40		518.08		518.08
2	John Johnson	233.60	48		451.94		451.94
3	Jeff Hunter	224.40	48		418.87		418.87
	<b>275 Master Men 40-49</b>						
1	Mel Goodwin	256.80	47		462.97		462.97
	<b>165 Master Men 50-59</b>						
1	Al Nebo	161.00	54		347.22		347.22
	<b>278 Master Men 50-59</b>						
1	Alan Aerts	271.40	52		468.48		468.48
	<b>220 Master Men 60-69</b>						
1	Dave Marba	212.00	61		424.39		424.39

USPF Sierra Nevada Cup PL, BP, DL  
 Sept 27, 2008  
 Grass Valley, CA

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
<b>Sierra Nevada Cup Deadlift Championship</b>							
<b>198 Junior Women</b>							
1	Heather Keola	198.00	17			330.69	330.69
<b>123 Open Women</b>							
1	Bonnie Aerts	117.20	49			223.19	223.19
<b>220 Open Women</b>							
1	Debby Sultan	201.60	50			187.39	187.39
<b>123 Master Women 40-49</b>							
1	Bonnie Aerts	117.20	49			223.19	223.19
<b>220 Master Women 40-49</b>							
1	Debby Sultan	201.60	50			187.39	187.39
<b>181 Open Men</b>							
1	Adam Hall	171.40	29			462.97	462.97
<b>198 Open Men</b>							
1	Shawn Buckley	197.20	26			628.31	628.31
<b>220 Open Men</b>							
1	Patrick O'Neal	220.00	32			523.59	523.59
2	John Morrison	217.00	29			507.06	507.06
3	Stephen Matthews	220.00	47			440.92	440.92
<b>278 Open Men</b>							
1	Alan Aerts	271.40	52			551.15	551.15

USPF Sierra Nevada Cup PL, BP, DL  
 Sept 27, 2008  
 Grass Valley, CA

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	<b>198 Master Men 40-49</b>						
1	Cliff Young	198.00	40			385.81	385.81
	<b>220 Master Men 40-49</b>						
1	Jerry Amaral	220.00	45			485.01	485.01
2	Stephen Matthews	220.00	47			440.92	440.92
	<b>242 Master Men 40-49</b>						
1	John Johnson	233.60	48			551.15	551.15
2	Jim Chaaban	238.00	40			501.55	501.55
	<b>132 Master Men 50-59</b>						
1	Jorge Nunez	128.00	52			275.58	275.58
	<b>220 Master Men 50-59</b>						
1	David Burke	175.00	51			424.39	424.39
	<b>278 Master Men 50-59</b>						
1	Joe Dentice	268.80	50			595.24	595.24
2	Alan Aerts	271.40	52			551.15	551.15
	<b>198 Master Men 60-69</b>						
1	Deane Knapp	192.00	67			314.16	314.16
	<b>242 Master Men 60-69</b>						
1	Ron Pagal	220.00	62			462.97	462.97

USPF Sierra Nevada Cup PL, BP, DL  
 Sept 27, 2008  
 Grass Valley, CA

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	<b>Powerlifting Best Lifters:</b>						
	Women-Suzanne Hedman						
	Open men- Shawn Buckley						
	Junior men- Greg Luis						
	Master men- Donald Torrence						
	<b>Benchpress Best Lifters:</b>						
	Women Lani Powell						
	Open men-John Chaaban						
	Master men-Dave Marba						
	<b>Deadlift Best Lifters:</b>						
	Open Women- Heather Keola						
	Open men-Shawn Buckley						
	Master men-Ron Pagal						
	Master Women-Bonnie Aerts						
	Best team-Team Bonnie and Alan Aerts						
	<b>Meet Promoter/Director: Karen &amp; Steve Matthews</b>						
	<b>Announcer: Karen Matthews</b>						
	<b>Score cards- Terry Stephens</b>						
	<b>Bar Loading program: Janelle Burke, Catherine La Brie, Laura Leathly</b>						
	<b>Referees: Jody Woods</b>						
	John Ford						
	Curtis Pracht						
	Steve Matthews						
	Karen Matthews						
	Alan Aerts						
	Joe Dentice						
	<b>Thanks to our Spotter/loaders:</b>						
	William Southard						
	David Burke						
	Quincy Adams						
	Steve Matthews						
	Mike						
	<b>Thanks to our sponsors:</b>						
	Team Alan and Bonnie Aerts						
	Iron Bug Clothing						
	Anytime Fitness						
	Universal Nutrition						
	<b>Thanks to our vendors:</b>						
	Iron Bug Clothing, Curtis Pracht						
	CSS Photo Design, Keith Lemm						