USPF California State
Powerlifting and Bench Press Championships
March 27, 2004
Los Alamitos, CA

Place	Record	NAME	DIVISION	Wt. Class	Bdy Wght	Age	Best Bench Pounds						
		Bench Press Only											
		Women											
		148											
1	SR/AR	**Mari Asp**	Women	148	147	28	**292**	Best Lifter Female					
		Men											
		123											
1	SR	**Andrew Bertolucci**	Teen 13-15	123	121.5	15	**94**						
		148											
1	SR	**Rudy Machuca**	Teen 16-17	148	143.5	17	**220.25**	Best Lifter Teen					
1		**Narbe Mansourian**	Open Men	148	146	28	**369.25**	RAW					
DQ		**Steve Tamerius**	Open Men	148	144.5	54	**DQ**						
DQ		**Steve Tamerius**	M 55-59	148	144.5	55	**DQ**						
1	SR/AR	**Jim Merlino**	M 65-69	148	148	66	**275.5**						
2		**Jim Andres**	M 65-69	148	141	69	**165.25**						
		165											
1		**Chase Craft**	Teen 13-15	165	154	14	**154.25**						
1		**Ruben Lopez**	Open Men	165	160	27	**297.5**						
		181											
1		**Bruce Mendoza**	Open Men	181	175.5	35	**440.75**	Best Lifter Light (114-198)					
2		**Ken Tate**	Open Men	181	176.5	43	**413.25**						
3		**Mark Lambert**	Open Men	181	181.5	30	**363.75**						
4		**Kevin Nunez**	Open Men	181	171.5	33	**292**						
1	SR	**Bruce Mendoza**	Sub 35-39	181	175.5	35	**440.75**	Tied American record					
		198											
1		**Daren Dowell**	Open Men	198	197.5	36	**385.75**						
2		**Larry Manly**	Open Men	198	195	67	**275.5**	Tied State record					
DQ		**Charles Katsapis**	Junior 20-23	198	193	22	**DQ**						
1		**Lothar Vallot**	M 50-54	198	196	52	**187.25**						
1	AR	**Larry Manly**	M 65-69	198	195	67	**275.5**						
		220											
1		**Michael Green**	Open Men	220	211	33	**490.5**	RAW					
2	SR M1	**Mike Elwell**	Open Men	220	210.5	41	**462.75**						
3		**Alex Vargas**	Open Men	220	216.5	32	**407**						
DQ		**Ryan Girard**	Open Men	220	219.5	28	**DQ**						
1		**Morgan Long**	M 40-44	220	130	44	**330.5**						
1		**Bob Evans**	M 55-59	220	218	57	**396.75**						

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		242											
1		**Alvin Waldon**	Open Men	242	234	52	**485**						
2		**Steve Williams**	Open Men	242	241	45	**451.75**						
1		**Steve Williams**	M 45-49	242	241	45	**451.75**						
2		**Brad Long**	M 45-49	242	242	46	**402.25**						
1		**Alvin Waldon**	M 50-54	242	234	52	**485**	Best Lifter Master					
1	SR/AR	**Daniel Smith III**	M 60-64	242	224.5	60	**407**						
2		**John Parker**	M 60-64	242	235.5	60	**314**						
1	SR/AR	**Robert Hartshorne**	M 65-69	242	242.5	65	**292**						
		275											
1	SR	**Scott Hoekstra**	Open Men	275	253	37	**600.75**	Best Lifter Heavy (220-308+)					
1	SR/AR	**Scott Hoekstra**	Sub 35-39	275	253	37	**600.75**						
1		**Steve Brown**	M 50-54	275	272	50	**446.25**						
1		**Doug Knapp**	M 55-59	275	271	56	**242.5**						
		308											
1	SR/AR	**David Marr**	Sub 35-39	308	288.5	37	**490.5**						
2		**Tom Reynolds**	Sub 35-39	308	287.5	39	**418.75**						
1		**Chuck McGuire**	M 40-44	308	284	43	**330.5**						
1		**Dean Carriger**	M 50-54	308	281	53	**396.75**						
Place	**Record**	**NAME**	**DIVISION**	**Wt. Class**	**Bdy Wght**	**Age**	**SQUAT**	**BENCH**	**DEADLIFT**	**TOTAL**			
		Powerlifting											
		Men											
		132											
1		**Roman Guaderrama**	Open Men	132	130	34	**270**	**253.5**	**308.5**	**832**			
		148											
1		**Vince Tanabe**	Open Men	148	144	41	**462.75**	**253.5**	**501.5**	**1217.75**			
		165											
1		**Daniel Sorenson**	Open Men	165	163	40	**523.5**	**319.5**	**512.5**	**1355.5**	Best Lifter Light (114-198)		
2		**Lance Slaughter**	Open Men	165	164.5	41	**440.75**	**402.25**	**440.75**	**1283.75**			
DQ		**Leslie Nelson**	Open Men	165	156.5	24	**nl-402.25**			**DQ**			
1		**Daniel Sorenson**	M 40-44	165	163	40	**523.5**	**319.5**	**512.5**	**1355.5**			
		181											
1	SR DL	**Jeff Belanger**	Teen 13-15	181	176.5	15	**303**	**154.25**	**363.75**	**821**			
1		**Larry Treybig**	Teen 18-19	181	167	19	**369.25**	**253.5**	**468.25**	**1091**	Best Lifter Teen		
1		**Ken Fasulo**	Sub 35-39	181	166.5	38	**374.75**	**319.5**	**435.25**	**1129.5**			
DQ		**Bill Cavalier**	M 54-59	181	167	55	**nl-617.25**			**DQ**			
DQ		**Richard Simon**	M 70-74	181	181	72	**292**	**nl-264.50**		**DQ**			
		198											
1		**Fernando Toledano**	Open Men	198	186	26	**314**	**275.5**	**501.5**	**1091**			
DQ		**Michael Belucio**	Open Men	198	193.5	40	**nl-518**			**DQ**			
1		**Jose Hernandez**	Sub 35-39	198	196	36	**512.5**	**264.5**	**435.25**	**1212.25**			
1		**Fred Lomelin Sr**	M 40-44	198	193.5	42	**385.75**	**248**	**424.25**	**1058**			
DQ		**Michael Belucio**	M 40-44	198	193.5	40	**nl-518**			**DQ**			

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		220											
1		**Jekabs Sliede**	Teen 18-19	220	210	18	**374.75**	**253.5**	**407**	**1035.25**			
1		**Mike Laney**	Open Men	220	205.5	40	**600.75**	**407**	**683.25**	**1691**	Best Lifter Heavy (220-308+)		
DQ		**Pat McNeil**	Open Men	220	214.5	42	**nl-551**			**DQ**			
1		**Mike Laney**	M 40-44	220	205.5	40	**600.75**	**407**	**683.25**	**1691**			
2		**Bill Hurt**	M 40-44	220	206	40	**562**	**347**	**573**	**1482**			
1		**Mark Straley**	M 45-49	220	212.5	45	**551**	**325**	**512.5**	**1388.5**			
2		**Ruben Arredondo**	M 45-49	220	212	49	**501.5**	**341.5**	**485**	**1328**			
3		**Michael Womelsdorf**	M 45-49	220	209.5	46	**374.75**	**286.5**	**407**	**1068.25**			
1	SR BP	**Bob Evans**	M 55-59	220	218	57	**457.25**	**396.75**	**385.75**	**1239.75**			
1	SR	**Floyd Irons**	M 65-69	220	203	68	**374.75**	**137.75**	**402.25**	**914.75**			
		242											
1		**Eric Charboneau**	Teen 16-17	242	227	16	**330.5**	**203.75**	**374.75**	**909**			
1		**Landy Bergfield**	Open Men	242	237	37	**507**	**462.75**	**622.75**	**1592.5**			
		275											
1		**Robert Speno**	Open Men	275	271.5	35	**666.75**	**473.75**	**622.75**	**1763.25**			
2		**Filiberto Toledano**	Open Men	275	257	27	**501.5**	**336**	**551**	**1388.5**			
1		**Delmer Brown**	M 50-54	275	266.5	50	**584**	**407**	**545.5**	**1536.5**			
2		**Steve Brown**	M 50-54	275	272	50	**451.75**	**446.25**	**606.25**	**1504.25**			
1	SR	**Danny Herrera**	M 65-69	275	267.5	66	**523.5**	**385.75**	**473.75**	**1383**			
		308											
1	SR BP	**Brian Meek**	Open Men	308	285	58	**655.75**	**468.25**	**534.5**	**1658.5**			
1	AR	**Brian Meek**	M 55-59	308	285	58	**655.75**	**468.25**	**534.5**	**1658.5**	Best Master Lifter		
		Guest Lifters											
		Open Men											
DQ		Jesse Branham	Open Men	220	217	32	**661.25**	**Injured**		**DQ**			
DQ		Art Labare	Open Men	275	262	43	**nl-733**			**DQ**			
		Scott Smith	Open Men	275	270	33		**551**		**551**	RAW		
	SR/AR	Bill Ennis	M 55-59	181	181	58			**501.5**	**501.5**			
NOTE: SR=State Record, AR=American Record													
1st Place Team, Jim's Pride, 41 points (Jim Merlino, Chuck McGuire, Daren Dowell, Morgan Long, Brad Long, Jim Andres, Mike Womelsdorf)													
2nd Place Team, Orange County Strength Club, 27 points, (Mark Straley, Tom Reynolds, Alex Vargas, Mike Elwell, Jose Hernandez)													

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State Single Lift Bench records set:

Mari Asp, 148 Open Women, 292 lbs
Andrew Bertolucci, 123 Teen 13-15, 94 lbs
Rudy Machuca, 148 Teen 16-17, 220 lbs
Scott Hoekstra, 275 Open Men, 600 lbs
Bruce Mendoza, 181 Submaster Men 35-39, 440 lbs
Scott Hoekstra, 275 Submaster Men 35-39, 600 lbs
David Marr, 308 Submaster Men 35-39, 490 lbs
Mike Elwell, 220 Master 40-44, 462 lbs
Daniel Smith III, 242 Master 60-64, 407 lbs
Jim Merlino, 148 Master 65-69, 275 lbs
Robert Hartshorne, 242 Master 65-69, 292 lbs

American Single Lift Bench records set:

Mari Asp, 148 Open Women, 292 lbs
Scott Hoekstra, 275 Submaster Men 35-39, 600 lbs
David Marr, 308 Submaster Men 35-39, 490 lbs
Daniel Smith III, 242 Master 60-64, 407 lbs
Jim Merlino, 148 Master 65-69, 275 lbs
Larry Manly, 198 Master 65-69, 275 lbs
Robert Hartshorne, 242 Master 65-69, 292 lbs

State Powerlifting records set:

Jeff Belanger, 181 Teen 13-15, Deadlift--363 lbs
Brian Meek, 308 Open Men, Bench--468 lbs
Bob Evans, 220 Master 55-59, Bench--396 lbs
Floyd Irons, 220 Master 65-69, squat--374 lbs
Danny Herrera, 275 Master 65-69, squat--523 lbs, Total--1383 lbs

American Powerlifting records set:

Brian Meek, 308 Master 55-59, squat-655 lbs, bench-468 lbs, deadlift-534 lbs,Total--1658 lbs

State Single Lift Deadlift records set:

Bill Ennis, 181 Master 55-59, 501 lbs

American Single Lift Deadlift records set:

Bill Ennis, 181 Master 55-59, 501 lbs

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Referees:												
Bill Ennis--International referee												
Gretchen Buerki--National referee												
Gordon Santee--International referee												
Don Haley--International referee												
Fran Haley--International referee												
Roger Bolton--National referee												
Chris Kostas--National referee												
Kevin Meskew--National referee												
Vince Moser--National referee												
Jim Merlino--National referee												
Dr. David Foster--New State referee												
Spotters/Loaders:												
Joe Thomas												
Carl Lux												
Sean Swett												
Kyle McCulley												
Mike Aguayo												
Ryan Weatherman												
Andy Acevedo												
Scott Cartwright												
John Dorsten												
Expeditors:												
Scott Cartwright												
Scott Layman												
John Dorsten												
Scoretable:												
Chuck LaMantia--Announcer/ MC, National referee												
Kellie LaMantia--score cards, State referee												
Lisa Denison--computer scoring, National referee												
Scott Layman--computer scoring, State referee												
Laurie Fowler--manual scoreboard												
Shane Toal--bar loading program and electronic scoreboard												
Sponsors:												
Inzer Advance Designs												
METRX												
House of Pain												
Apex Nutrition												
Crain's Muscle World												
BFC Disc Jockey												
California Army National Guard												
XS Energy Drink												
BIOFREEZE Pain Relieving Gel												
American Eagle Gym												
Tri Power Handle												
Orange County Strength Club												
Ivanko Barbell Company												
CSS Photo Design												