

USPF Sierra Nevada Cup PL, BP, DL  
June 7, 2009

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
<b>Sierra Nevada Cup Powerlifting Championship</b>							
<b>105 Junior Women 16-17</b>							
1	Lexi Senseney	104.80	16	110.23	55.12	121.25	286.60
						4th-132	
<b>123 Junior Women 20-23</b>							
1	Maryanne Sutton	122.80	23	181.88	110.23	209.44	501.55
<b>123 Open Women</b>							
1	Bonnie Aerts	118.20	50	187.39	132.28	259.04	578.71
2	Maryanne Sutton	122.80	23	181.88	110.23	209.44	501.55
<b>181 Open Women</b>							
1	Olivia Allenger	179.60	33	187.39	99.21	214.95	501.55
<b>181 Sub Master Women</b>							
1	Jamie Loomis	181.00	36	159.83	104.72	187.39	451.94
<b>148 Master Women 40-44</b>							
1	Karen Matthews	143.20	40	115.74	99.21	132.28	347.22
<b>123 Master Women 50-54</b>							
1	Bonnie Aerts	118.20	50	187.39	132.28	259.04	578.71
						4th-275	
<b>198 Master Women 50-54</b>							
1	Debbi Sultan	192.20	51	93.70	93.70	203.93	391.32
<b>165 Junior Men 18-19</b>							
1	Scott Johnson	158.40	18	385.81	248.02	512.57	1146.39
<b>198 Junior Men 18-19</b>							
1	John Tripodi	196.20	19	407.85	347.22	451.94	1207.02
2	Raymond Garcia	191.40	19	391.32	270.06	363.76	1025.14
<b>220 Junior Men 18-19</b>							
1	Travis Grenon	213.20	19	518.08	418.87	600.75	1537.71
<b>181 Junior Men 20-23</b>							
1	Billy Reynolds	179.80	23	385.81	325.18	451.94	1162.93
2	Chris Trembley	171.40	20	369.27	231.48	380.29	981.05
<b>165 Open Men</b>							
1	Doug Wellemeyer	165.30	24	314.16	270.06	451.94	1036.16
<b>181 Open Men</b>							
1	Brian Pacheco	180.60	37	518.08	403.44	485.01	1406.53
2	Mark Riso	180.40	26	369.27	242.51	451.94	1063.72
<b>242 Open Men</b>							
1	Nick Willis	232.60	31	600.75	407.85	578.71	1587.31
<b>275 Open Men</b>							
1	Alan Aerts	267.60	53	275.58	457.45	562.17	1295.20
<b>308+ Open Men</b>							
DQ	Mike Womack	336.00	27	132.28	-900.00		O

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Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	<b>181 Submaster Men 35-39</b>						
1	Brian Pacheco	180.60	37	518.08	403.44	485.01	1406.53
	<b>198 Submaster Men 35-39</b>						
1	John De Luca	198.40	39	402.34	424.39	402.34	1229.06
	<b>220 Master Men 45-49</b>						
1	Jerry Tremblay	217.60	46	633.82	380.29	589.73	1603.85
2	Darrell Copeland	214.60	47	540.13	440.92	523.59	1504.64
	<b>242 Master Men 45-49</b>						
1	Robert Ciano	242.00	47	600.75	440.92	600.75	1642.43
	<b>308+ Master Men 40-44</b>						
DQ	Chris Grantano	359.00	40	677.91	435.41	-705.00	O
	<b>275 Master Men 50-54</b>						
1	Alan Aerts	267.60	53	275.58	457.45	562.17	1295.20
	<b>198 Master Men 65-69</b>						
1	Deane Knapp	194.60	67	220.46	181.88	297.62	699.96
	<b>181 Master Men 80+</b>						
1	Martin Garry	180.00	80	275.58	209.44	374.78	859.79
					4th - 215	4th-402	
<b>Sierra Nevada Cup Benchpress Championship</b>							
	<b>105 Junior Women 16-17</b>						
1	Lexi Senseney	104.80	16		55.12		55.12
	<b>123 Open Women</b>						
1	Bonnie Aerts	118.20	50		132.28		132.28
	<b>165 Open Women</b>						
1	Cara Westen	163.00	46		281.09		281.09
	<b>165 Master Women 45-49</b>						
1	Cara Westen	163.00	46		281.09		281.09
	<b>123 Master Women 50-54</b>						
1	Bonnie Aerts	118.20	50		132.28		132.28
	<b>148 Junior Men 13-15</b>						
1	Beau Hershberger	146.00	14		195.11		195.11
	<b>123 Junior Men 18-19</b>						
1	William Garcia	123.00	19		303.13		303.13
	<b>181 Junior Men 20-23</b>						
1	Jason Cummins	179.00	22		380.29		380.29
	<b>181 Open Men</b>						
1	Mark Riso	180.40	26		242.51		242.51
	<b>198 Open Men</b>						
1	Paul Dyer	198.20	56		236.99		236.99

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	<b>242 Open Men</b>						
1	Juan Laija	234.60	39		600.75		600.75
	<b>275 Open Men</b>						
1	Alan Aerts	267.60	53		457.45		457.45
	<b>308+ Open Men</b>						
DQ	Richard Lopez	337.00	38		-639.00		O
	<b>181 Submaster Men 35-39</b>						
DQ	Jeremy Nunes	176.40	39		-352.00		O
	<b>220 SubMaster Men 35-39</b>						
1	Eddie Argumendo	220.00	36		429.90		429.90
	<b>308+ Submaster Men 35-39</b>						
DQ	Richard Lopez	337.00	38		-639.00		O
	<b>242 Master Men 40-44</b>						
1	Travis Monteith	234.40	41		369.27		369.27
	<b>242 Master Men 45-49</b>						
1	Jeff Hunter	225.00	48		468.48		468.48
	<b>220 Master Men 50-54</b>						
1	Todd Robinson	210.20	52		385.81		385.81
	<b>198 Master Men 55-59</b>						
1	Paul Dyer	198.20	56		236.99		236.99
	<b>275 Master Men 50-54</b>						
1	Alan Aerts	267.60	53		457.45		457.45
	<b>148 Master Men 60-64</b>						
1	Bryan Yager	138.40	63		303.13		303.13
	<b>308 Master Men 60-64</b>						
DQ	Ron Moormeister	278.60	62		-501.00		O
<b>Sierra Nevada Cup Deadlift Championship</b>							
	<b>105 Junior Women 16-17</b>						
1	Lexi Senseney	104.80	16			121.25	121.25
	<b>123 Open Women</b>						
1	Bonnie Aerts	118.20	50			259.04	259.04
	<b>123 Master Women 50-54</b>						
1	Bonnie Aerts	118.20	50			259.04	259.04
	<b>198 Master Women 50-54</b>						
1	Debbi Sultan	192.20	51			203.93	203.93
	<b>242 Junior Men 16-17</b>						
1	Frank Davis	230.60	17			440.92	440.92
	<b>198 Junior Men 20-23</b>						

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
1	Alex Huxtable	195.40	20			451.94	451.94
	<b>165 Open Men</b>						
1	Doug Wellemeier	165.30	24			451.94	451.94
	<b>181 Open Men</b>						
1	Mark Riso	180.40	26			451.94	451.94
	<b>242 Open Men</b>						
1	Nick Willis	232.60	31			578.71	578.71
	<b>275 Open Men</b>						
1	Alan Aerts	267.60	53			562.17	562.17
	<b>181 Sub Master Men</b>						
1	Jeremy Nunes	176.40	39			462.97	462.97
	<b>132 Master Men 50-54</b>						
1	Jorge Nunez	127.60	53			303.13	303.13
	<b>275 Master Men 50-54</b>						
1	Joe Dentice	251.80	50			595.24	595.24
2	Alan Aerts	267.60	53			562.17	562.17
<b>Sierra Nevada Cup Push Pull Championship</b>							
	<b>105 Junior Women 16-17</b>						
1	Lexi Senseney	104.80	16		55.12	121.25	176.37
	<b>123 Open Women</b>						
1	Bonnie Aerts	118.20	50		132.28	259.04	391.32
	<b>148 Master Women 40-44</b>						
1	Karen Matthews	143.20	40		99.21	132.28	231.48
	<b>123 Master Women 50-54</b>						
1	Bonnie Aerts	118.20	50		132.28	259.04	391.32
	<b>181 Open Men</b>						
1	Mark Riso	180.40	26		242.51	451.94	694.45
	<b>275 Open Men</b>						
1	Alan Aerts	267.60	53		457.45	562.17	1019.63
	<b>181 Sub Master Men</b>						
<b>DQ</b>	Jeremy Nunes	176.40	39		<b>-352.00</b>	462.97	<b>O</b>
	<b>275 Master Men 50-54</b>						
1	Alan Aerts	267.60	53		457.45	562.17	1019.63
	<b>198 Master Men 65-69</b>						
1	Deane Knapp	194.60	67		181.88	297.62	479.50
<b>Powerlifting Best Lifters:</b>							
Open Women: Bonnie Aerts							
Master Women: Bonnie Aerts							

Place	NAME	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	<b>Open Men: Nick Willis</b>						
	<b>Master Men: Martin Garry</b>						
	<b>Junior Men: Travis Grenon</b>						
	<b>Benchpress Best Lifters:</b>						
	<b>All Women: Cara Westin</b>						
	<b>Junior Men: William Garcia</b>						
	<b>Open Men: Juan Laija</b>						
	<b>Master Men: Bryan Yager</b>						
	<b>Deadlift Best Lifters:</b>						
	<b>All Women: Bonnie Aerts</b>						
	<b>Open Men: Nick Willis</b>						
	<b>Master Men: Joe Dentice</b>						
	<b>PushPull Best Lifter:</b>						
	<b>Men: Alan Aerts</b>						
	<b>Meet Promoter/Director: Karen &amp; Steve Matthews</b>						
	<b>Announcer: Karen Matthews, Steve Denison</b>						
	<b>Score cards- Terry Stephens</b>						
	<b>Bar Loading program: Catherine La Brie, Laura Leathly, Jeremy Willis</b>						
	<b>Referees:</b>						
	<b>Scott Cartwright, National</b>						
	<b>Curtis Pracht, State</b>						
	<b>Steve Matthews, National</b>						
	<b>Karen Matthews, National</b>						
	<b>Alan Aerts, National</b>						
	<b>Joe Dentice, International</b>						
	<b>Suzanne Hedman, State</b>						
	<b>Thanks to our Spotter/loaders:</b>						
	<b>William Southard</b>						
	<b>David Burke</b>						
	<b>Quincy Adams</b>						
	<b>Steve Matthews</b>						
	<b>Bill Rasmussen</b>						
	<b>Thanks to our sponsors:</b>						
	<b>Team Alan and Bonnie Aerts</b>						
	<b>Brutus Clothing</b>						
	<b>IronWorks Athletic Club</b>						
	<b>Universal Nutrition</b>						
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	<b>CSS Photo Design, Keith Lemm</b>						