

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Arlington												
	Franco	Bianchi	16	162	185	325	405	1.14	2.01	2.50	915	1.88
	Jason	Cahoon	16	232	175	275	350	0.75	1.19	1.51	800	1.15
	Richard	Carter	16	162	185	275	405	1.14	1.70	2.50	865	1.78
	Hsin	Chin	15	204	0	325	350	0.00	1.59	1.72	675	0.00
	Steven	Collins	16	208	240	275	365	1.15	1.32	1.75	880	1.41
	Justin	Conover	16	218	225	350	405	1.03	1.61	1.86	980	1.50
	Anthony	Dabney	14	255	260	325	350	1.02	1.27	1.37	935	1.22
	Dana	Dandeneau	14	149	150	275	350	1.01	1.85	2.35	775	1.73
	Joe	Delia	17	212	245	370	505	1.16	1.75	2.38	1120	1.76
	Francis	Depompeis	16	158	175	275	405	1.11	1.74	2.56	855	1.80
	Troy	Edwards	14	168	150	250	275	0.89	1.49	1.64	675	1.34
	Kemar	Euter	15	169	175	225	300	1.04	1.33	1.78	700	1.38
	Randy	Hopkinson	15	200	175	275	300	0.88	1.38	1.50	750	1.25
	Derrick	Hunter	16	181	255	325	445	1.41	1.80	2.46	1025	1.89
	Dan	Kerins	17	189	175	250	405	0.93	1.32	2.14	830	1.46
	Kyle	Khuns	15	233	300	0	420	1.29	0.00	1.80	720	0.00
	Jason	King	17	198	260	370	420	1.31	1.87	2.12	1050	1.77
	Shane	Klaproth	16	160	170	225	310	1.06	1.41	1.94	705	1.47
	Roland	Lewis	14	186	175	250	300	0.94	1.34	1.61	725	1.30
	Michael	Magill	15	153	150	245	300	0.98	1.60	1.96	695	1.51
	Dominick	Manco	16	245	215	355	0	0.88	1.45	0.00	570	0.00
	Logan	Marshall	14	162	175	250	350	1.08	1.54	2.16	775	1.59
	Ken	Maturo	17	176	240	375	455	1.36	2.13	2.59	1070	2.03
	Rajiv	McSwine	14	235	270	325	350	1.15	1.38	1.49	945	1.34
	Tyler	Mendelson	16	140	190	325	350	1.36	2.32	2.50	865	2.06
	John	Migliaccio	14	204	0	275	350	0.00	1.35	1.72	625	0.00

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School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Tyler	Moccio	15	298	245	250	405	0.82	0.84	1.36	900	1.01
	Tyler	Murphy	15	222	280	405	530	1.26	1.82	2.39	1215	1.82
	Logan	Murphy	14	195	170	260	350	0.87	1.33	1.79	780	1.33
	Franchesco	Neri	16	156	175	255	360	1.12	1.63	2.31	790	1.69
	Rashel	Ochieng	15	173	255	355	455	1.47	2.05	2.63	1065	2.05
	Tyler	O'Dell	15	175	225	340	405	1.29	1.94	2.31	970	1.85
	Joe	Ossipo	16	330	200	235	275	0.61	0.71	0.83	710	0.72
	Alex	Pagones	17	180	215	340	350	1.19	1.89	1.94	905	1.68
	Michael	Rabadi	15	200	175	225	275	0.88	1.13	1.38	675	1.13
	Michael	Speziale	14	145	160	235	300	1.10	1.62	2.07	695	1.60
	Donato	Traditi	16	196	240	275	405	1.22	1.40	2.07	920	1.56
	Frank	Valentino	16	125	175	205	255	1.40	1.64	2.04	635	1.69

38 **Participants**

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Averill Park												
	Matt	Coleman	17	200	295	405	505	1.48	2.03	2.53	1205	2.01
	Justin	Collen	17	220	285	0	0	1.30	0.00	0.00	285	0.00
	Matt	Cristo	16	215	225	355	0	1.05	1.65	0.00	580	0.00
	Anthony	Crognale	15	237	160	240	250	0.68	1.01	1.05	650	0.91
	Tyler	Dunworth	15	175	175	225	0	1.00	1.29	0.00	400	0.00
	Kevin	Fahrenkopf	17	146	135	195	220	0.92	1.34	1.51	550	1.26
	Dan	Galinski	17	145	0	250	0	0.00	1.72	0.00	250	0.00
	Vinnie	Galluzzo	16	290	200	0	0	0.69	0.00	0.00	200	0.00
	Mike	Heiser	14	148	120	0	0	0.81	0.00	0.00	120	0.00
	Matt	Kenziora	16	165	200	215	235	1.21	1.30	1.42	650	1.31
	C.J.	Laiacona	15	215	0	370	0	0.00	1.72	0.00	370	0.00
	Ben	Leffler	14	195	150	205	200	0.77	1.05	1.03	555	0.95
	Sean	Murdick	15	237	250	0	0	1.05	0.00	0.00	250	0.00
	Zach	Orsini	16	145	200	215	300	1.38	1.48	2.07	715	1.64
	Garett	Reardon	16	175	200	280	0	1.14	1.60	0.00	480	0.00
	John	Rockwell	15	139	0	205	0	0.00	1.47	0.00	205	0.00
	Zach	Rosch	16	146	200	0	0	1.37	0.00	0.00	200	0.00
	Sid	Sharpe	15	135	160	0	0	1.19	0.00	0.00	160	0.00
	Josh	Sprague	16	200	200	280	0	1.00	1.40	0.00	480	0.00
	Jimmy	Watrous	15	203	185	0	0	0.91	0.00	0.00	185	0.00
	Cole	Windover	16	160	150	205	0	0.94	1.28	0.00	355	0.00

21 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Cambridge												
	Caleb	Bauscher	16	119	160	225	320	1.34	1.89	2.69	705	1.97
	Alex	Bell	16	163	215	250	300	1.32	1.53	1.84	765	1.56
	Casey	Blair	17	150	125	215	290	0.83	1.43	1.93	630	1.40
	Will	Bruce	17	190	260	315	475	1.37	1.66	2.50	1050	1.84
	Alex	Buckley	17	164	205	250	365	1.25	1.52	2.23	820	1.67
	Brittney	Carknard	15	145	120	170	300	0.83	1.17	2.07	590	1.36
	Tyler	Clark	16	156	200	270	350	1.28	1.73	2.24	820	1.75
	Harley	Colton	15	165	135	300	415	0.82	1.82	2.52	850	1.72
	Tyler	Dufty	16	145	160	235	300	1.10	1.62	2.07	695	1.60
	Bill	Englehardt	15	235	215	310	420	0.91	1.32	1.79	945	1.34
	Seth	Frakes	15	194	185	315	350	0.95	1.62	1.80	850	1.46
	Jake	Goldblum	16	148	255	395	385	1.72	2.67	2.60	1035	2.33
	Desirae	Honyoust	17	98	100	175	240	1.02	1.79	2.45	515	1.75
	Nick	Jepson	16	103	120	0	210	1.17	0.00	2.04	330	0.00
	Dana	Keus	15	98	95	170	180	0.97	1.73	1.84	445	1.51
	Jake	Meerworth	15	164	0	0	0	0.00	0.00	0.00	0	0.00
	Adam	Mimms	15	120	160	240	275	1.33	2.00	2.29	675	1.88
	Sage	Mosso	16	145	190	250	365	1.31	1.72	2.52	805	1.85
	Juan	Reyes	15	145	175	250	300	1.21	1.72	2.07	725	1.67
	Nick	Rowland	15	191	185	300	365	0.97	1.57	1.91	850	1.48
	Jon	Sulpezi	17	158	175	225	450	1.11	1.42	2.85	850	1.79
	Kyle	Thomas	16	175	215	0	0	1.23	0.00	0.00	215	0.00
	Nikki	VandenBogaard	15	230	135	325	315	0.59	1.41	1.37	775	1.12
	Cody	VandenBorgaard	17	244	230	425	405	0.94	1.74	1.66	1060	1.45
	Wyatt	Wesner	15	147	175	250	300	1.19	1.70	2.04	725	1.64
	Brandon	Westcott	17	145	175	0	350	1.21	0.00	2.41	525	0.00

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School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
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26 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
CBA	Ted	Burke	14	144	160	185	260	1.11	1.28	1.81	605	1.40
	Logan	Freese	15	278	175	300	350	0.63	1.08	1.26	825	0.99
	Alex	Gecewicz	16	275	185	185	300	0.67	0.67	1.09	670	0.81
	Nick	Gentile	15	128	145	185	225	1.13	1.45	1.76	555	1.45
	Shane	Hans	17	230	220	325	300	0.96	1.41	1.30	845	1.22
	Bob	Macari	15	193	190	300	350	0.98	1.55	1.81	840	1.45
	Brendan	Murphy	15	250	185	300	300	0.74	1.20	1.20	785	1.05
	Bob	Payne	15	260	150	325	300	0.58	1.25	1.15	775	0.99
	Carter	Sherman	16	181	200	325	350	1.10	1.80	1.93	875	1.61
	Trey	Williams	15	180	175	300	350	0.97	1.67	1.94	825	1.53

10 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
<b>Cohoes</b>												
	Evan	Ashline	16	153	160	275	300	1.05	1.80	1.96	735	1.60
	Kyle	Brammer	16	198	205	315	375	1.04	1.59	1.89	895	1.51
	Cody	Cater	14	160	135	160	225	0.84	1.00	1.41	520	1.08
	Chris	Chapman	17	160	200	300	320	1.25	1.88	2.00	820	1.71
	Danny	Dechairo	14	102	100	170	200	0.98	1.67	1.96	470	1.54
	Jeremiah	Degorgio	16	205	200	250	365	0.98	1.22	1.78	815	1.33
	Tommy	Dorrant	16	210	285	420	470	1.36	2.00	2.24	1175	1.87
	Kyle	Farley	16	143	225	325	385	1.57	2.27	2.69	935	2.18
	Anthony	Fogarty	16	190	250	450	450	1.32	2.37	2.37	1150	2.02
	Alex	Grignon	17	145	160	205	260	1.10	1.41	1.79	625	1.44
	Mike	Jackson	17	195	260	420	465	1.33	2.15	2.38	1145	1.96
	Ricky	Lennox	16	180	210	275	365	1.17	1.53	2.03	850	1.57
	Jeff	Lonczack	15	163	215	315	365	1.32	1.93	2.24	895	1.83
	Zach	Mainville	16	300	215	245	405	0.72	0.82	1.35	865	0.96
	Chris	McKay	16	198	225	250	350	1.14	1.26	1.77	825	1.39
	Brett	Mollnow	15	154	165	0	285	1.07	0.00	1.85	450	0.00
	Daniel	Sickles	14	143	110	160	180	0.77	1.12	1.26	450	1.05

17 **Participants**

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Columbia	Husnain	Ali	16	325	205	400	365	0.63	1.23	1.12	970	0.99
	Stephanie	Anglesey	17	120	100	185	200	0.83	1.54	1.67	485	1.35
	Nick	Balzano	17	190	240	0	0	1.26	0.00	0.00	240	0.00
	Jake	Buechs	17	217	235	400	405	1.08	1.84	1.87	1040	1.60
	Anna	Carey	16	175	95	150	155	0.54	0.86	0.89	400	0.76
	Alex	Champitto	17	170	250	405	405	1.47	2.38	2.38	1060	2.08
	Christian	Crawmer	16	149	0	185	0	0.00	1.24	0.00	185	0.00
	David	Dickie	17	149	160	270	310	1.07	1.81	2.08	740	1.66
	Brandon	Dunham	16	187	290	315	395	1.55	1.68	2.11	1000	1.78
	Kasey	Ferguson	18	120	95	205	200	0.79	1.71	1.67	500	1.39
	Alec	Forezzi	13	122	165	260	300	1.35	2.13	2.46	725	1.98
	Patrick	Grace	17	140	0	300	0	0.00	2.14	0.00	300	0.00
	Taylor	Harrison	17	149	210	250	315	1.41	1.68	2.11	775	1.73
	Reuben	Krutz	18	198	145	215	375	0.73	1.09	1.89	735	1.24
	Derek	Lanz	17	280	290	250	470	1.04	0.89	1.68	1010	1.20
	Jared	Lozier	16	233	240	370	405	1.03	1.59	1.74	1015	1.45
	Tom	Mancino	17	135	185	0	0	1.37	0.00	0.00	185	0.00
	Matt	Mancino	15	136	170	225	0	1.25	1.65	0.00	395	0.00
	Henry	McCroy	17	123	185	185	0	1.50	1.50	0.00	370	0.00
	Ryan	McGuiggan	16	180	125	200	290	0.69	1.11	1.61	615	1.14
	Pat	Morrissey	17	165	230	350	435	1.39	2.12	2.64	1015	2.05
	Taj	Plante	16	149	210	280	275	1.41	1.88	1.85	765	1.71
	Jessica	Prashaw	17	119	65	200	185	0.55	1.68	1.55	450	1.26
	Shane	Reed	18	170	225	310	0	1.32	1.82	0.00	535	0.00
	Nick	Roe	16	252	225	355	420	0.89	1.41	1.67	1000	1.32
	Adam	Rozniewski	17	170	185	300	365	1.09	1.76	2.15	850	1.67

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	Taylor	Rudat	16	164	125	200	195	0.76	1.22	1.19	520	1.06
	Dylan	Scribner	16	177	150	195	250	0.85	1.10	1.41	595	1.12
	Brendan	Smith	16	230	220	390	405	0.96	1.70	1.76	1015	1.47
	Chris	Strom	16	215	230	320	350	1.07	1.49	1.63	900	1.40
	Brandon	Talar	16	149	185	0	0	1.24	0.00	0.00	185	0.00
	Alex	Tesoriero	17	193	245	0	415	1.27	0.00	2.15	660	0.00
	Christopher	Wos	16	147	0	260	0	0.00	1.77	0.00	260	0.00
	Amani	Wynne	16	196	280	380	350	1.43	1.94	1.79	1010	1.72

34 **Participants**

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School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Ichabod Crane	Ben	Barie	15	120	85	125	150	0.71	1.04	1.25	360	1.00
	Mike	Brockett	16	180	145	195	225	0.81	1.08	1.25	565	1.05
	Chris	Cole	15	150	135	160	275	0.90	1.07	1.83	570	1.27
	Nick	Duggan	15	140	90	135	195	0.64	0.96	1.39	420	1.00
	Anthony	Groat	16	212	160	250	225	0.75	1.18	1.06	635	1.00
	Cameron	Groat	16	148	235	240	350	1.59	1.62	2.36	825	1.86
	Joe	Groat	14	145	0	195	0	0.00	1.34	0.00	195	0.00
	Ryan	O'Connor	14	135	150	215	275	1.11	1.59	2.04	640	1.58
	David	Ogden	15	170	145	0	300	0.85	0.00	1.76	445	0.00
	Vinnie	Palermo	14	138	150	175	275	1.09	1.27	1.99	600	1.45
	Dan	Sanders	15	127	120	135	250	0.94	1.06	1.97	505	1.33
	Cory	Seipp	14	134	135	165	275	1.01	1.23	2.05	575	1.43
	Dennis	Shields	15	201	0	225	300	0.00	1.12	1.49	525	0.00
	Ricky	Smith	17	175	160	185	330	0.91	1.06	1.89	675	1.29
	Bryan	Smith	15	130	120	185	275	0.92	1.42	2.12	580	1.49
	Josh	Southard	16	233	100	225	350	0.43	0.97	1.50	675	0.97
	Frank	Speed	17	195	150	185	250	0.77	0.95	1.28	585	1.00
	Vinnie	Testa	14	195	0	0	275	0.00	0.00	1.41	275	0.00
	Dan	Van Allen	14	126	65	125	150	0.52	0.99	1.19	340	0.90
	Dan	VanAlstyne	16	168	165	195	0	0.98	1.16	0.00	360	0.00
Cody	Yates	14	215	120	155	200	0.56	0.72	0.93	475	0.74	

21 Participants

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Lansingburgh												
	Collin	Billingsley	16	165	215	320	385	1.30	1.94	2.33	920	1.86
	Tom	Blake	15	215	200	275	275	0.93	1.28	1.28	750	1.16
	Mike	Burdick	15	168	225	410	385	1.34	2.44	2.29	1020	2.02
	Tim	Cabrera	16	225	185	340	430	0.82	1.51	1.91	955	1.41
	Dave	Carmean	16	302	185	400	365	0.61	1.32	1.21	950	1.05
	Garrett	Cassidy	17	220	275	450	425	1.25	2.05	1.93	1150	1.74
	Tyler	Dean	15	142	150	240	340	1.06	1.69	2.39	730	1.71
	Justin	Geren	17	210	180	250	340	0.86	1.19	1.62	770	1.22
	Zaquawn	Gordon	17	192	185	405	410	0.96	2.11	2.14	1000	1.74
	Marcus	Hepp	18	182	275	505	450	1.51	2.77	2.47	1230	2.25
	Evan	Hunziker	15	160	195	0	305	1.22	0.00	1.91	500	0.00
	Johnie	Kelly	15	135	150	280	260	1.11	2.07	1.93	690	1.70
	Terrance	Kemp	16	179	250	410	410	1.40	2.29	2.29	1070	1.99
	Joe	Lawrenson	15	148	170	300	340	1.15	2.03	2.30	810	1.82
	Nick	Lemieux	14	180	125	150	230	0.69	0.83	1.28	505	0.94
	Jake	Luce	15	193	305	450	425	1.58	2.33	2.20	1180	2.04
	Ryan	McGrath	14	148	160	250	0	1.08	1.69	0.00	410	0.00
	Spencer	McKaig	15	252	200	370	430	0.79	1.47	1.71	1000	1.32
	T.J.	McLaughlin	17	206	280	465	460	1.36	2.26	2.23	1205	1.95
	Quincy	Michael	16	148	0	225	320	0.00	1.52	2.16	545	0.00
	Jason	Miller	16	228	150	425	350	0.66	1.86	1.54	925	1.35
	Blake	Mosley	15	218	175	325	300	0.80	1.49	1.38	800	1.22
	Aunje	Newell	16	140	215	355	330	1.54	2.54	2.36	900	2.14
	Tyrone	Nichols	17	200	305	530	465	1.53	2.65	2.33	1300	2.17
	Tristan	Phoenix	17	162	200	280	320	1.23	1.73	1.98	800	1.65
	Obar	Robinson	15	240	175	325	355	0.73	1.35	1.48	855	1.19

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	Johanson	Sanchez	14	162	190	280	350	1.17	1.73	2.16	820	1.69
	Jake	Shaw	16	167	215	315	305	1.29	1.89	1.83	835	1.67
	Jordon	Smith	14	190	170	225	300	0.89	1.18	1.58	695	1.22
	Nick	Thornton	16	160	195	225	365	1.22	1.41	2.28	785	1.64
	Mark	Tracey	15	225	255	410	365	1.13	1.82	1.62	1030	1.53
	Adea	Turner	14	160	215	315	350	1.34	1.97	2.19	880	1.83
	Kynan	Vandenburgh	16	212	280	405	425	1.32	1.91	2.00	1110	1.75
	Nigel	Venson	17	164	235	380	430	1.43	2.32	2.62	1045	2.12
	Raekwon	Ward	14	235	150	275	300	0.64	1.17	1.28	725	1.03

35 **Participants**

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
<b>Mohonasen</b>												
	Nick	Bateman	15	135	150	235	320	1.11	1.74	2.37	705	1.74
	Jeff	Blay	16	160	200	225	375	1.25	1.41	2.34	800	1.67
	Andrew	Caster	16	175	260	350	405	1.49	2.00	2.31	1015	1.93
	Kyle	Garcelon	16	165	160	270	320	0.97	1.64	1.94	750	1.52
	Paul	Grassia	16	185	285	375	440	1.54	2.03	2.38	1100	1.98
	Nick	Hilton	15	220	160	235	275	0.73	1.07	1.25	670	1.02
	William	Houlihan	16	225	215	340	400	0.96	1.51	1.78	955	1.41
	Cody	Jarvais	17	215	175	0	375	0.81	0.00	1.74	550	0.00
	Nick	Mastrianni	15	240	175	340	275	0.73	1.42	1.15	790	1.10
	Derek	Rivers	15	155	160	235	320	1.03	1.52	2.06	715	1.54
	Nick	Voss	16	180	200	300	350	1.11	1.67	1.94	850	1.57
	Jackson	Wang	16	160	150	310	350	0.94	1.94	2.19	810	1.69
	Chris	Williams	17	245	175	340	375	0.71	1.39	1.53	890	1.21

13 **Participants**

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Rensselaer	Jessica	Baxter	18	171	75	200	230	0.44	1.17	1.35	505	0.98
	Tyler	Bishop	15	202	260	400	465	1.29	1.98	2.30	1125	1.86
	Jason	Brown	15	235	260	460	480	1.11	1.96	2.04	1200	1.70
	Nathan	Butler	16	186	300	425	465	1.61	2.28	2.50	1190	2.13
	Jasheem	Hamilton	16	195	260	320	435	1.33	1.64	2.23	1015	1.74
	Elijah	Jevons	18	150	205	325	365	1.37	2.17	2.43	895	1.99
	Josh	Rider	18	300	295	310	405	0.98	1.03	1.35	1010	1.12
	Tyler	Sanford	17	150	200	225	275	1.33	1.50	1.83	700	1.56
	Phil	Sayers	16	170	225	260	315	1.32	1.53	1.85	800	1.57
	Erica	Stasack	17	130	90	160	225	0.69	1.23	1.73	475	1.22

10 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Schalmont												
	Jacob	Ayers	14	140	170	250	300	1.21	1.79	2.14	720	1.71
	Dawshawn	Banks	17	170	200	300	405	1.18	1.76	2.38	905	1.77
	Doug	Bartik	14	180	120	145	0	0.67	0.81	0.00	265	0.00
	Alberto	Beltran	15	150	175	235	320	1.17	1.57	2.13	730	1.62
	Dan	Biddle	14	130	110	135	195	0.85	1.04	1.50	440	1.13
	Kyle	Binkley	14	135	0	170	220	0.00	1.26	1.63	390	0.00
	Coty	Caldwell	17	170	225	300	350	1.32	1.76	2.06	875	1.72
	Dallas	Campachiaro	14	125	145	195	220	1.16	1.56	1.76	560	1.49
	Joe	Canton	16	135	120	135	185	0.89	1.00	1.37	440	1.09
	Nathan	Carabello	15	135	175	0	0	1.30	0.00	0.00	175	0.00
	Kaine	Carabello	14	110	110	165	0	1.00	1.50	0.00	275	0.00
	Kyle	Chrysler	14	125	0	125	150	0.00	1.00	1.20	275	0.00
	Keegan	Ciarmello	14	110	125	200	195	1.14	1.82	1.77	520	1.58
	John	Cipriani	17	217	185	250	250	0.85	1.15	1.15	685	1.05
	Julio	Claudio	18	185	185	325	235	1.00	1.76	1.27	745	1.34
	Andrew	Clifford	14	165	120	145	200	0.73	0.88	1.21	465	0.94
	Andrew	Cody	14	170	105	150	200	0.62	0.88	1.18	455	0.89
	Jaysn	Dehart	17	250	210	355	300	0.84	1.42	1.20	865	1.15
	Chris	DeMarco	14	130	75	155	150	0.58	1.19	1.15	380	0.97
	Gary	Ellis	14	155	90	165	180	0.58	1.06	1.16	435	0.94
	Drew	Fahrenz	17	145	185	250	260	1.28	1.72	1.79	695	1.60
	Jake	Fallat	14	125	85	165	180	0.68	1.32	1.44	430	1.15
	Mike	Flocuzzio	14	145	170	235	300	1.17	1.62	2.07	705	1.62
	Mason	Foley	15	190	160	235	275	0.84	1.24	1.45	670	1.18
	Mike	Gazillo	14	180	0	140	0	0.00	0.78	0.00	140	0.00
	Jean	Gomez	14	140	185	275	320	1.32	1.96	2.29	780	1.86

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Alex	Grandstaff	17	150	185	260	300	1.23	1.73	2.00	745	1.66
	Alex	Hilderbrand	15	145	185	300	275	1.28	2.07	1.90	760	1.75
	Austin	Kownack	14	85	110	165	150	1.29	1.94	1.76	425	1.67
	Ben	Krawczak	15	165	150	260	350	0.91	1.58	2.12	760	1.54
	Hayden	LaBelle	14	175	120	185	0	0.69	1.06	0.00	305	0.00
	Dalton	Latulip	15	210	235	370	415	1.12	1.76	1.98	1020	1.62
	Nate	Lawyer	14	170	120	195	260	0.71	1.15	1.53	575	1.13
	Eric	Mau	17	145	175	300	310	1.21	2.07	2.14	785	1.80
	Javier	McCugh	14	160	115	135	190	0.72	0.84	1.19	440	0.92
	Justin	Miller	14	160	90	125	220	0.56	0.78	1.38	435	0.91
	Ryan	Motyka	14	115	0	150	220	0.00	1.30	1.91	370	0.00
	JJ	Murphy	15	175	255	410	400	1.46	2.34	2.29	1065	2.03
	Joe	Neri	14	150	75	135	180	0.50	0.90	1.20	390	0.87
	Jake	Neri	15	180	120	195	260	0.67	1.08	1.44	575	1.06
	Nico	Nioletti	15	120	120	205	220	1.00	1.71	1.83	545	1.51
	Joe	Paskevich	15	165	195	250	300	1.18	1.52	1.82	745	1.51
	Chris	Pigliavento	17	165	230	235	275	1.39	1.42	1.67	740	1.49
	Jaren	Ramundo	15	180	225	370	415	1.25	2.06	2.31	1010	1.87
	Cody	Roberts	14	130	85	140	210	0.65	1.08	1.62	435	1.12
	Joe	Rosen	14	180	155	140	210	0.86	0.78	1.17	505	0.94
	Jesse	Ross	14	160	170	195	195	1.06	1.22	1.22	560	1.17
	Ryan	Smith	14	135	150	250	300	1.11	1.85	2.22	700	1.73
	Ryan	St. Andrews	16	115	85	185	210	0.74	1.61	1.83	480	1.39
	Cody	St. Andrews	14	125	125	185	210	1.00	1.48	1.68	520	1.39
	Scott	Thompson	14	130	90	165	180	0.69	1.27	1.38	435	1.12
	Anthony	Viscusi	14	140	110	195	210	0.79	1.39	1.50	515	1.23
	Kyle	Waite	14	200	120	155	230	0.60	0.78	1.15	505	0.84

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Josh	Warner	14	155	125	170	205	0.81	1.10	1.32	500	1.08
	Ryan	Wintle	14	155	110	165	0	0.71	1.06	0.00	275	0.00

55 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Alex	Arduini	15	198	200	275	350	1.01	1.39	1.77	825	1.39
	Kevin	Baker	16	145	175	225	0	1.21	1.55	0.00	400	0.00
	Kyle	Bernard	15	155	0	300	0	0.00	1.94	0.00	300	0.00
	Andrew	Brochu	14	195	175	275	225	0.90	1.41	1.15	675	1.15
	Steven	Brown	15	249	235	260	350	0.94	1.04	1.41	845	1.13
	Elijah	Cancer	17	215	330	400	405	1.53	1.86	1.88	1135	1.76
	John	Canfield	16	165	190	260	385	1.15	1.58	2.33	835	1.69
	Ian	Clough	16	215	200	300	0	0.93	1.40	0.00	500	0.00
	Ravon	Edmond	15	210	235	300	0	1.12	1.43	0.00	535	0.00
	Cody	Ely-Stack	16	171	175	235	250	1.02	1.37	1.46	660	1.29
	Zach	Eustace	15	178	175	250	275	0.98	1.40	1.54	700	1.31
	Josh	Fant	15	147	195	240	0	1.33	1.63	0.00	435	0.00
	Eric	Flanery	15	148	175	0	275	1.18	0.00	1.86	450	0.00
	Matt	Forte	17	217	170	225	250	0.78	1.04	1.15	645	0.99
	Derek	Gardella	16	213	325	470	500	1.53	2.21	2.35	1295	2.03
	Marlon	Gedeon	14	137	150	225	270	1.09	1.64	1.97	645	1.57
	Jeff	Germano	16	186	185	250	365	0.99	1.34	1.96	800	1.43
	Ryan	Griffin	14	140	160	235	325	1.14	1.68	2.32	720	1.71
	Rich	Hendrickson	16	165	160	240	0	0.97	1.45	0.00	400	0.00
	Jon	Hewitt	16	164	205	275	365	1.25	1.68	2.23	845	1.72
	Donaven	Hines	15	160	160	250	300	1.00	1.56	1.88	710	1.48
	Paul	Hotaling	14	190	125	160	200	0.66	0.84	1.05	485	0.85
	Schlyer	Huntington	13	168	180	215	270	1.07	1.28	1.61	665	1.32
	Sam	Hyatt	16	160	185	0	0	1.16	0.00	0.00	185	0.00
	Aqib	Javed	16	225	150	250	300	0.67	1.11	1.33	700	1.04
	Chris	Johnston	17	212	200	275	365	0.94	1.30	1.72	840	1.32

## Shaker

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Unughn	Keith	16	165	200	225	0	1.21	1.36	0.00	425	0.00
	Brendan	Kisselback	15	140	150	205	290	1.07	1.46	2.07	645	1.54
	Jamison	Kuhn	15	141	145	255	335	1.03	1.81	2.38	735	1.74
	Joe	Latza	14	149	150	215	250	1.01	1.44	1.68	615	1.38
	Naquan	Lewis	17	191	235	365	350	1.23	1.91	1.83	950	1.66
	Bernard	Maxwell	15	143	170	240	260	1.19	1.68	1.82	670	1.56
	Carlos	Mendez	16	195	235	395	420	1.21	2.03	2.15	1050	1.79
	Mike	Monfils	15	158	195	225	340	1.23	1.42	2.15	760	1.60
	Sean	Morrissey	15	141	110	140	165	0.78	0.99	1.17	415	0.98
	Dave	Morrison	14	185	145	195	0	0.78	1.05	0.00	340	0.00
	Brandon	Murray	17	169	240	355	375	1.42	2.10	2.22	970	1.91
	Jack	O'Connor	15	180	0	275	0	0.00	1.53	0.00	275	0.00
	Ron	Parker	15	145	100	185	165	0.69	1.28	1.14	450	1.03
	Mike	Parzych	16	142	170	225	0	1.20	1.58	0.00	395	0.00
	Anthony	Pascarlla	16	139	175	225	0	1.26	1.62	0.00	400	0.00
	David	Perez	16	164	225	275	420	1.37	1.68	2.56	920	1.87
	Arkin	Perkins	16	145	170	260	250	1.17	1.79	1.72	680	1.56
	Dan	Phillips	14	114	145	155	250	1.27	1.36	2.19	550	1.61
	Jeremy	Pryor	18	187	225	395	430	1.20	2.11	2.30	1050	1.87
	Shane	Riley	16	154	175	0	275	1.14	0.00	1.79	450	0.00
	Derrick	Rojker	17	147	175	205	275	1.19	1.39	1.87	655	1.49
	Ed	Schupp	16	157	150	250	0	0.96	1.59	0.00	400	0.00
	Steve	Simon	14	115	90	130	150	0.78	1.13	1.30	370	1.07
	Joe	Snyder	16	152	150	205	0	0.99	1.35	0.00	355	0.00
	Mike	Soldani	15	132	0	205	325	0.00	1.55	2.46	530	0.00
	Brandon	Souza	14	130	145	255	310	1.12	1.96	2.38	710	1.82
	Dom	Sposito	14	166	160	255	285	0.96	1.54	1.72	700	1.41

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Levon	Sukljian	14	135	160	225	270	1.19	1.67	2.00	655	1.62
	Hassib	Tleiji	15	177	145	215	260	0.82	1.21	1.47	620	1.17
	Bill	Tshimarga	16	132	145	205	265	1.10	1.55	2.01	615	1.55
	Harry	Tyndell	16	160	160	250	215	1.00	1.56	1.34	625	1.30
	Tony	Walton	15	163	175	0	225	1.07	0.00	1.38	400	0.00
	Myles	West	15	145	150	260	300	1.03	1.79	2.07	710	1.63

59 **Participants**

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Eric	Biddwell	16	252	235	460	500	0.93	1.83	1.98	1195	1.58
	TJ	Butcher	15	158	135	205	370	0.85	1.30	2.34	710	1.50
	Jared	Davis	15	168	210	0	0	1.25	0.00	0.00	210	0.00
	Anthony	Delsignore	15	145	155	255	275	1.07	1.76	1.90	685	1.57
	Rion	Duelle	16	247	210	325	465	0.85	1.32	1.88	1000	1.35
	Andrew	Labarge	16	186	185	250	375	0.99	1.34	2.02	810	1.45
	Nick	Lapoint	16	196	235	415	460	1.20	2.12	2.35	1110	1.89
	Dennis	Marmie	16	172	205	280	385	1.19	1.63	2.24	870	1.69
	Brett	Pederson	16	194	225	320	380	1.16	1.65	1.96	925	1.59
	Dan	Regner	15	148	165	220	260	1.11	1.49	1.76	645	1.45
	Kyle	Schoonover	16	208	245	370	385	1.18	1.78	1.85	1000	1.60
	Guy	Sciancalepore	15	224	160	255	300	0.71	1.14	1.34	715	1.06
	Seth	Snowball	15	235	160	295	350	0.68	1.26	1.49	805	1.14
	Andy	Sorano	17	198	230	425	388	1.16	2.15	1.96	1043	1.76
	Doug	Strassburg	17	168	280	400	435	1.67	2.38	2.59	1115	2.21

15 **Participants**

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Stillwater	Kris	Brennan	15	215	225	325	365	1.05	1.51	1.70	915	1.42
	Adam	Burrows	16	163	190	250	250	1.17	1.53	1.53	690	1.41
	Connor	Burton	15	175	170	250	300	0.97	1.43	1.71	720	1.37
	Matt	Campion	14	260	170	235	275	0.65	0.90	1.06	680	0.87
	Brett	Cesak	16	210	330	400	465	1.57	1.90	2.21	1195	1.90
	Christian	Coy	16	155	135	275	250	0.87	1.77	1.61	660	1.42
	Ryan	Fuller	17	155	150	300	260	0.97	1.94	1.68	710	1.53
	Mike	Mayo	14	179	125	170	155	0.70	0.95	0.87	450	0.84
	Ricky	McBride	14	143	120	205	230	0.84	1.43	1.61	555	1.29
	Danny	Palmeiri	17	130	140	165	165	1.08	1.27	1.27	470	1.21
	Jacob	Patenaude	14	155	135	170	165	0.87	1.10	1.06	470	1.01
	Adam	Pipino	14	192	135	170	155	0.70	0.89	0.81	460	0.80
	Shawn	Ray	17	175	150	175	275	0.86	1.00	1.57	600	1.14
	Zach	Ryan	15	240	170	225	300	0.71	0.94	1.25	695	0.97
	Aarron	Tanner	15	165	175	145	265	1.06	0.88	1.61	585	1.18

15 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Troy	Monte	Beasley	17	144	140	225	300	0.97	1.56	2.08	665	1.54
	Ian	Blair	15	146	175	275	350	1.20	1.88	2.40	800	1.83
	Mike	Broomell	18	145	75	185	155	0.52	1.28	1.07	415	0.95
	Grady	Byrnes	16	132	165	340	340	1.25	2.58	2.58	845	2.13
	Jordon	Canzeri	16	148	160	260	365	1.08	1.76	2.47	785	1.77
	Nic	Capano	16	206	195	295	365	0.95	1.43	1.77	855	1.38
	Troy	Carroll	14	148	125	225	285	0.84	1.52	1.93	635	1.43
	Karmin	Cooney	14	111	100	185	185	0.90	1.67	1.67	470	1.41
	Derrick	Cooper	17	207	225	405	405	1.09	1.96	1.96	1035	1.67
	Kyle	Czarnick	15	230	210	375	415	0.91	1.63	1.80	1000	1.45
	Sean	Donnelly	13	192	135	200	210	0.70	1.04	1.09	545	0.95
	Mike	Epstein	17	174	250	325	350	1.44	1.87	2.01	925	1.77
	Chris	Fountain	17	178	190	295	0	1.07	1.66	0.00	485	0.00
	Elijah	Gamble	17	173	245	370	430	1.42	2.14	2.49	1045	2.01
	Kyle	Genito	15	138	135	225	275	0.98	1.63	1.99	635	1.53
	Kyle	Geraci	16	210	265	385	390	1.26	1.83	1.86	1040	1.65
	Stephaun	Grinage	15	180	265	415	405	1.47	2.31	2.25	1085	2.01
	David	Ha	18	179	140	140	275	0.78	0.78	1.54	555	1.03
	Ahsande	Hall	15	158	150	235	305	0.95	1.49	1.93	690	1.46
	Jerrold	Heiser	17	176	200	275	405	1.14	1.56	2.30	880	1.67
	Carlos	Hill	16	258	195	375	385	0.76	1.45	1.49	955	1.23
	Dave	Jabour	17	198	205	340	455	1.04	1.72	2.30	1000	1.68
	Anthony	Judge	13	127	100	160	310	0.79	1.26	2.44	570	1.50
	Mike	Leisen Felder	16	253	255	370	435	1.01	1.46	1.72	1060	1.40
	Shatiek	Lewis	16	193	270	390	420	1.40	2.02	2.18	1080	1.87
	Julian	Lopez	17	155	185	280	375	1.19	1.81	2.42	840	1.81

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
	Dondre	Mann	14	180	175	275	350	0.97	1.53	1.94	800	1.48
	Brian	Marsh	15	167	175	315	365	1.05	1.89	2.19	855	1.71
	Dan	McAuley	15	146	160	225	300	1.10	1.54	2.05	685	1.56
	Sean	McDermott	16	154	175	0	365	1.14	0.00	2.37	540	0.00
	Tim	McGrath	13	122	65	135	155	0.53	1.11	1.27	355	0.97
	Rob	McPhaul	18	146	200	0	385	1.37	0.00	2.64	585	0.00
	Mike	Meher	17	186	225	340	375	1.21	1.83	2.02	940	1.68
	Ed	Mooney	17	295	205	285	375	0.69	0.97	1.27	865	0.98
	Rashawn	Moore	17	160	245	405	455	1.53	2.53	2.84	1105	2.30
	Jim	Nguyen	16	148	150	225	320	1.01	1.52	2.16	695	1.57
	Maurice	Parker	17	174	270	375	470	1.55	2.16	2.70	1115	2.14
	Chris	Parmenter	16	125	75	0	200	0.60	0.00	1.60	275	0.00
	Kevin	Parmenter	17	129	135	185	275	1.05	1.43	2.13	595	1.54
	Chris	Patenaude	17	186	255	370	350	1.37	1.99	1.88	975	1.75
	Vin	Pennisi	16	197	215	325	425	1.09	1.65	2.16	965	1.63
	Aaron	Riggins	17	240	225	385	500	0.94	1.60	2.08	1110	1.54
	Trevor	Ryan	17	269	320	450	500	1.19	1.67	1.86	1270	1.57
	Tim	Ryan	16	248	225	395	435	0.91	1.59	1.75	1055	1.42
	Noah	Thomas	16	192	175	295	340	0.91	1.54	1.77	810	1.41
	Evan	Vadney	16	159	175	250	310	1.10	1.57	1.95	735	1.54
	Brandon	Vooris	14	125	120	185	250	0.96	1.48	2.00	555	1.48
	Steve	Waters	16	178	205	370	425	1.15	2.08	2.39	1000	1.87
	Tom	Welcome	14	188	185	225	300	0.98	1.20	1.60	710	1.26
	Dorrel	Williams	17	206	245	420	500	1.19	2.04	2.43	1165	1.89
	Brandon	Wishecoby	18	205	170	280	315	0.83	1.37	1.54	765	1.24
	Jay	Yaskanich	15	210	250	430	455	1.19	2.05	2.17	1135	1.80

52 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
Voorheesville	C.J.	Bouvier	17	195	0	300	340	0.00	1.54	1.74	640	0.00
	Don	Case	15	215	255	345	410	1.19	1.60	1.91	1010	1.57
	Tyler	Cooper	15	200	150	225	320	0.75	1.13	1.60	695	1.16
	Dylan	Foster	16	148	160	220	250	1.08	1.49	1.69	630	1.42
	Chad	Hoffart	17	255	240	300	350	0.94	1.18	1.37	890	1.16
	Jason	Slingerland	15	185	185	325	410	1.00	1.76	2.22	920	1.66
	Dan	Whitely	17	197	350	485	555	1.78	2.46	2.82	1390	2.35

7 Participants

# 2009 Blue Devil Lift Off Results Report

School	First Name	Last Name	Age	Weight	Bench	Squat	Deadlift	Bench %	Squat %	Deadlift %	Total	Wt/Wt Lifted %
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428