

# 2009 Blue Devil Lift Off

## Female Results

14 – 15		Under 150 Pounds			Over 150 Pounds		
Bench	Gold	Brittney Carknard	Cambridge	120 lbs	Nikki VandenBogaard	Cambridge	135 lbs
	Silver	Dana Keus	Cambridge	95 lbs			
Squat	Gold	Dana Keus	Cambridge	170 lbs	Nikki VandenBogaard	Cambridge	325 lbs
	Silver	Brittney Carknard	Cambridge	170 lbs			
Dead Lift	Gold	Brittney Carknard	Cambridge	300 lbs	Nikki VandenBogaard	Cambridge	315 lbs
	Silver	Dana Keus	Cambridge	180 lbs			

16 – 18		Under 150 Pounds			Over 150 Pounds		
Bench	Gold	Desirae Honyoust	Cambridge	100 lbs	Casey Blair	Cambridge	125 lbs
	Silver	Stephanie Anglesey	Columbia	100 lbs	Anna Carey	Columbia	95 lbs
Squat	Gold	Kasey Ferguson	Columbia	205 lbs	Casey Blair	Cambridge	215 lbs
	Silver	Jessica Prashaw	Columbia	200 lbs	Jessica Baxter	Rensselaer	200 lbs
Dead Lift	Gold	Desirae Honyoust	Cambridge	240 lbs	Casey Blair	Cambridge	290 lbs
	Silver	Erica Stasack	Rensselaer	225 lbs	Jessica Baxter	Rensselaer	230 lbs

Individual Three Lift Total				Individual Body Weight to Weight Lifted %		
Gold	Nikki VandenBogaard	Cambridge	775 lbs	Desirae Honyoust	Cambridge	1.75
Silver	Casey Blair	Cambridge	630 lbs	Dana Keus	Cambridge	1.51
Bronze	Brittney Carknard	Cambridge	590 lbs	Casey Blair	Cambridge	1.40

Team Three Lift Total			Team Body Weight to Weight Lifted %	
Gold	Cambridge	1405 lbs	Cambridge	1.63
Silver	Columbia	985 lbs	Columbia	1.37
Bronze	Rensselaer	980 lbs	Rensselaer	1.10

# 2009 Blue Devil Lift Off

## Male Results (14-15 Years Old)

14-15 Years Old		Under 150 Pounds			150 - 170 Pounds		
Bench	Gold	Josh Fant	Shaker	195 lbs	Mike Burdick	Lansingburgh	225 lbs
	Silver	Jean Gomez	Schalmont	185 lbs	Adea Turner	Lansingburgh	215 lbs
Squat	Gold	Alex Hilderbrand	Schalmont	300 lbs	Mike Burdick	Lansingburgh	410 lbs
	Silver	Joe Lawrenson	Lansingburgh	300 lbs	Adea Turner	Lansingburgh	315 lbs
Dead Lift	Gold	Ian Blair	Troy	350 lbs	Harley Colton	Cambridge	415 lbs
	Silver	Dana Dandeneau	Arlington	350 lbs	Mike Burdick	Lansingburgh	385 lbs

14-15 Years Old		171 - 200 Pounds			Over 200 Pounds		
Bench	Gold	Jake Luce	Lansingburgh	305 lbs	Kyle Khuns	Arlington	300 lbs
	Silver	Stephaun Grinage	Troy	265 lbs	Tyler Murphy	Arlington	280 lbs
Squat	Gold	Jake Luce	Lansingburgh	450 lbs	Jason Brown	Rensselaer	460 lbs
	Silver	Stephaun Grinage	Troy	415 lbs	Jay Yaskanich	Troy	430 lbs
Dead Lift	Gold	Rashel Ochieng	Arlington	455 lbs	Tyler Murphy	Arlington	530 lbs
	Silver	Jake Luce	Lansingburgh	425 lbs	Jason Brown	Rensselaer	480 lbs

Individual Three Lift Total 14-15 Year Olds			
Gold	Tyler Murphy	Arlington	1215 lbs
Silver	Jason Brown	Rensselaer	1200 lbs
Bronze	Jake Luce	Lansingburgh	1180 lbs

# 2009 Blue Devil Lift Off

## Male Results (16-18 Years Old)

16-18 Years Old		Under 150 Pounds			150 – 170 Pounds		
Bench	Gold	Jake Goldblum	Cambridge	255 lbs	Doug Strassburg	S Glens Falls	280 lbs
	Silver	Cameron Groat	Ichabod Crane	235 lbs	Alex Champitto	Columbia	250 lbs
Squat	Gold	Jake Goldblum	Cambridge	395 lbs	Rashawn Moore	Troy	405 lbs
	Silver	Aunje Newell	Lansingburgh	355 lbs	Alex Champitto	Columbia	405 lbs
Dead Lift	Gold	Kyle Farley	Cohoes	385 lbs	Rashawn Moore	Troy	455 lbs
	Silver	Rob McPhaul	Troy	385	Jon Sulpezi	Cambridge	450 lbs

16-18 Years Old		171 – 200 Pounds			Over 200 Pounds		
Bench	Gold	Dan Whitely	Voorheesville	350 lbs	Brett Cesak	Stillwater	330 lbs
	Silver	Tyrone Nichols	Lansingburgh	305 lbs	Elijah Cancer	Shaker	330 lbs
Squat	Gold	Tyrone Nichols	Lansingburgh	530 lbs	Derek Gardella	Shaker	470 lbs
	Silver	Marcus Hepp	Lansingburgh	505 lbs	T.J. McLaughlin	Lansingburgh	465 lbs
Dead Lift	Gold	Dan Whitely	Voorheesville	555 lbs	Joe Delia	Arlington	505 lbs
	Silver	Matt Coleman	Averill Park	505 lbs	Dorrel Williams	Troy	500 lbs

Individual Three Lift Total 16-18 Year Olds			
Gold	Dan Whitely	Voorheesville	1390 lbs
Silver	Tyrone Nichols	Lansingburgh	1300 lbs
Bronze	Derek Gardella	Shaker	1295 lbs

# 2009 Blue Devil Lift Off

## Overall Body Weight to Weight Lifted %

Place	Name	School	Age	Weight	Body Wt %
1 <sup>st</sup>	Dan Whitely	Voorheesville	17	197	2.35
2 <sup>nd</sup>	Jake Goldblum	Cambridge	16	148	2.33
3 <sup>rd</sup>	Rashawn Moore	Troy	17	160	2.30
4 <sup>th</sup>	Marcus Hepp	Lansingburgh	18	182	2.25

## Team Body Weight to Weight Lifted %

Place	School	Body Wt %	Place	School	Body Wt %
1 <sup>st</sup>	Lansingburgh	2.14	6 <sup>th</sup>	Columbia	1.93
2 <sup>nd</sup>	Troy	2.12	7 <sup>th</sup>	Shaker	1.90
3 <sup>rd</sup>	Arlington	1.98	8 <sup>th</sup>	Rensselaer	1.88
4 <sup>th</sup>	Cambridge Cohoes	1.97	9 <sup>th</sup>	Schalmont	1.87
			10 <sup>th</sup>	S Glens Falls	1.83

## Team Three Lift Total

Place	School	Weight	Place	School	Weight
1 <sup>st</sup>	Lansingburgh	6065	6 <sup>th</sup>	S Glens Falls	5463
2 <sup>nd</sup>	Troy	5795	7 <sup>th</sup>	Cohoes	5300
3 <sup>rd</sup>	Rensselaer	5540	8 <sup>th</sup>	Columbia	5145
4 <sup>th</sup>	Arlington	5520	9 <sup>th</sup>	Cambridge	4940
5 <sup>th</sup>	Shaker	5500	10 <sup>th</sup>	Voorheesville	4905

## Overall Body Weight to Weight Lifted %

Place	Name	School	Age	Weight	Body Wt %
1 <sup>st</sup>	Dan Whitely	Voorheesville	17	197	2.35
2 <sup>nd</sup>	Jake Goldblum	Cambridge	16	148	2.33
3 <sup>rd</sup>	Rashawn Moore	Troy	17	160	2.30
4 <sup>th</sup>	Marcus Hepp	Lansingburgh	18	182	2.25