

2011 The Top Form Lift Off Results

Female Results

14 – 15		Under 150 Pounds			Over 150 Pounds		
Bench	Gold						
	Silver						
Squat	Gold						
	Silver						
Dead Lift	Gold						
	Silver						

16 – 18		Under 150 Pounds			Over 150 Pounds		
Bench	Gold						
	Silver						
Squat	Gold						
	Silver						
Dead Lift	Gold						
	Silver						

	Individual Three Lift Total			Individual Body Weight to Weight Lifted %		
Gold						
Silver						

	Team Three Lift Total		Team Body Weight to Weight Lifted %	
Gold				

 **NEW Lift Off Record**
**** Tied Lift Off Record**

2011 The Top Form Lift Off Results

Male Results (14-15 Years Old)

14-15 Years Old		Under 150 Pounds			171 – 200 Pounds		
Bench	Gold	Deven Koehler	Shaker	210 lbs	Chris Smith	Columbia	250 lbs
	Silver	Adam Rafferty	Shaker	210 lbs	Eric Palmer	Shaker	205 lbs
Squat	Gold	Deven Koehler	Shaker	315 lbs	Eric Palmer	Shaker	365 lbs
	Silver	Brandon Safford	Shaker	290 lbs	Brad Tempel	Columbia	365 lbs
Dead Lift	Gold	Deven Koehler	Shaker	365 lbs	Eric Palmer	Shaker	430 lbs
	Silver	Robert Herse	Green Tech	345 lbs	Chris Smith	Columbia	425 lbs

14-15 Years Old		150 – 170 Pounds			Over 200 Pounds		
Bench	Gold	Anthony Gullo 🏆	Columbia	315 lbs	El-Shaddi VanHoesen 🏆	Columbia	325 lbs
	Silver	Nick Dodd	Shaker	230 lbs	Schuyler Huntington	Shaker	295 lbs
Squat	Gold	Anthony Gullo 🏆	Columbia	435 lbs	El-Shaddi VanHoesen	Columbia	500 lbs
	Silver	Lumas Rice 🏆	Green Tech	415 lbs	Bill Dibacco	Shaker	420 lbs
Dead Lift	Gold	Lumas Rice	Green Tech	430 lbs	El-Shaddi VanHoesen **	Columbia	555 lbs
	Silver	Anthony Gullo	Columbia	415 lbs	Dylan Quay	Shaker	450 lbs


Individual Three Lift Total 14-15 Year Olds			
Gold	El-Shaddi VanHoesen 🏆	Columbia	1380 lbs
Silver	Anthony Gullo	Columbia	1165 lbs
Bronze	Dylan Quay	Shaker	1125 lbs


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Male Results (16-18 Years Old)

16-18 Years Old		Under 150 Pounds			171 – 200 Pounds		
Bench	Gold	Matt Mancino	Columbia	245 lbs	Zach Marsh	Shaker	250 lbs
	Silver	Adam Mimms	Cambridge	220 lbs	Jonathan Perez	Green Tech	245 lbs
Squat	Gold	Matt Mancino	Columbia	325 lbs	Jonas Goodell	Columbia	405 lbs
	Silver	Brandon Souza	Shaker	315 lbs	Xavier Miller	Green Tech	400 lbs
Dead Lift	Gold	Matt Mancino	Columbia	445 lbs	Jonas Goodell 	Columbia	575 lbs
	Silver	Marlon Gedeon	Shaker	400 lbs	Jonathan Perez	Green Tech	405 lbs

16-18 Years Old		150 – 170 Pounds			Over 200 Pounds		
Bench	Gold	Kenny Jackson	Shaker	250 lbs	Pat Keegan 	Columbia	430 lbs
	Silver	Shaquille James	Columbia	215 lbs	Josh McKittrick	Salem	275 lbs
Squat	Gold	Kenny Jackson	Shaker	350 lbs	Pat Keegan	Columbia	600 lbs
	Silver	Quamere Brown	Green Tech	330 lbs	Justin Snide	Columbia	420 lbs
Dead Lift	Gold	Jamison Kuhn	Shaker	425 lbs	Pat Keegan	Columbia	550 lbs
	Silver	Nick Gaudreau	Salem	375 lbs	Stepfan Jones	Green Tech	465 lbs

Individual Three Lift Total 16-18 Year Olds			
Gold	Pat Keegan 	Columbia	1580 lbs
Silver	Jonas Goodell	Columbia	1220 lbs
Bronze	Justin Snide	Columbia	1135 lbs

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Overall Body Weight to Weight Lifted %

Place	Name	School	Age	Weight	Body Wt %
1 st	Pat Keegan	Columbia	17	211	2.50
2 nd	Anthony Gullo	Columbia	15	169	2.30
3 rd	Jonas Goodell	Columbia	17	177	2.30
4 th	Matt Mancino	Columbia	17	149	2.27

Team Body Weight to Weight Lifted %

Place	School	Body Wt %	Place	School	Body Wt %
1 st	Columbia 	2.26	5 th	Cambridge	1.33
2 nd	Shaker	2.00			
3 rd	Green Tech	1.90			
4 th	Salem	1.55			

Team Three Lift Total

Place	School	Weight
1 st	Columbia 	6480
2 nd	Shaker	5305
3 rd	Green Tech	5035
4 th	Salem	4000
5 th	Cambridge	3965

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