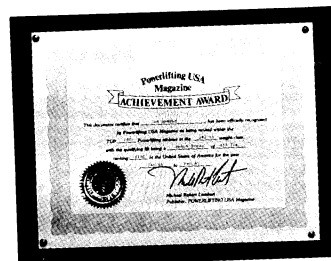


TOP 100

For standard 123 lb./56 kg. USA lifters in results received from June/2002 thru May/2003

PL USA Top 100 Achievement Awards



SQUAT

1	518 Ewoldsen, M..11/23/02
2	479 Whigham, A..7/13/02
3	460 Kamp, M..3/22/03
4	450 Holloway, D..2/8/03
5	435 Leoni, R..4/12/03
6	429 Kiletico..9/13/02
7	415 Wong, P..11/9/02
8	415 Garcia, R..3/22/03
9	410 Burkey, J..6/22/02
10	410 Baltazar, S..3/22/03
11	410 Clanton, J..3/22/03
12	402 Niedoliwka, V..6/14/02
13	402 Kerr, D..3/1/03
14	391 Hafenbrack, S..5/31/02
15	391 Scruggs, J..3/29/03
16	386 Rosen, L..5/2/03
17	385 Kahaneck, E..3/22/03
18	385 Whitlock, E..3/22/03
19	380 Amsden..9/12/02
20	380 Whitfield, N..10/22/02
21	380 Yarbrough, J..3/22/03
22	375 Polk, M..3/22/03
23	375 Wilburn, T..4/12/03
24	375 Meadows, S..5/2/03
25	374 Harvey, H..6/14/02
26	369 Rinn, S..11/9/02
27	365 Holliman, C..3/22/03
28	365 Brown, J..3/22/03
29	363 Montez, G..5/31/02
30	360 Trejo, D..3/22/03
31	360 Rodriguez, M..3/22/03
32	360 Baffoe, M..3/22/03
33	355 Gonzalez, B..3/22/03
34	350 Rodea, L..3/22/03
35	350 Martinez, C..3/22/03
36	345 Oliver, J..3/14/03
37	335 Scott, J..3/14/03
38	335 Jones, W..3/22/03
39	330 Maupin, M..11/23/02
40	330 Livingston..12/15/02
41	330 Ballard, R..4/26/03
42	330 Barleen, D..5/2/03
43	325 Smith, O.B..3/22/03
44	320 Guzman, M..3/22/03
45	319 Nogle, C..12/7/02
46	319 Stein, E..1/24/03
47	315 Wilson..10/12/02
48	315 Hernandez, J..11/2/02
49	315 Blanchard..11/30/02
50	315 Trotz, F..3/2/03
51	315 Silva, A..3/14/03
52	315 Jackson, S..3/14/03
53	314 Hatfield, B..6/14/02
54	310 Rogers, T..1/11/03
55	305 McKell, J..2/15/03
56	305 Houston, K..3/22/03
57	303 Karras, D..6/14/02
58	303 Blessinger, A..5/31/02
59	303 Trzaskus, N..6/14/02
60	303 Pulchny, P..8/9/02
61	303 Murphy, G..10/26/02
62	303 Motter, A..11/9/02
63	300 Toro..7/21/02
64	300 Lidester, S..3/14/03
65	300 Miller, J..3/14/03
66	295 Williams, C..3/14/03
67	292 Hitchcock, A..1/24/03
68	292 Cunningham..1/24/03
69	286 Roberts, J..5/31/02
70	286 Mooney, C..10/02
71	285 Santamaria..3/14/03
72	281 Bray, J..6/15/02
73	281 Plata, M..8/9/02
74	281 Burchfield, T..11/9/02
75	281 Newman, S..1/24/03
76	281 Hughes, H..3/15/03
77	280 Hoek, C..2/8/03
78	280 Dupuis, D..3/8/03
79	280 Karol, A..3/14/03
80	280 White, L..3/14/03
81	280 Shorter, H..3/14/03
82	280 Baer, S..3/14/03
83	280 McClosky..5/4/03
84	280 Jinkins, C..5/17/03
85	275 Massey..6/1/02
86	275 Awalt, A..11/23/02
87	275 Matt, A..11/23/02
88	275 Whidden..11/23/02
89	270 Jackson, D..10/26/02
90	270 Delrie, R..1/11/03
91	270 Nimphius, S..3/8/03
92	270 Jovanovich..3/14/03
93	270 Goodman, J..4/19/03
94	270 Nitzken, D..5/23/03
95	265 Simons..1/18/03
96	265 King, M..3/14/03
97	264 Burreis, M..6/15/02
98	264 Lee, S..10/26/02
99	264 Bernal, D..3/29/03
100	264 Williams, J..4/19/03

BENCH

374	Booker, M..12/7/02
325	Wong, P..7/13/02
292	Ewoldsen, M..11/23/02
280	Snell, K..6/22/02
275	Zehr..5/18/03
270	Fellows, S..8/24/02
270	Kiletico..9/13/02
270	Hagendorf, J..3/29/03
259	Barleen, D..5/2/03
255	Holloway, D..2/8/03
255	Hrenchir, A..3/29/03
253	Whigham, A..7/13/02
253	Sanders, B..11/14/02
248	Niedoliwka, V..6/14/02
248	Meadows, S..7/13/02
245	Kahaneck, S..3/22/03
242	Montez, G..5/31/02
242	Dickey, D..7/26/02
242	Scruggs, J..11/23/02
240	Baltazar, S..3/22/03
240	Gonzalez, B..3/22/03
236	Harvey, H..6/14/02
236	Rinn, S..11/9/02
236	Tellez, M..12/7/02
235	Massey..6/1/02
231	Hafenbrack..5/31/02
231	Leoni, R..4/12/03
230	Yarbrough, J..3/22/03
227	Severin, M..6/15/02
222	Burkey, J..10/02
225	Antrim, J..1/18/03
225	Bechtel, J..3/29/03
220	Lamb, B..6/8/02
220	Blanchard..11/30/02
220	Guzman, M..3/22/03
215	Horne, R..7/27/02
215	Poellinger, B..10/19/02
215	Raburn, J..10/27/02
215	Garcia, R..3/22/03
215	Brown, J..3/22/03
214	Amsden..1/24/03
214	Deck, C..3/8/03
214	Ballard, R..4/26/03
214	Hawkin, S..5/17/03
210	Gilpin, P..11/16/02
210	Rodea, L..3/22/03
209	Murphy, G..3/1/03
205	Mattys, S..7/02
205	Kamp, M..3/22/03
205	Clanton, J..3/22/03
205	Trejo, D..3/22/03
203	Mooney, C..3/8/03
200	Toro..7/21/02
200	Smith, O.B..3/22/03
198	Karras, D..6/30/02
198	Lee, S..10/26/02
198	Magierek, T..3/15/03
198	Rosen, L..5/2/03
195	Campos, S..6/1/03
195	Simpson, C..10/26/02
195	Sosa, R..12/1/02
195	Baffoe, M..3/22/03
195	Holliman, C..3/22/03
195	Martinez, C..3/22/03
193	Schultz, M..12/7/02
192	Bray, J..6/15/02
192	Whitfield, N..10/22/02
192	Myers, C..11/14/02
190	Hernandez, J..11/2/02
190	Rogers, T..1/11/03
190	Karol, A..3/14/03
190	Rodriguez, M..3/22/03
187	Maupin, M..11/23/02
187	Boggs, B..4/12/03
185	Burgamy, L..9/21/02
185	Patterson, C..10/19/02
185	Trotz, F..3/2/03
185	Polk, M..3/22/03
185	Houston, K..3/22/03
181	Trudell, J..6/30/02
181	Burge, K..7/26/02
181	Awalt, A..11/23/02
181	Nash, M..3/1/03
180	Wilson..10/12/02
180	Hoek, C..2/8/03
180	Silvas, A..3/14/03
180	Whitlock, E..3/22/03
180	Murray, H..5/17/03
180	Jones, J..5/17/03
180	Davis..5/18/03
176	Womack, J..6/1/02
176	Trzaskus, N..6/14/02
176	Portugal, R..11/9/02
176	Green, J..11/14/02
176	Livingston, K..12/15/02
176	Stein, E..3/15/03
176	Roberts, J..5/31/03
175	Simon, Z..6/8/02
175	Broadhurst..3/22/03
175	Sayers, C..4/26/03

DEADLIFT

560	Holloway, D..2/8/03
534	Ewoldsen, M..11/23/02
501	Sanders, B..11/14/02
486	Niedoliwka, V..6/14/02
485	Whigham, A..7/13/02
485	Scruggs, J..11/23/02
475	Snell, K..6/22/02
473	Montez, G..5/31/03
470	Garcia, R..3/22/03
468	Meadows, S..7/13/02
451	Kerr, D..3/1/03
451	Leoni, R..4/12/03
445	Trejo, D..3/22/03
440	Kiletico..9/13/02
435	Yarbrough, J..3/22/03
430	Wong, P..11/9/02
429	Harvey, H..6/14/02
429	Rosen, L..5/2/03
425	Houston, K..3/22/03
424	Hafenbrack..5/31/03
420	Gonzalez, B..3/22/03
420	Whitlock, E..3/22/03
420	Polk, M..3/22/03
420	Rodriguez, M..3/22/03
418	Barleen, D..5/2/03
415	Smith, O.B..3/22/03
410	Baffoe, M..3/22/03
407	Amsden..9/12/02
407	Livingston, K..12/15/02
405	Sawyer..7/27/02
405	Rogers, T..1/11/03
405	Baltazar, S..3/22/03
402	Myers, C..11/14/02
402	Goodman, J..4/19/03
400	Clanton, J..3/22/03
400	Rodea, L..3/22/03
391	Stein, E..3/15/03
390	Hernandez, J..11/2/02
390	Oliver, J..3/14/03
385	Kahaneck, J..3/22/03
385	Holliman, C..3/22/03
385	Jones, W..3/22/03
374	Bray, J..6/15/02
374	Mooney, C..10/02
370	Kamp, M..3/22/03
370	Guzman, M..3/22/03
370	Nogle, C..5/3/03
369	Whitfield, N..10/22/02
365	Dupuis, D..3/8/03
363	Gordon, K..11/14/02
363	Roberts, J..5/31/03
360	Simons..1/18/03
358	Karras, D..6/14/02
358	Livingston, L..11/14/02
355	Campos, S..6/1/02
355	Martinez, C..3/22/03
355	Reed, J..3/22/03
352	Trzaskus, N..6/14/02
352	Harrison, L..7/27/02
352	Jackson, D..10/26/02
352	Booker, M..12/7/02
350	Blanchard, D..11/30/02
350	Lidester, S..3/14/03
350	Brock, M..5/18/03
349	Hughes, H..3/15/03
347	Lee, S..10/26/02
345	Craig, K..11/2/02
341	Pulchny, P..8/9/02
341	Blackwell, D..8/9/02
341	Maupin, M..11/23/02
340	Toro..7/21/02
340	Patterson, C..10/19/02
340	Coleman, C..10/19/02
340	Williams, C..3/14/03
340	Sayers, C..4/26/03
336	Hitchcock, A..1/24/03
336	Ballard, R..4/26/03
335	Alexander, T..3/14/03
335	Miller, J..3/14/03
335	McClosky..5/4/03
330	Meyer, J..6/1/02
330	Karol, A..3/14/03
330	Wilson..3/14/03
330	Brown, J..3/22/03
330	Hrenchir, A..4/27/03
330	Jinkins, C..5/17/03
326	Baqui, C..9/28/02
325	Hatfield, B..6/14/02
325	Rinn, S..11/9/02
325	Rosales-Bui..11/14/02
325	Amos, D..11/14/02
325	Awalt, A..11/23/02
325	Sosa, R..12/1/02
325	Delrie, R..11/11/03
325	Trotz, F..3/2/03
325	Nimphius, S..3/8/03
325	King, M..3/14/03
320	Hoek, C..2/8/03
320	David, J..3/1/03
320	Silvas, A..3/14/03

TOTAL

1344	Ewoldsen, M..11/23/02
1265	Holloway, D..2/8/03
1218	Whigham, A..7/13/02
1165	Wong, P..11/9/02
1140	Kiletico..9/13/02
1135	Niedoliwka, V..6/14/02
1113	Scruggs, J..3/29/03
1100	Garcia, R..3/22/03
1085	Meadows, S..5/2/03
1080	Montez, G..5/31/03
1074	Leoni, R..4/12/03
1055	Baltazar, S..3/22/03
1047	Hafenbrack, M..5/31/03
1045	Yarbrough, J..3/22/03
1041	Harvey, H..6/14/02
1035	Kamp, M..3/22/03
1025	Rosen, L..5/2/03
1015	Gonzalez, B..3/22/03
1015	Clanton, J..3/22/03
1015	Kahaneck, J..3/22/03
1014	Amsden..9/12/02
1010	Trejo, D..3/22/03
1008	Kerr, D..3/1/03
1008	Barleen, D..5/2/03
985	Whitlock, E..3/22/03
980	Polk, M..3/22/03
970	Rodriguez, M..3/22/03
965	Baffoe, M..3/22/03
960	Rodea, L..3/22/03
945	Holliman, C..3/22/03
942	Whitfield, N..10/22/02
940	Smith, O.B..3/22/03
931	Rinn, S..11/9/02
915	Houston, K..3/22/03
914	Livingston, K..12/15/02
910	Burkey, J..6/22/02
910	Guzman, M..3/22/03
910	Brown, J..3/22/03
905	Rogers, T..1/11/03
900	Martinez, C..3/22/03
895	Hernandez, J..11/2/02
890	Jones, W..3/22/03
885	Blanchard, D..11/30/02
885	Oliver, J..3/14/03
881	Ballard, R..4/26/03
876	Stein, E..1/24/03
866	Nogle, C..5/3/03
860	Nogle, C..5/3/03
859	Maupin, M..11/23/02
854	Mooney, C..10/02
848	Karras, D..6/14/02
848	Bray, J..6/15/02
840	Toro..7/21/02
837	Goodman, J..4/19/03
832	Trzaskus, N..6/14/02
826	Roberts, J..5/31/03
825	Massey..6/1/02
825	Trotz, F..3/2/03
815	Silvas, A..3/14/03
810	Lee, S..10/26/02
805	Campos, S..6/1/02
805	Wilson..10/12/02
805	Dupuis, D..3/8/03
805	Lidester, S..3/14/03
804	Pulchny, P..8/9/02
795	Simons..1/18/03
795	Miller, J..3/14/03
793	Hatfield, B..6/14/02
793	Hitchcock, A..1/24/03
790	Williams, C..3/14/03
785	Scott, J..3/14/03
782	Murphy, G..10/26/02
782	Awalt, A..11/23/02
782	Hughes, H..3/15/03
780	Hoek, C..2/8/03
777	Blessinger, A..5/31/03
770	Karol, A..3/14/03
766	Jackson, D..10/26/02
760	Nash, M..3/1/03
750	McClosky..5/4/03
749	Cunningham, A..1/24/03
745	Meyer, J..6/1/02
745	Jinkins, C..5/17/03
744	Newman, S..1/24/03
735	Delrie, R..11/11/03
730	Horne, R..7/27/02
730	Sosa, R..12/1/02
730	Nitzken, D..5/23/03
725	Reed, J..3/22/03
725	Alexander, T..3/14/03
725	White, L..3/14/03
722	Blackwell, D..8/9/02