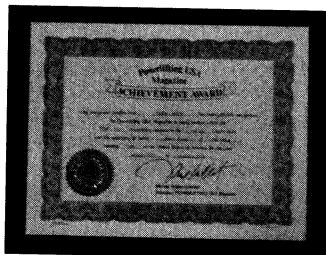


TOP 100

For standard 198 lb./90 kg. USA lifters in results received from November/03 thru December/04

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 220s

CORRECTIONS ... Glen Thomas should have been included in the TOP 100 rankings for the Middleweights in the Dec/03 issue of PL USA for his bench press of 380 lbs. This was our mistake and we are sending him a free ranking certificate to make up for our oversight. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Post Office Box 467, Camarillo, CA 93011 and we will do the research to resolve any questions. Sometimes we don't receive the results of meets in time to make the compilation of a list.

ATTENTION: Masters, Teens, Women ... the 2004 TOP 20 rankings for those categories will be coming up in the May issue of POWERLIFTING USA .. if you haven't seen your results in PL USA yet, give us a call so we can pre-verify your accomplishments and include them in the lists.

SQUAT

- 1 900 Kamand, T..12/13/03
- 2 860 Harrington, P..7/10/04
- 3 859 Cartinian, M..10/9/04
- 4 815 Coleman, A..10/9/04
- 5 810 Frankl, S..11/29/03
- 6 810 Caplan, M..5/8/04
- 7 804 Coe, M..11/8/03
- 8 788 Nesti, E..10/31/04
- 9 785 Tracy, B..6/26/04
- 10 755 Thomas, J..10/23/04
- 11 750 Maxwell, M..7/10/04
- 12 750 Lavelle, T..11/20/04
- 13 749 Warren, C..4/3/04
- 14 744 Benemerito, R..4/10/04
- 15 733 Pena, J..1/10/04
- 16 733 Kegrice, J..4/24/04
- 17 710 Gugino, M..7/10/04
- 18 710 Kanemoto, K..10/13/04
- 19 705 Mastrean, M..11/30/03
- 20 705 Norman, J..4/3/04
- 21 705 Chalmers, S..6/26/04
- 22 705 Brown, M..10/2/04
- 23 705 Brantley, W..11/6/04
- 24 705 Buckley, T..11/6/04
- 25 705 Brandon, M..12/11/04
- 26 700 Brown, J..4/4/04
- 27 700 Hailey, S..4/4/04
- 28 700 Aubuchon, S..11/20/04
- 29 699 Evans, C..4/3/04
- 30 694 Divine, N..11/8/03
- 31 694 Beck, J..7/10/04
- 32 690 Terry, C..4/24/04
- 33 683 Jay, J..3/28/04
- 34 680 Einfalt, L..12/21/03
- 35 675 Fox, E..4/3/04
- 36 675 Neff, C..4/4/04
- 37 672 Flesh, W..3/21/04
- 38 672 Sotirakos, G..3/28/04
- 39 672 Rebera, J..8/22/04
- 40 672 Fleming, D..10/13/04
- 41 670 Ingravera, R..11/20/04
- 42 661 Durocher, S..3/27/04
- 43 661 Wisenbaker, J..4/3/04
- 44 661 Knutson, J..8/8/04
- 45 661 Van Cleave, M..8/7/04
- 46 655 Dorsten, C..3/21/04
- 47 655 Rendon, C..3/27/04
- 48 655 Bush, K..3/13/04
- 49 650 Jester, J..4/4/04
- 50 650 Scott, J..4/4/04
- 51 650 Young, B..4/10/04
- 52 650 Willett, M..4/17/04
- 53 650 Becker, B..8/7/04
- 54 650 Serio, A..8/21/04
- 55 650 Baker, S..9/18/04
- 56 650 Massie, A..11/6/04
- 57 650 Schmidt, J..11/20/04
- 58 650 Reece, H..11/20/04
- 59 650 Kelly, T..12/11/04
- 60 644 Solomon, M..8/14/04
- 61 644 Wade, T..8/14/04
- 62 644 Clark, R..10/31/04
- 63 639 Thompson, J..2/15/04
- 64 639 Solan, D..3/21/04
- 65 639 Garland, T..4/3/04
- 66 635 Lunsford, R..3/20/04
- 67 635 Rowe, B..11/28/04
- 68 633 Rhoades, D..11/9/03
- 69 633 McNeish, K..11/28/03
- 70 633 Jones, G..5/1/04
- 71 630 McNutt, R..4/4/04
- 72 630 Campbell, M..11/20/04
- 73 628 Matteo, J..11/30/03
- 74 628 Fletcher, H..8/7/04
- 75 628 Villarreal, J..10/16/04
- 76 625 Brostrom, T..12/6/03
- 77 625 Gibson, T..3/13/04
- 78 625 Beck, S..15/04
- 79 622 Gianetti, A..11/27/03
- 80 622 Fredette, B.J..3/28/04
- 81 622 Placek, M..5/8/04
- 82 622 Williams, B..5/8/04
- 83 622 Baker, E..10/31/04
- 84 620 Edwards, T..3/14/04
- 85 620 Griffin, A..4/4/04
- 86 620 Weller, T..6/26/04
- 87 620 Enes, J..9/18/04
- 88 617 Rouse, J..12/6/03
- 89 617 Kirkland, K..11/6/04
- 90 611 Evans, L..3/27/04
- 91 611 Williams, R..8/22/04
- 92 611 Buffington, G..11/13/04
- 93 610 Walters, G..12/6/03
- 94 610 Merchlewiter, J..4/24/04
- 95 610 Gentges, N..9/18/04
- 96 606 Jackson, E..11/2/03
- 97 606 Green, G..2/15/04
- 98 606 Lichtenberger, M..4/3/04
- 99 606 Flickinger, W..4/10/04
- 100 606 Baker, D..11/30/04

BENCH

- 685 Rabine, S..9/25/04
- 645 McVicar, J..12/21/03
- 633 Wolfley, M..9/25/04
- 606 Daly, R..9/25/04
- 600 Cartinian, M..8/7/04
- 600 Pigue, D..12/4/04
- 595 Frankl, S..2/04
- 585 Schmalz, C..2/21/04
- 584 Warrington, G..8/22/04
- 573 McAuliffe, J..12/04/04
- 570 Einfalt, L..12/21/03
- 570 Celli, R..3/28/04
- 570 Gugino, M..5/22/04
- 562 Coleman, A..10/9/04
- 555 Heck, B..11/8/03
- 555 Brandon, M..12/11/04
- 551 Brantley, W..11/6/04
- 540 Jester, J..4/4/04
- 540 Morishima, E..11/13/04
- 535 Swanson, B..12/6/03
- 535 Whitney, J..11/13/04
- 534 Hill, R..11/29/03
- 530 Coe, M..8/21/04
- 530 Bianchi, J..9/26/04
- 529 Simon, N..10/2/04
- 525 Tracy, B..4/4/04
- 525 Planchon, A..11/13/04
- 523 Evans, C..4/3/04
- 520 Dixon, D..12/6/03
- 520 McNutt, R..12/20/03
- 520 Merchlewiter, J..4/24/04
- 520 Harrington, P..7/10/04
- 512 Wood, R..5/2/04
- 512 Alvarado, J..7/10/04
- 510 Williams, R..10/23/04
- 507 Shalkowski, B..12/12/03
- 507 Kanemoto, K..12/12/03
- 507 Lane, G..4/3/04
- 507 Benemerito, R..4/10/04
- 505 Brown, J..4/4/04
- 503 Gardner, J..11/13/04
- 502 Thomas, P..3/21/04
- 501 Lichtenberger, M..4/3/04
- 501 Jones, O..5/2/04
- 501 Baker, B..7/24/04
- 501 Bishop, B..8/14/04
- 501 Arendell, M..9/11/04
- 501 Brown, M..10/16/04
- 500 Ramos, T..11/1/03
- 500 Cutillo, C..11/8/03
- 500 Marrama, R..3/28/04
- 500 Neff, C..4/4/04
- 500 Bellanca, D..4/17/04
- 500 Vance, B..4/24/04
- 500 Lowe, D..6/26/04
- 500 Kielczweski, R..6/27/04
- 500 Watts, S..8/8/04
- 500 Stevens, A..9/25/04
- 500 Hartlaub, S..11/20/04
- 500 Lavelle, T..11/20/04
- 500 Kelly, T..12/11/04
- 495 Mattson, K..6/27/04
- 490 Smith, J..12/12/03
- 490 Gingg, R..5/22/04
- 490 Boyle, S..11/13/04
- 486 Jewett, T..11/13/04
- 485 Gianetti, A..11/27/03
- 485 Ferrell, G..5/1/04
- 485 Hansen, C..5/16/04
- 485 Dechicko, N..9/11/04
- 485 Lopez, R..9/18/04
- 485 Nesti, E..10/31/04
- 485 Vining, J..1/17/04
- 485 Coleman, M..12/11/04
- 480 Hailey, S..5/15/04
- 480 Banks, L..7/17/04
- 480 Chesmond, J..12/4/04
- 479 Pena, J..1/10/04
- 479 Thompson, J..2/15/04
- 479 Goode, B..4/3/04
- 479 Farley, K..5/2/04
- 479 Dussault, S..5/2/04
- 475 Reese, T..2/14/04
- 475 Spinelli, S..3/13/04
- 475 Schroeck, J..3/27/04
- 475 Crabtree, C..3/27/04
- 475 Power, J..5/2/04
- 475 Dailing, C..6/13/04
- 475 Young, B..7/10/04
- 475 Smith, C..7/10/04
- 475 Miller, M..8/8/04
- 475 Gentges, N..9/18/04
- 475 Sceppe, S..11/6/04
- 475 Elick, J..11/13/04
- 475 Prusznicki, J..12/4/04
- 475 Capps, D..12/4/04
- 475 Legg, D..12/12/04
- 473 Burdette, J..11/29/03
- 473 Omura, W..12/12/03
- 473 Sotirakos, G..3/28/04

DEADLIFT

- 777 Terry, C..11/1/03
- 767 Eiseman, T..5/29/04
- 735 Meyers..8/7/04
- 727 Jackson, A..8/28/04
- 705 Caprari, T..12/12/03
- 705 Lewis, R..11/13/04
- 700 Henriques, T..12/6/03
- 694 Beck, J..7/10/04
- 694 Kegrice, J..10/16/04
- 690 Saltzman, C..3/20/04
- 688 Benemerito, R..11/8/03
- 688 Ray, J..11/13/04
- 683 Mastrean, M..11/30/03
- 683 Thompson, J..2/15/04
- 677 Frankl, S..11/29/03
- 672 Warren, C..4/3/04
- 672 Simon, N..10/2/04
- 672 Coleman, A..10/9/04
- 666 Linn, T..8/14/04
- 660 O'Reilly, J..3/6/04
- 660 Nulman, A..3/21/04
- 655 Sotirakos, G..3/28/04
- 655 Welch, L..8/22/04
- 650 McNeish, K..11/28/03
- 650 McShane, J..12/13/03
- 650 Coe, M..3/6/04
- 650 Boyd, J.B..3/20/04
- 650 Garrett, K..3/20/04
- 650 Neff, C..4/4/04
- 650 Harrington, P..7/10/04
- 650 Lemarie, S..7/10/04
- 650 Givens, G..7/24/04
- 650 Kirkland, K..11/6/04
- 650 Bischoff, M..11/13/04
- 645 Slaybaugh, C..12/6/03
- 644 Moore, J..7/25/04
- 644 Brandon, M..3/6/04
- 640 Shelton, T..2/28/04
- 640 Timonen, S..3/6/04
- 640 Rendon, C..3/27/04
- 640 Jordan..5/15/04
- 640 Dailing, C..6/13/04
- 640 Smith, C..7/31/04
- 639 Dorsten, J..12/14/03
- 639 Olsen, S..3/27/04
- 639 Norman, J..4/3/04
- 639 Placek, M..5/8/04
- 639 Caplan, M..10/13/04
- 639 Nesti, E..10/31/04
- 639 Clark, R..10/31/04
- 635 Beechum, K..3/27/04
- 633 Hinrichs, J..3/27/04
- 633 Woodley, L..9/26/04
- 633 Williams, T..10/30/04
- 630 Gibson, T..12/6/03
- 630 Enes, J..4/17/04
- 628 Hermann, S..12/12/03
- 625 Kamand, T..12/13/03
- 625 Tracy, B..4/4/04
- 625 Davis..4/24/04
- 625 Serio, A..8/21/04
- 625 Jeschenig, S..9/18/04
- 625 Schmidt, J..11/20/04
- 625 Moore, C..12/11/04
- 622 Rhoades, D..11/9/03
- 622 Schmidt, B..11/30/03
- 622 Woods, J..12/14/03
- 622 Linguist, S..2/21/04
- 622 Wisenbaker, J..4/3/04
- 622 Cervero, J..5/1/04
- 622 Williams, B..4/8/04
- 622 Brown, M..6/6/04
- 622 Douglas, J..5/15/04
- 622 Solomon, M..8/14/04
- 622 McCashe, M..8/14/04
- 620 Lee, R..3/27/04
- 620 Gugino, M..7/10/04
- 620 Aubuchon, S..11/20/04
- 620 Ingravera, R..11/20/04
- 617 Divine, N..11/8/03
- 617 Green, G..2/15/04
- 617 Jones, R..4/3/04
- 617 Willett, M..4/17/04
- 617 Richesson, L..11/13/04
- 615 Dave, N..6/5/04
- 615 Maxwell, M..7/10/04
- 615 Crigger, T..10/23/04
- 615 Legard, J..11/20/04
- 611 Belanger, D..12/6/03
- 611 Dally, J..3/20/04
- 611 Jones, G..5/1/04
- 611 Fleming, D..5/8/04
- 611 Canton, J..8/24/04
- 611 Buffington, G..11/13/04
- 611 Blindauer, J..12/10/04
- 610 Campbell, M..11/20/04
- 607 Icenhour, J..5/19/04
- 606 Nasser, C..3/7/04
- 606 Villarreal, J..5/8/04
- 606 Ulvang, J..7/17/04

TOTAL

- 2072 Cartinian, M..10/9/04
- 2050 Coleman, A..10/9/04
- 2030 Harrington, P..7/10/04
- 2006 Frankl, S..11/29/03
- 1955 Kamand, T..12/13/03
- 1945 Coe, M..11/8/03
- 1935 Tracy, B..6/26/04
- 1934 Benemerito, R..4/10/04
- 1912 Nesti, E..10/31/04
- 1890 Brandon, M..12/11/04
- 1862 Beck, J..7/10/04
- 1857 Warren, C..4/3/04
- 1845 Caplan, M..5/8/04
- 1845 Gugino, M..7/10/04
- 1830 Maxwell, M..7/10/04
- 1825 Neff, C..4/4/04
- 1813 Pena, J..1/10/04
- 1810 Lavelle, T..11/20/04
- 1807 Terry, C..11/1/03
- 1807 Mastrean, M..11/30/03
- 1807 Brown, M..10/2/04
- 1820 Thompson, J..2/15/04
- 1802 Sotirakos, G..3/28/04
- 1796 Kegrice, J..4/24/04
- 1780 Einfalt, L..12/21/03
- 1774 Evans, C..4/3/04
- 1774 Brantley, W..11/6/04
- 1769 Norman, J..4/3/04
- 1765 Thomas, J..10/23/04
- 1745 Jester, J..11/20/04
- 1736 Fleming, D..10/13/04
- 1730 Divine, N..11/8/03
- 1730 Brown, J..4/4/04
- 1720 McNutt, R..4/4/04
- 1720 Aubuchon, S..11/20/04
- 1719 Rebera, J..8/22/04
- 1713 Kirkland, K..11/6/04
- 1710 Hailey, S..4/4/04
- 1708 Solomon, M..8/14/04
- 1703 Chalmers, S..6/26/04
- 1700 Gibson, T..3/13/04
- 1697 Durocher, S..3/27/04
- 1692 Kanemoto, K..10/13/04
- 1686 Dorsten, J..3/21/04
- 1686 Jones, G..5/1/04
- 1686 Clark, R..10/31/04
- 1685 Lunsford, R..3/20/04
- 1685 Crigger, T..10/23/04
- 1681 Wisenbaker, J..12/7/03
- 1681 Willett, M..4/17/04
- 1681 Villarreal, J..10/16/04
- 1675 Baker, S..9/18/04
- 1675 Kelly, T..12/11/04
- 1665 Ingravera, R..11/20/04
- 1664 McNeish, K..11/28/03
- 1660 Young, B..4/10/04
- 1660 Campbell, M..5/15/04
- 1658 Jay, J..3/28/04
- 1658 Lichtenberger, M..4/3/04
- 1647 Buffington, G..7/10/04
- 1642 Green, G..2/15/04
- 1642 Placek, M..5/8/04
- 1640 Serio, A..8/21/04
- 1640 Gentges, N..9/18/04
- 1636 Gianetti, A..11/27/03
- 1636 Williams, B..7/10/04
- 1636 Linn, T..8/14/04
- 1635 Soule, J..12/11/04
- 1631 Baker, E..10/31/04
- 1625 Schmidt, J..11/20/04
- 1620 Kratz, E..11/30/03
- 1620 Flesh, W..3/21/04
- 1620 Rendon, C..3/27/04
- 1620 Buckley, T..11/6/04
- 1615 Henriques, T..12/6/03
- 1615 Edwards, T..3/14/04
- 1615 Givens, F..7/24/04
- 1614 Belanger, D..12/6/03
- 1614 Knutson, J..5/8/04
- 1603 Schmidt, B..11/30/03
- 1603 Garland, T..4/3/04
- 1600 Walters, G..12/6/03
- 1600 Thomas..2/9/04
- 1600 Fox, E..4/3/04
- 1600 Griffin, A..4/4/04
- 1598 Saltzman, C..3/20/04
- 1598 Hinrichs, J..3/27/04
- 1598 Flickinger, W..4/10/04
- 1598 Fletcher, H..8/7/04
- 1598 Cooper, D..11/20/04
- 1595 Shelton, T..2/28/04
- 1595 Smith, C..7/31/04
- 1590 Jordan..5/15/04
- 1587 Blindauer, J..2/21/04
- 1587 Olsen, S..3/27/04
- 1585 Merchlewiter, J..4/24/04
- 1585 Beck..5/15/04
- 1576 Burdette, J..11/29/03
- 1576 Timonen, S..2/21/04
- 1576 Toole, R..3/7/04