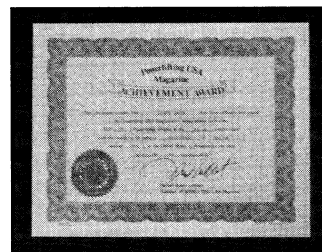


TOP 100

For standard 181 lb./82.5 kg. USA lifters in results received from Oct/03 through Nov/04

SQUAT	BENCH	DEADLIFT	TOTAL
1 843 Harrington, P. 3/6/04	617 Kilts, J. 9/25/04	755 Eiseman, T. 11/12/04	1978 Harrington, P. 11/8/03
2 804 Danforth, M. 3/6/04	597 Boldt, F. 9/25/04	716 Danforth, M. 11/8/03	1962 Danforth, M. 3/6/04
3 777 Dougherty, J. 11/8/03	595 Savino, G. 3/6/04	705 Woodley, L. 11/12/04	1956 Dougherty, J. 11/8/03
4 760 Palmer, R. 10/9/04	567 Schmalz, C. 9/25/04	700 Palmer, R. 10/26/03	1951 Palmer, R. 10/9/04
5 760 Maxwell, M. 11/20/04	565 Vargason, B. 9/11/04	694 Dougherty, J. 11/8/03	1824 McLawchlin, S. 7/10/04
6 710 Van Alstyne, M. 7/10/04	550 Salvagni, R. 12/13/03	694 Jackson, A. 12/13/03	1818 Bridges, M. 10/10/03
7 710 Larrisey, S. 9/18/04	540 Burdette, J. 8/14/04	683 Ricks, D. 7/10/04	1813 Ricks, D. 4/10/04
8 710 Rapp, B. 11/20/04	535 Osgood, D. 7/19/04	683 Decker, J. 7/10/04	1810 Rapp, B. 11/20/04
9 706 Bridges, M. 10/10/03	534 Satterfield, T. 11/29/03	677 McLawchlin, S. 7/10/04	1800 Maxwell, M. 11/20/04
10 705 Wambsgans. 11/15/03	530 Daly, R. 6/11/04	672 Bridges, M. 10/10/03	1765 Vargason, B. 11/15/03
11 705 Benedix, R. 11/28/03	529 Palmer, R. 10/9/04	672 Travis, D. 12/10/03	1746 Luckett, M. 8/7/04
12 705 Kirschen, D. 6/6/04	529 Walker, C. 11/12/04	670 Siwiak, S. 3/28/04	1745 James, A. 11/20/04
13 700 James, A. 11/20/04	523 Agmaro, A. J. 11/12/04	650 Vargason, B. 11/15/03	1735 Kirschen, D. 6/6/04
14 694 Ricks, D. 4/10/04	518 Coleman, M. 5/2/04	650 Redmon, B. 12/6/03	1718 Alday, L. 11/8/03
15 685 Brown, A. 10/30/04	518 Kirchner, L. 9/11/04	650 Ricchio, K. 1/24/04	1708 Decker, J. 7/10/04
16 683 McLawchlin, S. 7/10/04	512 Harrington, P. 3/20/04	650 Brown, A. 10/30/04	1700 Gibson, L. 3/13/04
17 683 Luckett, M. 8/7/04	501 DeMatteo, J. 5/2/04	640 Fahrenfeld, 10/23/04	1700 Piermattei, F. 7/10/04
18 680 Salvagni, R. 4/24/04	501 Furusho, T. 11/12/04	635 Braca, J. 6/13/04	1700 VanAlstyne, M. 7/10/04
19 677 Perkins, T. 8/15/04	501 Sanks, K. 11/12/04	633 Harrington, P. 11/8/03	1675 Salvagni, R. 11/7/03
20 672 Vaughn, E. 6/6/04	500 Lewis, T. 11/8/03	633 Garofalo, R. 5/1/04	1670 Brown, A. 10/30/04
21 665 Piermattei, F. 11/20/04	500 Crowe, B. 12/13/03	633 White, J. 7/10/04	1664 Vaughn, E. 6/6/04
22 661 Alday, L. 11/8/03	500 Masello, B. 3/21/04	630 Gibson, L. 12/6/03	1658 Benedix, R. 11/28/03
23 650 Roney, J. 4/4/04	500 Elick, J. 8/8/04	628 Wagner, R. 3/7/04	1650 Larrisey, S. 9/18/04
24 650 Urchick, J. 7/24/04	500 Proya, T. 9/11/04	628 Wade, M. 5/16/04	1642 Garofalo, R. 5/1/04
25 644 Baker, S. 6/6/04	500 Furnas, A. 10/10/04	622 White, E. 4/3/04	1642 Baker, S. 6/6/04
26 633 Bozelle, J. 4/17/04	485 Dougherty, J. 11/8/03	622 Byas, A. 5/1/04	1626 Ricchio, K. 1/24/04
27 633 Graham, D. 8/22/04	485 Rodriguez, M. 4/18/04	622 Reid, T. 7/10/04	1625 Jackson, A. 12/13/03
28 622 Pelletier, J. 3/28/04	485 Judah, S. 11/12/04	622 Fletcher, D. 9/19/04	1620 Wade, M. 4/3/04
29 622 Denton, T. 8/7/04	480 Strom, M. 7/17/04	620 Rapp, B. 11/20/04	1609 Wagner, R. 3/7/04
30 620 Gibson, L. 3/13/04	480 Smith, J. 9/11/04	617 Cantwell, J. 12/14/03	1603 DiCataldo, S. 7/10/04
31 615 Vargason, B. 11/15/03	480 Rapp, B. 11/20/04	610 Derks, A. 5/1/04	1587 Smith, C. 4/17/04
32 611 Decker, J. 11/1/03	479 Roberts, J. 10/11/03	606 Lewis, R. 12/10/03	1587 Reid, T. 7/10/04
33 611 Stone, P. 11/15/03	479 Mendoza, B. 7/10/04	606 Baker, S. 6/6/04	1587 Scully, B. 10/8/04
34 611 Smith, C. 4/17/04	479 Linerud, D. 11/12/04	606 DiCataldo, S. 7/10/04	1587 Brochu, G. 10/31/04
35 611 Garofalo, R. 5/1/04	475 Mamola, A. 4/24/04	606 Luckett, M. 8/7/04	1570 Wambsgans, F. 11/15/03
36 606 Wade, M. 4/3/04	475 Conner, T. 7/10/04	600 Alday, L. 11/8/03	1570 White, J. 11/16/03
37 606 Ruettiger, R. 3/21/04	473 Danforth, M. 11/8/03	600 Wambsgans. 11/15/03	1570 Blake, H. 4/10/04
38 606 DiCataldo, S. 7/10/04	473 Spires, K. 5/2/04	600 Brown. 2/9/04	1570 Perkins, T. 8/15/04
39 600 Kuligowski, J. 10/25/03	473 Lopez, R. 5/22/04	600 Cirigliano, R. 3/6/04	1565 Kuligowski, J. 10/25/03
40 600 Mills, J. 11/29/03	473 Kirshcen, D. 6/6/04	600 Halko, A. 3/7/04	1559 Tincher, B. 12/7/03
41 600 Adams, B. 11/29/03	473 Santarone, N. 11/12/04	600 Nemow, D. 3/20/04	1559 Bozelle, J. 4/17/04
42 600 Tincher, B. 12/7/03	473 Levering, B. 11/12/04	600 Moore, R. 3/27/04	1545 Roney, J. 4/4/04
43 600 Brown. 2/9/04	470 Menor, M. 4/17/04	600 Bell, C. 7/24/04	1545 Burdette, J. 8/14/04
44 600 Kwiatkowski, A. 3/27/04	470 James, A. 11/20/04	600 C. French, B. 7/31/04	1545 Maccanelli, J. 10/23/04
45 600 Nickerson, E. 3/27/04	468 Bridges, M. 7/10/04	600 Seitz, B. 8/8/04	1543 Richardson, K. 10/13/04
46 600 Thomas, D. 3/27/04	465 Stevens, A. 10/18/03	600 Richardson. 10/13/04	1537 Mills, J. 11/29/03
47 600 Cormier, M. 3/28/04	465 Mantia, B. 6/5/04	600 Maccanelli, J. 10/23/04	1535 Cagnolatti, D. 11/7/04
48 600 Hill, R. 4/3/04	462 Cunningham, J. 4/2/04	600 Alholm, E. 10/23/04	1532 Pullum, W. 12/6/03
49 600 Whitehead, D. 4/24/04	462 Zangl, G. 4/24/04	600 Walker, C. 11/12/04	1530 Moore, R. 3/27/04
50 600 Shakajhian, C. 7/10/04	462 McLawchlin, S. 7/10/04	600 Maxwell, M. 11/20/04	1526 Cormier, M. 3/28/04
51 600 Torrez, D. 8/15/04	462 Ricks, D. 7/10/04	590 Motichka. 10/25/03	1526 Hill, R. 4/3/04
52 600 Shanebrook, S. 9/11/04	462 Banks, L. 7/24/04	590 Bartt, M. 2/7/04	1526 Bonner, M. 8/7/04
53 600 Scully, B. 10/8/04	462 Bonner, M. 8/7/04	590 Hubert, S. 6/5/04	1525 Shakajhian, C. 7/10/04
54 600 Brochu, G. 10/31/04	462 Harris, R. 8/22/04	589 Pardue, T. 11/1/03	1521 Scholnick, H. 5/15/04
55 595 Gordon, J. 4/3/04	460 Piermattei, F. 7/10/04	589 Morrison, L. 7/10/04	1521 Boyer, B. 6/19/04
56 590 Ricchio, K. 1/24/04	457 Alday, L. 11/8/03	585 Rock. 10/25/03	1515 Voinovich, V. 11/16/03
57 589 Stancic, V. 10/9/04	455 Moorehead, B. 3/20/04	585 Dechicko, N. 3/21/04	1515 Kwiatkowski, A. 3/27/04
58 585 Moore, R. 3/27/04	455 Ryan. 8/7/04	585 Piermattei, F. 3/27/04	1515 Morrison, L. 7/10/04
59 585 Foreman, D. 3/27/04	452 Campbell, B. 12/10/03	585 Nickerson, E. 3/27/04	1504 Pardue, T. 11/1/03
60 585 Boutte, P. 5/8/04	451 Morishima, E. 3/21/04	585 Pogue, R. 4/24/04	1504 Hammers, D. 12/13/03
61 585 Gawlik, S. 9/25/04	451 Garcia, D. 7/24/04	584 Coats, M. 12/6/03	1504 Cantwell, J. 12/14/03
62 585 Maccanelli, J. 10/23/04	451 Hines, R. 9/11/04	584 Hagedorn, R. 12/10/03	1504 Halko, A. 3/7/04
63 584 Wiley, D. 5/1/04	450 Gibson, L. 12/6/03	584 Vaughn, E. 2/15/04	1504 Ruettiger, R. 3/21/04
64 580 Flowers, K. 3/27/04	450 Delgado, J. 4/17/04	584 Wright, C. 3/6/04	1504 White, E. 4/3/04
65 578 Richardson, K. 10/13/04	450 Lawler, C. 5/1/04	584 Blake, H. 4/10/04	1504 Stone, R. 7/24/04
66 578 Jones, M. 10/30/04	450 VanAlstyne, M. 7/10/04	584 Scully, B. 10/8/04	1504 Torrez, D. 8/15/04
67 577 Durant, R. 11/6/04	450 Brown, J. 9/11/04	580 Felton, D. 10/18/03	1500 Brown. 2/9/04
68 575 Lewis, T. 3/20/04	446 Blake, H. 4/10/04	580 Thomas. 2/9/04	1499 Ledoux, R. 11/15/03
69 573 Sumner, G. 11/28/03	440 Lenius, D. 11/22/03	580 Teeter, D. 3/20/04	1490 Urchick, J. 7/24/04
70 573 Jackson, A. 12/13/03	440 Wilson, F. 1/24/04	580 Joseph, M. 3/27/04	1488 Zangl, G. 12/6/03
71 573 Wilson, J. 3/21/04	440 Ciupinski, M. 9/11/04	580 Yeargin. 4/24/04	1488 Nemow, D. 11/6/04
72 573 Thomas, J. 3/21/04	440 Larrisey, S. 9/18/04	578 Green, R. 11/30/03	1485 Nickerson, E. 3/27/04
73 573 McMillian, G. 5/8/04	440 Strohine, T. 10/10/04	578 Petrus, M. 12/7/03	1482 Adams, B. 11/29/03
74 573 Scholnick, H. 5/15/04	440 Maxwell, M. 11/20/04	578 Chavez, D. 5/16/04	1482 Jones, M. 10/30/04
75 573 Ford, K. 6/6/04	435 Benedix, R. 11/28/03	578 James, A. 6/6/04	1481 Rouan, A. 11/20/04
76 573 Mendelson, S. 6/6/04	435 Arrandell, M. 2/15/04	578 McManus, S. 7/10/04	1475 Foreman, D. 3/27/04
77 573 Stone, R. 7/24/04	435 Keawe-Aiko, A. 5/2/04	578 Brochu, G. 10/31/04	1471 Redmon, B. 12/6/03
78 570 White, J. 11/16/03	435 Gentges, N. 6/12/04	575 Thomas, D. 3/27/04	1471 Pelletier, J. 3/28/04
79 565 Voinovich, V. 11/16/03	435 Noughton, D. 10/31/04	575 Athey, P. 6/5/04	1471 Kim, A. 6/26/04
80 565 Evans, J. 7/24/04	430 White, A. 8/22/04	575 Rijos-Soto. 8/7/04	1471 Graham, D. 8/22/04
81 565 Cagnolatti, D. 8/21/04	430 Bensa, C. 8/22/04	575 Sambianet, N. 11/13/04	1470 Fabiano, B. 12/13/03
82 565 Tanyz, 10/30/04	430 Cagnolatti, D. 11/7/04	573 Salvagni, R. 11/7/03	1470 Bartt, M. 2/7/04
83 562 Pullum, W. 12/6/03	429 Tincher, B. 12/7/03	573 McMillian, G. 5/8/04	1470 Gawlik, S. 9/25/04
84 562 Stark, J. 12/6/03	429 Sussman, J. 12/10/03	573 Brennan, E. 7/25/04	1467 Durant, R. 11/6/04
85 562 Kirchner, L. 1/24/04	429 Van Affelen. 12/14/03	570 Voinovich, V. 11/16/03	1465 Byas, A. 3/14/04
86 562 Boyer, B. 6/19/04	429 Wagner, R. 3/7/04	570 Becker, J. 11/22/03	1465 Thomas, D. 3/27/04
87 562 Bonner, M. 8/7/04	429 Ward, S. 6/12/04	567 Alston, J. 11/1/03	1465 Braca, J. 6/13/04
88 562 Peterson, D. 10/13/04	429 Decker, J. 7/10/04	567 Babin, M. 11/8/03	1460 Lewis, T. 3/20/04
89 560 Williams, P. 3/27/04	425 Van Vranken. 11/22/03	567 Zangl, G. 12/6/03	1460 McMillian, G. 5/8/04
90 560 Martik, A. 7/10/04	425 Birt, R. 4/17/04	567 Chiras, D. 12/10/03	1460 French, B. 7/31/04
91 560 Rouan, A. 11/20/04	424 Andres, T. 10/18/03	567 Boyer, B. 6/19/04	1455 Andres, T. 10/18/03
92 560 Wolfe, G. 11/20/04	424 Beebe, B. 12/10/03	567 Krowech, R. 11/12/04	1455 Whitaker, A. 1/17/04
93 556 Reid, T. 7/10/04	424 Brown, T. 7/24/04	565 Keller. 2/21/04	1455 Wilson, J. 3/21/04
94 555 Yvars, A. 11/23/03	424 Jewett, T. 7/24/04	565 Talbot, Z. 2/28/04	1455 Fields. 4/4/04
95 555 Serrano, 5/15/04	424 Luckett, M. 8/7/04	565 Herspenger, A. 3/20/04	1455 Leslie. 5/15/04
96 551 Houston, P. 10/25/03	424 Kim, A. 11/12/04	565 Burton, D. 3/27/04	1455 Strom, M. 5/15/04
97 551 Nautel, S. 11/2/03	424 Cifelli, A. 10/25/03	565 Leslie. 5/15/04	1449 DeMatteo, J. 3/7/04
98 551 Hammers, D. 12/13/03	420 Gore, D. 5/8/04	565 Serrano. 5/15/04	1444 Houston, P. 10/25/03
99 551 Haney, B. 1/24/04	420 Martin. 8/7/04	562 Ledoux, R. 11/15/03	1440 Rock. 10/25/03
100 551 Stumpt, D. 1/24/04	420 Carson, J. 8/22/04	562 Smith, G. 11/15/03	1440 Shanebrook, S. 9/11/04

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 198s

CORRECTIONS ... Diane Zimmerman should have been credited with a 280 deadlift in the results of the Coal County Classic. Robert McCray's name was misspelled in the results of the Desmond Gym Open. The photo identified as Jeanne Watts in the report of the WABDL Winner was actually of Teresa Jacobs. 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.

1488 Nemow, D. 11/6/04
1485 Nickerson, E. 3/27/04
1482 Adams, B. 11/29/03
1482 Jones, M. 10/30/04
1481 Rouan, A. 11/20/04
1475 Foreman, D. 3/27/04
1471 Redmon, B. 12/6/03
1471 Pelletier, J. 3/28/04
1471 Kim, A. 6/26/04
1471 Graham, D. 8/22/04
1470 Fabiano, B. 12/13/03
1470 Bartt, M. 2/7/04
1470 Gawlik, S. 9/25/04
1467 Durant, R. 11/6/04
1465 Byas, A. 3/14/04
1465 Thomas, D. 3/27/04
1465 Braca, J. 6/13/04
1460 Lewis, T. 3/20/04
1460 McMillian, G. 5/8/04
1460 French, B. 7/31/04
1455 Andres, T. 10/18/03
1455 Whitaker, A. 1/17/04
1455 Wilson, J. 3/21/04
1455 Fields. 4/4/04
1455 Leslie. 5/15/04
1455 Strom, M. 5/15/04
1449 DeMatteo, J. 3/7/04
1444 Houston, P. 10/25/03
1440 Rock. 10/25/03
1440 Shanebrook, S. 9/11/04

ATTENTION: Masters, Teens, Women ... the 2004 TOP 20 rankings for those categories will be coming up soon .. 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 ranking lists.