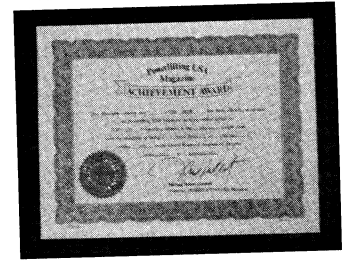


TOP 100

For standard 123 lb./ kg. USA lifters in results received from Jun 2003 thru August 2004

SQUAT	BENCH	DEADLIFT	TOTAL
1 584 Hawthorne, R. 4/17/04	391 Booker, M. 6/21/03	573 Hawthorne, R. 9/6/03	1454 Hawthorne, R. 4/17/04
2 505 Kuhns, M. 3/20/04	352 Wong, P. 5/1/04	720 Holloway, D. 1/17/04	1335 Holloway, D. 1/17/04
3 490 Holloway, D. 7/9/04	340 Petrencak, S. 7/5/03	551 Kupperstein, E. 3/6/04	1218 Wong, P. 4/10/04
4 460 Burkey, J. 5/1/04	336 Zehr, A. 5/1/04	501 Scruggs, J. 4/3/04	1201 Kupperstein, E. 3/6/04
5 435 Wong, P. 7/19/03	330 Kuhns, M. 10/25/03	485 Sanders, B. 6/23/03	1179 Scruggs, J. 4/3/04
6 435 Garcia, R. 11/15/03	325 Zacht, A. 2/21/04	473 Garcia, R. 11/15/03	1175 Kuhns, M. 10/25/03
7 530 Cheyne, S. 3/27/04	315 Jasper, C. 7/5/03	462 Meadows, S. 7/19/03	1135 Garcia, R. 11/15/03
8 430 Medina, D. 3/27/04	305 Hrenchir, A. 3/20/04	460 Snell, K. 3/20/04	1135 Cheyne, S. 3/27/04
9 430 Brubaker, D. 3/27/04	303 Olcsvary, 5/1/04	451 Leoni, R. 6/7/03	1129 Sanders, B. 6/23/03
10 430 Caputo, R. 4/17/04	297 Hawthorne, R. 4/17/04	450 Caputo, R. 4/17/04	1115 Caputo, R. 4/17/04
11 418 Lamb, B. 10/11/03	292 Holloway, D. 7/9/04	446 Hunter, S. 2/7/04	1095 Hafenbrack, 11/15/03
12 418 Kupperstein, E. 3/6/04	290 Faraone, J. 5/29/04	446 Wong, P. 4/10/04	1090 Olcsvary, 11/15/03
13 415 Hafenbrack, 11/15/03	275 Williams, W. 8/28/04	445 Cheyne, S. 3/27/04	1085 Snell, K. 3/20/04
14 415 Snell, K. 3/20/04	264 Scruggs, J. 4/3/04	440 Snyder, S. 4/3/04	1080 Hunter, S. 2/7/04
15 415 Hill, M. 3/27/04	260 Snell, K. 10/18/03	435 Hafenbrack, 11/15/03	1080 Medina, D. 3/27/04
16 413 Scruggs, J. 4/3/04	260 Burkey, J. 11/29/03	430 Stein, K. 3/27/04	1063 Meadows, S. 7/19/03
17 410 Martinez, C. 3/27/04	260 Cheyne, S. 3/27/04	425 Olcsvary, 11/15/03	1058 Lamb, B. 10/11/03
18 407 Sanders, B. 6/23/03	260 Sanchez, E. 3/28/04	425 Hill, M. 3/27/04	1050 Hill, M. 3/27/04
19 405 Parrish, S. 8/8/03	250 Krumrie, N. 2/1/04	420 Myers, Q. 3/27/04	1045 Brubaker, D. 3/27/04
20 402 Hunter, S. 2/7/04	250 Ortiz, C. 3/27/04	420 Salem, N. 3/28/04	1035 Guzman, M. 3/27/04
21 402 Cross, T. 3/19/04	248 Meadows, S. 7/19/03	415 Thomas, B. 3/27/04	1030 Leoni, R. 6/7/03
22 395 Guzman, M. 3/27/04	248 Darling, J. 12/5/03	413 Nogle, C. 7/03	1030 Ortiz, C. 3/27/04
23 395 Caseras, T. 3/27/04	245 Kabasakalian, D. 6/22/03	413 Lamb, B. 10/11/03	1030 Snyder, S. 4/3/04
24 390 Martinez, A. 3/27/04	245 Hafenbrack, 11/15/03	410 Medina, D. 3/27/04	1020 Myers, Q. 3/27/04
25 390 Snyder, S. 4/3/04	245 Helms, J. 6/12/04	407 Wiltz, R. 4/3/04	1020 Burkey, J. 5/1/04
26 385 Myers, Q. 3/27/04	242 Culp, L. 8/2/03	405 Dupuis, D. 10/18/03	1015 Martinez, C. 3/27/04
27 380 Stein, K. 3/27/04	242 Rinn, S. 6/5/04	405 Guzman, M. 3/27/04	1005 Melancon, S. 11/15/03
28 380 Ponce, J. 3/27/04	240 Melancon, S. 11/15/03	405 Ortiz, C. 3/27/04	1003 Wiltz, R. 4/3/04
29 375 Olcsvary, 11/15/03	240 Medina, D. 3/27/04	402 Myers, C. 12/14/03	986 Cross, T. 3/19/04
30 375 Ortiz, C. 3/27/04	236 Sanders, B. 6/23/03	400 Figueroa, C. 6/28/03	975 Parrish, S. 8/8/03
31 375 Clarkon, C. 3/27/04	236 Cross, T. 3/19/04	400 Melancon, S. 11/15/03	975 Stein, K. 3/27/04
32 374 Hile, J. 3/19/04	235 Morrison, R. 3/13/04	400 Horton, C. 3/27/04	970 Clarkon, C. 3/27/04
33 370 Griffen, K. 3/27/04	235 Guzman, M. 3/27/04	395 Brubaker, D. 3/27/04	965 Horton, C. 3/27/04
34 369 Nogle, C. 7/03	235 Caputo, R. 4/17/04	390 Clarkon, C. 3/27/04	965 Martinez, C. 3/27/04
35 369 Wiltz, R. 4/3/04	235 Navarre, V. 5/1/04	390 Ferguson, S. 8/6/04	950 Knox, J. 3/27/04
36 365 Melancon, S. 11/15/03	231 Hunter, S. 2/7/04	385 Parrish, S. 8/8/03	950 Faraone, J. 5/29/04
37 365 Knox, J. 3/27/04	231 Kupperstein, E. 3/6/04	385 Badagliacco, J. 3/19/04	945 Thomas, B. 3/27/04
38 365 Green, R. 7/9/04	230 Lamb, B. 10/11/03	380 Hughes, H. 2/14/04	942 Nogle, C. 3/19/04
39 363 Leoni, R. 6/7/03	230 Pichay, V. 12/14/03	380 Martinez, C. 3/27/04	940 Griffen, K. 3/27/04
40 363 Ballard, R. 4/3/04	230 Voen, V. 5/1/04	374 Nash, M. 2/7/04	940 Ponce, J. 3/27/04
41 363 Tom, K. 8/04	225 Leoni, R. 7/5/03	370 Kuhns, M. 10/25/03	940 Caseras, T. 3/27/04
42 355 Mata, L. 3/27/04	225 Siddons, B. 8/16/03	370 Martinez, Z. 3/27/04	936 Ballard, R. 4/3/04
43 352 Meadows, S. 7/19/03	225 Garcia, R. 11/15/03	370 Griffen, K. 3/27/04	931 Hile, J. 3/19/04
44 352 Rinn, S. 6/5/04	225 Martinez, C. 3/27/04	370 Ponce, J. 3/27/04	925 Wells, B. 3/27/04
45 350 Wells, B. 3/27/04	225 Knox, J. 3/27/04	370 Garcia, F. 3/27/04	920 Mata, L. 3/27/04
46 347 Ladnier, T. 6/5/04	225 Wiltz, R. 4/3/04	369 Hile, J. 3/19/04	915 Green, R. 7/9/04
47 341 Marietta, Leah. 4/10/04	225 Cabeza, 5/1/04	369 Conner, J. 3/19/04	900 Figueroa, C. 6/28/03
48 335 Horton, C. 3/27/04	225 Awalt, A. 5/1/04	369 Clark, W. 4/3/04	898 Rinn, S. 6/5/04
49 335 Garcia, F. 3/27/04	221 Murphy, G. 12/12/03	365 Wells, B. 3/27/04	885 Garcia, F. 3/27/04
50 330 Kirkland, M. 4/17/04	220 Smith, T. 11/8/03	364 Gordon, K. 4/3/04	875 Dupuis, D. 10/18/03
51 330 Faraone, J. 5/1/04	220 Brubaker, D. 3/27/04	360 Knox, J. 3/27/04	865 Burgoyne, C. 11/15/03
52 325 Figueroa, C. 6/28/03	220 Horton, C. 3/27/04	360 Pavlovsky, G. 6/12/04	865 Nash, M. 2/7/04
53 325 Motter, A. 1/31/04	215 Myers, Q. 3/27/04	358 Dahl, K. 3/19/04	859 Badagliacco, J. 3/19/04
54 325 Cooper, 3/21/04	214 Ballard, R. 4/3/04	358 Ballard, R. 4/3/04	848 Conner, J. 3/19/04
55 321 Hughes, H. 6/21/03	210 Burgoyne, C. 11/15/03	358 Rowe, C. 6/04	845 Rowe, C. 7/04
56 320 Thomas, B. 3/27/04	210 Hill, M. 3/27/04	355 Burgoyne, C. 11/15/03	837 Grubbs, C. 1/31/04
57 319 Murphy, G. 10/31/03	210 Thomas, B. 3/27/04	355 Mata, L. 3/27/04	837 Marietta, Leah. 4/10/04
58 319 Bonner, T. 10/31/03	210 Wells, B. 3/27/04	352 Jackson, D. 10/31/03	835 Kirkland, M. 4/17/04
59 319 Grubbs, C. 1/31/04	210 Mata, L. 3/27/04	352 Cincotta, N. 3/6/04	832 Hughes, H. 6/21/03
60 315 McClosky, 1/25/04	209 Russillo, R. 8/15/03	352 Akina, K. 5/22/04	832 Dahl, K. 3/19/04
61 315 Palacios, B. 3/19/04	209 Magierek, T. 12/6/03	350 Caseras, T. 3/27/04	830 McClosky, 1/25/04
62 314 Mayes, J. 3/6/04	209 Pineda, L. 3/27/04	350 Kirkland, M. 4/17/04	826 Murphy, G. 10/31/03
63 310 Cunningham, 11/15/03	205 Newark, R. 11/8/03	349 Ellis, M. 6/6/03	815 Bodine, R. 4/04
64 310 Millioni, A. 3/19/04	205 Clarkon, C. 3/27/04	347 Yamashita, J. 12/20/03	815 Martinez, C. 5/15/04
65 310 Davis, S. 3/19/04	205 Martinez, A. 3/27/04	347 Cross, T. 3/19/04	810 Bonner, T. 10/31/03
66 305 Dupuis, D. 10/18/03	205 Green, R. 7/9/04	347 Austin, D. 4/3/04	810 Clark, W. 4/3/04
67 305 Bourgoyne, C. 10/25/03	203 Gilpin, P. 8/16/03	345 Faraone, J. 5/29/04	810 Tom, K. 8/04
68 305 Bodine, R. 4/04	203 Arnold, G. 9/6/03	345 Green, R. 7/9/04	804 Jackson, D. 10/31/03
69 303 Jackson, D. 10/31/03	203 Ramos, A. 4/24/04	341 Booker, M. 6/21/03	804 Cincotta, N. 3/6/04
70 303 Conner, J. 3/19/04	203 Akina, K. 5/22/04	341 Pfeifer, T. 4/3/04	804 Yamashita, J. 4/20/04
71 303 Dahl, K. 3/19/04	200 Montano, A. 7/20/03	337 Marietta, Leah. 12/14/03	793 Williams, C. 3/19/04
72 303 Williams, C. 3/19/04	200 Logsdon, H. 11/15/03	336 Grubbs, C. 1/31/04	793 Ladnier, T. 6/5/04
73 303 Bell, B. 4/3/04	200 Griffen, K. 3/27/04	336 Ruff, D. 3/13/04	782 Mayes, J. 3/6/04
74 300 Ramirez, P. 11/15/03	200 Scofield, C. 3/27/04	335 Manuel, G. 12/6/03	780 Cunningham, 11/15/03
75 300 Ybarra, M. 12/6/03	200 Snyder, S. 4/3/04	335 Bures, K. 3/19/04	780 Palacios, B. 3/19/04
76 300 Barry, J. 3/6/04	198 Schultz, M. 10/31/03	332 Bonner, T. 10/31/03	777 Akina, K. 5/22/04
77 300 Momoh, 5/15/04	198 Myers, C. 12/14/03	330 Kabasakalian, D. 6/22/03	771 Bell, B. 4/3/04
78 300 Mollica, T. 7/9/04	198 Yamashita, J. 12/20/03	330 McClosky, 10/31/03	765 Moore, D. 10/25/03
79 298 Nash, M. 2/7/04	198 Nogle, C. 3/19/04	330 Schultz, M. 10/31/03	765 Momoh, 5/15/04
80 297 Martinez, C. 5/15/04	195 Stidham, W. 2/21/04	330 Mayes, J. 3/6/04	765 Bloom, C. 6/12/04
81 295 Moore, D. 10/25/03	195 Caseras, T. 3/27/04	330 Braguine, J. 3/6/04	760 Zagone, B. 4/17/04
82 295 Rotramel, T. 3/19/04	194 Rowe, C. 7/04	330 Rotzinger, J. 3/14/04	760 Pavlovsky, G. 6/12/04
83 292 Deutsch, D. 1/31/04	192 Hile, J. 11/1/03	330 Williams, C. 3/19/04	755 Cooper, 3/21/04
84 292 Yamashita, J. 4/20/04	192 Arndt, D. 12/14/03	330 Bell, B. 4/3/04	755 Giorno, J. 5/15/04
85 292 Rowe, C. 7/04	192 Nash, M. 2/7/04	330 Martinez, C. 5/15/04	750 Rotzinger, J. 3/14/04
86 290 Kelley, C. 11/8/03	192 Clark, W. 4/3/04	330 Switzer, J. 7/04	744 Schultz, M. 10/31/03
87 290 Anderson, D. 3/19/04	190 Ponce, J. 3/27/04	325 Haislar, R. 3/20/04	744 Casper, P. 5/21/04
88 286 Cincotta, N. 3/6/04	190 Wilcox, 5/1/04	325 Bodine, R. 4/04	740 Willern, A. 3/19/04
89 286 Badagliacco, J. 3/19/04	187 Sarris, M. 12/5/03	300 Momoh, 5/15/04	740 Cabeza, 5/1/04
90 285 Tibbs, A. 3/19/04	187 Badagliacco, J. 3/19/04	4320 Bloom, C. 5/8/04	735 Barry, J. 3/19/04
91 281 Medeiros, T. 3/19/04	187 Martinez, C. 5/15/04	320 Pataky, B. 5/8/04	733 Whidden, 6/8/03
92 281 Ketzner, T. 4/3/04	187 Leech, J. 6/12/04	319 Nevarez, J. 6/21/03	733 Navarre, V. 10/31/03
93 280 Bures, K. 3/19/04	186 Leech, C. 6/12/04	319 Gering, J. 11/8/03	733 Motter, A. 1/31/04
94 280 Jones, S. 3/19/04	185 Parrish, S. 8/8/03	319 Wright, A. 6/12/04	733 Ketzner, T. 4/3/04
95 280 Oyervidez, C. 3/19/04	185 McClosky, 1/25/04	315 Barry, J. 3/19/04	730 Ramirez, 11/15/03
96 280 Thompson, A. 5/27/04	185 Dahl, K. 4/3/04	315 King, M. 3/19/04	730 Wilson, L. 12/13/03
97 275 Whidden, 6/8/03	185 Bodine, R. 4/04	315 Burkey, J. 5/1/04	727 Nitzken, D. 3/19/04
98 275 Casper, P. 10/10/03	181 Ellis, M. 6/6/03	315 Cabeza, 5/1/04	727 Austin, D. 4/3/04
99 275 Wilson, L. 12/13/03	181 Ray, Jessica. 7/26/03	315 Sahanoor, R. 6/12/04	726 Montano, A. 7/20/03
100 275 Riddle, K. 3/6/04	181 Green, J. 9/6/03	314 Hall, D. 10/4/03	

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 132s

Corrections - On the Women's TOP 20 rankings, Michael Soong has pointed out that Stacy Milbauer and Melissa Falcon were accidentally listed in the 97 lb. class in the results of the USAPL Decemberfest meet, while Stacy was actually in the 132 and Melissa in the 165s. Sioux-z Hartwig should have been credited with 948 total and 369 deadlift on the 123 lb. ranking. In the AAU Jr. Olympics results (7/03), Carly Nogle actually weighed in the 132 lb. class, rather than the 123s. Amy Weisberger actually did her 515 squat on 8/8/03 (132 lb. list). Kari Sabin was actually competing as a SHW on 3/22/03. 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", Box 467, Camarillo, CA 93011.