

# 2025 Howard Cohen American Masters Start List

| Sess | Pfm | Date                 | Group | Cat | Age | Name               | Total | Team                          |    |
|------|-----|----------------------|-------|-----|-----|--------------------|-------|-------------------------------|----|
| 1    | A   | Thu<br>Dec 11        | M85   | 71  | 87  | SOUTHERLAN Robert  | 70    | Fort Nash                     | DL |
|      |     |                      |       | 79  | 80  | LOVELACE David     | 90    | East Coast Gold               |    |
|      |     |                      | M80   | 88  | 82  | LEWIS Barry        | 110   | Valhalla                      |    |
|      |     |                      |       | 102 | 83  | SIPOS Richard      | 109   | East Coast Gold               |    |
|      |     | Weigh In<br>7:30 AM  |       | 60  | 76  | MILLER Jerome      | 105   | Unattached                    | DL |
|      |     |                      |       | 65  | 75  | SEROTA Mitchell    | 83    | RAWW BARBELL                  |    |
|      |     |                      |       |     | 78  | DUNNE Gerard       | 95    | Lost Battalion Hall           | DL |
|      |     |                      |       | 71  | 76  | PODKOWA Michael    | 85    | Unattached                    |    |
|      |     | Start<br>9:30 AM     | M75   |     | 78  | SEPPYES John       | 84    | Sayre Park WLC                | DL |
|      |     |                      |       | 79  | 75  | DONAHOE Art        | 40    | Lost Battalion Hall           |    |
|      |     |                      |       | 88  | 77  | BAROSKY Frank      | 100   | Unattached                    |    |
|      |     |                      |       | 94  | 78  | AUWAERTER Arthur   | 94    | Unattached                    |    |
|      |     |                      |       |     | 79  | DUNLAP Albert      | 70    | Paramount Barbell Club        |    |
| 2    | A   | Thu<br>Dec 11        | W70   | 69  | 73  | CONTENTE Sara      | 54    | Unattached                    |    |
|      |     |                      |       | 77  | 71  | KING Karen         | 72    | Southside Barbell Club        | DL |
|      |     |                      |       |     | 71  | MAU Mary Sharon    | 66    | RAWW BARBELL                  |    |
|      |     | Weigh In<br>9:30 AM  |       | 48  | 67  | FERGUSON Renee     | 62    | Team Savannah                 | DL |
|      |     |                      |       | 58  | 66  | ORMSBEE Luanne     | 45    | Unattached                    |    |
|      |     |                      |       | 69  | 69  | PASKIEWICZ Lynn    | 88    | Unattached                    | DL |
|      |     | Start<br>11:30 AM    | W65   |     | 67  | STUPKE Monica      | 68    | Team Savannah                 |    |
|      |     |                      |       | 77  | 66  | KUUSELA Heather    | 75    | Performance One Weightlifting |    |
|      |     |                      |       |     | 68  | TRIVIZ Dolores     | 94    | 5150 weightlifting            |    |
|      |     |                      |       | 86  | 68  | BELSITO LJ         | 80    | Team Savannah                 | DL |
| 3    | A   | Thu<br>Dec 11        |       | 60  | 72  | GILSDORF Robert    | 110   | Missouri Valley Masters       |    |
|      |     |                      |       | 65  | 73  | TICHENOR Vernon    | 105   | Bowling Green Barbell Club    |    |
|      |     |                      |       | 79  | 74  | BONDIMAN Robert    | 130   | Sayre Park WLC                |    |
|      |     | Weigh In<br>11:15 AM | M70   | 88  | 73  | HARRIS Jed         | 110   | Spoon Barbell                 |    |
|      |     |                      |       |     | 74  | RICCIARDI John     | 85    | Unattached                    | DL |
|      |     |                      |       | 94  | 73  | MELTZER David      | 127   | Performance One Weightlifting |    |
|      |     | Start<br>1:15 PM     |       |     | 71  | REID Randy         | 155   | Spoon Barbell                 |    |
|      |     |                      |       | 102 | 72  | HUDSON Johnny      | 104   | Sayre Park WLC                | DL |
|      |     |                      |       |     | 70  | WARREN Walter      | 127   | Missouri Valley Masters       |    |
| 4    | A   | Thu<br>Dec 11        |       | 53  | 63  | RIGGS Lisa         | 86    | Eclipse Barbell Club          |    |
|      |     |                      |       |     | 63  | PRICE Amy          | 70    | RAWW BARBELL                  |    |
|      |     |                      |       | 69  | 61  | FERRARA Laura      | 90    | Outlaw Barbell                |    |
|      |     | Weigh In<br>1:00 PM  | W60   |     | 60  | GROTENHUIS Corinne | 30    | Summit barbell                |    |
|      |     |                      |       |     | 60  | SOULE Sheryl       | 100   | Unattached                    |    |
|      |     |                      |       | 77  | 62  | MUNSEY Kathleen    | 69    | Team Savannah                 | DL |
|      |     | Start<br>3:00 PM     |       |     | 63  | MALLOW Eleanor     | 73    | Unattached                    | DL |
|      |     |                      |       | 86  | 60  | BARNABE Maria      | 82    | West Coast Weightlifting      |    |
|      |     |                      |       | 86+ | 61  | GALLOWAY Michelle  | 110   | Boise Barbell                 |    |

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|----------|---------|---------------------|---------------|------------------|-----------------|-------------------|-------------------------|----------------------------|--------------------------------|----|
| 5        | A       | Thu<br>Dec 11       | M65           | 71               | 66              | MYERS Barry       | 132                     | Athletic Lab               |                                |    |
|          |         |                     |               |                  | 68              | BERGER Hank       | 140                     | PWR Fitness                |                                |    |
|          |         |                     |               |                  | 65              | BINETTE Teddy     | 130                     | Team Savannah              | DL                             |    |
|          |         | Weigh In<br>2:30 PM |               | 79               | 68              | BRUZZI David M    | 92                      | Sayre Park WLC             | DL                             |    |
|          |         |                     |               |                  | 69              | PJURA George      | 145                     | TriState                   |                                |    |
|          |         |                     |               |                  | 65              | SCHMIDTBAUER Mark | 130                     | Unattached                 |                                |    |
|          |         |                     |               |                  | 65              | WASSON Donald     | 117                     | Unattached                 |                                |    |
|          |         |                     |               | 88               | 67              | SIMONTON Leslie   | 149                     | East Alabama Weightlifting |                                |    |
|          |         |                     |               | Start<br>4:30 PM | 94              | 65                | POWELL Stephen          | 175                        | Unattached                     | DL |
|          |         | 66                  |               |                  |                 | ROGERS Kevin      | 140                     | Unattached                 |                                |    |
|          |         | 102                 |               |                  | 65              | YATES Allen       | 200                     | Team Savannah              |                                |    |
|          |         | 110                 |               |                  | 69              | BOLAND Daniel     | 120                     | Lost Battalion Hall        |                                |    |
|          |         | 110+                |               | 68               | FLUTER George   | 70                | Missouri Valley Masters |                            |                                |    |
| DEADLIFT | 6:30 PM | ALL                 | 15            |                  |                 |                   |                         |                            |                                |    |
|          |         |                     |               |                  |                 |                   |                         |                            |                                |    |
| 6        | A       | Fri<br>Dec 12       | W55           | 48               | 57              | GARTENBERG Terri  | 82                      | Philadelphia Barbell Club  |                                |    |
|          |         |                     |               | 58               | 55              | DONAHUE Katrina   | 80                      | Dirty Durham Barbell Club  |                                |    |
|          |         |                     |               |                  | 55              | CADOGAN Ramona    | 123                     | The Jungle Weightlifting   |                                |    |
|          |         | Weigh In<br>7:00 AM |               | 77               |                 | 58                | GILLSON Susan           |                            | Team Savannah                  | DL |
|          |         |                     |               |                  | 58              | KRAISSER Patti    | 101                     | Unattached                 | DL                             |    |
|          |         |                     |               |                  | 56              | PERRIER Jennifer  | 80                      | JP Weightlifting           |                                |    |
|          |         |                     |               |                  | 56              | PICKING Michelle  | 130                     | Team Saw                   | DL                             |    |
|          |         |                     |               | 86+              | 58              | BROOKS Pam        | 110                     | Providence Barbell Club    |                                |    |
|          |         |                     |               |                  | 57              | HANSCOM Deborah   | 140                     | Boise Barbell              |                                |    |
|          |         | Start<br>9:00 AM    |               | W50              | 53              | 52                | COHEN Sheryl            | 78                         | Team Savannah                  |    |
|          |         |                     |               |                  |                 | 51                | BURKHART Elizabeth      | 128                        | Unattached                     |    |
|          |         |                     |               |                  | 58              | 51                | KALAFUT Melany          | 102                        | Unattached                     | DL |
|          |         |                     |               |                  |                 | 50                | WILSON Ananda           | 100                        | Unattached                     |    |
| 7        | A       | Fri<br>Dec 12       | M60           | 60               | 64              | MEIS Steven       | 124                     | Berkshire Iron             | DL                             |    |
|          |         |                     |               | 65               | 61              | HUMMEL Mark       | 140                     | Missouri Valley Masters    |                                |    |
|          |         |                     |               | 71               | 64              | SIAS Richard      | 110                     | Unattached                 |                                |    |
|          |         | Weigh In<br>9:00 AM |               | 79               |                 | 61                | CONDON Richard          | 162                        | New York Weightlifting Academy |    |
|          |         |                     |               |                  | 61              | KRAMER Andrew     | 130                     | Unattached                 | DL                             |    |
|          |         |                     |               |                  | 62              | MCINNES Alex      | 148                     | Unattached                 |                                |    |
|          |         |                     |               | 88               |                 | 60                | BROWN Alan              | 140                        | FXT Barbell                    |    |
|          |         |                     |               |                  |                 | 64                | NEHER Martin            | 110                        | East Coast Gold                |    |
|          |         |                     |               |                  |                 | 60                | RENDINO Gene            | 138                        | East Coast Gold                | DL |
|          |         |                     |               |                  | 62              | SHIBILSKI Len     | 131                     | Philadelphia Barbell Club  |                                |    |
|          |         | Start<br>11:00 AM   |               | M55              | 94              | 61                | O'DAY Robert            | 200                        | Unattached                     |    |
|          |         |                     |               |                  | 60              | 59                | KUPPERSTEIN Eric        | 100                        | Unattached                     | DL |
|          |         |                     |               |                  | 88              | 55                | GILLESPIE Daniel        |                            | Unattached                     |    |
|          | 57      |                     | CLAPSHAW Sean |                  | 171             | Unattached        | DL                      |                            |                                |    |
| 102      | 58      |                     | LADUKE Paul   | 185              | East Coast Gold | DL                |                         |                            |                                |    |
|          |         |                     | 55            | SIPOS Matthew    | 170             | Unattached        |                         |                            |                                |    |
|          | 110     |                     | 56            | CHANG Rudy       | 210             | Unattached        |                         |                            |                                |    |
|          | 110+    |                     | 56            | PERRIER Kent     | 120             | JP Weightlifting  |                         |                            |                                |    |

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| 8        | A   | Fri<br>Dec 12 | W50   | 63   | 52                    | ABDOO Denise  | 91                        | Parkhill Weightlifting         |                     |
|          |     |               |       |      | 50                    | CLOUSE Jenny  | 150                       | Performance One Weightlifting  |                     |
|          |     |               |       |      | 50                    | FAUTH Moira   | 110                       | Power and Grace Performance    |                     |
|          |     | 77            |       | 52   | BEARD Anjanette       | 126           | Bridger Barbell           |                                |                     |
|          |     |               |       | 50   | BROWN Katherine       | 155           | Unattached                | DL                             |                     |
|          |     |               |       | 54   | FOX Lori              | 99            | Paramount Barbell Club    |                                |                     |
|          |     | 86            |       | 51   | GAST Shelley          | 120           | Unattached                |                                |                     |
|          |     |               |       | 51   | GATES Kari            | 82            | Appalachian Barbell Club  |                                |                     |
|          |     |               |       | 52   | MANNING Abigail       | 120           | Philadelphia Barbell Club |                                |                     |
|          |     | 86+           |       | 50   | MATTHEWS Pamela       | 80            | Ong Weightlifting         | DL                             |                     |
|          |     |               |       | 53   | O'DANIEL Heather      | 140           | Heroic Barbell Club       |                                |                     |
|          |     |               |       | 53   | BAIER Michelle        | 110           | Unattached                | DL                             |                     |
|          |     | 86+           |       | 50   | HILL Delores M        | 145           | KC Weightlifting          |                                |                     |
|          |     |               |       | 54   | LOWER Angie           | 65            | Unattached                | DL                             |                     |
|          |     |               |       | 54   | TEEL Kristina         | 135           | The Strength Shack        |                                |                     |
| 9        | A   | Fri<br>Dec 12 | M50   | 71   | 52                    | MAYS Reginald | 185                       | Atlanta Performance            |                     |
|          |     |               |       |      | 54                    | TAGAWA Scott  | 148                       | Parkhill Weightlifting         |                     |
|          |     |               |       |      | 79                    | 50            | KONAR Matthew             | 167                            | Heroic Barbell Club |
|          |     | 88            |       | 53   | EBUEN Eric            | 171           | Category 5 Athletics      |                                |                     |
|          |     |               |       | 51   | HATCHETT Andrew       | 180           | Team Savannah             |                                |                     |
|          |     |               |       | 94   | 52                    | HORE Nathan   | 215                       | Performance One Weightlifting  |                     |
|          |     | 51            |       |      | WHITE Marcus          | 225           | Trident Weightlifting     |                                |                     |
|          |     | 102           |       |      | 53                    | RUTTER James  | 200                       | Philadelphia Barbell Club      |                     |
|          |     | 110           |       | 53   | ROEKLE Kurt           | 180           | Unattached                | DL                             |                     |
|          |     |               |       | 51   | ANDRUS Brett          | 230           | Heroic Barbell Club       |                                |                     |
|          |     |               |       | 110+ | 52                    | BOWLES Edward | 170                       | Team Savannah                  |                     |
|          |     | 53            |       |      | PARTINGTON Travis     | 201           | Unattached                |                                |                     |
| DEADLIFT |     | 6:00 PM       |       | ALL  | 15                    |               |                           |                                |                     |
| 10       | A   | Sat<br>Dec 13 | M45   | 79   | 45                    | ECKER Brandon | 205                       | Unattached                     |                     |
|          |     |               |       |      | 47                    | HARMON James  | 160                       | New York Weightlifting Academy |                     |
|          |     |               |       |      | 45                    | HODGSON Josh  | 160                       | Unattached                     |                     |
|          |     | 88            |       | 48   | MACARAEG Frederick    | 200           | 12 Labours Barbell        |                                |                     |
|          |     |               |       | 49   | MARTINEZ Ray          | 180           | Ong Weightlifting         |                                |                     |
|          |     |               |       | 49   | BAINDURASHVILI George | 227           | Team Savannah             |                                |                     |
|          |     | 94            |       | 46   | EARSLEY Jason         | 140           | Unattached                |                                |                     |
|          |     |               |       | 46   | AUDI Raja             | 230           | East Coast Gold           |                                |                     |
|          |     |               |       | 47   | MATHER Patrick        | 180           | Philadelphia Barbell Club |                                |                     |
|          |     | 110+          |       | 48   | PIERCE Jay            | 210           | NTR barbell               |                                |                     |
|          |     |               |       | 47   | GESTIEHR Jermaine     | 190           | Unattached                | DL                             |                     |

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| 11               | A   | Sat<br>Dec 13        | W45           | 48  | 49                        | KOSTOGOROVA-BELLER Yulia | 74                  | Unattached                    |                           |
|                  |     |                      |               | 53  | 47                        | STORCK Lauren            | 105                 | Atlanta Performance           |                           |
|                  |     |                      |               | 58  | 49                        | HOLLAND Jamie            | 70                  | Ong Weightlifting             |                           |
|                  |     |                      |               |     | 47                        | KNOUREK Melissa          | 130                 | Spoon Barbell                 |                           |
|                  |     |                      |               | 63  | 45                        | MARTIN Erin              | 130                 | Unattached                    |                           |
|                  |     | Weigh In<br>8:45 AM  |               |     | 47                        | SHIN Jane                | 125                 | Philadelphia Barbell Club     |                           |
|                  |     |                      |               | 69  | 46                        | GRIMM Shawna             | 130                 | Unattached                    |                           |
|                  |     |                      |               |     | 46                        | WALTERS Jessica          | 156                 | Performance One Weightlifting |                           |
|                  |     |                      |               |     | 47                        | COTCHALEOVITCH Alecia    | 118                 | Team Savannah                 |                           |
|                  |     |                      |               | 77  | 47                        | MILLSPAUGH Shana         | 145                 | ONG weightlifting             |                           |
|                  |     | Start<br>10:45 AM    |               |     | 45                        | STUDY Emily              | 118                 | ong Weightlifting             |                           |
|                  |     |                      |               |     | 46                        | SHIPOS Nicole            | 150                 | East Coast Gold               |                           |
|                  |     |                      |               | 86+ | 45                        | WEEKS Valerie            | 50                  | JP Weightlifting              | DL                        |
|                  |     |                      |               |     | 47                        | WHITE Heidi              | 125                 | Unattached                    | DL                        |
|                  |     |                      |               |     |                           |                          |                     |                               | DL                        |
| 12               | A   | Sat<br>Dec 13        | W40           | 63  | 43                        | CUMMINGS Jessica         | 145                 | Providence Barbell Club       |                           |
|                  |     |                      |               |     | 41                        | HOUK Megan               | 97                  | Ong Weightlifting             |                           |
|                  |     |                      |               |     | 42                        | MCCAMLEY Melissa         | 125                 | Labours Barbell               |                           |
|                  |     |                      |               |     | 41                        | SUAREZ Beatrice          | 109                 | Vehement Masters Athletics    |                           |
|                  |     |                      |               |     |                           | 41                       | BROOKS Megan        | 130                           | Rising Tide Weightlifting |
|                  |     | Weigh In<br>11:00 AM |               |     | 42                        | HALL Allison             | 114                 | Unattached                    |                           |
|                  |     |                      |               | 69  | 44                        | MENTZ Kathryn            | 120                 | Dirty Durham Barbell Club     |                           |
|                  |     |                      |               |     | 40                        | ONG Jaquelin             | 155                 | Ong Weightlifting             |                           |
|                  |     |                      |               | 41  | WEATHER Stormy            | 122                      | Feel Strong Fitness |                               |                           |
|                  |     |                      |               |     | 40                        | CLARK Tereka             | 150                 | 12 Labours Barbell            |                           |
|                  |     | Start<br>1:00 PM     |               | 77  | 41                        | HANSON Alicia            | 100                 | Unattached                    |                           |
|                  |     |                      |               |     | 44                        | SCOTT Kristin            | 125                 | Dirty Durham Barbell Club     |                           |
|                  |     |                      |               |     | 43                        | MACGLAUGHLIN Alicia      | 130                 | Philadelphia Barbell Club     | DL                        |
|                  |     |                      |               | 86  | 43                        | BUSTAMANTE Karen         | 115                 | Tipton Lakes Athletics Club   |                           |
|                  |     |                      |               |     | 43                        | DROUHARD Amy             | 65                  | Unattached                    |                           |
|                  |     | 40                   | FREY Natalie  | 140 | Unattached                |                          |                     |                               |                           |
| 13               | A   | Sat<br>Dec 13        | W40           | 86+ | 42                        | ALDERMAN Melissa         | 108                 | Unattached                    | DL                        |
|                  |     |                      |               |     | 44                        | BASEY Brandy             | 120                 | Maximum Effort                | DL                        |
|                  |     |                      |               |     | 42                        | GOTTIER Marjorie         | 150                 | Riding Tide                   |                           |
|                  |     |                      |               |     | 43                        | GRIFFITHS Sian           | 100                 | West Coast Weightlifting      |                           |
|                  |     |                      |               |     | 48                        | 38                       | SAUCEDO Sara        | 110                           | Unattached                |
|                  |     | Weigh In<br>1:30 PM  | W35           | 53  | 39                        | NOLL Holly               | 110                 | Team Resilient                | DL                        |
|                  |     |                      |               |     | 39                        | AMADOR Cinthia           | 112                 | Unattached                    | DL                        |
|                  |     |                      |               | 58  | 39                        | CHISHOLM Meagan          | 100                 | Unattached                    |                           |
|                  |     |                      |               |     | 37                        | HARRELL Jacqueline       | 112                 | Unattached                    |                           |
|                  |     |                      |               |     | 35                        | EVANS Whitney            | 111                 | Paramount Barbell Club        |                           |
| Start<br>3:30 PM | 63  | 36                   | LOVE Samantha | 145 | Rising Tide Weightlifting |                          |                     |                               |                           |

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| 14                  | A            | Sat<br>Dec 13       | M40             | 79               | 43                 | BANZET Jerry              | 200                           | ONG Weightlifting          | DL                        |                           |                           |
|                     |              |                     |                 |                  | 44                 | DOUGLAS Christopher       | 250                           | Paramount Barbell Club     |                           |                           |                           |
|                     |              |                     |                 |                  | 43                 | GOONAN Justin             | 200                           | Unattached                 |                           |                           |                           |
|                     |              |                     |                 | 88               | 43                 | HALBREICH Jonathan        | 210                           | Category 5 Athletics       | DL                        |                           |                           |
|                     |              |                     |                 |                  | 40                 | POLK Clayton              | 220                           | Bexar Barbell              |                           |                           |                           |
|                     |              |                     |                 |                  | 40                 | RUTH Kyle                 | 270                           | Unattached                 |                           |                           |                           |
|                     |              | Weigh In<br>3:15 PM | 110             | 44               | HERWEG Daniel      | 220                       | Unattached                    | DL                         |                           |                           |                           |
|                     |              |                     |                 | 110+             | 41                 | SINGLETON Justin          | 194                           |                            | JP Weightlifting          |                           |                           |
|                     |              |                     |                 | Start<br>5:15 PM | M35                | 79                        | 37                            |                            | NAM Andy                  | 160                       | Unattached                |
|                     |              | 35                  | OAK Christopher |                  |                    |                           | 205                           | Dirty Durham Barbell Club  |                           |                           |                           |
|                     |              | 37                  | WARLICK Logan   |                  |                    |                           | 200                           | Unattached                 |                           |                           |                           |
|                     |              | 88                  | 35              |                  |                    | WILLIAMS Josh             | 186                           | Unattached                 |                           |                           |                           |
|                     |              |                     | 39              |                  |                    | BELL John                 | 185                           | FXT Barbell                |                           |                           |                           |
|                     |              |                     | 35              |                  |                    | CALIX Olban               | 260                           | Rising Tide Weightlifting  |                           |                           |                           |
|                     |              | DEADLIFT            |                 | 7:15 PM          |                    | ALL                       | 12                            |                            |                           |                           |                           |
| 15                  | A            | Sun<br>Dec 14       | W35             | 69               | 36                 | DONIS Sara                | 149                           | Vehement Masters Athletics | DL                        |                           |                           |
|                     |              |                     |                 |                  | 37                 | MALONE Brandie            | 105                           | Appalachian Barbell Club   |                           |                           |                           |
|                     |              |                     |                 |                  | 35                 | MARKOFF Megan             | 130                           | Dirty Durham Barbell Club  |                           |                           |                           |
|                     |              |                     |                 |                  | 37                 | SCHLANK Erica             | 145                           | Unattached                 |                           |                           |                           |
|                     |              |                     |                 |                  | 39                 | SCHREIBER Emma            | 130                           | Missouri Valley Masters    |                           |                           |                           |
|                     |              |                     |                 |                  | 38                 | STEINGER Nadine           | 140                           | Ong Weightlifting          |                           |                           |                           |
|                     |              | Weigh In<br>7:00 AM | 77              | 37               | BARBELL Brightside | 130                       | Team Aita                     |                            |                           |                           |                           |
|                     |              |                     |                 | 38               | COPP Minnie        | 160                       | Paramount Barbell Club        |                            |                           |                           |                           |
|                     |              |                     |                 | 39               | DUNNER Abigail     | 110                       | Trident Weightlifting         |                            |                           |                           |                           |
|                     |              | Start<br>9:00 AM    |                 | 35               | EDWARDS Ashley     | 122                       | FXT BB                        |                            |                           |                           |                           |
|                     |              |                     |                 | 35               | GUNAWAN Atinna     | 101                       | Paramount Barbell Club        |                            |                           |                           |                           |
|                     |              |                     |                 | 37               | PERRIZO Lindsay    | 160                       | Performance One Weightlifting |                            |                           |                           |                           |
|                     |              |                     |                 | 36               | STEPHAN Amber      | 70                        | Vehement Masters Athletics    | DL                         |                           |                           |                           |
|                     |              | 16                  | A               | Sun<br>Dec 14    | M35                | 94                        | 39                            | FIELDS Jake                | 200                       | Paramount Barbell Club    | DL                        |
|                     |              |                     |                 |                  |                    |                           | 37                            | HENRIKSEN Paul             | 260                       | Rising Tide Weightlifting |                           |
| 39                  | WILBUR Brian |                     |                 |                  |                    |                           | 215                           | Team Resilient             |                           |                           |                           |
| Weigh In<br>9:00 AM | 102          |                     |                 |                  |                    | 37                        | FLOOD Ryan                    | 250                        | Iron Wolf Weightlifting   | DL                        |                           |
|                     |              |                     |                 |                  |                    | 110                       | 35                            | ARCONA Joshua              | 260                       |                           | 12 Labours Barbell        |
|                     |              |                     |                 |                  |                    |                           | 38                            | RUSSELL Daniel             | 300                       |                           | Rising Tide Weightlifting |
| Start<br>11:00 AM   | M30          |                     |                 | 110+             | 39                 | BURKE Ryan                | 215                           | Team Savannah              |                           |                           |                           |
|                     |              |                     |                 | 79               | 31                 | OZOSKY Jordan             | 210                           | Unattached                 |                           |                           |                           |
|                     |              |                     |                 |                  | 88                 | 31                        | BERGAN Trevor                 | 270                        | Rising Tide Weightlifting |                           |                           |
|                     |              |                     |                 | 94               | 30                 | MATTHEW Helms             | 210                           | Team Savannah              |                           |                           |                           |
|                     |              |                     |                 |                  | 102                | 33                        | LOCKETT Sharif                | 195                        | Team Savannah             |                           |                           |
|                     |              |                     |                 |                  | 110                | 31                        | GRESBACH Nathaniel            | 200                        | Ong Weightlifting         |                           |                           |
|                     |              |                     |                 | 34               | MATTRELLA Jacob    | 330                       | AllSouth Barbell              | DL                         |                           |                           |                           |
| 110+                | 34           |                     |                 | ALBURY Dimitri   | 330                | Rising Tide Weightlifting |                               |                            |                           |                           |                           |

## 2025 Howard Cohen American Masters Start List

| Sess | Pfm | Date                 | Group   | Cat | Age | Name              | Total | Team                        |    |
|------|-----|----------------------|---------|-----|-----|-------------------|-------|-----------------------------|----|
| 17   | A   | Sun<br>Dec 14        | W35     | 86  | 36  | BEHREND Alexandra | 140   | Boise Barbell               |    |
|      |     |                      |         |     | 39  | DIMSDALE Carolina | 132   | Dirty Durham Barbell Club   |    |
|      |     |                      |         |     | 37  | MENA Erin         | 145   | Dirty Durham Barbell Club   |    |
|      |     |                      |         |     | 36  | NGUYEN Hanh       | 82    | West Coast Weightlifting    |    |
|      |     |                      |         |     | 37  | WATSON Lindsay    | 120   | Power and Grace Performance |    |
|      |     | Weigh In<br>11:15 AM |         | 86+ | 35  | MARTINEZ Lizeth   | 90    | Alpha Uno athletics         | DL |
|      |     |                      |         |     | 35  | REINERT Audrey    | 140   | USA                         |    |
|      |     |                      |         |     | 53  | BERGAN Cadie      | 75    | Rising Tide Weightlifting   |    |
|      |     | Start<br>1:15 PM     | W30     |     | 58  | JUSTICE Norelle   | 150   | Unattached                  |    |
|      |     |                      |         |     | 69  | DORAN Amanda M    | 118   | Philadelphia Barbell Club   | DL |
|      |     |                      |         |     | 77  | HEWETT Alexandria | 165   | Unattached                  |    |
|      |     |                      |         |     | 86+ | BRADY Carissa     | 133   | Philadelphia Barbell Club   |    |
|      |     | DEADLIFT             | 3:00 PM | ALL | 7   |                   |       |                             |    |