



Virginia Powerlifting Association

Final Report of Events

Male Lifters

2003 Fire/Law Nationals-Assisted

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
242	Kenneth James	VA	41	242	Law/Fire/Military / Masters (40-44)	235.00		145.00		277.50		657.50
242	Charles Swingler	VA	36	232	Law/Fire/Military / Open	255.00		182.50		255.00		692.50
242	Charles Swingler	VA	36	232	Law/Fire/Military / Sub Masters (35-3)	255.00		182.50		255.00		692.50
319	Paul Bates	VA	40	290	Masters (40-44)	327.50		187.50		277.50		792.50
319	Paul Bates	VA	40	290	Open	327.50		187.50		277.50		792.50



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2003 Fire/Law Nationals-Raw

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
220	Timothy Brien	RI	44	216	Law/Fire/Military / Masters (40-44)	260.00		150.00		260.00		670.00
220	Timothy Brien	RI	44	216	Lifetime/Law/Fire/Military / Masters (260.00		150.00		260.00		670.00
220	Timothy Brien	RI	44	216	Masters (40-44)	260.00		150.00		260.00		670.00



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2003 Spring Break Bench-Assisted

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
165	Chris Balance (bench)		16	156	Teenage (16-17)	0.00		100.00		0.00		100.00
181	Jason Metz (bench)	NC	23	176	Junior (20-23)	0.00		147.50		0.00		147.50
181	Jason Metz (bench)	NC	23	176	Open	0.00		147.50		0.00		147.50
242	Nathan Bryant (bench)	VA	45	233	Lifetime / Masters (45-49)	0.00		117.50		0.00		117.50