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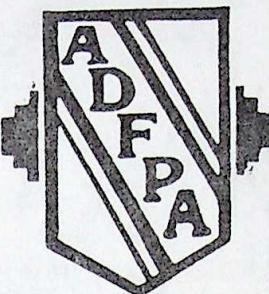
The ADFPA Newsletter

POWERLIFTING TODAY

VOLUME 2.5

July, August 1989

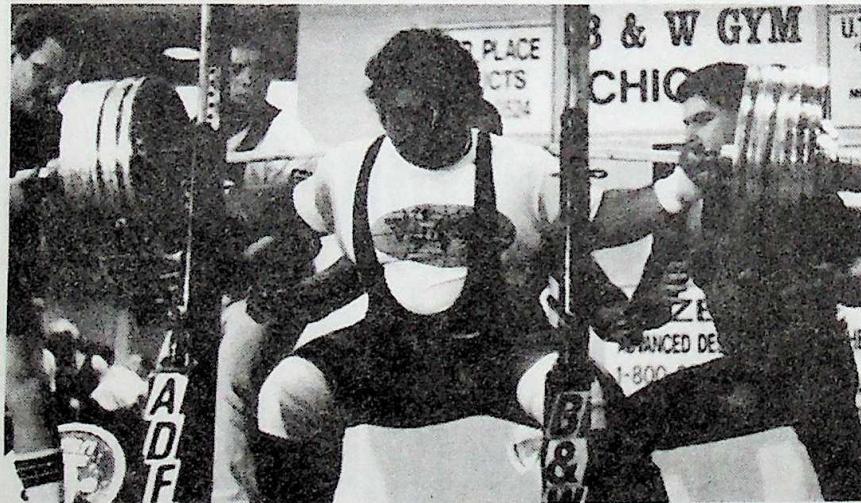
AMERICAN DRUG FREE



POWERLIFTING ASSOCIATION

Covered inside:

**World Championships
Women's Teenage Champs.
High School Championships**



Master lifter Ernie Surell breaks Gerald Welch's World squat record.

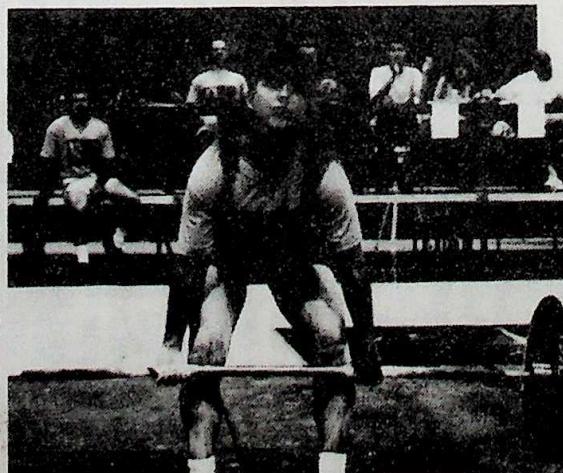
Powerlifting Today

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Publisher: Paul Wicker

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Teenage lifter Amy Hinman lifted at both the
Worlds and the Teen Nationals.

Editor's Note:

I have done a great deal of thinking since the last issue of Powerlifting Today. My concerns about the statis of Powerlifting Today as the ADFPA Newsletter still continues. I have appreciated beyond expression the support shown by the "lifter on the street" concerning the newsletter. Many notes and letters of encouragement have been sent. I have attended six ADFPA meets in the last three months and have continually received bolstering up from many different sources. Some have even started circulating petitions to prove the wide spread support of my publication. Despite all these factors, I am growing weary of the political battle this has become.

It has been particularly stressful for me to try and understand a vote of the ADFPA Finance Committee to suggest drastically reducing the size of the newsletter. 99% of any criticism I have ever received deals with the lifters' desire to have more information published. Another facet of this proposal is to make the newsletter a responsibility of the Vice-President. This was the situation until Powerlifting Today was voted in by the National Committee two years ago. I, as its editor, offered and delivered a superior product. The publication is now much bigger, more accurate, and mails 6 times per year as opposed to the prior 4 times. Despite this obvious improvement, the cost of \$3.00 per lifter per year has remained the cost to the organization.

In correspondence with the chairman of the Finance Committee, Mr. John T. Petroff, he suggested that the newsletter is not desired by many lifters because it covers unnecessary information and/or costs too much. If this is the case, then I have no desire to continue publishing something that is not meeting the desires of the lifting public. Let your state chairman know what you think so they can make a decision at this year's National Committee Meeting that represents the desires of the lifters in their state.

WDFPF World Powerlifting Championships

Page 2

The second WDFPF (World Drug Free Powerlifting Federation) World Championships were held in Chicago, June 17 & 18, 1989. Dennis and Sandi Brady did an excellent job of heading up the major undertaking of putting on an international competition. This was all done without the possibility of financially profiting from the meet, as all proceeds went back to the ADFPA. The World Meeting was held prior to this year's competition and despite being laborious at times, did deal with several major issues. Hopefully the difficulties faced by the administrators in establishing a smoothly functioning world body will be ironed out soon.

There was an obvious improvement in depth of performance and participation as seven countries were represented on the international platform. The United States was well represented, of course, by a complete women's and men's team, coached by Lloyd Coon and Tim McClellan respectively. England brought 9 women and 11 men; France, 4 women, 5 men; Australia, 2 women, 4 men; Belgium, 2 women, 3 men; Egypt, 1 woman, 1 man; and Ireland, 1 man.

Nine of the ten women's weight classes were won by the United States lifters and one World title was taken home by a French lifter. Ten men's world titles are now held by United States lifters and England is the proud owner of the 11th title.

All lifters representing the USA (excluding one bomb) came away with at least one new World record and many of them broke several. It was encouraging to see several other World records set by foreign lifters. (Keep in mind the World records noted in this write up are subject to completion of the drug testing.)

Foreign World Record Setters:

A bench press record of 72.5 kgs./159.75 lbs. was set by Suzanne Brooker, daughter of WDFPF President Ken Smith. Evelyn Delbosse of France deadlifted an easy 155 kgs./341.5 lbs. in the 111 lb. class. Annette Blindt gave England its second Women's World record of the meet with a 75 kg./165.25 lb. bench in the 116 lb. class. Ramonde Cadres from France set a squat record due to the unfortunate bomb of Felicia Almy. The known superior bencher, Clara Kasbarian, cut to 139 and benched an amazing new World record of 120 kgs./264.5 lbs. Australia's only record breaker was found in Joy Dobson with a 192.5 kg./424.25 lb. deadlift in the 176 lb. class.

Frank Brouillet of France deadlifted 201 kgs./443.0 lbs. to edge out Ron Hoff for the deadlift World record at 123. England's Alan Gutteridge was the only multiple record setter from a foreign country. He benched 145 kgs./319.5 lbs., deadlifted 225 kgs./496.0 lbs., and totalled 370.0 kgs./1256.5 lbs. at 132. Francis Mezzanotte of Belgium impressed everyone with his excellent 275 kg./606.25 lb. World record squat at 165.

Men's Lifting:

Saturday's lifting began with the men and saw 36 competitors. I'll not take the time to mention all the records set by the US lifters, but they will be noted in the meet results. I think a special thanks needs to go to Tracey Beard, who despite having to compete the next day, helped by scoring all day Saturday and cheering for the men lifters.

114's:

Even though Joe Catalfamo outdistanced his closest competitor by 25 kgs., this was not accomplished haphazardly. He set all new World records with the exception of the deadlift, which is still held by Miguel Castro. Joe put together an 8 for 9 day to show excellent composure and experience on the platform. Even though Graham Price (Eng.) had the superior deadlift, Joe was still in control due to his solid subtotal.

52 kgs./114.5 lbs.

	Squat	Bench	Dead	Total
Catalfamo-USA	180.0W	107.5W	187.5	475.0W
Price-England	162.5	92.5	195.0	450.0
Prosper-France	120.0	70.0	175.0	365.0

123's:

Herbert Blake was the ADFPA 123 lb. National Champion that earned the right to represent the US at the World Championships. He unfortunately could not get leave from the Navy to fulfill this honor. Ron Hoff was second to Herbert at last year's Nationals and thus was able to return to the World's as our 123 competitor. Ron got both his 3rd attempts in the squat and bench, but he gave us, and I'm sure himself, a scare in the deadlift. Losing his balance on his opener and being called for hitching his second put everything on the line for his third. He was able to collect himself and smooth out the 3rd to win by 30 kgs. over Frank Brouillet of France.

	Squat	Bench	Dead	Total
Hoff-USA	192.5W	112.5W	195.0	500.0W
Brouillet-France	170.0	100.0	201.0W	470.0
McFirish-Ire.	160.0	95.0	150.0	405.0

132's:

The 132 lb. class proved to be the closest battle of the men's competition. Ken Westbrook lost his balance on his opening squat and took a small step after the squat signal. He therefore took this same weight on a second and blew it up. He jumped to 235 on his third for a new World record and it still looked easy. It was obvious there was at least a good 10 to 15 kgs. left in him. Alan Gutteridge from England took control from this point on, setting World records in the bench, deadlift, and total to edge Ken out by 2.5 kgs. for his first World Championship title.

60 kgs./132.25 lbs.

	Squat	Bench	Dead	Total
Gutteridge-Eng.	200.0	145.0W	225.0W	570.0W
Westbrook-USA	235.0W	107.5	225.0	567.5



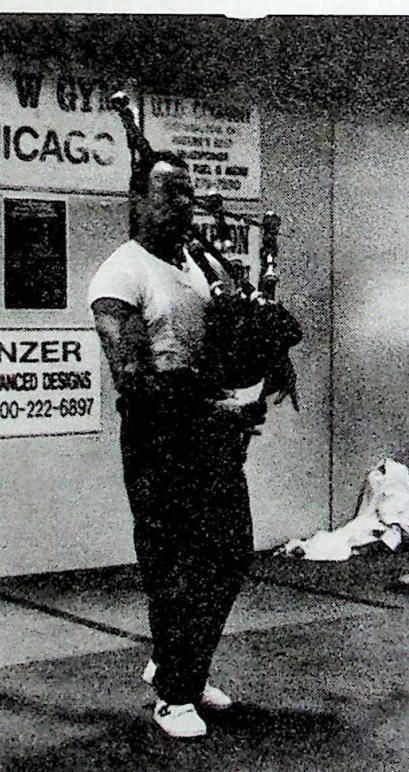
Alan Gutteridge won the 132's with this 496 deadlift pull.

148's:

Ray Benemerito saved himself for the soon upcoming Men's Nationals and still posted a total that was 65 kgs. ahead of his nearest competitor. He did take a second attempt in the squat to break his own World record, but was good for more. England placed second and third with good performances from Adrian Blindt and John Guerin. John entertained the spectators at the end of Saturday's lifting by playing the bagpipes for which he has won awards.

67.5 kgs./148.75 lbs.

	Squat	Bench	Dead	Total
Benemerito-USA	240.0W	137.5	250.0	627.5
Blindt-England	195.0	135.0	242.5	562.5
Guerin-England	170.0	130.0	250.0	550.0
Lecompte-Bel.	190.0	112.5	190.0	492.5



British lifter John Guerin added international flair after Saturday's lifting.

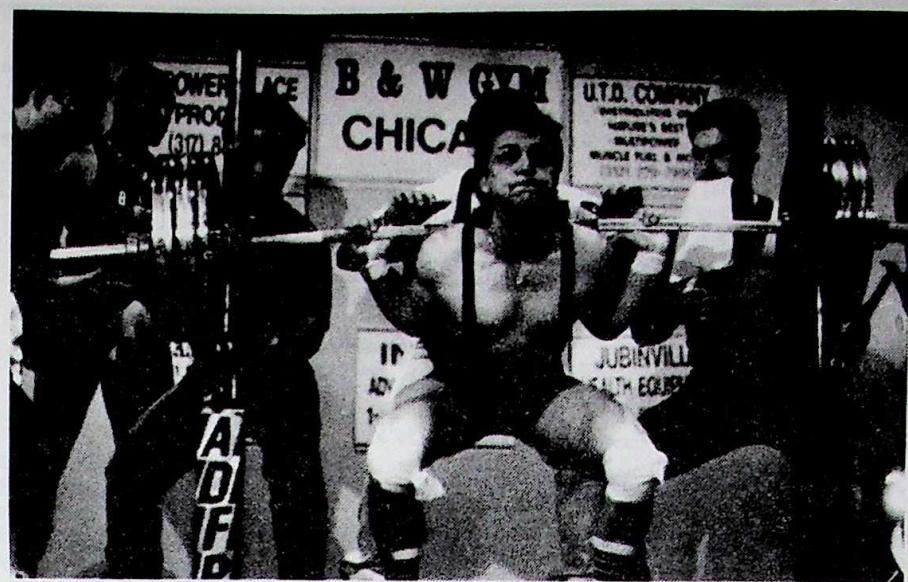
165's:

Bob Bridges won at 165, but it wasn't as easy as expected. Francis Mezzanotte from Belgium proved to be a formidable competitor. He squatted 606, was the best foreign lifter in the meet and 3rd Best Lifter overall. Bob took three tries to satisfy the judges in the squat and had some ground to make up, being down 5 kgs. even after his superior bench pressing. Bob's deadlifting pulled him through again to give him the World Championship title and 2nd Best lifter of the meet.

75 kgs./165.25 lbs.

	Squat	Bench	Dead	Total
Bridges-USA	242.5	167.5W	305.0W	715.0W
Mezzanotte-Bel.	275.0W	140.0	285.0	700.0
Spice-England	222.5	107.5	260.0	590.0

by: Donna Wicker



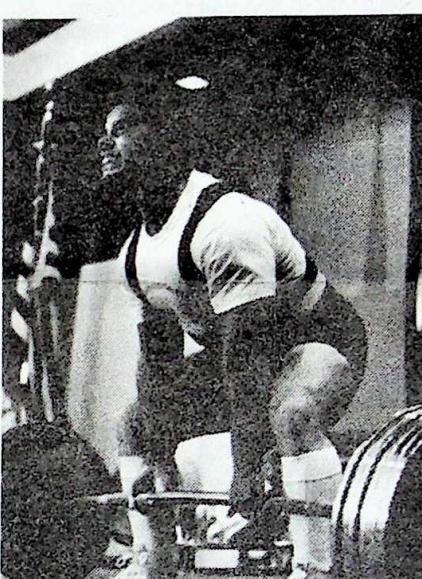
Francis Mezzanotte from Belgium was very impressive winning 3rd Best Lifter of the meet via this World record squat of 606.

181's:

Mike Bridges just took one attempt in the squat, but pushed himself in the bench and deadlift. Mike's 335 kg./738.5 lb. deadlift was, of course, a World record, but also proved to be the only men's ADFPA Open American record broken in this meet. Mike emerged as the meet's Best Lifter with his 810.0 kg./1785.5 lb. total and set all new World records across the board. Second place was a close battle seeing David Vaughan of Australia beating Derek Ambler of England on bodyweight.

82.5 kgs./181.75 lbs.

	Squat	Bench	Dead	Total
Bridges-USA	282.5W	192.5	335.0W	810.0W
			195.0-4thW	
Vaughan-Aus.	250.0	140.0	267.5	657.5
Ambler-England	252.5	145.0	260.0	657.5
Lebreton-France	232.5	130.0	270.0	632.5
Boucheour-Fra.	210.0	145.0	260.0	615.0



Mike Bridges broke the only American record of the meet with his 738.

198's:

Bill Shannon only took four attempts, probably protecting a back injury he is currently dealing with. He still easily won at 198 with a 797.5 kg./1758.0 lb. total. The only World record he didn't break was the squat, held by Gary Henton. Francois Kalic (France) was second and Colin Foulser (England), third.

90 kgs./198.25 lbs.

	Squat	Bench	Dead	Total
Shannon-USA	295.0	182.5W	320.0W	797.5W
Kalic-France	265.0	155.0	290.0	710.0
Foulser-England	255.0	167.5	270.0	692.5

220's:

Joe Ladnier similarly had an easy time of it at 220 to win his first WDFPF World title. Joe did push his benches even getting a good 4th attempt of 207.5 kgs./457.25 lbs. (One should remember that bench press shirts are not legal in the WDFPF, thus the obvious deficit in performance from ADFPA competition.) Joe broke all the World records in this division except the deadlift done by Shawn Cain from last year. Second place was also close in this class. Ian Tudor (England) came in second, just over teammate George Stoneman.

100 kgs./220.25 lbs.

	Squat	Bench	Dead	Total
Ladnier-USA	305.0W	202.5	282.5	790.0W
			207.5-4thW	
Tudor-England	245.0	172.5	250.0	667.5
Stoneman-Eng.	265.0	137.5	260.0	662.5
Turner-Australia	250.0	125.0	260.0	635.0

242's:

Bull Stewart was once again uncontested in this year's meet. He bettered his bench record from last year and saved himself for Nationals in the other lifts.

110 kgs./242.5 lbs.

	Squat	Bench	Dead	Total
Stewart-USA	320.0	212.5W	322.5	855.0

111's:

This class proved to be the most interesting for the women's competition. Last year there was a battle between Linda Haugland and Naomi Prince, as Naomi did not want to cut to 104 again. Naomi came out on the short end of the competition last year and therefore was back to give it another try. Evelyn Delbosse was the opposition this year and proved to be more formidable than expected from her European Championship's total. She was up some 30 kgs. and had strength for more. Naomi went 9 for 9 and put the pressure on Evelyn. One can only assume that a drastic error was made on the part of the French coaches, as they had the upper hand with Evelyn following Naomi's last deadlift. They should have immediately changed her last deadlift to 157.5 kgs. for the win. She seemed to have had plenty of strength as shown by the ease of her 4th attempt of 155 kgs. for a new World record. Coaching is crucial in this type of situation. Congratulations, Naomi, on a superb performance. A very tense situation. This class had the deepest quality of competitors.

Suzanne Brooker did a very nice total for third place and took home a bench World record. She had much more strength than her total shows and should prove much more a threat next year. (It is interesting to note that Suzanne had a baby about 5 months prior to the competition and was still breast feeding. Believe me, this does not allow for one's best performance in competition.)

50.5 kgs./111.25 lbs.				
	Squat	Bench	Dead	Total
Prince-USA	130.0	65.0	152.5	347.5
Delbosse-France	130.0	62.5	152.5	345.0
				155.0-4thW
Brooker-England	110.0	72.5W	120.0	302.5



Evelyn Delbosse of France set the 111 deadlift mark at 341.

116's:

Three lifters competed in the 116 lb. class. Mindy Garner lifted once again for the United States and put in a dazzling performance that won her 3rd Best Lifter for the women. Mindy broke on of the longest standing ADFPA American records. She squatted 157.5 kgs./347.0 lbs. Her deadlift also set a new American record and gave her a total that tied the record currently held by Melanie Getz in this class. Bernadette Plouvier from Belgium, a former IPF World Champion, was second. England's Annette Blundt was third but took home another women's bench record for her country.

53 kgs./116.75 lbs.

	Squat	Bench	Dead	Total
Garner-USA	157.5W*	65.0	165.0W*	387.5W
Plouvier-Bel.	130.0	65.0	137.5	332.5
Blundt-England	100.0	75.0W	80.0	255.0



Mindy Garner broke an American squat record that stood since 1983.

122's:

Teenage lifter, Amy Hinman, took a solid first place for the United States at 122. She won her first World title and set a World record in the deadlift. Her fourth attempt still had strength left. Edith Lemoulle (France) and Jo Edmunds (England) were second and third respectively.

55.5 kgs./122.25 lbs.

	Squat	Bench	Dead	Total
Hinman-USA	127.5	57.5	162.5	347.5
				165.0-4thW
Lemoulle-France	120.0	62.5	130.0	312.5
Edmunds-Eng.	105.0	57.5	137.5	300.0
Fairminer-Eng.	122.5	—	—	—

129's:

The 129's were left wide open due to the bomb of Felicia Almy. Felicia took a terrible fall on her opening squat when her foot bent over on its side as she was setting her wide stance up with 341 lbs. on her back. It looked very likely she would not even be back on the platform but was able to collect herself. Her second attempt came up strong, but a double bounce at the bottom disqualified the lift. Her third attempt did not satisfy the majority of the judges and retired her from the competition. Raymonde Cadres was waiting in the wings to take the title at 129 and a World record in the squat.

58.5 kgs./129 lbs.

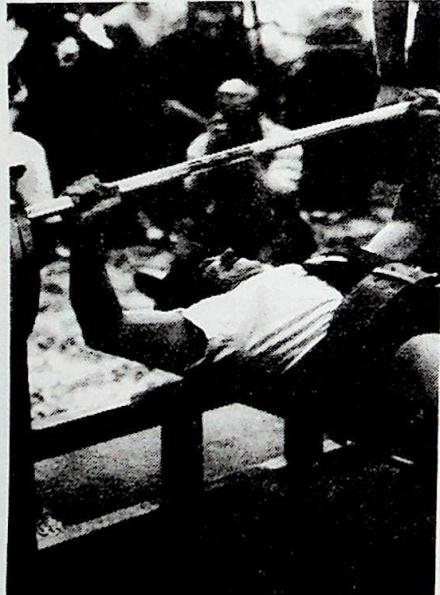
	Squat	Bench	Dead	Total
Cadres-France	130.0W	67.5	140.0	337.5
Detenon-Eng.	115.0	57.5	140.0	312.5
Almy-USA	—	—	—	—

139's:

The 2nd Best Lifter of the meet was found in the 139's in Michelle Stevens (USA). Michelle was so impressive at Women's Nationals this year in just totalling over 1000 lbs. to become the highest woman in ADFPA history to do so. She added another 30 lbs. to this amazing total due to the much improved condition of her back. She squatted a beautiful 187.5 kgs./413.25 lbs. and deadlifted 205.0 kgs./451.75 lbs.! These lifts and her total were, of course, new World records and also American records. Clara Kasbarian from France turned in an impressive total in this class also. Her bench of 120 kgs./264.5 lbs. at a bodyweight of 136.5 lbs. has got to be the best formula bench ever done in drug free competition by a woman.

63 kgs./139 lbs.

	Squat	Bench	Dead	Total
Stevens-USA	187.5W*	75.0	205.0W*	467.5W
Kasbarian-Fra.	150.0	120.0W	160.0	430.0
Morales-Belgium	105.0	55.0	137.5	297.5
Samways-Eng.	105.0	50.0	137.5	292.5
Dinage-England	120.0	45.0	120.0	285.0



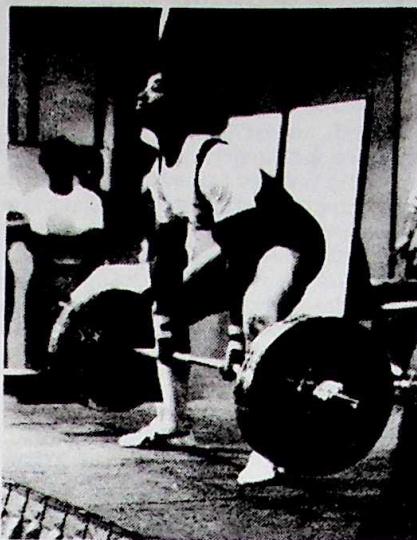
Clara Kasbarian set yet another incredible bench mark of 264 at 139 for France.

154's:

The Best Lifter on the women's day of lifting was none other than Jackie Pierce. She was not pleased with her performance as it was down by 55 lbs. from Women's Nationals. But if the formula performance was checked, I'm sure it was very comparable because Jackie weighed-in about five pounds lighter. She had a couple of close misses at trying to better her squat from Nationals with 446 and was thus left with her opener of 187.5 kgs./413.25 lbs. for the new World record. Her bench was solid but not quite the caliber to better Clara Kasbarian's record from last year. Jackie deadlifted 220 kgs./485.0 lbs. and totalled 512.5 kgs./1129.75 lbs. for two more World records. (Jackie, for your information, was the 1981 Teenage World Champion in the long jump. She is obviously a true naturally gifted athlete.) Elly Millington (England) had a particularly good deadlift finishing with a nice 180 kg./396.75 lb. 3rd attempt.

70 kgs./154.25 lbs.

	Squat	Bench	Dead	Total
Pierce-USA	187.5W	105.0	220.0W	512.5W
Millington-Eng.	140.0	67.5	180.0	387.5

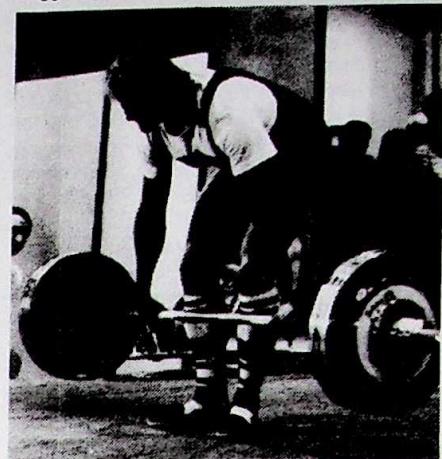


Jackie Pierce was the Champions of Champions once again.

176's:

Joy Dobson, veteran lifter from Australia, decided to go overweight, and this worked out well for her when she took home a deadlift World record. She would have been second in either class, and knew she couldn't out deadlift Jackie Pierce. Betsy Wonyetye improved her performance from last year's World meet. She squatted and benched the same but gained 12.5 kgs. in the deadlift. This gave her a new World record total of 482.5 kgs./1063.5 lbs. Betsy also improved her squat World record on a 4th attempt with 197.5 kgs./435.25 lbs.

80 kgs./176.25 lbs.				
	Squat	Bench	Dead	Total
Wonyetye-USA	195.0	105.0	182.5	482.5W
	197.5W			
Dobson-Australia	145.0	85.0	192.5W	422.5
Briggs-Australia	150.0	62.5	160.0	372.5



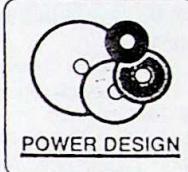
Aussie Joy Dobson setting a World record.

176's+:

The last class in the two day meet had two competitors. Carol Waters returned as the US World representative. She won again despite losing some poundage from last year's meet. Carol did have a good day in the bench where she bettered her own record to 107.5 kgs./236.75 lbs.

80+ kgs./176.25+ lbs.				
	Squat	Bench	Dead	Total
Waters-USA	190.0	107.5W	190.0	487.5
Detraglia-Egypt	100.0	60.0	130.0	290.0

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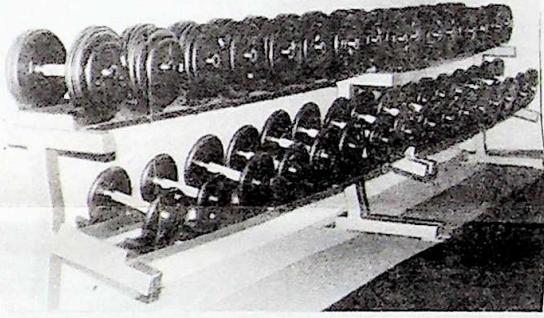
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World Drug Free Powerlifting Federation

Men's World Records

52 kgs./114.5 lbs.

Squat: 180.0 kgs. / 396.75 lbs.
Bench: 107.5 kgs. / 236.75 lbs.
Deadlift: 215.0 kgs. / 473.75 lbs.
Total: 475.0 kgs. / 1047.00 lbs.
56 kgs./123.5 lbs.

Squat: 192.5 kgs. / 424.25 lbs.
Bench: 112.5 kgs. / 248.00 lbs.
Deadlift: 201.0 kgs. / 443.00 lbs.
Total: 500.0 kgs. / 1102.25 lbs.

60 kgs./132.25 lbs.

Squat: 235.0 kgs. / 518.00 lbs.
Bench: 145.0 kgs. / 319.50 lbs.
Deadlift: 225.0 kgs. / 496.00 lbs.
Total: 570.0 kgs. / 1256.50 lbs.

67.5 kgs./148.75 lbs.

Squat: 240.0 kgs. / 529.00 lbs.
Bench: 147.5 kgs. / 325.00 lbs.
Deadlift: 260.0 kgs. / 573.00 lbs.
Total: 645.0 kgs. / 1421.75 lbs.

75 kgs./165.25 lbs.

Squat: 275.0 kgs. / 606.25 lbs.
Bench: 167.5 kgs. / 369.25 lbs.
Deadlift: 305.0 kgs. / 672.25 lbs.
Total: 715.0 kgs. / 1576.25 lbs.

82.5 kgs./181.75 lbs.

Squat: 282.5 kgs. / 622.75 lbs.
Bench: 195.0 kgs. / 429.75 lbs.
Deadlift: 335.0 kgs. / 738.50 lbs.
Total: 810.0 kgs. / 1785.50 lbs.

90 kgs./198.25 lbs.

Squat: 297.5 kgs. / 655.75 lbs.
Bench: 182.5 kgs. / 402.25 lbs.
Deadlift: 320.0 kgs. / 705.25 lbs.
Total: 797.5 kgs. / 1758.00 lbs.

100 kgs./220.25 lbs.

Squat: 305.0 kgs. / 672.25 lbs.
Bench: 207.5 kgs. / 457.25 lbs.
Deadlift: 295.0 kgs. / 650.25 lbs.
Total: 790.0 kgs. / 1741.50 lbs.

110 kgs./242.5 lbs.

Squat: 345.0 kgs. / 760.50 lbs.
Bench: 212.5 kgs. / 468.25 lbs.
Deadlift: 340.0 kgs. / 749.50 lbs.
Total: 875.0 kgs. / 1929.00 lbs.

125 kgs./275.5 lbs.

Squat: 390.0 kgs. / 859.75 lbs.
Bench: 227.5 kgs. / 501.50 lbs.
Deadlift: 337.5 kgs. / 744.00 lbs.
Total: 952.5 kgs. / 2099.75 lbs.

125+ kgs./275.5+ lbs.

Squat: 392.5 kgs. / 865.25 lbs.
Bench: 237.5 kgs. / 523.50 lbs.
Deadlift: 320.0 kgs. / 705.25 lbs.
Total: 945.0 kgs. / 2083.25 lbs.

Women's World Records

44 kgs./97 lbs.

J. Catalfamo (89)
J. Catalfamo (89)
M. Castro (88)
J. Catalfamo (89)

47.5 kgs./104.75 lbs.

R. Hoff (89)
R. Hoff (89)
F. Brouillet (89)
R. Hoff (89)

50.5 kgs./111.25 lbs.

K. Westbrook (89)
A. Gutteridge (89)
A. Gutteridge (89)
A. Gutteridge (89)

53 kgs./116.75 lbs.

R. Benemerito (89)
R. Benemerito (88)
R. Benemerito (88)
R. Benemerito (88)

55.5 kgs./122.25 lbs.

F. Mezzanotte (89)
B. Bridges (89)
B. Bridges (89)
B. Bridges (89)

58.5 kgs./129 lbs.

M. Bridges (89)
M. Bridges (89)
M. Bridges (89)
M. Bridges (89)

63 kgs./139 lbs.

G. Henton (88)
B. Shannon (89)
B. Shannon (89)
B. Shannon (89)

70 kgs./154.25 lbs.

J. Ladnier (89)
J. Ladnier (89)
S. Cain (88)
J. Ladnier (89)

80 kgs./176.25 lbs.

B. Stewart (88)
B. Stewart (89)
B. Stewart (88)
B. Stewart (88)

80+ kgs./176.25+ lbs.

E. Surell (89)
G. Welch (88)
G. Welch (88)
G. Welch (88)

D. McCain (89)

D. McCain (89)
D. McCain (89)
D. McCain (89)
D. McCain (89)

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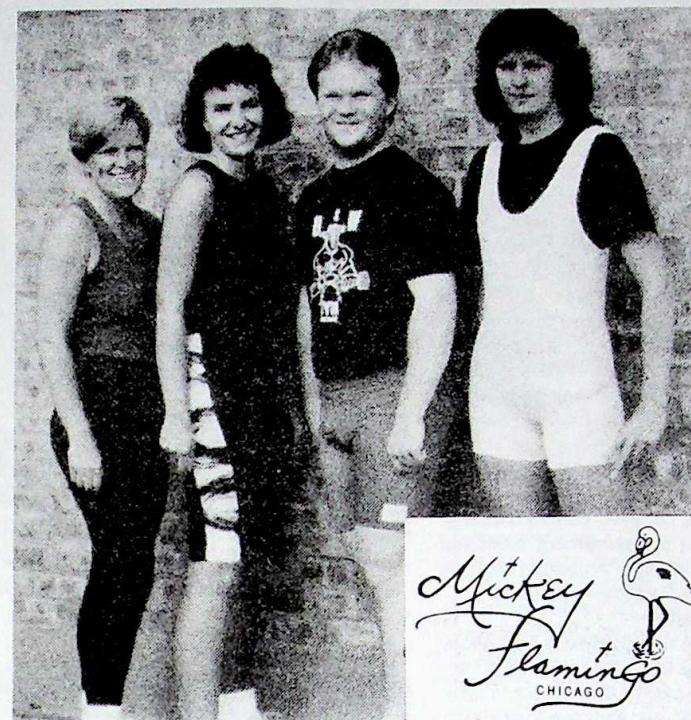
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Message from the President

For the past two years I have had the honor and privilege of serving as President of the ADFPA. I felt I had done a good job and looked forward to continuing on for another term. I, at one time, felt this could be accomplished easily, since I could not see anyone running against me. This has not turned out to be the case, however, and I now will truly need a lot of support in order to be re-elected for another term.

This is a position which I want very badly, because I am totally dedicated to the ADFPA and its continued growth. I have taken this as a full-time job for myself and have put a large amount of my personal resources into it. This is something I do because I believe in the concept of the ADFPA, not because I am looking to make future personal gains from it.

In the past two years I have attended or run 36 meets in 11 different states. Many of these meets I attended entirely at my own expense, usually bringing at least my wife, Sandi, to help, but often bringing in other people from my gym. Since my beginning involvement with the ADFPA, I have attended over 100 meets in 13 different states, and run 27 ADFPA meets, more than any other meet director. I have run six national championships, often the minor ones that no one else seems to want to run. I have tried to make my meets the best possible, and could have easily made larger profits, charging higher entry fees and cutting corners, but I felt that in the long run this would lower the value of an ADFPA meet in the lifters' eyes. I felt that because of the competitive marketplace powerlifting had become, the ADFPA had to stand head and shoulders above all other organizations. I also carried this forward into the drug testing, usually testing way more than the 10% required, and using urinalysis in conjunction with polygraph even when the cost for urinalysis was still up near \$100.00.

I have tried to carry these same beliefs and attitudes forward into my running of the ADFPA these past two years. I have tried hard to put our organization head and shoulders above all others. In the past two years, we have made great gains as an organization. We now have a real rulebook, and an updated set of by-laws. We have a central location for all records and the issuing of record certificates. All registration information comes through the same office, and printouts and lists are issued monthly. Mailing labels are available free to all meet directors. The office is open 70 hours a week and contains all information necessary for an ADFPA lifter. The majority of this time and work is done at no cost to the ADFPA by the employees of my gym as they run the counter. Also, almost anyone who would answer the ADFPA phone is an ADFPA lifter themselves, since the majority of my employees are ADFPA members. I have also traded gym memberships to procure certain services for the ADFPA, such as computer programming, so we were able to save the organization money.

This June, I directed the World Championships here in Chicago for the ADFPA. Although this was technically an ADFPA meet, almost all the equipment and workers were from my gym. This was done free for the ADFPA, just as the majority of the fundraising and publicity was. I also sacrificed certain sponsors for my own meets in order to ensure that they would help sponsor the World Meet. I do this because the growth of drug free powerlifting on a world level is more important than any personal gains I might make.

I have worked hard the past two years for this organization, and have always tried to put the ADFPA first. I have never believed in playing at politics or power games, because this is just wasted time and energy that should go into improving the ADFPA. I know that not everyone in the ADFPA agrees with me, or with what I have done, but I will always respect anyone who puts the best interest of the ADFPA first. That is all I ask you to do in this coming election. Please make sure your state chairman is there to vote for what you believe is the best for this organization, or make sure their vote is proxied. If you have any questions or want any information, feel free to call me. Call if you want to express your support for me, or call if you want to tell me why you feel you can't support me. I think it's important to know where you stand and why, because I always want to work for the betterment of this association. Any information, either pro or con, can only help me do this.

Thank you,

Dennis Brady
President, ADFPA

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

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DATE			

In recognizing the need for Drug-Usage Detection, I agree to submit to any testing procedures deemed appropriate by the ADFPA or its agents and shall accept the results and the consequences of such tests.



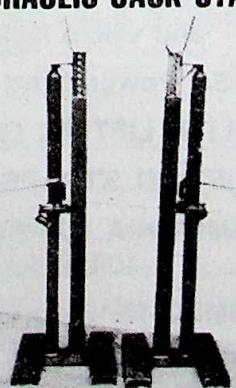
Athlete Representatives

Shawn Cain-210 votes
Joe Pyra-151 votes
Bob Wagner-143 votes
Charlie Schroeder-137 votes
Donna Wicker-126 votes
Congratulations on your election!



Donna Wicker-Editor, Powerlifting Today
Thanks for your vote of confidence in the election. I am proud to represent the athletes of the ADFPA at the National Meeting.

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ADFPA Women's Teenage National Champs.

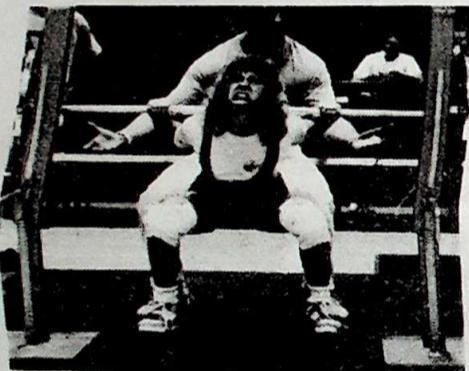
Bill Thompson took on the challenge of holding his first National Championships in Wadsworth, Ohio, on June 25th. He did an excellent job not only supplying all the necessities but also many nice extras. There was plenty of help the entire weekend. Lloyd Coon, coach of the Swartz Creek Women's Team, took care of the equipment check the night before the competition. Les Cheney, area Master lifter, brought in his crew who did an excellent job at the scorers table. Several boys from Wadsworth High School spotted and loaded all day. Three International referees were seated during the entire competition; Dennis Brady, President ADFPA, Pat Malone, Vice-President ADFPA, and myself. A hospitality room was even provided for the meet workers during breaks in the competition. This was a very nice extra. I'm sure all those that stayed for the evening enjoyed the swimming party at the school. It's nice to see a meet director that is concerned in treating his help and the lifter the best he can. Thanks, Bill!

Thirty one young women competed in the one day meet. There were hopes of improving lifter turnout with the removal of qualifying totals. This has happened to some degree, but the numbers are low enough to consider putting it back as a part of the Open Women's Nationals. Another possibility would be to combine this with the Men's Teenage Nationals.

I must highlight the meet to conserve space. There are several meets to cover in this issue. All the lifters deserve congratulations! There was excellent sportsmanship exhibited by all. Ten new Teenage American records were set and twelve National records.

14-16 year old division:

One of those record setters was Michelle Omelio winning the 14-16 yr. old 97 lb. class in her second meet. She set three new National records and two American. Michelle shows great potential; keep up the good work.



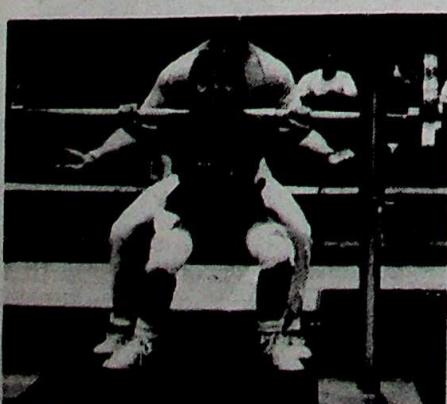
Little Michelle Omelio showed good natural instincts of a powerlifter with her determination.

Megan Wilson, all of 14 yrs. old, hasn't even begun to see her possibilities in this sport. Her muscular structure and leverage advantage make her a real natural. Megan was ably coached in her first meet by a former USPF National Champion from 1979. Michelle (Silva) Klimesh must be very excited with her find.



14 year old Megan Wilson was very impressive for her first meet.

The 116's (14-16) saw the Best Lifter of the younger age group. Tammy Schuerman cleared the record books in both the American and National categories. She went 253/132/275/661.



Best Lifter (14-16), Tammy Schuerman.

by: Donna Wicker

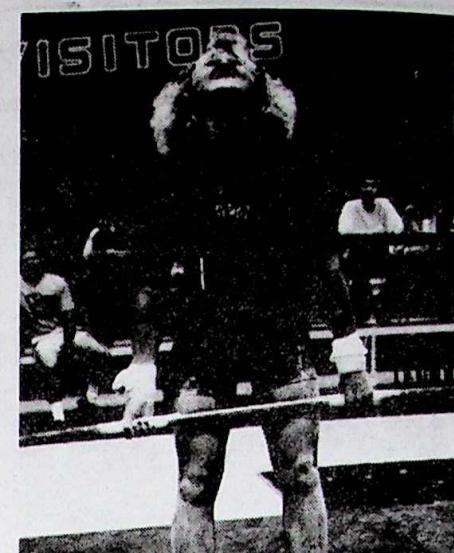
Alexandria Jackson had a nice meet for herself as (14-16) 154 lb. Champion. She seemed to be well coached with particularly good attempt picking.

17-19 year old division:

The lightest lifters in the 17-19 age group were in the 111 lb. class. Angelique Klann was particularly impressive with her deadlift of 303 in this class. She won her Teenage title quite comfortably.

Amy Hinman was fresh off the World Championship trail and had to lift just one week after her meet in Chicago. She bettered all of her lifts from the World meet and came out the Best Lifter at (17-19) and Champion of Champions. Amy did take a 4th attempt to break an open American deadlift record that has stood since 1984. But she didn't have much rest and had to settle for just a 363.

Surprisingly enough, Amy didn't complete the heaviest deadlift of the meet. Nancie Yaggie, 139 lber. (17-19), pulled an easy 385 to break a Teenage deadlift record held by a



There was strength to spare on Nancie Yaggie's 385 deadlift.

former ADFPA Open National Champion, Lisa Bailey. Congratulations, Nancie.

Erin Wikaryasz did her part for the Swartz Creek team effort by winning in the unlimited class. She just missed a close bench attempt at 198, but still was left with a new Teenage American and National bench record of 187.

Swartz Creek won its 7th straight Women's Teenage National team title with a score over 90 pts. Congratulations, Lloyd and all your girls. (By the way, I like the quick attack wide stance deadlift you teach. It takes guts!)

I hope all of you are back next year, except, of course, all you old fogies that will turn 20 in the upcoming year. Train hard.



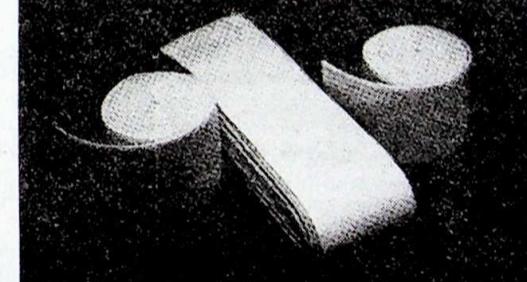
Coach Lloyd Coon and his girls from Swartz Creek, winning their 7th National Team title.

ELITE

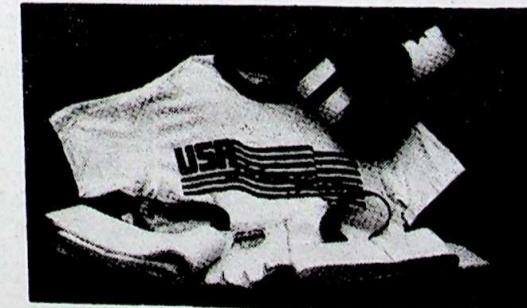
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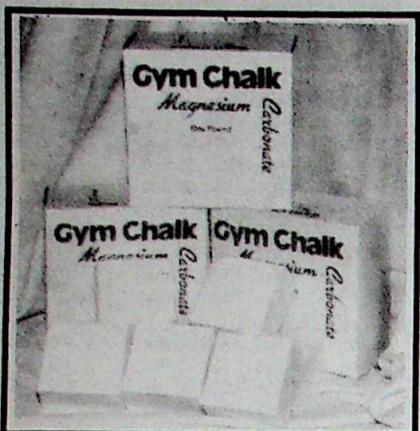
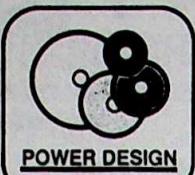
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1989 Women's Teenage

National Championships

Wadsworth, Ohio

June 25, 1989

	S	B	D	Tot
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<u>14-16</u>				
<u>97</u>	M. Omelio	72.5	55.0N	107.5AN235.0AN
	R. Masters	67.5	27.5	82.5 177.5
<u>104</u>	M. Rhyne	57.5	27.5	80.0 165.0
<u>111</u>	M. Wilson	95.0	60.0AN	105.0 260.0
	M. Goraj	85.0	42.5	122.5 250.0
	S. Salazar	57.5	32.5	75.0 165.0
<u>116</u>	T. Schuerman	115.0AN	60.0AN	125.0AN300.0AN
	L. Hare	85.0	57.5	92.5 235.0
	M. Hasman	75.0	45.0	95.0 215.0
<u>122</u>	L. Baker	97.5	45.0	105.0 247.5
	C. Roberts	65.0	42.5	92.5 200.0
	K. Taylor	60.0	35.0	75.0 170.0
<u>129</u>	Weatherholtz	95.0	52.5	117.5 265.0
<u>139</u>	K. Dailey	65.0	27.5	85.0 177.5
<u>154</u>	A. Jackson	125.0	65.0	137.5 327.5
	DeLavergne	95.0	55.0	107.5 257.5
<u>176</u>	J. Driskell	62.5	57.5	122.5 242.5
	S. Scholl	75.0	37.5	90.0 202.5
<u>17-19</u>				
<u>111</u>	A. Klann	102.5	57.5	137.5 297.5
	J. Kavanagh	92.5	45.0	120.0 257.5
	A. Gwinn	85.0	37.5	100.0 222.5
<u>116</u>	T. Mathis	100.0	47.5	125.0 272.5
<u>122</u>	A. Hinman	132.5	62.5	165.0AN360.0N
	T. Wessner	100.0	50.0	110.0 260.0
<u>129</u>	M. Plante	87.5	52.5	115.0 255.0

139
N. Yaggio 137.5 67.5 175.0AN380.0

N. Petzold — — — —

176
C. Brickley 100.0 50.0 115.0 265.0

176+
E. Wikaryasz 137.5 85.0AN 150.0 372.5

A. Carlyle 130.0 60.0 125.0 315.0

M. Marcou 65.0 45.0 102.5 212.5

A-denotes Teenage American record

N-denotes Teenage National record

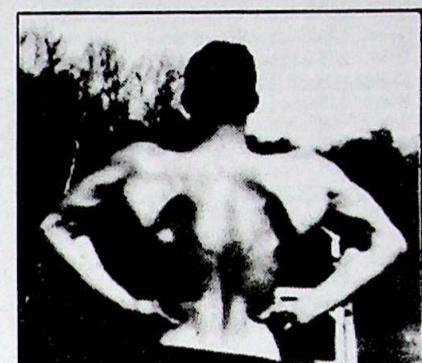
Best Lifters:

(14-16)-Tammy Schuerman

(17-19)-Amy Hinman

Champion of Champions-Amy Hinman

See up-dated Women's Teenage records on following page.



That's Muscle Control

by Ed Jubinville

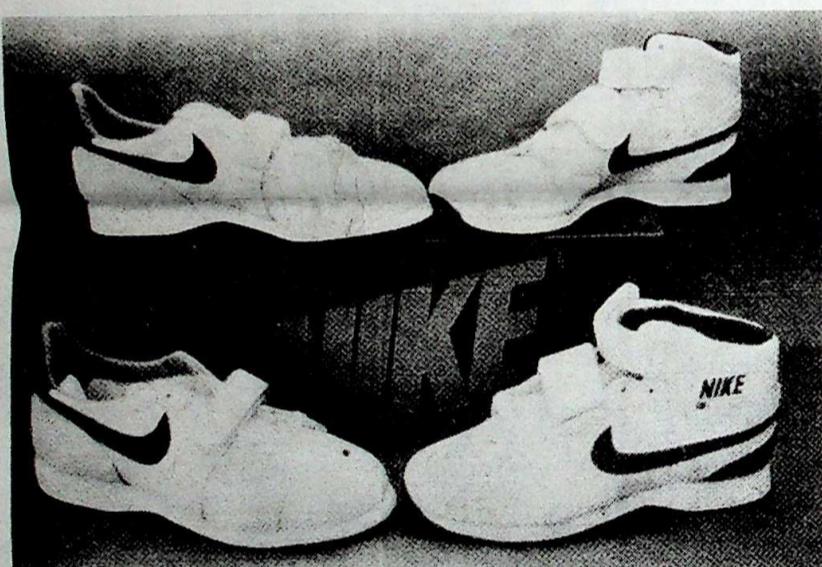
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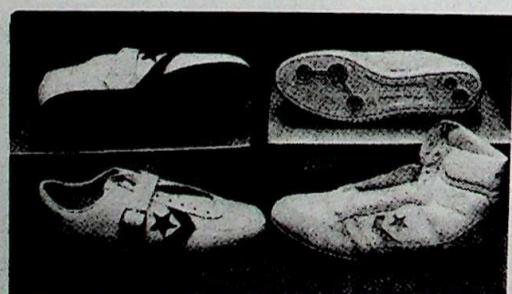
Low-Top 8-13 (½ sizes), 6, 14, 15

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WOMEN'S TEENAGE AMERICAN RECORDS

(14-16)	(17-19)
44 kgs./97 lbs.	44 kgs./97 lbs.
Squat: 80.0 kgs. / 176.25 lbs. Bench: 56.6 kgs. / 125.00 lbs. Dead: 107.5 kgs. / 236.75 lbs. Total: 235.0 kgs. / 518.00 lbs.	A. Perovich M. Omelio M. Omelio M. Omelio
47.5 kgs./104.75 lbs.	47.5 kgs./104.75 lbs.
Squat: 97.5 kgs. / 214.75 lbs. Bench: 50.0 kgs. / 110.00 lbs. Dead: 122.4 kgs. / 270.00 lbs. Total: 265.0 kgs. / 584.00 lbs.	T. Mathis T. Mathis M. Sandburg T. Mathis
50.5 kgs./111.25 lbs.	50.5 kgs./111.25 lbs.
Squat: 97.5 kgs. / 214.75 lbs. Bench: 60.0 kgs. / 132.25 lbs. Dead: 120.2 kgs. / 265.00 lbs. Total: 265.0 kgs. / 584.00 lbs.	J. Schuler M. Wilson J. Schuler J. Schuler
53 kgs./116.75 lbs.	53 kgs./116.75 lbs.
Squat: 115.0 kgs. / 253.50 lbs. Bench: 60.0 kgs. / 132.25 lbs. Dead: 125.0 kgs. / 275.50 lbs. Total: 300.0 kgs. / 661.25 lbs.	T. Shuerman T. Shuerman T. Shuerman T. Shuerman
55.5 kgs./122.25 lbs.	55.5 kgs./122.25 lbs.
Squat: 132.5 kgs. / 292.00 lbs. Bench: 72.5 kgs. / 159.75 lbs. Dead: 135.0 kgs. / 297.50 lbs. Total: 337.5 kgs. / 744.00 lbs.	A. Peterson M. Sherin M. Sherin M. Sherin
58.5 kgs./129 lbs.	58.5 kgs./129 lbs.
Squat: 117.5 kgs. / 259.00 lbs. Bench: 63.5 kgs. / 140.00 lbs. Dead: 132.5 kgs. / 292.00 lbs. Total: 294.8 kgs. / 650.00 lbs.	J. Murphy B. Mullins T. Judsen B. Mullins
63 kgs./139 lbs.	63 kgs./139 lbs.
Squat: 145.0 kgs. / 319.50 lbs. Bench: 65.7 kgs. / 145.00 lbs. Dead: 157.5 kgs. / 347.00 lbs. Total: 362.5 kgs. / 799.00 lbs.	A. Potter D. Aschim A. Potter A. Potter
70 kgs./154.25 lbs.	70 kgs./154.25 lbs.
Squat: 150.0 kgs. / 330.50 lbs. Bench: 70.0 kgs. / 154.25 lbs. Dead: 162.5 kgs. / 358.00 lbs. Total: 377.5 kgs. / 832.00 lbs.	M. Feece M. Feece M. Feece M. Feece
80 kgs./176.25 lbs.	80 kgs./176.25 lbs.
Squat: 147.5 kgs. / 325.00 lbs. Bench: 70.0 kgs. / 154.25 lbs. Dead: 165.0 kgs. / 363.75 lbs. Total: 380.0 kgs. / 837.50 lbs.	D. LeMay M. Feece M. Feece M. Feece
80+ kgs./176.25+ lbs.	80+ kgs./176.25+ lbs.
Squat: 155.0 kgs. / 341.50 lbs. Bench: 74.8 kgs. / 165.00 lbs. Dead: 149.6 kgs. / 330.00 lbs. Total: 367.4 kgs. / 810.00 lbs.	A. Wrenn S. Ricafrente S. Ricafrente S. Ricafrente

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

WOMEN'S TEENAGE NATIONAL RECORDS

(14-16)	(17-19)
44 kgs./97 lbs.	44 kgs./97 lbs.
Squat: 80.0 kgs. / 176.25 lbs. Bench: 55.0 kgs. / 121.25 lbs. Dead: 107.5 kgs. / 236.75 lbs. Total: 235.0 kgs. / 518.00 lbs.	A. Perovich (84) M. Omelio (89) C. Dopke A. Perovich
47.5 kgs./104.75 lbs.	47.5 kgs./104.75 lbs.
Squat: 102.5 kgs. / 225.75 lbs. Bench: 45.0 kgs. / 99.00 lbs. Dead: 115.6 kgs. / 255.00 lbs. Total: 242.5 kgs. / 534.50 lbs.	T. Mathis A. Hasman C. Dopke T. Mathis
50.5 kgs./111.25 lbs.	50.5 kgs./111.25 lbs.
Squat: 102.5 kgs. / 225.75 lbs. Bench: 47.5 kgs. / 104.50 lbs. Dead: 120.0 kgs. / 264.50 lbs. Total: 267.5 kgs. / 589.50 lbs.	T. Mathis A. Hasman L. Poarch T. Mathis
53 kgs./116.75 lbs.	53 kgs./116.75 lbs.
Squat: 120.0 kgs. / 264.50 lbs. Bench: 60.0 kgs. / 132.25 lbs. Dead: 142.5 kgs. / 314.00 lbs. Total: 317.5 kgs. / 699.75 lbs.	J. Schuler M. Froberg M. Froberg M. Froberg
55 kgs./122.25 lbs.	55 kgs./122.25 lbs.
Squat: 117.5 kgs. / 259.00 lbs. Bench: 62.5 kgs. / 137.75 lbs. Dead: 156.4 kgs. / 345.00 lbs. Total: 328.8 kgs. / 725.00 lbs.	T. Lambeth C. Raydl A. Hinman A. Hinman
58.5 kgs./129 lbs.	58.5 kgs./129 lbs.
Squat: 147.4 kgs. / 325.00 lbs. Bench: 88.4 kgs. / 195.00 lbs. Dead: 165.0 kgs. / 363.75 lbs. Total: 385.5 kgs. / 850.00 lbs.	M. Sherin M. Sherin A. Hinman M. Sherin
63 kgs./139 lbs.	63 kgs./139 lbs.
Squat: 165.0 kgs. / 363.75 lbs. Bench: 87.5 kgs. / 192.75 lbs. Dead: 175.0 kgs. / 385.75 lbs. Total: 407.5 kgs. / 898.25 lbs.	L. Bailey S. Ward N. Yaggie L. Bailey
70 kgs./154.25 lbs.	70 kgs./154.25 lbs.
Squat: 167.5 kgs. / 369.25 lbs. Bench: 77.5 kgs. / 170.75 lbs. Dead: 182.5 kgs. / 402.25 lbs. Total: 415.0 kgs. / 914.75 lbs.	A. Potter A. Potter A. Coli A. Potter
80 kgs./176.25 lbs.	80 kgs./176.25 lbs.
Squat: 157.5 kgs. / 347.00 lbs. Bench: 87.5 kgs. / 192.75 lbs. Dead: 167.5 kgs. / 369.25 lbs. Total: 407.5 kgs. / 898.25 lbs.	D. Runkel D. Runkel D. Runkel D. Runkel
80+ kgs./176.25+ lbs.	80+ kgs./176.25+ lbs.
Squat: 172.5 kgs. / 380.25 lbs. Bench: 85.0 kgs. / 187.25 lbs. Dead: 182.5 kgs. / 402.25 lbs. Total: 432.5 kgs. / 953.25 lbs.	L. Doull E. Wikaryasz L. Doull L. Doull
44 kgs./97 lbs.	44 kgs./97 lbs.
Squat: 80.0 kgs. / 176.25 lbs. Bench: 55.0 kgs. / 121.25 lbs. Dead: 107.5 kgs. / 236.75 lbs. Total: 235.0 kgs. / 518.00 lbs.	A. Perovich (84) M. Omelio (89) M. Omelio (89) M. Omelio (89)
47.5 kgs./104.75 lbs.	47.5 kgs./104.75 lbs.
Squat: 95.0 kgs. / 209.25 lbs. Bench: 50.0 kgs. / 110.00 lbs. Dead: 117.5 kgs. / 259.00 lbs. Total: 257.5 kgs. / 567.50 lbs.	T. Mathis (87) T. Mathis (86) T. Mathis (86) T. Mathis (86)
50.5 kgs./111.25 lbs.	50.5 kgs./111.25 lbs.
Squat: 115.0 kgs. / 253.50 lbs. Bench: 60.0 kgs. / 132.25 lbs. Dead: 120.0 kgs. / 264.50 lbs. Total: 265.0 kgs. / 584.00 lbs.	J. Schuler (86) M. Wilson (89) J. Schuler (86) J. Schuler (86)
53 kgs./116.75 lbs.	53 kgs./116.75 lbs.
Squat: 115.0 kgs. / 253.50 lbs. Bench: 62.5 kgs. / 137.75 lbs. Dead: 125.0 kgs. / 275.50 lbs. Total: 300.0 kgs. / 661.25 lbs.	T. Schuerman (89) T. Schuerman (89) T. Schuerman (89) T. Schuerman (89)
55.5 kgs./122.25 lbs.	55.5 kgs./122.25 lbs.
Squat: 132.5 kgs. / 292.00 lbs. Bench: 67.5 kgs. / 148.75 lbs. Dead: 125.0 kgs. / 275.50 lbs. Total: 325.0 kgs. / 716.25 lbs.	A. Peterson (88) A. Peterson (88) A. Peterson (88) A. Peterson (88)
58.5 kgs./129 lbs.	58.5 kgs./129 lbs.
Squat: 105.0 kgs. / 231.25 lbs. Bench: 57.5 kgs. / 126.75 lbs. Dead: 132.5 kgs. / 292.00 lbs. Total: 282.5 kgs. / 622.75 lbs.	T. Judsen (87) Heikken/Radloff (88) T. Judsen (86) T. Judsen (86)
63 kgs./139 lbs.	63 kgs./139 lbs.
Squat: 145.0 kgs. / 319.50 lbs. Bench: 62.5 kgs. / 137.75 lbs. Dead: 157.5 kgs. / 347.00 lbs. Total: 362.5 kgs. / 799.00 lbs.	A. Potter (85) D. Aschim (86) A. Potter (85) A. Potter (85)
70 kgs./154.25 lbs.	70 kgs./154.25 lbs.
Squat: 135.0 kgs. / 297.50 lbs. Bench: 70.0 kgs. / 154.25 lbs. Dead: 160.0 kgs. / 352.50 lbs. Total: 365.0 kgs. / 804.50 lbs.	M. Feece (86) M. Feece (86) M. Feece (86) M. Feece (86)
80 kgs./176.25 lbs.	80 kgs./176.25 lbs.
Squat: 147.5 kgs. / 325.00 lbs. Bench: 60.0 kgs. / 132.25 lbs. Dead: 152.5 kgs. / 336.00 lbs. Total: 360.0 kgs. / 793.50 lbs.	D. LeMay (88) D. LeMay (88) D. LeMay (88) D. LeMay (88)
80+ kgs./176.25+ lbs.	80+ kgs./176.25+ lbs.
Squat: 155.0 kgs. / 341.50 lbs. Bench: 62.5 kgs. / 137.75 lbs. Dead: 175.0 kgs. / 385.75 lbs. Total: 415.0 kgs. / 914.75 lbs.	A. Potter (86) C. Shane (85) D. Runkel (86) D. Runkel (86)
80+ kgs./176.25+ lbs.	80+ kgs./176.25+ lbs.
Squat: 172.5 kgs. / 380.25 lbs. Bench: 85.0 kgs. / 187.25 lbs. Dead: 182.5 kgs. / 402.25 lbs. Total: 365.0 kgs. / 804.50 lbs.	L. Doull (88) E. Wikaryasz (89) L. Doull (88) L. Doull (88)

ADFPA High School National Championships

by: Ray Hanser

The first ADFPA High School National Powerlifting Championship was hosted May 13 & 14, 1989 at St. James Catholic Church Recreation Center, in Gulfport, Mississippi. Fifty lifters from ten states, and three states from two states registered for the meet. Although the number of lifters was a bit less than expected, the lifting was good, with seven new Teenage American records successfully completed and at least twice that many record attempts. Six lifters were randomly selected and polygraph-tested on Friday afternoon before the competition; all passed.

Of the three teams entered, Brother Martin's Crusaders, from New Orleans, Louisiana, edged out the Crystal Springs, Mississippi, Tigers, for top honors. The first powerlift team from George County, Mississippi, took third place honors.

Saturday lifting included the Freshmen/Sophomore lifters from 114-275; in addition, the 114's-148's in the Junior/Senior division competed, to balance out the number of lifters on each day. On Sunday, 165's-SHW, Junior/Senior division lifted.

Freshman/Sophomore Division - Saturday, May 13

114's

Marco Moran led the squats, followed by Sean Hollis, Dennis Stanbro and Jody Ross. Ross posted a fine bench to take first place. Joe Finley's 132.5 kg. deadlift won him third place; Dennis Stanbro lost a winning pull for hitching and Ross held on with a 127.5 kg. pull for first with a 332.5 total over Stanbro's 315 kg. effort.

123's

South Dakota's James Olsen posted a 142.5 squat effort, followed by Terry Morgan's 140. Freddie Wright was a distant third until the benches, where he made up some ground. Morgan missed all of his deadlift attempts, and Wright posted a Teenage American record 182.5 pull to place second to Olson's 392.5 total.

132's

Russell Hantz was ahead all the way in this class, going 157.5 - 85 - 170 - 412.5 over Clifton Catching's 372.5 second place effort. New Jersey's Tim DeFoney totalled 350 kgs. for third place in the class and age division.

165's

Georgia's Joby Kelly posted two new Teenage American records on the way to a 580 kg. total. Kelly squatted 240 kgs. and deadlifted 205 kgs.

181's

The lone entry here was Kenny Harrington, who went to an easy 352.5 total.

198's Alabama's Patrick Hall posted a 232.5 Teenage American record squat and a 605 kg. total in his unopposed lifting in this class.

220's

Gary Clark posted a 500 kg. total to better Jimmy Jones' 477.5 kg. effort.

242's

Chad Andrews went unopposed to a 482.5 kg. total.

275's

Chris Wax, younger brother of Collegiate and Teenage American record holder Ben Wax, upped the Teenage American squat record to 242.5 kgs. in the younger age division. Chris' winning total was 552.5 kgs. Tosh Persons and Kurt Walker finished second and third.

Junior/Senior Division - Saturday, May 13

165	J. Kelly	240.0A	135.0	205.0A	580.0
C. Ashley	130.0	140.0	137.5	407.5	
181	K. Harrington	115.0	92.5	145.0	352.5
198	P. Hall	232.5A	155.0	217.5	605.0
220	G. Clark	207.5s	110.0	182.5	500.0
J. Jones	185.0	100.0	192.5	477.5	
242	C. Andrews	167.5	125.0	190.0	482.5
275	C. Wax	242.5A	127.5	182.5	552.5s
T. Persons	185.0	95.0	162.5	442.5	
K. Walker	137.5	92.5	152.5	382.5	
Best Lifter, Light: Joby Kelly					
Best Lifter, Heavy: Patrick Hall					
11-12 Division					
114	M. Toledoano	132.5	72.5	147.5	352.5
B. Huskey	110.0	92.5	142.5	345.0	
J. Foreman	102.5	60.0	132.5	295.0	
123	M. Broulet	117.5	82.5	180.0	380.0
M. Courville	142.5	65.0	140.0	347.5	
T. Beclen	130.0	67.5	137.5	335.0	
L. Cool	—	—	—	—	
132	T. Spedale	160.0	90.0	172.5	422.5
K. Lefevre	150.0	82.5	162.5	395.0	
J. Young	115.0	75.0	175.0	365.0	
148	W. Sanders	177.5	107.5	237.5A	522.5
E. Rhymes	137.5	105.0	210.0	452.5	
S. Gilley	167.5	102.5	165.0	435.0	
R. Philibert	165.0	80.0	180.0	425.0	
A. Schroeder	152.5	77.5	165.0	395.0	
165	M. Tobe	210.0	125.0	220.0	555.0
J. Lewis	205.0	125.0	220.0	550.0	
K. Tyler	157.5	115.0	207.5	480.0	
J. Ayers	140.0	—	—	—	
E. Gil	—	—	—	—	
181	D. Bunch	227.5	132.5	272.5s	632.5
L. Davis	177.5	120.0	227.5	525.0	
S. Taylor	155.0	105.0	182.5	442.5	
198	F. Cooper	270.0A	152.5	260.0	682.5
S. Sanders	255.0	167.5	240.0	662.5	
J. O'Neal	200.0	142.5	200.0	542.5	
J. Webster	167.5	125.0	192.5	485.0	
220	K. Ferrara	255.0	162.5	250.0	667.5
M. Robbins	215.0	137.5	240.0s	592.5	
S. Howell	182.5	137.5	207.5	527.5	
D. McGrath	187.5	117.5	212.5	517.5	
242	L. Newsome	210.0	137.5A	245.0S	592.5
275	J. Lynch	287.5A	195.0	277.5A	760.0A
E. Funk	180.0	147.5s	227.5s	555.0	
SHW	J. Wisner	345.0A	205.0A	300.0A	850.0A
Best Lifter, Light: Witney Sanders					
Best Lifter, Heavy: Jason Wisner					
Team Trophies: 1st-Brother Martin Power Club					
2nd-Crystal Springs Power Club					
3rd-George County Power Club					

A-denotes Teenage or High School American record
Meet Directors: Doc Rhodes, Ray and Gladys Hanser
Judges: National - Brother Bennet, Joseph Rhodes,
Ray Hanser, Jr., Perry Liles
State - Gladys Hanser, Harold Ritter, Arnie Oakes,
Randy Johnson

Announcers: Ray Hanser, Jr., Pat Trebotich, Randy
Johnson, "Bo" Gex

Scorekeepers: Gladys Hanser, Mrs. Wisner.

Special thanks to Mrs. McGrath, Dwayne McGrath,
Karen, Chad, and Brad Rhodes, Alicia Arguelles,
Frank Venturini, Vinson Keyhea, Derek Wallace, all
our loaders and spotters, and Jason Wisner's younger
brother, for posting scores on the scoreboard.



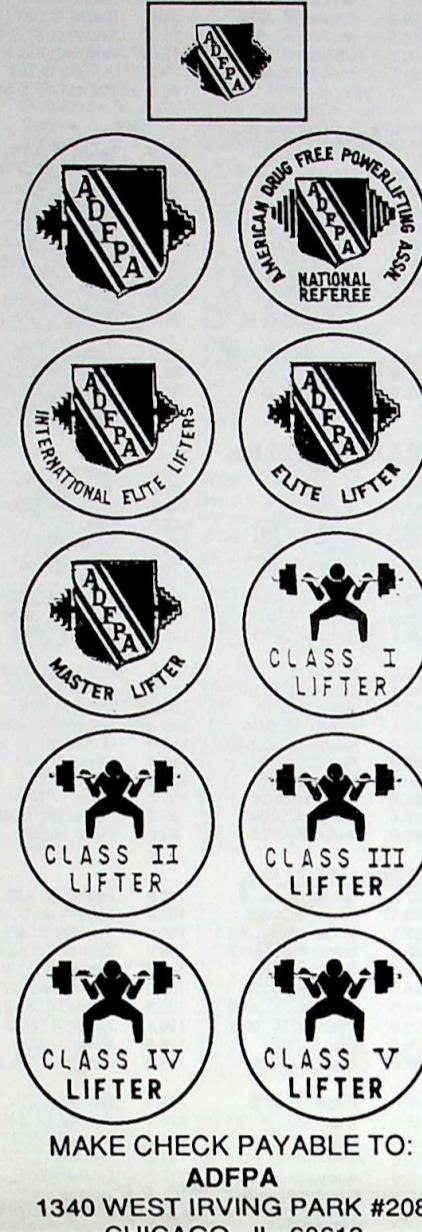
John Lynch attempting 446 at 275.



Up and coming SHW Jason Wisner squatted 760 at the High School Nationals.

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1989 Men's Teenage Top 10 Rankings

These rankings begin from Jan. 1, 1989 until present. There are some recent results that have not been ranked yet. There also may be some results that did not have teenagers marked. We welcome any corrections you may have.

	Squat	Bench	Deadlift	Total
52 kgs./114.5 lbs.				
292.1	Moran, M...5/13	210.0	Sands, F...5/6	340.0
292.1	Toledano, M...5/13	209.4	Ross, J...5/13	335.0
280.0	Hollimon, S...5/27	203.9	Huskey, B...5/13	325.2
275.6	Hollis, S...5/13	180.0	Popma, B...3/11	315.0
270.0	Tran, Q...5/13	170.0	Khali, A...3/11	314.2
260.0	Sands, F...5/6	170.0	Shannon, J...4/22	305.0
260.0	Nguyen, K...5/7	165.3	Finley, J...5/13	300.0
259.0	Stanbro, D...5/13	160.0	Beugen, T...1/15	295.0
242.5	Huskey, B...5/13	160.0	Tran, Q...5/13	292.1
242.5	Ross, J...5/13	159.8	Toledano, M...5/13	292.1
56 kgs./123.5 lbs.				
325.2	Hohenecker, B...2/18	225.0	Rolnick, M...1/15	402.3
325.0	Kurowski, L...5/6	225.0	Cabacungan...4/2	396.8
314.2	Olson, J...5/13	209.4	Huskey, B...2/11	391.3
314.2	Courville, M...5/13	205.0	Cooper, L...5/27	355.0
310.0	Zuhlsdorf, T...5/13	203.9	Clayton, J...4/11	345.0
308.6	Clayton, J...4/1	200.0	Ashley, P...3/5	330.7
308.6	Morgan, T...5/13	198.4	Morgan, T...5/13	325.0
305.0	Cabacungan...4/2	190.0	Diem, R...3/11	325.0
305.0	Beclen, T...5/13	190.0	Zuhlsdorf, T...5/13	308.6
260.0	Norman, K...5/13	181.9	Wright, F...5/13	303.1
60 kgs./132.25 lbs.				
402.3	Elliott, F...4/1	253.5	Burello, T...4/8	430.0
375.0	Pitcher, J...4/2	250.0	Glidic, J...4/22	430.0
375.0	Merchleitz, J...5/13	240.0	Gladic, J...5/6	485.0
370.0	Slye, J...5/6	235.0	Paul, B...3/19	400.0
365.0	Jones, B...4/22	225.0	Dahms, B...2/18	390.0
355.0	Dahms, B...2/18	220.0	Graham, J...3/11	380.0
352.7	Spedale, T...5/13	220.0	Graham, J...3/11	380.0
350.0	Sanders, D...3/11	210.0	Leidecker, S...5/27	375.0
347.2	Hantz, R...5/13	209.4	Moore, E...2/18	374.8
341.7	Moore, E...2/18	209.4	Catching, C...5/13	370.0
67.5 kgs./148.75 lbs.				
474.0	Byrd, T...4/1	315.0	Peine, R...4/2	523.6
463.0	Cissell, S...4/1	315.0	Falcone, M...4/9	475.0
450.0	Zweng, M...3/11	300.0	DelGrosso, M...3/19	465.0
450.0	Karo, M...5/13	300.0	Zweng, M...3/11	465.0
440.0	Green, S...3/11	297.6	Gioranengo, J...5/6	463.0
425.0	Zweng, M...3/11	290.0	Zweng, M...3/11	450.0

1989 Men's Master Top 10 Rankings

Squat	Bench	Deadlift	Total
52 kgs./114.5 lbs.			
345.0 Schlegel, B...5/6	190.0 Schlegel, B...5/6	370.0 Schlegel, B...5/6	905.0 Schlegel, B...5/6
56 kgs./123.5 lbs.			
300.0 Vezina, G...3/11	180.0 Vezina, G...3/11	380.0 Vezina, G...3/11	860.0 Vezina, G...3/11
60 kgs./132.25 lbs.			
375.0 Glass, F...4/9	259.0 McComb, D...4/15	460.0 Glass, F...4/9	1041.7 McComb, D...4/15
369.3 McComb, D...4/15	210.0 Lowe, J...3/25	413.4 McComb, D...4/15	1000.0 Glass, F...4/9
345.0 Addy, J...3/11	200.0 Bautista, J...2/18	395.0 Addy, J...3/11	905.0 Addy, J...3/11
303.1 Loftus, J...1/15	187.4 Loftus, J...1/15	370.0 Loftus, J...1/15	855.0 Loftus, J...1/15
275.0 Lowe, J...3/25	165.0 Addy, J...3/11	347.2 Loftus, J...1/15	837.7 Loftus, J...1/15
148.8 Brand, L...1/15	165.0 Glass, F...4/9	308.6 Clemente, J...3/4	507.1 Brand, L...1/15
	115.7 Brand, L...1/15	242.5	
67.5 kgs./148.75 lbs.			
490.0 Gee, C...3/18	280.0 Gee, C...3/18	501.5 Duran, L...2/3	1245.6 Bridges, W...4/1
485.0 Bridges, W...4/1	259.0 Bridges, W...4/1	501.5 Duran, L...2/3	1230.0 Gee, C...3/18
440.9 Duran, L...2/3	250.0 Dunn, J...5/7	470.0 Dunn, J...5/7	1190.5 Duran, L...2/3
390.0 Dunn, J...5/7	248.0 Duran, L...2/3	460.0 Gee, C...3/18	1110.0 Dunn, J...5/7
308.6 Kendall, B...4/1	235.0 Wilner, B...3/19	374.8 Hubler, C...2/3	854.3 Hubler, C...2/3
300.0 Green, D...5/7	230.0 Green, D...5/7	350.0 Morgan, J...3/25	840.0 Green, D...5/7
285.0 Forzano, J...3/25	225.0 Masiell, G...5/6	345.0 Marcus, C...3/18	825.0 Morgan, J...3/25
265.0 Marcus, C...3/18	214.9 Hubler, C...2/3	310.0 Green, D...5/7	788.1 Kendall, B...4/1
265.0 Morgan, J...3/25	214.9 Casiano, R...4/8	303.1 Marcus, C...3/18	775.0 Forzano, J...3/25
264.6 Hubler, C...2/3	210.0 Morgan, J...3/25	300.0 Forzano, J...3/25	
75 kgs./165.25 lbs.			
505.0 Welch, J...3/11	365.0 Welch, J...3/11	625.0 Welch, J...3/11	1495.0 Welch, J...3/11
490.0 Stevens, J...3/11	335.0 Billero, P...2/18	535.0 Geesey, J...3/11	1270.0 Stevens, J...3/11
465.0 Geesey, J...3/11	320.0 Donald, C...3/18	505.0 Sainati, R...5/7	1235.0 Donald, C...3/18
440.9 Flores, R...1/15	320.0 Cooley, A...3/19	501.5 Flores, R...1/15	1225.0 Flores, R...1/15
435.4 Torrence, D...2/3	285.0 Calvan, B...3/25	490.0 Stevens, J...3/11	1223.6 Powers, B...4/15
435.4 Powers, B...4/15	281.1 Flores, R...1/15	490.0 Donald, C...3/18	1151.9 Flores, R...1/15
418.9 Stoverrock, H...4/1	270.1 Powers, B...4/15	460.0 Healy, R...5/7	1135.4 Torrence, D...2/3
415.0 Donald, C...3/18	270.0 Geesey, J...3/11	451.9 Torrence, D...2/3	1130.0 Sainati, R...5/7
405.0 Ryan, D...5/7	270.0 Torres, I...3/19	446.4 Powers, B...4/15	1075.0 Healy, R...5/7
375.0 Sainati, R...5/7	260.0 Cotton, E...4/1	440.9 Stoverrock, H...4/1	1069.3 Stoverrock, H...4/1
82.5 kgs./181.75 lbs.			
562.2 Rhoades, D...2/18	390.0 Klostergaard, J...4/29	570.0 Bower, B...4/1	1450.0 Bower, B...4/1
550.0 Bower, B...4/1	355.0 Swisher, S...4/22	545.6 Rhoades, D...2/18	1427.5 Rhoades, D...2/18
510.0 DeRisi, R...3/11	352.7 Siebert, F...2/3	515.0 Hoyt, R...3/25	1270.0 Trevorah, T...5/6
480.0 Trevorah, T...5/6	352.7 Tsutsumi, R...5/6	501.5 Siebert, F...2/3	1262.1 DeRisi, R...3/11
475.0 McCauley, J...3/18	347.2 Kirshner, A...5/6	500.0 DeRisi, R...3/11	1260.0 McCauley, J...3/18
474.0 McDermott, J...4/15	330.0 Bailey, C...3/19	500.0 Trevorah, T...5/6	1255.0 McCauley, J...3/18
465.0 Hoyt, R...3/25	330.0 Bower, B...4/1	490.0 Trevorah, T...5/6	1250.0 Trevorah, T...5/6
457.5 O'Neill, S...2/3	325.2 O'Neill, S...2/3	475.0 Butler, T...3/25	1240.1 O'Neill, S...2/3
435.0 Fazio, G...3/11	319.7 Rhoade, D...2/18	475.0 Gosthian, J...4/1	1185.0 McDermott, J...4/15
435.0 Mathues, S...5/6	315.0 Craft, F...3/19	475.0 Mathues, S...5/6	1180.0 Fazio, G...3/11
90 kgs./198.25 lbs.			
605.0 Pyra, J...5/27	385.0 Maddalone, R...3/19	605.0 Pyra, J...5/27	1560.0 Pyra, J...5/27
600.0 Nelson, L...5/7	380.3 Kuhlman, K...2/4	562.2 Solan, D...4/9	1500.0 Nelson, L...5/7
525.0 Millan, F...3/25	365.0 Farrell, J...3/19	555.0 Piper, J...3/11	1405.4 Kuhlman, K...2/4
523.6 Kuhlman, K...2/4	352.7 Siebert, F...5/6	555.0 Boothe, R...3/19	1377.9 Nelson, L...5/7
520.0 Garcia, E...5/7	350.0 Dupont, B...3/11	550.0 Nelson, L...5/7	1375.0 Garcia, E...5/7
505.0 Garcia, E...5/7	350.0 Piper, J...3/11	550.0 Garcia, E...5/7	1355.0 Piper, J...3/11
500.0 Conway, T...3/12	350.0 Farrell, J...5/6	534.6 Leininger, G...1/15	1320.0 Leininger, G...1/15
500.0 Stuhr, J...4/23	350.0 Pyra, J...5/27	534.6 Tomlin, C...3/4	1315.0 Stuhr, J...4/23
485.0 Solan, D...4/9	335.0 Fuscaldo, J...3/19	530.0 King, A...3/18	1311.7 Leininger, G...1/15
480.0 King, A...3/18	330.7 Solan, D...4/9	530.0 Mahoney, J...4/2	1305.0 Conway, T...3/12
100 kgs./220.25 lbs.			
625.0 Wimberly, C...5/7	420.0 Cole, R...3/19	650.4 Clark, D...2/18	1610.0 Clark, D...5/7
610.0 Clark, D...5/7	370.0 Milligan, J...1/29	620.0 Wimberly, C...5/7	1570.0 Wimberly, C...5/7
606.3 Nelson, L...2/18	370.0 Christofano, V...3/19	595.0 Thompson, J...3/19	1488.1 Nelson, L...2/18
540.0 Thompson, J...3/19	350.0 Branyan, B...3/12	585.0 Miller, G...2/18	1460.0 Thompson, J...3/19
540.0 Miller, G...4/2	350.0 Keeler, T...3/19	551.2 Nelson, L...2/18	1455.0 Miller, G...4/2
530.0 Branyan, B...3/12	350.0 Lettier, W...4/9	551.2 Bruce, O...3/12	1415.0 Branyan, B...3/12
515.0 Gremore, D...3/18	350.0 Clark, D...5/7	540.1 Landre, H...1/15	1330.0 Gremore, D...3/18
480.0 Briggs, B...2/18	335.0 Miller, G...4/2	535.0 Branyan, B...3/12	1300.7 Briggs, B...2/18
457.5 Davis, E...1/15	330.7 Nelson, L...2/18	535.0 Gremore, D...3/18	1225.0 Davis, E...1/15
451.9 Landre, H...1/15	325.0 Thompson, J...3/19	501.5 Spikes, R...3/4	1210.0 Baker, H...5/7
110 kgs./242.5 lbs.			
600.0 Vogel, F...4/2	450.0 Slovin, A...3/19	620.0 William, R...3/11	1545.0 Vogel, F...4/2
575.0 Dias, F...4/23	440.0 Vogel, F...4/2	575.0 Dias, F...4/23	1510.0 William, R...3/11
540.0 Williamson, S...3/11	413.4 Batten, C...2/12	550.0 Beckwith, B...3/18	1495.0 Dias, F...4/23
510.0 Flack, F...5/7	410.0 Pope, M...3/19	535.0 Gourley, J...3/19	1450.0 Beckwith, B...3/18
507.1 Batten, C...2/12	405.0 Flack, F...5/7	518.1 Batten, C...2/12	1438.5 Evans, W...3/5
500.0 Beckwith, B...3/18	400.0 Flack, F...5/7	510.0 Smith, R...4/2	1405.0 Beckwith, B...3/18
475.0 Hickman, J...3/19	400.0 Flack, F...5/7	505.0 Vogel, F...4/2	1300.0 Hickman, J...3/19
465.0 Gourley, J...3/19	396.8 Tremblay, J...5/6	496.0 Lambert, P...4/15	1262.2 Gourley, J...3/19
429.9 Lambert, P...4/15	375.0 Rood, R...3/5	490.0 Flack, F...5/7	1240.0 Lambert, P...4/15
425.0 Smith, R...4/2	375.0 Morris, R...5/6	470.0 Hickman, J...3/19	1210.0 Smith, R...4/2
125 kgs./275.5 lbs.			
859.8 Surell, E...6/17	475.0 Husted, R...3/19	650.0 Surell, E...2/19	1875.0 Surell, E...5/7
606.3 VanBrooklin, D...2/4	465.0 Churovia, B...5/7	611.8 Taverna, R...2/4	1548.7 Taverna, R...2/4
600.0 Huey, B...3/12	440.9 Surabian, R...5/6	595.0 Henderson, J...3/12	1510.0 Henderson, J...3/12
575.0 Henderson, J...3/12	430.0 Surell, E...2/19	590.0 Siegel, A...3/12	1500.0 Henderson, J...3/12
573.2 Taverna, R...2/4	429.9 VanBrooklin, D...2/4	585.0 Gilligly, D...1/15	1422.0 Taverna, R...2/4
551.2 Dawson, J...4/9	425.0 Rul, L...2/18	562.2 Rossi, R...3/4	1405.0 Dawson, J...4/9
525.0 Howard, C...2/19	420.0 Huey, B...3/12	551.2 Dawson, J...4/9	1399.9 Rossi, R...3/4
520.0 Siegel, A...3/12	415.0 Marsh, M...3/19	518.1 Kammerer, J...4/1	1385.0 Siegel, A...3/12
512.6 Rossi, R...2/4	370.0 Butler, R...1/29	500.0 Howard, C...2/19	1315.0 Rossi, R...2/4
505.0 Doucette, C...2/18	363.8 Taverna, R...2/4	500.0 Simmons, M...3/25	1305.0 Doucette, C...2/18
125+ kgs./275.5 lbs.			
700.0 Ricafrente, D...2/19	475.0 Churovia, B...3/12	715.0 Andrews, W...3/11	1765.0 Ricafrente, D...2/19
640.0 Andrews, W...3/11	460.0 Surell, E...1/29	650.0 Ricafrente, D...2/19	1715.0 Andrews, W...3/11
600.0 Coleman, D...5/7	435.0 Gruse, M...2/18	615.0 Gruse, M...4/2	1610.0 Coleman, D...5/7
585.0 Gruse, M...4/2	415.0 Ricafrente, D...2/19	615.0 Coleman, D...5/7	1600.0 Gruse, M...4/2
567.7 Lindsley, J...2/18	410.0 Cramer, D...5/6	562.2 Lindsley, J...2/18	1532.2 Lindsley, J...2/18
135.0 Churovia, B...3/12	402.3 Lindsley, J...2/18	135.0 Churovia, B...3/12	745.0 Churovia, B...3/12
390.0 Jensen, O...3/19	360.0 Andrews, W...3/11		
385.0 Coleman, D...5/7			

285.0	Anderson, K...1/15	159.8	Stewart, C...4/22	325.0	Wiss, C...3/18	745.0	Gagne, S...2/18
275.0	Lundgren, P...2/11	155.3	Dingle, J...3/18	325.0	Dingle, J...5/21	730.0	Lundgren, P...2/11
275.0	Gagne, S...2/18	154.3	Hampton, P...4/1	310.0	Pack, C...4/1	725.0	Wiss, C...3/18
270.0	Budde, S...4/22	154.3	Besuden, K...4/22	308.0	Emerson, S...3/25	720.0	Anderson, K...1/15
265.0	Pack, C...4/1	154.3	Tamke, L...5/6	305.0	Budde, S...4/22	716.5	Hampton, P...4/1
260.0	Wiss, C...3/18	150.0	Beckwith, K...4/29	305.0	Beckwith, K...4/29	700.0	Budde, S...4/22
259.0	Armandariz, L...3/25	140.0	Wiss, C...3/18	303.1	Armandariz, L...3/25	695.0	Beckwith, K...4/29
253.5	Emerson, S...3/25	132.3	Emerson, S...3/25	300.0	Gagne, S...2/18	694.4	Emerson, S...3/25
240.0	Beckwith, K...4/29	132.3	Armandariz, L...3/25	285.0	Lundgren, P...2/11	694.4	Armandariz, L...3/25
226.0	Hampton, P...4/1	132.3	Littler, J...5/6	280.0	Peters, S...2/12	665.0	Pack, C...4/1

63 kgs./139 lbs.

413.4	Stevens, M...6/18	220.5	Altizer, B...4/22	451.9	Stevens, M...6/18	1030.7	Stevens, M...6/18
385.0	Schultz, P...1/15	210.0	Schultz, P...1/15	385.8	Sorwell, A...4/22	950.0	Schultz, P...1/15
374.8	Altizer, B...4/22	203.9	Thompson, T...4/22	385.8	Yaggle, N...6/24	914.9	Altizer, B...4/22
347.2	Thompson, T...4/22	192.9	Sorwell, A...4/22	380.3	DeGennaro, M...4/22	903.9	Sorwell, A...4/22
336.2	Krupperbacher, S...3/25	180.0	Sulser, D...3/18	360.0	Songas, R...3/18	898.4	Thompson, T...4/22
330.7	DeGennaro, M...4/22	176.4	Stevens, M...4/22	355.0	Schultz, P...1/15	865.3	DeGennaro, M...4/22
325.2	Sorwell, A...4/22	170.9	Marksteiner, C...4/22	319.7	Hull, R...4/22	837.7	Yaggle, N...6/24
314.2	Orlando, D...4/22	165.0	Schlesinger, L...3/19	347.2	Thompson, T...4/22	820.0	Sulser, D...3/18
308.6	Hull, R...4/22	165.0	McGrogan, J...5/6	341.7	Wehner, H...4/22	815.7	Krupperbacher, S...3/25
305.0	Sulser, D...3/18	160.0	Sodalis, J...3/11	336.2	Marksteiner, C...4/22	815.7	Hull, R...4/22

70 kgs./154.25 lbs.

440.9	Pierce, J...4/22	242.5	Pierce, J...4/22	501.5	Pierce, J...4/22	1185.0	Pierce, J...3/25
352.7	Wolfenberger, G...4/22	192.9	Belsito, L...4/22	418.9	Draper, G...4/15	948.0	Draper, G...4/15
352.7	Draper, G...4/15	187.4	Wolfenberger, G...4/22	380.3	Belsito, L...4/22	920.4	Belsito, L...4/22
347.2	Belsito, L...4/22	176.4	Draper, G...4/15	360.0	Songas, R...2/12	892.9	Wolfenberger, G...4/22
325.2	Sulser, D...4/22	176.4	Welding, R...4/22	355.0	Arbegast, B...2/12	850.0	Arbegast, B...2/12
325.0	Arbegast, B...2/12	170.9	Sulser, D...4/22	352.7	Wolfenberger, G...4/22	843.3	Welding, R...4/22
314.2	Welding, R...4/22	170.0	Arbegast, B...2/12	352.7	Talerico, A...4/22	826.7	Sulser, D...4/22
314.2	Morehouse, A...4/22	160.0	Kantor, L...2/12	352.7	Anderson, J...3/18	805.0	Hayes, B...5/21
300.0	Hayes, B...5/21	160.0	Hayes, B...5/21	345.0	Talerico, A...4/22	788.1	Talerico, A...4/22
295.0	Kantor, L...2/12	159.8	Talerico, A...4/22	330.7	Sulser, D...4/22	782.6	Morehouse, A...4/22

80 kgs./176.25 lbs.

435.4	Wonyetye, B...6/18	237.0	Wonyetye, B...4/22	415.0	Sale, N...4/1	1047.2	Wonyetye, B...4/22
360.0	Sale, N...4/1	195.0	Sale, N...4/1	413.4	Scanga, D...4/22	970.0	Sale, N...4/1
355.0	Lemay, D...3/11	190.0	Bensinger, P...2/12	410.0	Golder, S...5/6	920.0	Golder, S...5/6
336.2	Screader, T...4/1	185.0	Stolis, M...3/19	402.3	Wonyetye, B...4/22	909.4	Scanga, D...4/22
336.2	Scanga, D...4/22	180.0	Golder, S...5/6	402.3	Weiner, S...4/22	903.9	Weiner, S...4/22
336.2	Weiner, S...4/22	170.0	Slanec, M...3/19	374.8	DeFoor, J...4/1	850.0	Bensinger, B...2/12
330.0	Golder, S...5/6	165.3	Weiner, S...4/22	352.7	Sorenson, C...3/4	840.0	Lemay, D...3/11
320.0	Bensinger, B...2/12	159.8	Akers, L...4/1	352.7	Akers, L...4/1	815.7	Akers, L...4/1
320.0	Trevorah, E...5/6	159.8	Scanga, D...4/22	352.7	Stolis, M...4/22	810.2	DeFoor, J...4/1
320.0	DeMeyer, B...2/12	159.0	Johnson, C...2/18	350.0	Trevorah, E...5/6	810.0	Trevorah, E...5/6
314.2	Hibbard, K...3/25	154.3	Johnson, C...2/18	350.0	Trevorah, E...5/6	804.7	Hibbard, K...3/25

80+ kgs./176.25 lbs.

479.5	Capriglione, K...4/22	297.6	Regan, C...4/22	424.4	Waters, C...4/22	1125.0	Butler, J...5/21
455.0	Butler, J...5/21	295.0	Butler, J...5/21	396.8	Capriglione, K...1/15	1124.4	Waters, C...4/22
451.9	Waters, C...4/22	248.0	Waters, C...4/22	395.0	Regan, C...2/12	1110.0	Regan, C...2/12
451.9	Regan, C...4/22	209.4	Ha, C...4/22	391.3	Ha, C...4/22	1080.3	Capriglione, K...4/22
424.4	Jewell, K...4/22	198.4	Frederick, D...2/18	380.3	Bell, S...3/4	970.0	Jewell, K...4/22
390.0	Ricafrente, S...5/6	195.0	Wikaryasz, E...3/4	375.0	Butler, J...5/21	930.0	Ricafrente, S...5/6
347.2	Frederick, D...2/18	192.9	Jewell, K...4/22	363.8	Dukes, P...3/4	914.9	Ha, C...4/22
340.0	Trevorah, E...2/18	190.0	Capriglione, K...1/15	360.0	Trevorah, E...2/18	903.9	Frederick, D...2/18
315.0	Righi, S...2/18	180.0	Ricafrente, S...5/6	360.0	Ricafrente, S...2/18	835.0	Trevorah, E...2/18
314.2	Ha, C...4/22	175.0	Barnes, S...2/18	358.2	Frederick, D...2/18	821.2	Bell, S...3/25

80+ kgs./176.25 lbs.

308.6	Bell, S...3/25	175.0	McCabe, P...4/1	358.2	Day, J...3/4	821.2	Wikaryasz, E...6/24
305.0	McCabe, P...4/1	170.0	Righi, S...2/18	352.7	Jewell, K...4/22	810.0	Righi, S...2/18
303.1	Wickayasz, E...6/24	165.3	Evers, C...2/19	350.0	DeFoor, J...4/29	795.0	McCabe, P...4/1
300.0	DeFoor, J...4/29	159.8	Bell, S...3/25	340.0	Wickayasz, E...3/4	775.0	

Page 11

Masters Div.
 W. Bridges-148 410.6324
 D. Moore-123 371.7663
 B. Johns-181 330.3169
 H. Stoverrock-165 326.4037
 T. Kendall-165 308.2318
 J. Kammerer-275 305.1164
 C. Naples-198 299.1335
 R. Wheeler-220 282.1765
 B. Kendall-148 276.3138
 F. Yancey-220 251.8077
 L. Bargatz-165 245.2985
 J. Neels-242 200.9831
 M. Kraus-181 179.2514
 W. Williams-198 —

Open Div.

123
 K. Clemens 207.5s 107.5 177.5 492.5s
 J. Clayton 140.0 92.5 150.0 382.5
 132
 M. Madigan 180.0 105.0 202.5s 487.5s
 J. Goodpasture 177.5 122.5s 187.5 487.5
 F. Elliott 182.5 85.0 157.5 425.0
 148
 W. Bridges 220.0 117.5 227.5s 565.0s
 C. Freeman 222.5 122.5s 205.0 550.0
 D. Scroggins 222.5 112.5 200.0 535.0
 T. Byrd 215.0 115.0 187.5 517.5
 S. Cissell 210.0 102.5 182.5 495.0
 J. Shinn 180.0 122.5 172.5 475.0
 J. Dicks 142.5 105.0 185.0 432.5
 165
 Krockenberger 257.5s 130.0 240.0 627.5s
 R. Karlinski 190.0 125.0 207.5 522.5
 S. Riley 120.0 72.5 142.5 335.0
 D. Butler — — — —
 T. Sneathen — — — —
 M. Kukich — — — —
 B. Robertson — — — —
 181
 R. Petzoldt 215.0 162.5 252.5 630.0
 G. Bagley 250.0 135.0 240.0 625.0
 B. Huber 205.0 137.5 227.5 570.0
 K. Ruble 205.0 155.0 182.5 542.5
 T. McCaughan 195.0 142.5 197.5 535.0
 M. Pierson 165.0 122.5 200.0 487.5
 B. Sample 165.0 95.0 185.0 445.0
 J. DeLuca 172.5 117.5 125.0 415.0
 C. Holmes — — — —
 198
 L. Sample 265.0 165.0 272.5 702.5
 P. Kammerer 257.5 145.0 262.5 665.0
 M. Paulus 235.0 132.5 235.0 602.5
 G. Aslinger 225.0 130.0 245.0 600.0
 J. Edwards 227.5 132.5 235.0 595.0
 T. Yancey 232.5 130.0 232.5 595.0
 D. Terrell 70.0 227.5s 25.0 322.5
 220
 M. House 290.0s 172.5 280.0 742.5s
 L. Sample 272.5 182.5s 285.0 740.0
 M. Logan 267.5 165.0 247.5 680.0
 R. Keller 235.0 180.0 260.0 675.0
 W. Nace 237.5 150.0 265.0 652.5
 A. Pozda 237.5 137.5 267.5 642.5
 D. Meyer 242.5 172.5 207.5 622.5
 R. Karliner — — — —
 242
 J. Pledger 280.0 145.0 280.0 705.0
 P. Ranken 252.5 177.5 232.5 662.5
 W. Studdard 240.0 162.5 240.0 642.5
 W. Wilson 230.0 135.0 240.0 605.0
 275
 T. Williams 267.5 172.5 265.0 705.0
 S. Dowdy 237.5 117.5 225.0 580.0
 J. Kammerer 200.0 140.0 235.0 575.0
 R. Serra — — — —
 SHW
 V. Mafuli 365.0s 172.5 292.5 830.0s
 J. Sardo 272.5 175.0 252.5 700.0
 E. Finnell 227.5 172.5 237.5 637.5
 J. Sampson 190.0 155.0 210.0 555.0

Ozark Open

Women's Div.
 B. Altizer-139 Formula 297.9318
 D. Scholz-139 271.5174
 A. Jackson-154 237.9117
 T. Jackson-139 226.6594
 J. McKenna-104 199.0471
 M. Naples-139 174.8124
 B. Yancey-154 153.0209

Teenage Div.

T. Byrd-148 387.1501
 W. Shipley-165 373.7931
 S. Cissell-148 362.6686
 R. Fowler-165 361.1322
 F. Elliott-132 348.4383
 E. Bennett-181 347.1927
 J. Dale-220 314.4399
 G. Voloski-220 313.0585
 J. Davis-148 283.6152
 C. Buchheit-181 280.3135
 D. Huring-148 272.5437
 S. Riley-165 236.4047
 C. Holmes-181 —

Masters Div.

W. Bridges-148 410.6324
 D. Moore-123 371.7663
 B. Johns-181 330.3169
 H. Stoverrock-165 326.4037
 T. Kendall-165 308.2318
 J. Kammerer-275 305.1164
 C. Naples-198 299.1335
 R. Wheeler-220 282.1765
 B. Kendall-148 276.3138
 F. Yancey-220 251.8077
 L. Bargatz-165 245.2985
 J. Neels-242 200.9831
 M. Kraus-181 179.2514
 W. Williams-198 —

Open Div.

123
 K. Clemens 207.5 107.5 177.5 492.5
 132
 M. Madigan 180.0 105.0 202.5 487.5
 J. Goodpasture 177.5 122.5 187.5 487.5
 F. Elliott 182.5 85.0 157.5 425.0
 L. Carden 110.0 55.0 102.5 267.5
 148
 W. Bridges 220.0 117.5 227.5 .565.0

Novice Div.						
132	F. Elliott	182.5	85.0	157.5	425.0	
148	P. Cage	182.5	137.5	170.0	490.0	
	J. Shinn	180.0	122.5	172.5	475.0	
	J. Dicks	142.5	105.0	185.0	432.5	
	D. Huring	130.0	102.5	142.5	375.0	
	B. Kendall	140.0	80.0	137.5	357.5	
	T. Wise	137.5	70.0	135.0	342.5	
	D. Atchison	—	—	—	—	
165	W. Shipley	205.0	125.0	215.0	545.0	
181	D. Estes	207.5	105.0	215.0	527.5	
	R. Karlinski	190.0	125.0	207.5	522.5	
	T. Ferguson	182.5	135.0	187.5	505.0	
	D. Atchison	160.0	137.5	190.0	487.5	
	K. West	180.0	125.0	182.5	487.5	
	H. Stoverock	190.0	95.0	200.0	485.0	
	V. Johns	125.0	97.5	147.5	370.0	
	S. Riley	120.0	72.5	142.5	335.0	
	D. Gassner	—	—	—	—	
	B. Robertson	—	—	—	—	
181	M. Moon	195.0	125.0	195.0	515.0	
	R. Able	165.0	147.5	200.0	512.5	
	M. Pierson	165.0	122.5	200.0	487.5	
	B. Sample	165.0	95.0	185.0	445.0	
	C. Buchheit	165.0	92.5	185.0	442.5	
198	J. Edwards	227.5	132.5	235.0	595.0	
	P. Jackson	217.5	140.0	217.5	575.0	
	L. Kalish	210.0	147.5	232.5	590.0	
	C. Elsner	215.0	130.0	217.5	562.5	
	T. Stanley	197.5	130.0	215.0	542.5	
	R. Pence	185.0	122.5	192.5	500.0	
	W. Williams	—	—	—	—	
220	D. Meyer	242.5	172.5	207.5	622.5	
	J. Dale	205.0	137.5	200.0	542.5	
	D. Peridore	210.0	130.0	185.0	525.0	
	F. Strauser III	182.5	120.0	195.0	497.5	
	M. Irwin	—	—	—	—	
242	W. Studdard	240.0	162.5	240.0	642.5	

J. Paitz 227.5 147.5 242.5 617.5
 S. Levine 190.0 110.0 230.0 530.0
 P. Wynn 182.5 125.0 202.5 510.0
 D. Norton 197.5 127.5 180.0 505.0
SHW

J. Sardo 272.5 175.0 252.5 700.0
 The Wentzville Middle School gymnasium was the site of the 1989 Missouri State/Ozark Open. This was the third consecutive year the Missouri State was held in conjunction with the very popular Ozark Open. One hundred and twenty-three lifters entered the one day two platform competition. Only ten hours after the meet began, over fifty different Missouri state records had fallen as well as one American record and three Women's Master records.

The meet was a lifter's smorgasbord with ten categories to choose. As a result of the twelve pages of computer printout of results, this article will not be able to mention all of the lifter's placing as is the norm. The fact that all the result will probably not be printed does not negate the tremendous lifting that took place. When two good meets are combined, as is the case here, all the credit due will have to be given in person or must be intrinsic. With most of the lifters being from Missouri, this article will concentrate on outstanding efforts of Missouri lifters with a sprinkling of the results from the lifters from the six other states represented.

In the Missouri Open Men's, Kevin Clemens set a new state record in the squat and total on his way to first place in the 56 kg. class. Kevin squatted 207.5 and totalled 487.5.

The 60 kg. class was filled with good lifters. Mark Madigan edged out James Goodpasture for the first place trophy in the 60 kg. class on bodyweight. Jim set a new state record in the bench while Mark set the deadlift record. The state record for the total will go to Mark based on lighter bodyweight.

At 67.5 kgs., a battle between William Bridges and Calvin Freeman resulted in three new state records for the weight class. Bridges took home top honors, and new state records in the deadlift and total. Freeman set the record in the bench.

George Krockenberger was obviously a man with a mission. His intensity allowed him to capture first place and set state records in the squat and the total in the 75 kg. class.

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World Record setting performance
in a stock sized suit!

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Fits: regular - snug fit for new lifters or those who just want to keep the groove. Meet - tight, supportive fit for training and competition. Competition - tightest, most supportive fit. Not recommended for 1st time customers.

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Greg "Beetle" Lowe - ADFPA National Record
825 squat at 242!
Ray Benemerito - IPF Jr. World and ADFPA
World Champion

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The 630 kg. total of Roger Petzold allowed him to take top honors in the 82.5 kg. class.

Long time ADFPA lifter Lindsay Sample captured first place in the 90 kg. class. Also competing in the 90 kg. class was Dallas Terrell. Dallas finally managed to give many St. Louis lifters what they have been looking for him to do for years. The crowd was treated to see Dallas break Walter Thomas' bench record. Dallas had broken Thomas' record on his opener. St. Louis will miss Dallas as he is moving to Georgia and is soon to be married.

Mark House edged out Leonard Sample for the first place trophy in the 100 kg. class. Mark set state records in the squat and total while Leonard set a new bench record.

The always polite Jerry Pledger easily won the 110 kg. class with his 705 kg. total.

At 125 kgs., Todd Williams took home top honors with his 705 kg. total.

St. Louis' Vee Mafuli was the crowd pleaser of the meet. Vee and his followers entertained the audience with his 365 kg. state record squat. Vee also set a new state record with his total of 830 kgs.

A most noteworthy lifter must not go unmentioned. Barbara Yancey set new American Women's Masters records in all three lifts and for the total. Barb was not alone in the meet. Her husband Floyd (who set four new MO Masters records) and son Tim lifted in the meet. Her other son Mike would have lifted but a sprained ankle thwarted his training.

Another family of lifters was Tom Voloski and his son Greg from Illinois. Tom and Greg lifted in the same flight and in the same weight class. Their total was almost the same. Greg, at age fifteen, will soon be beating his father's total with ease. The mother and daughter team of Treva & Alexandria Jackson came from Illinois to compete. Also competing was the father & daughter combo of Charles and Michelle Naples. Both father and daughter went home with new state records.

Special thanks to Tom Voloski who after lifting sat in the judges chair for the second session. Thanks to Fred Strausser, Lee Marsh, Freddie Higgins, Craig & Pam Fosterling, Bill Peters, Larry Klutzenkamer, Jean & Jennifer McCann, and all the others who unselfishly gave of their time and self to help put on the competi-

tion.

Once again, Mike Cissell did a great job organizing what in reality was two meets in one. We only started 40 minutes late! Not bad for all the last minute problems that had to be dealt with in the morning. It's always a pleasure to work with Mike in putting on a competition.

Last, but not least, thank you to Sue Cissell and my wife Kathleen for all your help and understanding while Mike and I worked on the meet. About one hour into the meet, one of the lifters asked Sue "when and where for next year's meet". She answered very calmly, "Why don't you ask in about a month?"

P.S.-Kathleen Petroff was re-elected Missouri State Chair-person unanimously by the lifters in attendance for the election.

Results submitted by: John T. Petroff

Indiana St. Power & Bench Champs.

4/8 & 9/89

S	B	D	Tot
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Women's Div.

139

M. Sowders 65.0 52.5 77.5 195.0

154

J. Priola t 112.5 57.5 120.0 290.0

176

D. Kahn t 77.5 67.5 107.5 252.5

Women's Bench Div.

129

J. Prince 42.5

154

R. Welding 77.5

Men's Div.

114

D. Osborn 180.0 107.5 140.0 427.5

A. Foulk 82.5 52.5 105.0 240.0

E. Camp t 85.0 35.0 85.0 205.0

123

P. Braun 130.0 65.0 157.5 352.5

T. Moore t 102.5 50.0 137.5 290.0

D. Bailey t 75.0 62.5 92.5 230.0

132

L. T. Burrello t 145.0 115.0 167.5 427.5

R. Evans 135.0 85.0 172.5 392.5

M. Cripe t

148

G. Duncan 182.5	117.5	192.5	492.5
G. Hadley 162.5	105.0	195.0	462.5
J. Eades 170.0	102.5	185.0	457.5
W. Biggerstaff 155.0	100.0	175.0	430.0
Cunningham 152.5	100.0	170.0	422.5
S. Inniger 142.5	87.5	170.0	400.0
K. HoComb t 117.5	105.0	150.0	372.5
M. Farber t 92.5	92.5	122.5	307.5
D. Wheatley t 80.0	80.0	112.5	272.5
T. McGraw 60.0	150.0s	60.0	270.0
D. Naylor t 127.5	97.5	—	—
D. Bacon m —	—	—	—

165

M. McCarthy 227.5	142.5	232.5	602.5
D. Ford 222.5	147.5	232.5	602.5
S. Baker 232.5	125.0	227.5	585.0

H. Chang t 192.5s

130.0s	210.0s	532.5s
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C. Flener 160.0

100.0	190.0	450.0
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B. Szczerbik t 160.0

110.0	165.0	435.0
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S. Wilkey t 165.0

75.0	170.0	410.0
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E. Folz t 142.5

82.5	145.0	370.0
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K. Bovie —

147.5	—	—
-------	---	---

B. Turner —

115.0	—	—
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181

J. Brettnacher 260.0	170.0	275.0	705.0s
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M. Lira 265.0

137.5	297.5s	700.0
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B. Mires 232.5

155.0	242.5	630.0
-------	-------	-------

D. Hudak 217.5

150.0	235.0	602.5
-------	-------	-------

S. Seward 210.0

125.0	227.5	562.5
-------	-------	-------

J. Jones t 210.0

122.5	217.5	550.0
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F. Arredondo 185.0

110.0	242.5	537.5
-------	-------	-------

T. Russell t 192.5

122.5	205.0	520.0
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K. Prichard 160.0

112.5	197.5	470.0
-------	-------	-------

A. Harbaugh t 167.5

125.0	167.5	460.0
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J. Gray t 60.0

140.0s	75.0	275.0
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J. Rumell t —

—	—	—
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198

K. Petroff 260.0	170.0	255.0	685.0
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S. Pazdell 212.5

180.0	240.0	632.5
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D. Solan m 220.0

150.0	255.0	625.0
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B. Brainard 205.0

157.5	245.0	607.5
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C. Anstead 217.5

130.0	227.5	575.0
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J. Boling 205.0

130.0	230.0	565.0
-------	-------	-------

M. Overdeer 217.5

132.5	212.5	562.5
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R. Bowman

230.0

130.0

202.5

562.5

D. Ingram t

185.0

130.0

212.5

527.5

J. Hofman t

192.5

132.5

190.0

505.0

T. Rosinko t

182.5

112.5

205.0

492.5

J. Pozzi

175.0

112.5

205.0

492.5

B. Vance t

170.0

132.5

160.0

462.5

S. Downey

—</p

first, Johnny Harris, second, Todd Young, third and Greg Huff, fourth. The existing 198 record is 280 and Jeff would have blasted this one out of the water with a 335 bench. Bill Compton is also only ten pounds off of a new state record.

In the men's division, we ran 5 weight classes, 132, 165, 198, 242, and SHW. Ross Holbrook won the men's 132 pound class and under. Chuck McGlynn and Rodney McIntosh fought out the closest battle of the meet in the 165's. They weighed in the same, lifted the same, and after reweighing, Chuck weighed lighter at the end of the day to win. Third place was Chris Pennell and fourth, Johnny Harris. In the 198 pound division, Jeff Thompson took honors over Bryan Applegate in another close race, Michael Graham, third, and John May, fourth. The men's 242 pound class saw a close race between Ronnie Barnett, Greg Feltner, and Joe Beder. Barnett edged Feltner by one point on the formula and Beder took third. Mark Contrell placed fourth. In the Unlimited class, Jim Shipley placed first, Harve Mooney second, and Paul Sutherland, third.

I hope everyone enjoyed themselves at the Pikeville contest. We had four bombs but hopefully they will come back to compete in another contest. Thanks to Don's Pro Fitness Center and the Pikeville people in their help for making this meet a success. Hopefully we will see all of you at the Lexington Power Festival. Results submitted by: Carol Waters

New Jersey Open Power Champs.

4/9/89

	S	B	D	Tot
Women's Div.-Malone				
J. Krell-139	210	105	305	620
Stefanopoulos-122	180	135	235	550
J. Hayniliak-139	190	130	250	570
Randall-176+	255	135	300	690
Masters Div.-Schwartz				
F. Glass-132	375	165	460M	1000
W. Leffler-220	375	350	460	1185
D. Simons-165	335	195	435	965
D. Villano-165	290	215	395	900
J. Weiss-181	305s	180s	375s	860s
Teenage Div.-Schwartz				
DeCrecenzo-165	550	350	500	1400
Broxmeyer-181	455s	290	525s	1270
Arcamone-198	505	350	465	1320
B. Bynum-148	375	255s	465s	1095
S. Liss-242	460s	330s	615s	1405s
M. Falcone-148	300	315T	375	990
Liberman-181	405	295	460	1160
A. Mizel-148	375	205	415	995
R. Bogdan-220	480s	305	525s	1310s
Perdomo-198	375	265	525s	1165
D. Thomas-220	415s	315s	505s	1235s
C. Cullen-181	415	215	465	1095
Vandyke-165	315s	225s	365s	905s
Wolverton-198	135	135	485	745
Open Div.				
D. McDonald b	400	315*	300	1015
		320*-4th		
123				
J. Marchello	270	155	330	755
Stefanopoulos f	180	135	235	550
132				
F. Glass m	375	165	460M	1000
R. Villamar	335	210	450	995
D. Lopez	295	215	370	880
T. DeFoney t	280s	165s	290s	735s
J. Havriiliak f	190	130	250	570
148				
K. Davis	425	295	480	1200
B. Bynum t	375	255s	465s	1095
D. Lang	350	275	435	1060
R. Barnicle	360	260	410	1030
A. Mizel t	375	205	415	995
A. Hertzog	320	225	440	985
165				
DeCrescenzo t	550	350	500	1400
A. Bongo	500	320	525	1345
B. McHugh	500	280	475	1255
R. Pinto	400	290	470	1160
B. Kelly	390	225	510	1125
D. Ely	315	350	405	1070
J. Friedman	415	205	395	1015
D. Simons m	335	195	435	965
181				
G. Rette	525	315	600	1440
J. Knoll	510	330	550	1390
J. Cellia	455	300	520	1275
T. Patterson	435	310	530	1275
T. Broxmeyer t	455s	290	525s	1270
E. Kierstead	405	310	510	1225
J. Bach	460	275	455	1190
A. Liberman	405	295	460	1160
S. Werfel	365	320	425	1110
C. Cullen t	415	215	465	1095
W. Connors	—	—	—	—
198				
B. Schueler	580	340	600	1520
R. Ferro	570	330	580	1480
W. Romano	535	350	520	1405
R. Roth	570	315	515	1400
F. Arcamone t	505	350	465	1320
F. Consolito	475	355	475	1305
K. Hopkins	460	260	480	1200
S. Perdomo	375	265	525	1165
220				
R. Bogdan t	480s	305	525s	1310s
M. Cantrell	400	440	425	1265
D. Thomas	415	315	505	1235
W. Leffler m	375	350	460	1185
C. Edwards	225	325	525	1075
K. Stuart	—	—	—	—
E. Wallenburg	—	—	—	—
242				
S. Savaiinaea b	700s	390	600	1690
M. Wiley	570	370	630	1570
J. Malise	525	375	550	1450
S. Liss t	460s	330s	615s	1405s
275				
J. Coresen	—	—	—	—
M. Rothrock	—	—	—	—
SHW				
A. Bell	510	360	630	1500
Dillon Gym - Princeton University - Princeton, NJ. 69				
lifters, 31 new state records, 3 new American records.				

Best lifter lightweight division went to Doug McDonald 114 lb. class along with a new American bench record of 320 lbs. Best lifter heavy weight division went to Skoru Savaiinaea 242 lb. class and a 700 lb. squat state record. Princeton University won the team trophy. Fred Glass 132 lb. class had an excellent day with new personals and 460 deadlift - American Masters record.

A special thanks to Dr. Richard Levandowski (Institute for Sports Medicine) for his medical assistance for the day.

Thanks also for the excellent work of the spotters and loaders, consistent judging of Judges: Charles Schroeder, Bob Gaynor, Bill Clayton, Tom Toporek, Scott Edmonson, Craig Carvin, and a special thanks to Joe Pyra.

Announcer was John Falconio, scorekeepers and table help: Lisa Falconio, Gerard Diblin, Marie Schroeder, Shirley Glass, Renee' Falconio, Jimmy Spence, Glenda Trimble, Cathy Falconio, and Teresa Santiago and anyone else I may have forgotten.

Meet directors: Barbara Falconio - Keith Samuel
Results submitted by: Barbara Falconio

Colorado State Championships

4/15/89

	S	B	D	Tot
Colorado State Div.				
Women's Div.				
G. Draper	160.0	80.0	190.0	430.0
B. Wolterstorff	107.5	65.0	130.0	302.5
K. Emeis	102.5	60.0	130.0	292.5
J. O'Neill	97.5	62.5	120.0	280.0
G. Kuehn	82.5	37.5	87.5	207.5
Masters Div.				
D. McComb	167.5	117.5	187.5	472.5
B. Powers	197.5	122.5	202.5	522.5
J. McDermott	215.0	137.5	185.0	537.5
Teenage Div.				
D. Knolmayer	190.0	142.5	207.5	540.0
B. O'Dowd	175.0	117.5	205.0	497.5
R. Sakati	127.5	102.5	190.0	420.0
Open Div.				
123				
S. James b	170.0	117.5	190.0	477.5
R. Trujillo	127.5	87.5	172.5	387.5
132				
D. McComb m	167.5	117.5	187.5	472.5
K. Do	175.0	102.5	192.5	470.0
R. Jackson	157.5	95.0	177.5	430.0
T. Trujillo	120.0	125.0	145.0	390.0
148				
M. Sigala	195.0	135.0	225.0	555.0
C. Brown	205.0	132.5	217.5	555.0
J. Lee	185.0	142.5	205.0	532.5
J. Uminski				

Heavyweight

VanDerKarr-176 300s 120 305 725
C. Johnson-176 190 115 230 535
D. Barr-139 185 110 170 465

Men's Div.

114
K. Miner 260 195 375 830
J. Mitchell 200 125 250 575
123
A. Giannino 375s 240 470s 1085s
S. Sano 350 220 375 945
132
A. Pallas 450s 245 460 1155s
K. Beaty 360 220 475 1055
B. Jones t 365s 205 350s 920s
148
J. Audia 430 350s 475 1255
S. Bhojwani 425 315 450 1190
D. Benfanti 435 270 455 1160
D. Congilos 400 270 425 1095
R. Zehr 340 235 400 975
165
T. Gauthier t 525Ts 265 500 1290Ts
J. Marsala 480 275 480 1235
K. Budde 450 225 500 1175
M. Italiano 450 255 470 1175
K. Nautel 355 305 505 1165
181
L. Kusior b 600 340 570 1510
T. Piazza 525 365 545 1435
T. Sylvester 510 320 540 1370
B. Ray t 450 250 600s 1300s
B. Marchetti 465 305 510 1280
198
J. Cox t 545 335s 625T 1505
M. Carroll 450 400 500 1350
J. Stuhm 500s 285s 530s 1315s
K. Hothkiss 480 315 510 1305
M. Gehem 430 305 540 1275
220
J. Danahy b 655 425s 640 1720s
C. Sianpanides 600 375 680 1655
R. Babbitt 615 400 640 1655
T. Danahy 630 425 600 1655
D. Cottom 480 315 550 1345
242
M. Cochran 630 365 610 1605
F. Dias m 575s 345s 575s 1495s
L. DiCenso 545 385 550 1480
N. Norton 540 375 525 1440
D. DeCaire 540 325 550 1415
275
K. Albern 700 450 640 1790
D. Ballowe 670 470 610 1750
D. Tolive 600 430 610 1700
P. Wrafter 395 280 500 1175
SHW
J. Kristel 750s 375 710s 1835s
P. Gisondi 650 450 575 1675
J. Titsworth 300 300 350 950
Team Champions:
1st-West Harrison Fitness Center
2nd-Auburn YMCA
Meet Staff:
Meet Director-Steve Downs
Head Judge-Walt Bird (NY State Chairman)
Assisting Judges-Brian Lachell, Gary Gilia, Russell
Bruning, Steve Downs
Head Scorer-Bob Bloom, Jr.
Scoring Assistants-Debbie Gilia, Tom Grupp, Linda
Weese, Gwen Albone
Spotters/Loaders-Bill Eoy, Mike Wendt, Pat Kusior,
Jack Snyder, Mark Snyder, Dan "Quickness"
Stephany, Kenny Hames, Ben McCollum
Administrative Assistants-Val Snyder, Chris Sumerski,
Paul Russo, Mike Eaton, Lorraine Johnson, Tom
Meacham
Announcers-Lawrence Kusior, Steve Downs
Official Sponsors:
BOSS (Bob O'Leary Sports Supplements)
Natural PHYSIQUE Magazine
Additional sponsorship:
Titan Athletic Club (Lockport, NY)
Sports & Graphics (Medina, NY)
Fitness Plus Equipment (Cattaraugus, NY)

The 1989 ADFPA NY State Drug Free Powerlifting Championships were held April 22-23 at the Lake Plains YMCA in Medina, NY. Two major sponsors who supported the meet were Bob O'Leary Sports Supplements (Scranton, PA) and Natural PHYSIQUE (Manhattan) magazine. In addition, Titan Athletic Club of Lockport, NY supplied the bars, weights and other equipment for the contest.

Saturday's lifting involved the Women (lightweight and heavyweight) and Men's classes from 114 to 181. Kelly Laukern (Auburn) won the lightweight title by posting a 300 squat, 155 bench and 325 deadlift (780 total) at a bodyweight of 120. Kelly also received Best Lifter honors among women. Carol Van Der Karr (Buffalo) won the heavyweight division with a 725 total.

At 114, Kurt Miner (Fulton) easily outdistanced John Mitchell (New Hartford) for the win. Andy Giannino (Seneca Falls) won the 123 class by setting squat, dead and total NY state records, while Anthony Pallas (Harrison) set squat and total records at 132. In the 148 class, John Audia (White Plains) hit a 350 state bench record on his way to a 1255 winning total, while teenager Tim Gauthier (Auburn) set numerous records as he won the 165 lb. class. Lawrence Kusior (Ogdensburg) won the 181 class in strong fashion, also taking Best Lifter honors among lightweight men.

Sunday's lifting started out with James Cox (Buffalo) setting teen state and American records as he won the 198 lb. class. Four time state 220 champ. Joe Danahy (Buffalo) extended his streak to five as he defeated brother Tim and the rest of the large class. Joe also set a new bench press record and won the sculptured Best Lifter trophy for the heavyweight men.

Former USPF drug-free squat record holder Mike Cochran (N. Tonawanda) easily won the 242 lb. class, while Kevin Albern (Russel) dominated the 275 group. Super heavyweight winner Jeffrey Kristel (Schenectady) had a fine day, setting squat and deadlift records in the meet on his way to an easy victory.

The Team Champion trophy went to annual favorite West Harrison Fitness Center, while the Auburn YMCA grabbed second place honors.

NY State ADFPA chairman Walt Bird (Syracuse) served as head judge for the meet, while Steve Downs

(Lockport) was the meet director and judging assistant. Bob Bloom, Jr. (Medina) was the meet's head scorer and Jack Snyder (Medina) doubled as chief spotter and set-up technician.

Results submitted by: Steve Downs



James Cox set a new Teenage American deadlift record at 198 with this 625 pull.
(NY ADFPA Championships, April 22-23, Medina, NY) Photo by: Russell Bruning

8th Annual Drake Relays Bench Press & Deadlift Classic

4/22/89

Bench Bench

Bench Div.

Open Div. **Pure Div.**

114 114
J. Shannon 170 D. Bevenour 155
D. Bevenour 155 123
123 J. Saunders 235
J. Saunders 235 132
132 J. Gildic 250
K. Engel 300 M. Jurgensen 205
J. Leto 250 148
148 K. Engel 300
B. Ries 360 J. Leto 250
T. Huffman 305 D. Buntin 245
W. Welton 300 J. Harter 235
D. Rabeabaugh 295 T. Melvin 225
B. Ronconi 265 165
R. Ludwig — B. Ries 360
181 K. Hessenius 315
R. Gomez 285 T. Huffman 305
J. Klein 255 T. Owens 295
T. Lange — D. Rabeabaugh 295
198 T. Luloff 290
L. Lipscomb 400 R. Fowler 270
J. Aleckson 380 B. Ronconi 265
J. Lee 365 R. Ludwig —
T. Widner 350 S. Wiegert —
220 R. Haynes 445 M. McKinney 365
K. King 350 S. Swisher 355
L. Buehler 320 J. Stanley 350
D. Kessler 280 J. Probasco 350
242 R. Hoffman 465 R. Gomez 285
J. Leisinger 385 J. Klein 255
198 181
220 R. Haynes 445 M. McKinney 365
K. King 350 S. Swisher 355
L. Buehler 320 J. Stanley 350
D. Kessler 280 J. Probasco 350
275 R. Flood 370 L. Lipscomb 400
T. Beauchamp 350 J. Aleckson 380
V. Walters 340 K. Turner 350
C. Klehm 335 J. Adix 335
SHW N. Lynn 525 T. Theulen 325
Iowa Div. K. Friedow 295
148 W. Chandler 250
220 T. Luloff 290
J. Leto 250 R. Haynes 445
165 R. Thomas 405
T. Luloff 290 J. Shimek 395
B. Ronconi 265 D. Havron 390
S. Wiegert — K. King 360
181 D. Carroll 345
R. Gomez 285 242
198 R. Hoffman 465
L. Lipscomb 400 J. Leisinger 385
220 R. Stots 315
R. Haynes 445 R. Weber 290
J. Warford 275 275
242 M. Esposito 375
J. Pick 415 D. Flood 370
R. Stots 315 Beauchamp, Jr. 350
V. Rash 265 C. Klehm 335
Novice Div. SHW
114 N. Link 525
A. Buehler 110 High School Div.
148 114
J. Hagebeck 185 J. Shannon 170
181 A. Buehler 110
N. Buehler 235 132
198 J. Gildic 250
T. Turner 320 M. Zook 250
T. Wieck 250 165
220 D. Klempl 265
D. Kessler 280 D. Wood 250
J. Warford 275 B. Town 235
242 A. Trachte 225
R. Stots 315 J. LeMaster 180
275 181
Beauchamp, Jr. 350 R. Sytsma 290
V. Walters 340 N. Buehler 235
C. Klehm 335 198
Masters Div. B. Hardisty 300
S. Swisher 355 220
M. Leed 290 D. Smith 295
J. Klein 255 T. Markowski 280
198 SHW
B. Weber 245 J. Stone 360
220 K. King 360
L. Buehler 320 220
275 C. Klehm 335 T. Lange —

Deadlift Div. **Dead** **Dead**

Open Div. **Pure Div.**

114 114
D. Bevenour 295 A. Buehler 185
148 132
T. Melvin 425 J. Gildic 430
N. Martise 340 C. Engel 325
165 148
K. Hessenius 550 R. Hoffman 440
J. LeMaster 330 D. Buntin 420
181 J. Klein 455 J. Leto 400
198 J. Hagelock 345
B. Hardisty 480 165
T. Widner 465 D. Klempl 470
220 J. Roth 350
J. Warford 520 J. LeMaster 330
275 C. Klehm 225 J. Christenson 525
J. Klein 455 R. Gomez 435
N. Buehler 410 B. Lockard 300
198 B. Picke', Jr. 600
K. Friedow 475 T. Standley 465
T. Hanks-12t 121.3 B. Picke', Sr. 460
K. Sents-97 93.7 W. Chandler 400
R. Ballard-129 115.8 G. Patrick 245
220 J. Boyer 445
242 R. Stots 520 V. Rash 505
275 C. Klehm 225

The 8th Annual ADFPA Drake Relays Festival Bench Press and Deadlift Classic was a big hit. Lifters from all over the midwest competed for outstanding trophies and awards. There are many cheap imitation meets of lower quality that are trying to cash in on the success of our competitions, but they all seem to fall short of the standards set by our competitions. I guess that imitation is the highest form of flattery.

A note of thanks must be extended to all loaders, spotters, announcers, expeditors, judges, and set up crew. Without your help and support, the meet would not have been such a great success. The awards were well received, and many lifters were pleasantly surprised to receive a three foot trophy, no matter what place they finished in.

Lifters, mark your calendar for Saturday, July 1, 1989 and plan on being part of the Summer Mid-American Bench Press and Deadlift Extravaganza. This contest will feature a great lifting environment and unbelievable trophies. Skip the imitation meets and lift with the originators of the best lifting contest in Iowa. Results submitted by: Mike Foggia



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Longhorn Classic

4/29/89

S B D Tot

Women's Div.

Flanagan-122 240 135 225 600
Beckwith-129 240 150 305 695
J. DeFoor-176+300 125 350 775

Men's Div.

165 E. Fomby 480 315 545 1340
B. Gibson 380 300 455 1135

181 Klostergaard m 145 390M 145 680

198 J. Lee 420 285 430 1135

Results submitted by: Jan Todd

California Drug Tested Novice and Open Bench Press Champs.

5/6/89

Bench

Women's Div.

L. Tamke-129 154.3 181-198
J. Littler-129 132.3 (40-49)

A. Augusto-111 115.8 R. Tsutsui-181 352.7

T. Hanks-12t 121.3 F. Siebert-198 352.7

K. Sents-97 93.7 A. Ticer-181 286.6

R. Ballard-129 115.8 Mikulewicz-181 275.6

Teenage Div.

114-165 A. Kirchner-181 347.2

Griarangelo-148 297.6 Ferrando-181 303.1

M. Mooney-148 231.5 R. Roscoe-198 231.5

P. Rossi-148 209.4 Seymour-181 242.5

181-198

M. Taylor-198 253.5 (40-44)

220-SHW

Page 15

State Drug-Tested Championships. In our view, it was another superbly run meet. I know that there is a tremendous amount of organizational and logistical planning that goes on for months before one of your meets, but there is still one thing that can make or break a meet that is out of your control; the people involved. You consistently get lots of great people to help and I want to make sure that they know they are appreciated by the lifters. Thanks to all the spotters and loaders, the referees and judges, the people who transported and set up the equipment (and who carry it all away again), the expeditors, scorekeepers, and announcers, and especially those beautiful coeds you manage to shanghai into selling concessions and work the various tables. By the way, I thought having someone other than you do the announcing was a very good idea as it allowed you the freedom to roam about and keep on top of things."

Chris almost said it all. He forgot to thank all the lifters and their warm comradeship. That is the most beautiful part of drug tested contests—the warmth and friendship that prevails.

And, for a few highlights of the 1989 California Bench Press Championships:

- Everyone drug tested, passed.
- I allowed lifters to compete in one division only. This resolved any flight problems and added to the efficiency of the contest, even if it meant less money for Ohlone Athletics.
- Joe McAuliffe benched a phenomenal 457 lbs. in the 181 lb. class. Since he is only 5.5 lbs. from the American Record, he will go for it in Stockton on July 22nd.
- Richard Rosas did an easy 540 lb. bench in the supers. He said he will begin squatting and deadlifting soon. Look out superheavyweights!
- Yours truly, Alan Kirshner, won the Masters Division with a 347 lb. bench at 170 lbs. I had the advantage of a calculator built in Schwartz and Foster formulas. I took exactly what I needed to beat Charles Ferrando. Charles at 61 years of age weighed 179. He did a 303 lb. bench. The way the formula works, I barely beat him lifting 44 lbs. more at my young age of 51.

Once again, we had the contest in the college cafeteria as it opens into the hills and overlooks a lake. A beautiful site for those who wanted a break from the lifting to relax and enjoy the view. I know people often took advantage of the patio while waiting for their favorite lifter, however, the audience seemed packed all the time during the three sessions.

Once again putting on a bench press contest is a dream after doing a two platform three lift meet. I look forward to next year in order to see what new horizons I can achieve.

Results submitted by: Alan Kirshner, Ph.D.

Fifth Annual New Jersey Bench Press Champs.

	Bench		Bench
Masters Div.		Open Div.	
Cramer-SHW	410	114	
W. Evans-242	385	K. J. Eggers	90
J. Farrell-198	350	132	
R. Morris-242	375	C. Vilhes	140
Kazanowsky-198	315	148	
J. Burton-198	310	M. Mellusi	305
G. Masiello-148	225	F. Sicurella	300
F. Green-165	145	R. Groner	300
Teenage Div.		G. Masiello	225
J. O'Neill-165	295	165	
B. Katz-198	340	E. Morrison	400
M. Yost-148	260	D. Ely	350
N. Pavides-165/295		B. Headley	340
J. Saccia-242	340	C. Skeete	315
M. Ott-165	240	E. Ramm	310
C. Vilhes-132	140	N. Pavides	295
Women's Div.		T. Wolansky	—
McGrogan-139	165	181	
K. J. Eggers	90	J. D'Elia	340
Out-of-State Div.		D. Matushen	340
M. Cantrell-220	445	B. Urato	330
J. Plummer-198/420		M. McLeod	325
D'Alfonso-165	270	J. Gonzales	270
W. Evans-242	385	B. Yurchak	410
J. Farrell-198	350	F. Monte	355
J. Cohen-181	260	B. Katz	340
Groamlitch-SHW	250	J. Gross	410
C. Green-220	250	J. Roskoski	370
McGrogan-148	165	P. Miller	365
Repetition Div.		D. Cordill	360
Women-75% bwt.		C. Edwards	330
J. McGrogan	20	C. Meyers	330
K. J. Eggers	12		
Men-110% bwt.			
B. Yurchak	31	242	
D. Matushen	29	J. Carroll	410
J. D'Elia	28	J. Nogueras	400
M. Yost	27	R. Esserman	360
M. Contrell	27	J. Contratto	345
J. Gross	26	D. Pickens, Jr.	345
B. Headley	24	J. Saccia	340
R. Groner	24	R. Lucas	319
E. Ramm	23	275	
D. Ely	23	T. Gonzales	440
M. McLeod	22	J. Matrell	385
J. O'Neill	22	B. Weischedel	340
T. Gromlich	21	SHW	
J. Nogueras	20	D. L. Cramer	410
B. Katz	19	G. Bennett	350
J. Roskowski	18	Repetition Div. cont.	
J. Matrell	17	Men-105% bwt.	
J. Contratto	16	M. Yost	31
J. Gonzales	16	M. Contrell	30
C. Edwards	16	M. McLeod	27
G. Masiello	15	B. Headley	26
M. Ott	14	R. Groner	25
J. Burton	13	J. O'Neill	25
W. Evans	12	E. Ramm	24
C. Vilhes	3	D. Ely	23

Team Trophy: Arcidi's Gym

Best Lifter:

Light-Elijah Morrison

Heavy-Bill Yurchak

Rudy Sablo Sportsmanship Award: Greg Bennett

Drug testing was done by Mike Mooney. Seven tested, one failure.

The contest was a success with 60 lifters from four

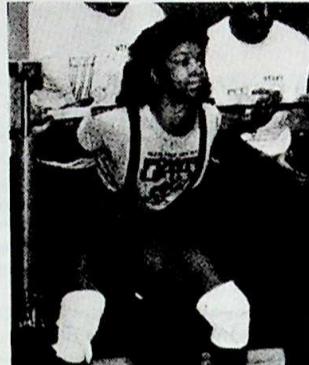
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states. The numbers indicate some very close competition with the winner determined twice by bodyweight.

Many thanks to the people who helped put the meet together, without whom there could be no contest. Spotters, Eric Kippi, Ken Ferrall, Judges, Bill Clayton, Mike Tiano and Rich Schmelzel.

Ted Finland and all his helpers from Hard Bodies that move all the equipment and chairs around. Jaen Mindos and my coach Barbara Gitlin who handled the table. Matthew and Maria Pyra, who handled the shirts and money. And special thanks to Joe Di Fignia, owner of Hard Bodies who so graciously allows us use of his gym.

Results submitted by: Joe Pyra

Region III Championships

5/6 & 7/89

	S	B	D	Tot
Women below 129				
R. Meng-111	175	120	285	580
Women above 129				
S. Golder-176	330	180	410	920
C. Ingram-139	225	120	275	620
Ricafrente-176+ 390T	180T	360	930	
Trevorah-176	320	140	350	810
J. Maynard-139 175	75	200	450	
Teens below 181				
F. Sands-114	260	210	335	805
L. Roberts-181	415	270	480	1165
C. Archer-165	425	205	430	1060
A. Kitchen-148	305	215	350	870
Johnson-139 f	195	120	215	530
Teens above 181				
F. Sands-114	260	210	335	805
L. Roberts-181	415	270	480	1165
C. Archer-165	425	205	430	1060
A. Kitchen-148	305	215	350	870
J. Maynard-139 175	75	200	450	
Masters below 181				
T. Trevorah-181 480M	300	490	1270M	
S. Mathues-181435	265	475	1175	
D. Brown-181	375	245	425	1045
R. Harding-181 340	250	400	990	
R. Meng-111 f	175	120	285	580
Masters above 181				
Wimberly-220	625	325	620	1570
E. Garcia-198	520	305	550	1375
Coleman-SHW	600	385	615	1600
F. Flack-242	510	405	490	1405
H. Baker-220	390	320	500	1210
R. Bennett-220 430	280	450	1160	
Guest Lifter				
D. Olario-242	555	235	510	1300

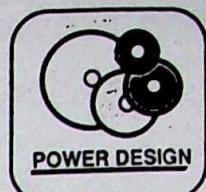
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Page 17

G. Smith	100	145	290	535
C. O'Keefe g	120	85	195	400
123				
T. Zuhlsdorf	310s	190	300	800
K. Norman	260	160	300	720
132				
J. Merchleiwitz	375	185	375s	935
C. Bruegger	320	200	335	855
C. Hansen	305	180	345	830
B. Helmin	310	145	325	780
P. Carruthers	170	165	275	610
J. Rau	225	—	—	—
D. Mead	—	—	—	—
148				
M. Karo b	450s	300s	425	1175s
D. Anderson	400	200	445	1045
B. Zimmerman	385s	240	410	1035s
A. Cheng	370	185	400	955
T. Haffner	325	205	415s	945
J. Reinardy	375	185	380	940
J. Allen	325	245	350	920
J. Mathwig	300	245s	330	875
B. Rechzigel	250	140	330	720
165				
M. Freiermuth	420	285	500	1205
K. Kitzman	405	220	515	1140
K. Maus	375	265	465	1105
D. Odenbach	370	260s	465s	1095s
C. Peterson	410s	225	430	1065
S. Jacobson	425	270	350	1045
K. Hare	390	260	380	1030
D. Jenson	350	230	420	1000
P. Meyers	325	210	400	935
J. Landreville	250	280	300	830
J. Cahill	270	190	340	800
E. Rowley	400	225	145	770
181				
G. Bell	470	290	505	1265
K. Kitzman	475	305	475	1255
D. Dubay	440	290	475	1205
T. Teragawa	500	230	475	1205
J. Erickson	400	250	475	1125
B. Chehock	385	275	450	1110
B. Robinson	385	250	430	1065
R. Thielbar	360	190	400	950
C. Ekstrom	340	165	400	905
T. Feit g	375	315	410	1100
198				
B. Yaggie	475	285	400	1160
J. Bocklage	380	250	450	1080
C. Garrett	310	185	360	855
220				
G. Dammer	475	300	520	1295
P. Beyer	430	240	435	1105
M. Hernke	380	220	440	1040
K. Sheets	250	170	360	780
242				
B. How	600	310	630s	1540
D. Sholing	550s	230s	520s	1300s
T. Vad	355	275	370	1000
D. Haugaard	275	265	—	—
275				
E. Klinner	375	315	460	1150
T. Hubbard	300s	270s	450s	1020s
J. Griffin, Jr.	200	200	375	775
Women's Teen Div.				
116				
L. Hare	190	110	205	505
139				
N. Yaggie	275s	140s	300s	715s
176				
C. Brickley	200s	110s	225s	535s
Congratulations Mike Karo-Strongest Teen in Minnesota!				
Team Standings:				
Breckenridge 1st (42 points)				
Monticello 2nd (27 points)				
Hermantown 3rd (24 points)				
Cannon Falls 4th (22 points)				
This year's Teenage State Championships grew to 60 competitors and with the addition of separate 14-16 and 17-19 divisions next year, we look for it to be even bigger. The lifting was very competitive with 33 state records being broken. The overall best lifter was 148 lb. Mike Karo from Eagan, MN. Mike totalled 1175 and was awarded our new title, "The strongest teen in Minnesota" along with a FIVE foot tall trophy for his efforts. The team division was won by class B football state champions, Breckenridge. We also had a women's division with Nancee Yaggie of Breckenridge coming out on top. I would like to thank all of the competitors and parents/coaches for coming and making this a successful meet. I would also like to thank all of our sponsors and volunteers who are numerous to name but your efforts were also greatly appreciated.				
Results submitted by: Scott Safe				

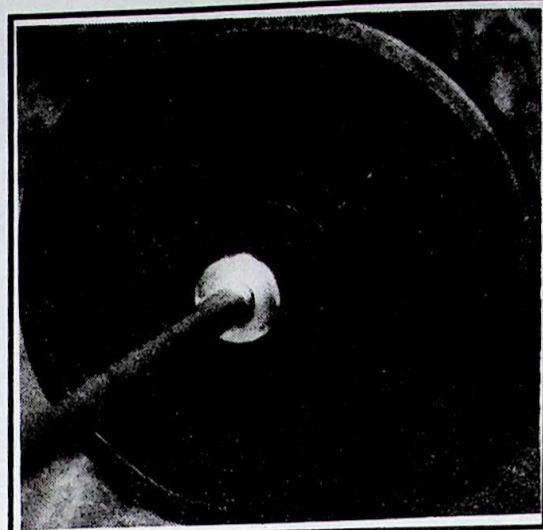
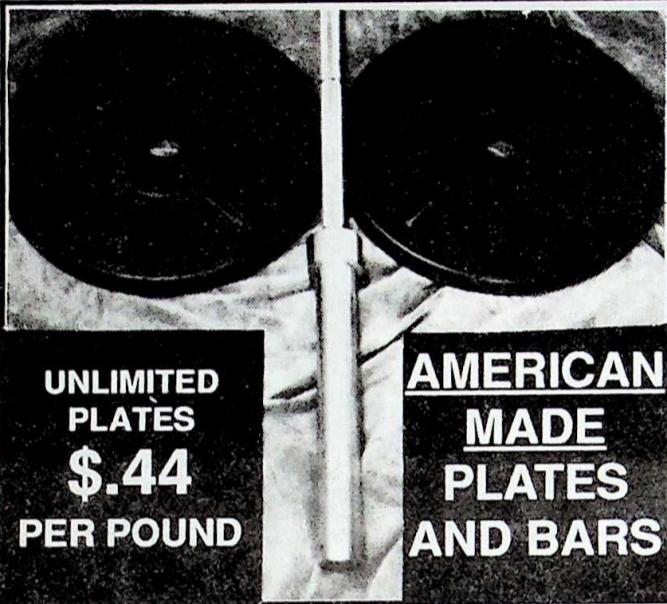
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Ladies Open Powerlifting Champs.

5/21/89

	S	B	D	Tot
97				
M. Omelio t	100s	125Ts	195Ts	420s
104				
C. Perrotti	240	115	280	635
B. Morgan	230	105	250	585
111				
D. Burke	250s	140s	300s	690s
116				
D. Whitaker	220	—	—	—
122				
A. Schneidmill	300	160	325	785
B. Lista	265s	145s	310s	720s
T. Wessner t	315s	100	260s	575s
129				
J. Dingle	295s	150	325	770s
I. Parks	215	100	270	585
139				
L. D'Orazio	275	125	310	710
154				
B. Hayes	300	160	345	805
176+				
J. Butler	455	295*	375	1125

The 1989 Ladies Open Powerlifting Championships, held on May 21st, at Towson YMCA in Towson, Maryland, went very well. My only disappointment was that the turnout was very low. Other than that, the meet showcased some of the best women's lifting I

have ever seen.

Michelle Omelio from Eldersburg, Maryland, was in the 97 lb. class alone but that didn't stop her from breaking the Maryland State Ladies Open & Teenage (14-16) bench press and deadlift records every time she stepped on the platform. Michelle also established new total records in the Open & Teenage divisions bringing her number of state records that she holds to six! Michelle also broke the American Women's Teenage bench with her opening bench, and her final attempt on the bench exceeded the previous record by more than 35 pounds. Lastly, Michelle took a fourth attempt in the deadlift to set a new American record, not bad for a young lady in her first meet.

The 104 lb. class featured two consistently strong Maryland lifters. Christine Perrotti, current Collegiate American & National record holder in the bench and deadlift, who went 8 for 9 to take first place over Beverly Morgan. Beverly, current owner of all the Maryland state master (45-49) records, had a bad day only getting 3 of 9 attempts.

Debbie Burke of Annapolis, Maryland, who usually competes in the 104 lb. class, moved up into the 111 lb. class and broke all of the existing state records. Now, she holds every state record in the 104 & 111 lb. classes.

In the 122 lb. class, Lossie Schneidmill of Brownsburg, New Jersey, won first place and Best Female lifter with a 785 pound total. Beth Lista of Bowie, Maryland took second place with a 720 pound total. Beth also broke all of the existing state records. Tracy Wessner, a teenager for Sunderland, Maryland, broke all of the existing state records (except for the bench) in her age group and finished third with a 575 pound total.

Julie Dingle of College Park, Maryland, won the 129 lb. class with a 770 pound total en route to breaking the state squat and total records. Newcomer, Isobel Parks of Fort Washington, Maryland, finished in second place.

Lisa Wright-D'Orazio of Fredericksburg, Virginia, won the 139 lb. class by going 9 for 9 (making every attempt with ease) and totalling 710 pounds.

Belinda Hayes of Richmond, Virginia, won the 154 lb. class with the second highest total (805 pounds) of the contest.

Jeri Butler of Washington DC, won the 176+ lb. class with an 1125 pound total!!! Jeri made a 455 pound squat and seemed to have more than enough power left to break C. Regan's American record of 480 pounds, but she chose to forego breaking the record until the Second Annual Ladies Open Powerlifting Championships. Jeri put on an amazing display of power as she succeeded in breaking C. Regan's American bench record (275 pounds) on her second attempt of 280 pounds and again with her third attempt of 295 pounds. Every attempt was done with excellent execution (I don't recall her receiving any red lights for any of her lifts). To say that Jeri may have left a few pounds on the platform would be a gross understatement.

Winning the best team award was Dynamo Power

Team of College Park, Maryland. Olympic Fitness Power Team of Dunkirk, Maryland, took the runner-up team award. Best lifters of the meet were Annette Schneidmill and Julie Dingle.

The Second Annual Ladies Powerlifting Championships is currently scheduled for early February 1990, but if the Women's Nationals are held in early March, then we would move the meet to September 1990. We want to schedule the meet so that some of the ladies who want to qualify for the Nationals can do so. We'll also be adding novice, teenage, master, and bench divisions.

I would like to take this time to thank the spotters, loaders, judges-Spero & Tshontikidis, Paul Griffith, Bradley Phillips, Debbie Rosentrater, John Mogavero (announcer), Larry Walker (general assistant), Patricia Womble (lab tech), and Calvin Tucker (meet coordinator). I would also like to thank Nancy Brooks, YMCA Activities Coordinator, for all of her help and support. American BioTest Laboratory in Santa Clara, California performed the drug testing (all test results were negative).

Results submitted by: Brian Washington

Arizona Teenage Power Champs.

5/27/89

	S	B	D	Tot
Women's Div.				
Under 116				
Thompson-116	150s	105s	165s	420s
K. Buttes-				

181	J. Marshall	400s	250s	450	1100s
K. Johnson	255	150	335	740	
198	M. Foreman	450s	250	520s	1220s
B. Scott	365	275	400	1040	
M. Chace	310	235	360	905	
220	N. Adams	360	235	510s	1105s
C. Harden	365s	240	485	1090	
D. Padgett	325	205	430	960	
242	D. Underwood	405s	250s	445	1100
275	R. Johnson	250s	150s	260s	660s
SHW	M. Smith	370s	310s	420s	1100s
17-19					
114	A. Ogden	225	155	275	655
132	D. Leidheiser	340s	210	360	910s
J. Knipper	330	170	315	815	
G. Wortman	225	225	260	710	
148	D. Crumby	325	175	350	850
B. McAtee	270	190	345	805	
D. Mansell	290	175	330	795	
D. Johnson	280	145	315	740	
V. Linne	225	185	245	655	
B. Marcos	—	—	—	—	
165	B. Pierce	365	250	475	1090
T. Caratachea	340	235	500	1075	
B. Patch	440	235	380	1055	
K. Heximer	315	215	450	980	
S. Sanders	320	205	385	910	
181	J. Vanosdell	350	265	475	1115
S. Myers	405	240	460	1105	
D. Weidman	390	225	390	1005	
O. Montano	325	255	405	985	
A. Horan	315	275	360	950	
C. Stahle	265	205	405	875	
198	G. Johnson	420	300	465	1185
F. DeQuattro	380	325s	470	1175	
D. Conant	390	220	505s	1115	
S. Grisham	375	210	490	1095	
T. Young	310	205	350	865	
E. Morgan	325	170	355	850	
220	D. Farar	400	230	460	1090
T. Rice	335	240	410	985	
242	E. Hansen	520	340	580	1440s
V. Regalado	450	275	455	1180	
C. Ackerley	405	265	425	1090	
275	M. Allred	375	285	400	1060
SHW	L. Downing	315	275	390	980
	E. Gastelum	300	295	345	940

the pack for the 148 title. Ben Pierce's balanced lifts allowed him to win the title. Troy Caratachea tried a new DL record, more than needed for the victory, but was just shy of lock out and had to settle for 2nd. Jason Vanosdell pulled the DL he needed to edge out Scott Myers for the victory. Greg Johnson captured the title over Fred DiQuattro who got a new BP record and Dwayne Conant who pulled a new record in the DL for the 198's. Dennis Farar won the 220's while teammate Erik Hansen won the 242's. Matt Allred won the 275's while Larry Downing won the Supers.

Up-coming ADFPA meets in Arizona are:
1989 Arizona Novice Championships, August 8th
5th Annual Southwestern Championships, Nov. 18
For more information please contact Bill Wong (602) 992-2061 or Erik Potter (602) 841-5429
Results submitted by: Bill Wong

Mason-Dixon Open

5/27/89

	S	B	D	Tot
Teenage Div.				
114	S. Hollimon	280	140	340T
123	M. Dolan	245	135	265
148	G. Miller	170	105	275
165	D. Cooper	250	145	340
181	G. Durham	250	140	325
198	D. Scott b	410	220	420
220	R. Smith	300	185	385
242	N. Saunders	350	145	400
275	VanMassenhove	275	145	340
Women's Div.				
L. Adams	245	170	270	685
H. Scott	225	115	275	615
K. Maxey	250	165	280	695
Masters Div.				
165	J. Pyra	605	350	605
181	M. Pearson	400	230	400
Open Div.				
123	L. Adams	245	170	270
148	G. Miller	170	105	275
165	R. Lewis	350	230	410
181	A. Bongo	500	330	500
220	B. Clayton	470	285	490
242	C. Boyd	490	225	440
275	R. Cagle	405	225	480
SHW	K. Berry	290	200	330

181	A. Guidry b	630	330	600	1560
B. Brown	580	330	530	1440	
S. Dokes	525	315	600	1440	
P. Calina	450	285	475	1210	
J. Murray	425	325	400	1125	
E. Peterson	420	240	515	1115	
S. Blume	405	235	430	1070	
T. Stewart	360	215	475	1050	
G. Boyd	385	200	430	1015	
198	D. Meyer	660	330	590	1580
J. Pyra	605	350	605	1560	
A. Margulies	540	335	600	1475	
D. Pride	565	305	575	1445	
T. Amos	525	300	515	1340	
L. Hoover	500	325	490	1315	
S. Dagle	415	265	530	1210	

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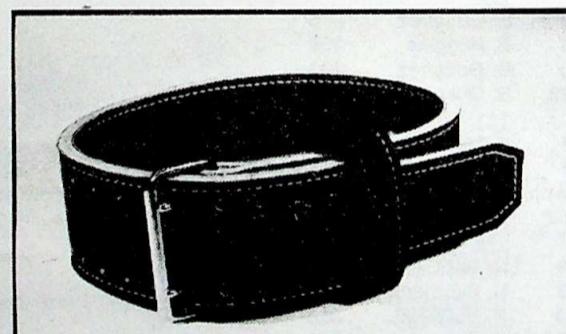
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Powerlifting Today mistakenly
printed and ranked at set of
meet results in Volume 2.4
that was not an ADFPA
sanctioned meet. It was the
Valentine Bench Press
Classic dated 2/11/89.
Our apologies for this error.

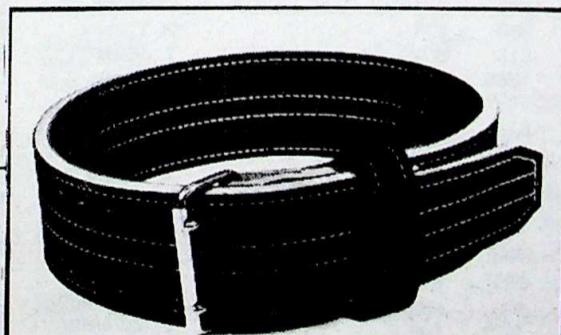
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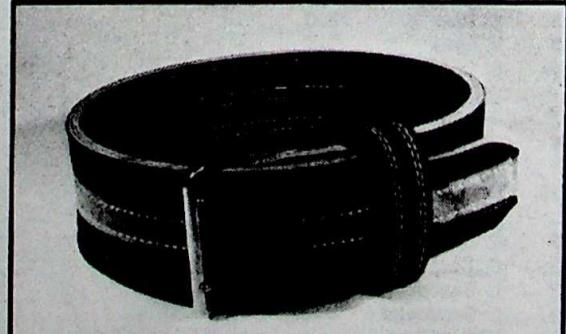
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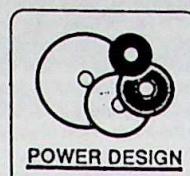
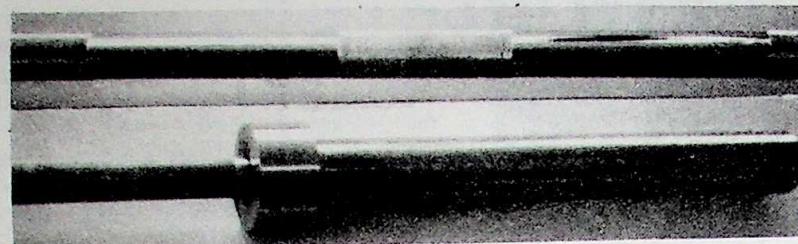
In all, 52 new AZ Teenage records were set for both age groups in the men's and women's divisions.

This year's State Teenage Championships saw the largest turnout in the 5 year history of the contest. There were 10 women and 60 men competing in front of a very supportive crowd of over 300. The meet site was Independence High School in Glendale, Arizona. Of the 70 lifters who competed, there was only one bomb-out. The quality of lifting was outstanding as 52 records were set in the 4 teenage divisions. Most of the beautiful trophies were donated by Ray Lemra of Valley Fitness. Thanks to Valley Fitness and all our other sponsors for making this contest such a success.

In the women's division, there were 3 categories. Each category placing was determined by the Malone Formula. Shonna Helkenn was awarded the Best Lifter award along with setting 4 new state records. Most of the other girls also came away with new records.

The men's 14-16 age group: Mike Johnston won the 114's with some fine lifts. Best Lifter Labe Cooper got 3 records to go with his 123's title. Mike Holcomb got 4 records to capture the 132 crown despite having problems making weight. Chris Gal

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ADPFA State Records Section

Thank you, State Chairmen, for sending in your state records.
 Congratulations to all state record holders!

For Rule Books
or any other
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Contact:

ADPFA National Office
1340 West Irving Park
#208
Chicago, IL 60613
312-334-1527

New Hampshire State Records

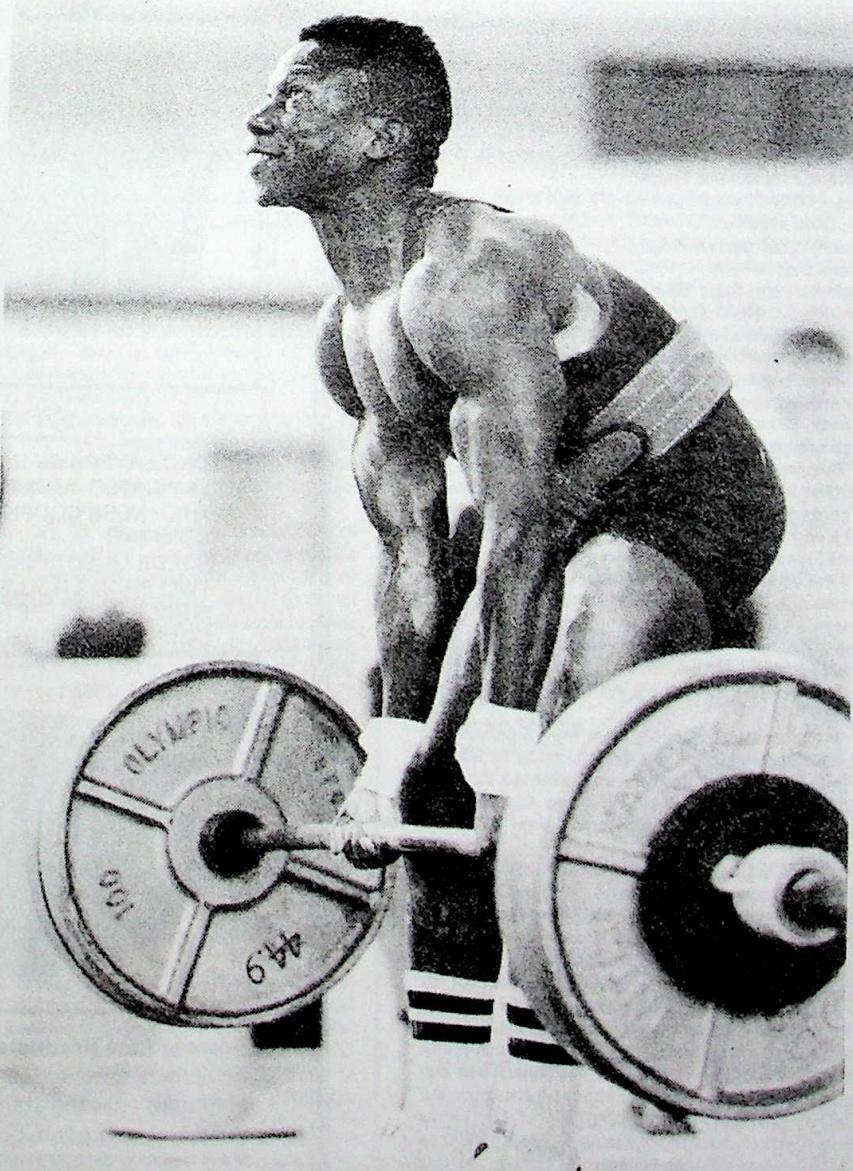
Men's	Teenage Men's
<u>114</u>	<u>(14-16)</u>
L. Chapin 370	S. Vergato 210
L. Chapin 190	S. Vergato 145
L. Chapin 365	S. Vergato 335
L. Chapin 925	S. Vergato 690
<u>132</u>	<u>123</u>
R. Houle 425	J. Cunha 540
R. Houle 275	J. Cunha 314
R. Houle 470	J. Arenberg 440
R. Houle 1170	J. Cunha 1223
<u>148</u>	<u>132</u>
G. Sutcliffe 475	B. Sato 451
L. Scott 280	J. Arenberg 286
J. Lamoureux 500	K. Fujioka 479
J. Lamoureux 1175	B. Sato 1162
<u>165</u>	<u>148</u>
Himmelberger 540	M. Piper 1000
J. Kathios 330	R. Tsutsui 363
Himmelberger 515	S. Wright 365
Himmelberger 1365	S. Wright 185
<u>181</u>	<u>165</u>
R. Beaudette 675	S. Wright 870
R. Beaudette 370	R. Sakaguchi 435
R. Beaudette 600	J. Dean 540
R. Beaudette 1645	J. Dean 380
<u>198</u>	<u>145</u>
A. Janca 600	J. Dean 1465
A. Janca 355	Master Men's
A. Janca 620	<u>(40-44)</u>
A. Janca 1575	<u>198</u>
<u>220</u>	<u>198</u>
J. Romano 645	B. Dupont 505
K. Kidder 410	B. Dupont 310
J. Romano 665	B. Dupont 470
J. Romano 1715	B. Dupont 1285
<u>242</u>	<u>220</u>
P. Boucher 620	W. Andrews 640
T. Lamy 450	W. Andrews 360
P. Boucher 675	W. Andrews 715
P. Boucher 1660	W. Andrews 1715
<u>275</u>	<u>198</u>
S. Knight 560	J. Piper 460
M. Provost 380	J. Piper 340
S. Knight 630	J. Piper 555
S. Knight 1555	J. Piper 1355
<u>SHW</u>	<u>(65-69)</u>
W. Andrews 715	242
W. Andrews 370	D. Stratton 150
W. Andrews 716	D. Stratton 220
W. Andrews 1760	D. Stratton 355
	D. Stratton 725

California State Records

Men's	Women's
<u>114</u>	<u>97</u>
G. Hunnicutt 385	C. Taylor 203
G. Hunnicutt 253	C. Rhodes 148
J. Vera 429	C. Taylor 281
G. Hunnicut 1014	C. Taylor 617
<u>123</u>	<u>104</u>
J. Cunha 540	S. Gutierrez 275
J. Cunha 314	B. Huggins 159
J. Arenberg 440	S. Gutierrez 303
J. Cunha 1223	S. Gutierrez 700
<u>132</u>	<u>111</u>
B. Sato 451	S. Gutierrez 281
J. Arenberg 286	S. Gutierrez 154
K. Fujioka 479	R. Panis 303
B. Sato 1162	S. Gutierrez 733
<u>148</u>	<u>116</u>
L. Inamine 518	N. Belliveau 303
R. Tsutsui 363	N. Belliveau 159
T. Jones 523	N. Belliveau 358
T. Jones 1355	N. Belliveau 816
<u>165</u>	<u>122</u>
D. Ricks 611	F. Krauss 297
R. Sakaguchi 435	F. Krauss 165
A. Guidry 622	F. Krauss 330
D. Ricks 1603	F. Krauss 782
<u>181</u>	<u>122</u>
J. McAuliffe 650	A. Balogh 303
P. Lewis 435	R. Mathias 209
R. Cirigliano 611	R. Mathias 352
J. McAuliffe 1609	R. Mathias 854
<u>198</u>	<u>129</u>
J. McAuliffe 650	A. Balogh 303
P. Lewis 435	R. Mathias 209
R. Cirigliano 611	R. Mathias 352
J. McAuliffe 1609	R. Mathias 854
<u>220</u>	<u>139</u>
B. Hanning 644	Kruppenbacher 336
M. Gessini 413	S. Charles 220
J. Rawlins 678	V. Syas 374
P. Markle 1648	S. Charles 859
<u>242</u>	<u>154</u>
T. Williams 667	C. Kling 374
M. Gessini 468	C. Kling 181
K. Fisher 711	C. Kling 391
T. Williams 1736	C. Kling 942
<u>275</u>	<u>176</u>
L. Luke 683	L. Beaudette 380
L. Luke 463	C. Sorenson 187
K. Fisher 722	L. Beaudette 391
L. Luke 1791	L. Beaudette 942
<u>SHW</u>	<u>176+</u>
M. Burruel 766	J. Day 407
F. Beeler 501	J. Day 231
M. Burruel 722	S. Bell 380
M. Burruel 1873	J. Day 970
<u>SHW</u>	
M. Burruel 788	
R. Shepard 523	
M. Burruel 655	
M. Burruel 1873	

Minnesota State Records

Men's	Women's
<u>114</u>	<u>97</u>
M. Karo 300	K. Milbrandt 165
J. Chavez 215	K. Milbrandt 75
J. Chavez 385	K. Milbrandt 200
J. Chavez 850	K. Milbrandt 440
<u>123</u>	<u>104</u>
G. Baker 415	L. Haugaard 125
R. Hoff 281	L. Haugaard 90
R. Hoff 451	L. Haugaard 190
R. Hoff 1146	L. Haugaard 405
<u>132</u>	<u>111</u>
M. Karo 440	M. Jones 320
R. Hoff 297	M. Jones 160
R. Hoff 474	M. Jones 402
R. Hoff 1212	M. Jones 881
<u>148</u>	<u>116</u>
J. Reinary 500	T. Marsaa 275
R. Hansen 345	T. Marsaa 170
W. Miller 530	T. Marsaa 352
B. Niederkorn 1235	T. Marsaa 770
<u>165</u>	<u>122</u>
M. Thompson 570	S. Truenow 260
R. Wiggin 360	S. Truenow 130
C. Kantor 585	S. Truenow 260
D. Higgins 1405	S. Truenow 640
<u>181</u>	<u>129</u>
C. Kantor 600	P. Schultz 355
M. Siegler 405	A. Gapinski 182
C. Kantor 600	N. Yaggie 330
C. Kantor 1470	P. Schultz 860
<u>198</u>	<u>139</u>
D. Bichler 640	P. Schultz 385
M. Siegler 435	P. Schultz 210
J. Bernsten 600	P. Schultz 355
D. Bichler 1570	P. Schultz 950
<u>220</u>	<u>154</u>
B. Crane 650	D. Mitzel 375
M. Siegler 465	D. Mitzel 225
S. Johnson 660	D. Mitzel 412
M. Siegler 1675	D. Mitzel 1012
<u>242</u>	<u>176</u>
M. Siegler 680	T. Schreder 336
M. Siegler 523	T. Schreder 150
P. Kendrick 665	T. Schreder 325
M. Siegler 1780	T. Schreder 799
<u>275</u>	<u>176+</u>
J. Green 740	K. Capriglione 425
M. Dongoske 450	K. Capriglione 190
J. Green 650	K. Capriglione 385
J. Green 1785	K. Capriglione 1000
<u>SHW</u>	
S. Safe 750	
S. Safe 500	
S. Safe 665	
S. Safe 1915	



Herbert Blake's photo was sent in, compliments of Denis Ference from his Region III meet. Herbert unofficially broke the 123 lb. American total record. He could not receive credit for this record due to the use of early weigh-in. Next time!

Minnesota State Teenage Records

Men's (14-16)	Men's (17-19)	Women's (17-19)
114	114	111
M. Karo 300	Q. Tran 270	L. Reini 200
M. Karo 210	T. Beugen 160	L. Reini 105
J. Merchleowitz 315	Q. Tran 315	L. Reini 225
M. Karo 820	Q. Tran 745	L. Reini 530
123	123	116
M. Karo 355	T. Zuhlsdorf 310	L. Reini 250
M. Karo 235	M. Rolnick 225	D. Falenschek 115
M. Karo 350	J. Reinardy 352	D. Falenschek 230
M. Karo 940	M. Rolnick 820	L. Reini 555
132	132	122
M. Karo 400	M. Karo 440	S. Waisanen 210
M. Karo 270	M. Karo 280	S. Waisanen 115
J. Merchleowitz 375	M. Karo 410	S. Waisanen 255
M. Karo 1040	M. Karo 1120	S. Waisanen 580
148	148	129
B. Zimmerman 385	M. Karo 450	L. Gapinski 265
J. Mathwig 245	M. Karo 300	S. Waisanen 105
T. Haffner 415	T. Teragawa 460	L. Gapinski 300
B. Zimmerman 1035	M. Karo 1175	L. Gapinski 665
165	165	139
C. Peterson 410	C. Kantor 523	N. Yaggie 275
D. Odénbach 260	R. Melquist 325	N. Yaggie 140
D. Odénbach 465	C. Kantor 573	N. Yaggie 300
D. Odénbach 1095	C. Kantor 1366	N. Yaggie 715
181	181	154
B. Hagie 463	R. Melquist 540	S. Austing 255
B. Hagie 314	M. Siegler 405	S. Austing 120
M. Mitchell 451	M. Bannach 545	S. Austing 260
B. Hagie 1218	M. Bannach 1444	S. Austing 635
198	198	176
B. How 555	M. Siegler 575	C. Brickley 200
B. How 242	M. Siegler 435	C. Brickley 110
B. How 551	M. Kahlstorff 570	C. Brickley 225
B. How 1218	M. Siegler 1555	C. Brickley 535
220	220	(14-16)
B. How 555	M. Siegler 630	97
B. How 300	M. Siegler 465	K. Milbrandt 165
B. How 580	M. Siegler 580	K. Milbrandt 75
B. How 1415	M. Siegler 1675	K. Milbrandt 200
242	242	K. Milbrandt
D. Sholing 550	M. Siegler 680	440
D. Sholing 230	M. Siegler 523	A. Peterson 225
D. Sholing 520	B. How 630	A. Peterson 115
D. Sholing 1300	M. Siegler 1780	A. Peterson 225
275	275	A. Peterson
T. Hubbard 300	L. Pomeroy 556	565
T. Hubbard 270	L. Pomeroy 380	A. Peterson 265
T. Hubbard 450	L. Pomeroy 551	A. Peterson 125
T. Hubbard 1020	L. Pomeroy 1488	A. Peterson 280
SHW		A. Peterson
S. Schaeflauer 605	605	670
S. Schaeflauer 390	129	N. Yaggie 280
S. Schaeflauer 550	550	N. Yaggie 130
S. Schaeflauer 1540	1540	N. Yaggie 330
		N. Yaggie 740

316 Cold Branch Drive
Columbia, SC 29223
July 4, 1989

Mr. Paul Wicker, Publisher
Mrs. Donna Wicker, Editor
Powerlifting Today
P.O. Box 435
Plymouth, IN 46563

Dear Paul and Donna:

I hope that it is not too late for me to express my thoughts about Powerlifting Today so that they might be passed on or otherwise be made known to the decision makers in the ADFPA.

I feel very strongly about our "newsletter" (you have really made it into a MAGAZINE) and I can't imagine any changes being made, short of adding color someday. Not only should you two continue to produce our fine publication, but the current tabloid format should be retained as well. To reduce the size would reduce the enjoyment we get from clear, large reproductions of the pictures and text.

Powerlifting Today should not become a nomad publication that is passed around from person to person in the mistaken belief that such a "committee approach" would tend to yield better ideas and results. The formula for mediocrity that is being followed all around us today is based upon DILUTING RESULTS THROUGH GROUP OR COMMITTEE GUIDANCE AND PLANNING. Thus, the real experts are prevented from making the contributions and refinements for which they are trained and of which they are capable.

Here's one vote that you continue to produce the magazine and that you do so in whatever format you feel would be in the best interests of the membership. If another couple of dollars would have to be added to the annual dues in order to sustain it at its present quality level, then so be it.

Thanks to you both for all you have done already to give us something to which we can look forward every other month.

Very truly yours,

Chuck Howard

Dear Mr. Howard

I would like to thank you for the letter printed above. Many times people have strong beliefs but don't bother to let them be known. It takes a lot of effort to eloquently word one's feelings, which you did quite well.

It helps to know people out there desire quality and appreciate more than what the bare minimum requires. This has been my purpose from the beginning of taking the newsletter position. I could have easily kept it in a newsletter format and been satisfied with that, but the desire to give the ADFPA lifter more has been my goal.

We, as an organization, need and deserve the best communication, information and publicity possible, if we are to continue to be the now largest powerlifting body in the United States. In this competitive sports arena, the ADFPA has and can continue to grow, I believe, if nurtured and given the one on one attention of a high quality newsletter.

Thanks again!

Sincerely

Donna Wicker
Editor, Powerlifting Today

1989 ADFPA State Chairmen

Alabama Rev. Lanny Shepard P.O. Box 105 New Brockton, AL 36351	Georgia Denis Ference P.O. Box 603 Hinesville, GA 31313 (912) 368-5234	Maryland Brian Washington 3506 Essex Rd. Baltimore, MD 21207 (301) 944-4002	New Hampshire None	Pennsylvania Allen Siegel 304 Daisy St. Clearfield, PA 16830 (814) 765-3214	Virginia Tom Giordani Route 1, Box 210 Maurer Town, VA 22644 (703) 459-3223
Alaska Don Sherwood 8631 Pluto Anchorage, AK 99507 (907) 346-3662	Hawaii None	Massachusetts Roger E. Paull 60 Normal Hill Rd. Farmington, MA 01701 (617) 879-2086	New Jersey Hank Sisca 97 Creek Rd. Andover, NJ 07821 (201) 786-5999	Rhode Island Don McCauley 14 Winsor Ave. N Kingston, RI 02850 (401) 294-9977	Washington Roger A. Silva 4121 E 102nd Tacoma, WA 98446 (206) 535-5638
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Arkansas None	Illinois Sandi Brady 5920 N Ridge Chicago, IL 60660 (312) 561-9692	Minnesota Steve Johnson 1855 N Ham Lake Dr. Ham Lake, MN 55304 (612) 437-7702	North Carolina Don Kieler 2000 E Stony Creek High Point, NC 27260 (919) 883-1202	South Dakota Monte Mason RR #2, Box 841 Groton, SD 57445 (605) 397-8370	Wisconsin Lee Graese 413 S Main Rice Lake, WI 54868 (715) 234-2545
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Connecticut Gerry Raccio 70 Willowcrest Dr. Hamden, CT 06518 (203) 248-5948	Kentucky Carol Waters 1658 Maywick #7 Lexington, KY 40504 (606) 277-7232	Montana None	Utah Jan Shendow 1968 W 6000 South Roy, UT 84067 (801) 776-1873	Vermont Brenda Owens 39 Calendonia St. St. Johnsbury, VT 05819 (802) 748-5480	
Delaware Gabe W. Dominelli 81 E Netherfield Rd. Wilmington, DE 19804	Louisiana Randy Johnson 3712 Mumphrey Rd. Chalmette, LA 70043 (504) 279-5622	Nevada Dean Pickle 859 Crazy Horse Las Vegas, NV 09110 (702) 453-3702			
Florida Tom Trevorah 411 Belmont Dr. Palatka, FL 32077 (904) 328-4804	Maine None				

Donna Wicker
Editor, Powerlifting Today

ADFPA SCHEDULE OF EVENTS-1989

7/1-Mid-America Summer Bench Press & Deadlift Extravaganza (All participants receive a three foot two column trophy regardless of placement, sculptured trophies in designated divisions); Lifetime Fitness, Dowling High School, 1400 Buffalo Rd., West Des Moines, IA 50313 (515) 280-2840

7/1-Evansville Qualifier; Dick Connor, The Pit, 400 Edgar St., Evansville, IN 47711 (812) 477-4775

7/1-Central Power Qualifier; Mike Overdeer, Central Power Gym, P.O. Box 901, Columbia City, IN 46725 (219) 488-3401, 244-7575 or 7549

7/2-Baltimore Open Bench II (Open, Masters, Teen, and ladies, deadline June 18); Brian Washington, 3506 Essex Rd., Baltimore, MD 21207 (SASE) (301) 944-4002

7/8-Lexington Power Festival Open and KY State Champs. (Men, Women, Masters, and Teen); Carol A. Waters, 1658 Maywick #7, Lexington, KY 40504 (606) 277-7232

7/9-4th Annual Three Rivers Festival Midwest Bench Press Champs. (Open, Teen, Masters, Men, and Women); Jann Prince, 2728 Brooklyn, Ft. Wayne, IN 46802 (219) 432-5227

7/9-Senior State Champs.; Dave Cammon, 411 E. 3rd St., Flint, MI 48503 (313) 233-8096 or 239-9622

7/14 & 15-ADFPA Men's Teenage National Championships; Central Power Gym, P.O. Box 901, Columbia City, IN 46725; Pat Frazier & Mike Overdeer, (219) 488-3401, 244-7575 or -7549

7/22-5th Annual Stockton Open (Open, Masters, Teenage, Women); Joe Bernazzani, 2027 Grand Canal #34, Stockton, CA 95207 (209) 476-1300 or Joe Randazzo, Box 690386, Stockton, CA 95269 (209) 951-7824

7/23-Sci Cresson Invitational Powerlifting Meet; Richard Lynch (814) 886-8181

7/29 & 30-ADFPA Men's National Powerlifting Championships; Geri or Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707 (717) 823-6994 or 474-6111

8/5-Summer Bench Press Classic (Open, Teen, Masters, Women, Beginners, Novice, Team, and Police); Denis Ference, P.O. Box 603, Hinesville, GA 31313 (912) 363-5234

8/5-Minnesota State Bench Press Championships; Erin Fledges, Racquet Swim and Health Club, 4001 Lake Breeze Ave., Brooklyn Center, MN 55429 546-2995

8/12 & 13-Pennsylvania State Teenage Champs. (Both age groups and all weight classes); Siegel Engraving, 304 Daisy St., Clearfield, PA 16830 (814) 765-3214

8/19-Arizona State Novice Classic; Bill Wong, 15813 N. 39th Pl., Phoenix, AZ 85032 (602) 992-2061 or Erik Potter, 4238 W. Stella, Phoenix, AZ 85019 (602) 841-5429

8/26-Florida State Champs.; Tom Trevorah, 411 Belmont Dr., Palatka, FL 32077 (904) 328-4804

8/27-Ironman Challenge II; Steve or Doug, Modern Physics Fitness Center, 623 N. Washington, Union, MO 63084 (314) 583-6945

9/3-Third Annual Nautilus "Last Fling" Bench Press Classic (Open, Master, Women, and Team awards); Dwight Polivka, Nautilus Center, 400 S. Main, Naperville, IL 60540 (312) 369-6432 or Randy Maddalone (312) 420-7736

9/9-Region II NY Bench Press Champs.; Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828 (201) 691-0824

9/10-Georgia State Champs.; Denis Ference, P.O. Box 603, Hinesville, GA 31313 (912) 368-5234

9/17-Illinois Junior State Powerlifting Championships & Midwest Women's Open Meet; Jim Kawulok, Leaning Tower Family YMCA, 6300 W. Touhy Ave., Niles, IL 60648 (312) 296-7366 or (312) 647-8222 ext. 2246

9/23-Second Annual Metrofit Power Meet; Artie Margulies, (212) 824-5757
10/1-Maryland State Closed Bench Press (Open, Ladies, Masters, and Teen, deadline Sept. 17); Brian Washington, 3506

Essex Rd., Baltimore, MD 21207 (SASE) (301) 944-4002

10/7 & 8-7th Annual New Jersey State Champs. (New Jersey residents & Open); Hank Sisca, 97 Creek Rd., Andover, NJ 07821 (201) 786-5999

10/14-South Carolina State Invitational Powerlifting Championships; Marine Corps Air Station Athletic Dept., Bldg. #408 Gymnasium, Beaufort, SC 29902 Contact Mac (803) 522-7192

10/21-Central PA Open (Men's, Women's, Teenage, Below Class I, Masters- meet limited to first 120 entries-will fill up so act early); Siegel Engraving Co., 304 Daisy St., Clearfield, PA 16830 814-765-3214

10/28 & 29-Greater St. Louis YMCA Meet (Holiday Inn, Sunset Hills); Craig or Pam Fosterling, Kirkwood-Webster YMCA, 325 N. Taylor Ave., St. Louis, MO 63122 (314) 965-9622 (W) or 677-6620 (H)

11/4-SIUC Open and Illinois State Championships (Men's Open, Team, Women's Open by Malone, and all classes for Illinois Women); Dominic Cittadino, 1414 Dogwood, Carbondale, IL 62901 (618) 549-8028

11/11-Illinois State Bench Press Championships; Tim Westlove, Rich Port YMCA, 31 E. Ogden Ave., LaGrange, IL 60525 (352) 7600 ext. 7695

11/11-Maryland State Championships; Paul Griffith, West Nottingham Academy, Col-ora, MD 21917 (301) 658-3797

11/18-Southwestern Championships; Bill Wong, 15813 N. 39th Pl., Phoenix, AZ 85032 (602) 992-2061 or Erik Potter, 4238 W. Stella, Phoenix, AZ 85019 (602) 841-5429

11/18 & 19-ADFPA Masters National Powerlifting Championships; Fred's Gym, 811 N. Jordan St., Allentown, PA 18102 (215) 770-9333

12/2-Western Kentucky Open & Bench Press Champs.; Don Emery, P.O. Box 186, Henderson, KY 42420 (502) 835-2147

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