

The ADFPA Magazine

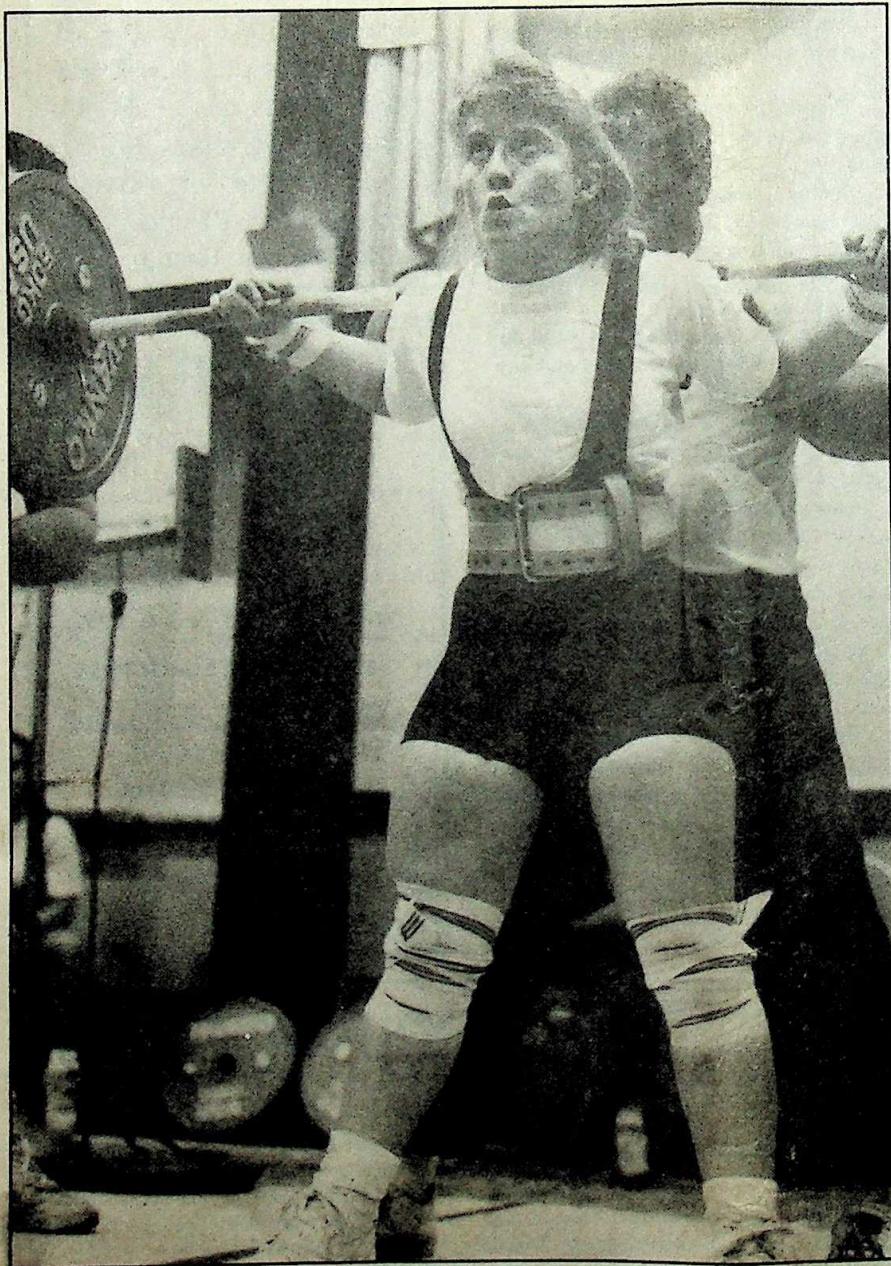
POWERLIFTING TODAY

19 Jordan S.W., Wyoming, MI 49548

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June 1993

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LeAnn Adams made ADFPA history at the Women's National by becoming the lightest women lifter to total over 900 pounds. In New York LeAnn squatted 352, bench 148, and deadlifted 407 for a 909 total in the 122's.

- Open Top 50
- ADFPA Schedule of Events
- Contests Results
- WDFPF World Records
- Training Tips

AMERICAN DRUG FREE

POWERLIFTING ASSOCIATION

Message from the President

Another eight weeks are gone and that completes a full two years as the president of the ADFPA. The last two years have probably been the busiest two years, and perhaps at times, the most frustrating two years of my life. They were, for sure, the most interesting two years of my life.

I am sitting here reflecting on these



Al Siegel
ADFPA President

years and saying, "Am I ready for the next two?" My answer has to be a definite YES !!!

When I ran for the office in

1991 I stated what my business background was and I said that we could make a difficult job easy. Thanks to the great efforts of both Jan and Brenda, we as a family have managed to fall into a routine that is easy to handle. There are times when it is more demanding than others but it all worked out in the end.

At the present time I am running for the office of president unopposed. A complete list of those running for office appears in this issue of PL Today. I am really looking forward to the next two years because they will be easier than the previous two. Perhaps as demanding but definitely easier to handle.

Many people have learned that the most important 'platform' to me is the eight feet by eight feet platform that we lift on. I hope to continue to work as the ADFPA's president for the next two years with my number one concern being you the 'lifter and what you and I do' the 'platform'. I can live without the politics involved but I guess it's all part of the game.

Included in this issue is the complete list of agenda items that have been submitted for the national Committee Meeting on July 9th. They will be voted on by the national governing Body at the meeting. If you have any feeling, either positive or negative to any or all of them, get in touch with either your state chair or one of the athlete's representatives and voice your opinion.

LET'S GET ON WITH OUR LIFTING.

Your in DRUG FREE powerlifting.

World Bench to be held in Poland

To all ADFPA members interested in competing at the 1993 WDFPF World Bench Press Championships.

The meet is scheduled to be held in Zakapone, Poland during the last weekend in September. Full details for this event is available by writing or calling the ADFPA National Office.

A partial schedule is as follows:

Wednesday, September 22: Arrival in Zakapone with an opening dinner at 7:00 p.m.

Thursday, September 23: A planned excursion to Morskie and the Tatra Mountains.

Friday, Saturday, and Sunday, September 24, 25, 26: Actual competition during the morning and afternoon with other events and ceremonies scheduled for the evening hours.

Monday, September 27: A visit to the site of the World War II concentration camp at Osviecim (Auschwitz).

Tuesday, September 28: Departure.

Competition will be held for juniors (teenagers), seniors, and masters.

There will not be an entry fee for this meet but lifters will be responsible for their own travel and lodging. Several lifters have already shown an interest in attending this meet. It is possible that as many as 10-20 lifters may attend from the US as representatives of the ADFPA's National Team.

Entries must be in by August 20th. Flights via Polish Airlines leave the following cities and fly directly to Warsaw, Poland: Cleveland, Dallas, Denver, Los Angeles, Milwaukee, Minneapolis, New York, Pittsburgh, and Washington.

Again, if you are interested, contact the ADFPA National Office.

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ADFPA Master's Nationals

November 13 & 14, 1993
Sacramento, California
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Contact: Joe Randazzo,
PO Box 690386,
Stockton, CA 95269
(209) 951-7824.

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Women's Nationals

By Gary W. Morrison

Who ever said, "what goes up must come down," was not a powerlifter otherwise that law of physics would read, "what goes down must go up".

The women competing in this year's Women's and Teen Nationals seemed to defy certain laws of gravity just by the sheer amount of weight they put down and lifted back up again. Big lifts were the order of the day for the women with many new records broken and many more.

The event, with almost 80 competitors, stretched over two days at the Plainview Hotel in Plainview, NY from May 1st to 2nd.

Opening day was reserved for competitors 97 to 122 pounds and began with many time National and World champion Judy Gedney at 97 pounds showing the youngsters just how to do it as she put together a squat of 253, a bench of 148, and a deadlift of 286 to total 688 and defeat Barb Talmadge who totaled 661. Beth Grater finished third with a 611.

Relatively new to the powerlifting scene, Sue Hartwig (104) overcame difficulty in her bench to post a 733 total. Toni Miller Kozak was second in the class with a 683 total while Betty Lee was also in the hunt with a 677.

Yeon-Chun Chang didn't feel that she had her best day but try to find another 111 pounder who can total 848. Yeun's total included a 303 squat, 176 bench, and a 369 deadlift. Also with an impressive total, Laura Ballschmied finished second to Yeun with a 722 while Perla Vasquez place third by posting a 672.

In the 114's it came down to last pulls

and bodyweight. Felicia Manganiello won the division by totaling 815, the same a Jaqueline Davis, but took the title because she weighed .5 kilos less. Felicia pulled her last dead of 319 and watched as Jaqueline missed a 352. Sue Rasor, National and World master champion finished third in the division with a 777 total.

The big total of the day belonged to Lee Ann Adams who became the lightest ADFPA women competitor to break the 900 total mark. Lee Ann put together lifts of 352, 148, and 407 for a 909 total to win the 122's. Sandy Brady was second with a 771 while Mary Hetzel placed third with 744.

In teen competition the first day Christine Jablon (14-15) won the 97's with a 435 total while Angela Farina (14-15) claimed the 104's with a 451 total. In the 111's Maria Saris (14-15) totaled 584 to clinch her title while also at 111 pounds Melinda Stewart (16-17) totaled 579 for her championship.

The 116's also saw two teen champions; Jennifer Johansen (14-15) with a 418 total and Jamie Gordon (16-17) with a 451.

The 122's, one of the most competitive teen divisions, saw Kristine Ingram (14-15) total 545 to win by three pounds over Alexia Houser. Amanda Smith-Cocarns (16-17) hoisted a total of 545 pounds to beat out Jennifer Saleem who finished with a 473.

The second day began with Betina Athizer, 129 pounds, establishing a new squat record of 421 pounds. She finished with a 225 bench and 369 deadlift to total 1,106. That put her ahead of Deanna Nollette and Flozell Thomas who totaled 843 and 749 respectively.

Michelle Stevens was the day's second lifter to bust the half ton barrier with a total of 1,036. Michelle DeGennaro placed second with a 931 while Lisa Safran totaled 749 for third. In the 154's Andrea Sortwell's three lifts of 369, 214, and 407 gave her a 992 total to beat out Linda Jo Belsito's 959 and Laura Kantor's 892.

Betsy Ojanen (176) was alone in her class when she totaled 1,008, 127 pounds ahead of Jenine Brannon whose lifts added up to 953. In close third was Theresa Ryskoski who ended the day with a 931 total.

The unlimited class saw Cyndi Regan miss all three of her bench attempts and leave the door open for a battle between Linda Corney and Jo Ann Detraglia. Linda won the title with a 1,008 total, just a scant 5 pounds more than Jo Ann. Darla Frederik was not far behind with a 986 total.

The 129 teens was won by Laurie Lemle (16-17) who totaled 617 to win over Naomi Hill while the 514's (16-17) was owned by Kristine Calderone who totaled 854. Cindy Miller and Rebecca Lynn Laport were second and third with totals of 771 and 567. Also winning a 154 title was Kenda Harms (18-19) who put up a 782 for her win.

The 176's saw Jenine Brannon squat 347, bench 231, and deadlift 374 for an impressive 953 total. She beat out Eileen Kenny who broke the 900 mark with a 909 total.

The team competition was won by the Pacific Powerlifters from Seattle, Wa. The Pacific Powerlifters totaled 93 points to just beat out the Keystone Ironwomen who finished with 87 team points.

Secretary/Treasurer's report

By John Petroff

It appears from recent statistics that I have received from the National Office that we are well on our way to another record year for memberships. Hopefully, we will easily top the 6,000 mark for 1993.

Growth is very important to the financial aspect of our organization. As you will see in the agenda that several motions involve monetary considerations. In order to maintain improved services and quality in our organization growth is essential.

The ADFPA, by act of the NGB, has certain financial obligations to meet. These "fixed costs" or "overhead" go up each year either by inflationary factors or by increases voted in at the National meeting. So far we have been able to not only improve services to our members but also have been able to

put money in our investments.

We have not increased memberships dues in about four years. If we can sustain membership growth we will not need to raise dues any time in the near future.

The point to the above editorial is to encourage each member to try and bring in one new lifter to the next competition. If everyone would do that we would have nearly 12,000 members. We are the largest powerlifting organization in the U.S. and I am sure we will continue to be so in the future.

I would like to extend to every member to bring in just one new lifter this year. You will not only be helping your organization but, more importantly, you will be introducing someone to the sport of drug free powerlifting.

Powerlifting seminar included in National Wellness Conference

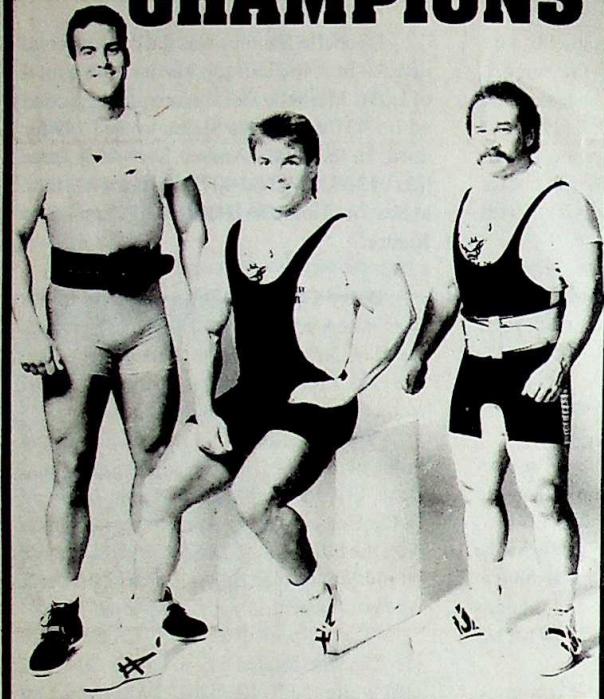
Stephanie Whiting, ADFPA Executive Committee member and wellness coordinator for the University of Wisconsin-Stevens Point, will conduct a wellness activity on "Powerlifting: A Sport for All Ages" at the 18th Annual National Wellness Conference in July.

In a pre-conference seminar, Stephanie will also present "The ABC's of Developing Culturally Diverse Worksite Wellness Programs."

The conference will take place July 17-23 at Stevens Point and will feature 200 sessions by 140 presenters. Key leaders in the wellness movement will discuss the most current topics in health promotion.

Information about the National Wellness Conference can be obtained by writing the National Wellness Institute, 1045 Clark St., Ste. 210, Stevens Point, WI 54481-2962 or calling (715) 342-2969.

CHAMPIONS

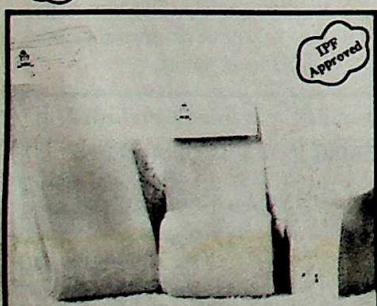


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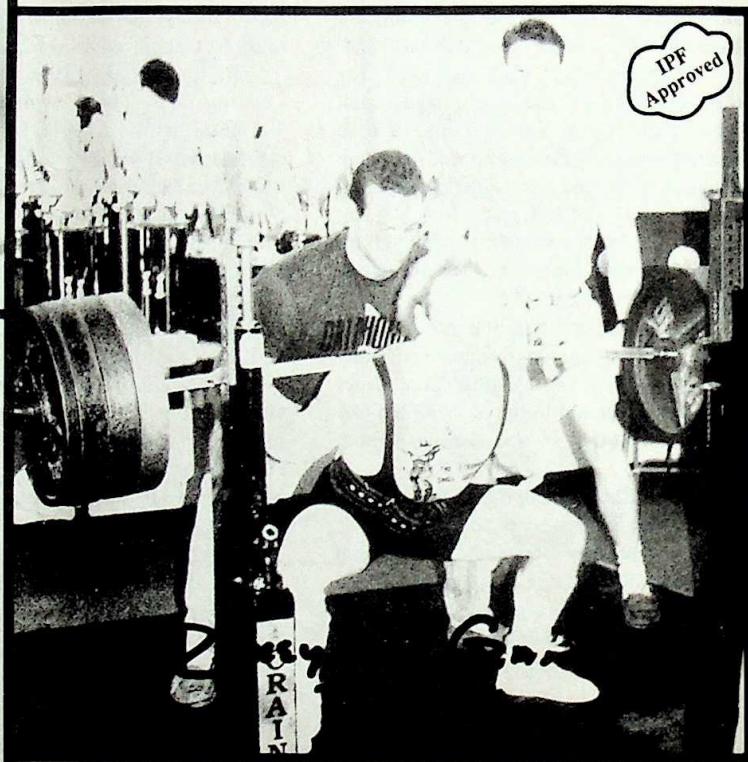
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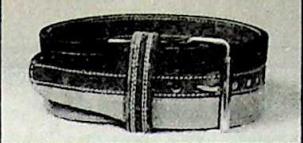
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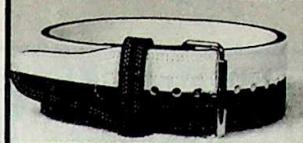
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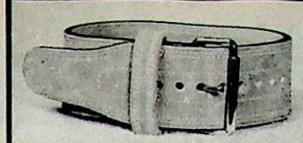
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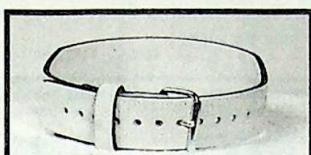
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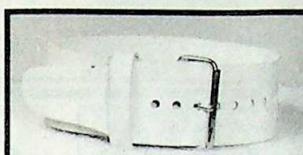
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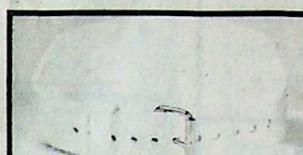
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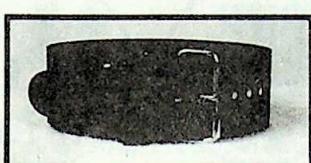
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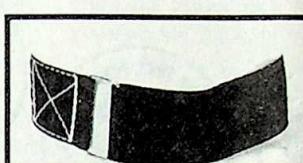
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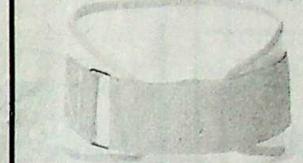
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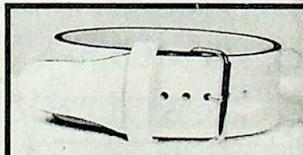
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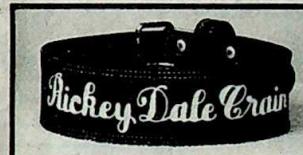
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AUGUST POWERLIFTING TODAY DEADLINES

Contest Results

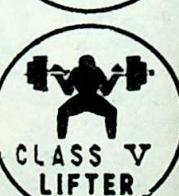
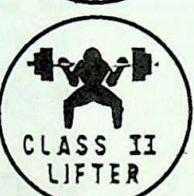
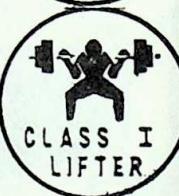
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| Articles | As soon as possible |
| Advertising Commitments | July 17, 1993 |
| PLT Personality Submissions | July 17, 1993 |
| Schedule of Events | July 24, 1993 |
| Advertising Copy | July 24, 1993 |
| Printing of the April issue | Aug. 4, 1993 |
| Mailing of the April issue | Aug. 9, 1993 |

The above date are the latest dates which I can accept material for the April issue of Powerlifting Today with an insurance that it will be published.

MEET DIRECTORS, when you mail in your contest results, please include your name, contest name, date of event, and the city and state of the event. Those items will save me time in producing the paper.

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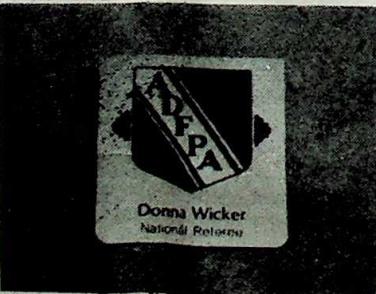


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Power tips by Bettina

By Bettina Altizer

Dear Bettina, I have problems with my depth in the squat. In my last three meets I only got one squat attempt. My stance is shoulderwidth and I rest the bar between my traps and rear deltoids. Do you have any suggestions as to how I can squat deeper? M.K., Davidson, N.C.

Dear M.K., To insure deep, below parallel squats, I would suggest the following:

Ask your training partner or local ADFPA referee to watch your depth. Do not be apprehensive in requesting someone who knows what squatting below parallel is to help you. When powerlifters train, too many lifters do not want to know their depth; they would rather lift heavy and squat high than to squat deep.

These lifters will also be the first to bomb out at the next meet. Looking strong is not always being strong.

Use a video camera, if available. Videotaping your form is an excellent way to modify any defects in your form and to study your depth. Some lifters have a difficult time in self-correcting their form. We all do not have the luxury of having a coach by our sides who watches our technique and depth.

By videotaping your squat you can become your own coach and at the same time gain valuable awareness of your form and technique which will enable you to make minor modifications without having to rely on the advise of others.

Squat on a bench, which is low enough to go below parallel, squatting in front of a mirror so that your side is facing the mirror. This is another way to watch where your hips need to be to go below parallel.

Do pause squat. You need a training partner for this exercise. Pause squats are performed as follows: at the point when you reach below parallel and pause the weight for a second, have your training partner clap or give you a verbal command, and then you squat up with the weight.

This exercise sensitizes you to what squatting below parallel feels like plus it helps to strengthen your hips.

Modify your technique. You may have a flaw in your squat form. Many lifters, and I would say most lifters, make the initial bend of their body when squatting with their knees rather than their hips. This immediately shifts the weight forward which then causes the rear-end and hips to shift up.

Bending at hips first allows the hips and butt to remain low, which not only helps you to go below parallel but also allows you to handle more weight since the pressure of the weight will be borne by the hips and upper thighs, the strongest part of your body, and



Bettina Altizer

1991 & 92 National and World Champion

not the lower back and knees, the most vulnerable, injury prone parts of your body.

Additionally, if you place the bar too high on your back, the same effect will occur. That is, the weight will push you forward causing your butt to raise and shift the weight over your knees and lower back.

You might also want to try riding the bar lower on your back by placing the bar on your rear deltoids. I would additionally suggest widening your stance a bit. Too close of a stance locks up your hips making it difficult to go low.

In your training, squat below parallel in nearly all of your sets and reps. Do not wait until your last heavy set to go below parallel. If you consistently cut your squat high you neglect crucial areas of your muscles, ligaments, and tendons.

When you do attempt to dip that extra one or two inches to go low these neglected areas will be weak and you will have a bottoming out effect; you will go down but you will not come up.

We are familiar with the lifter who would rather squat heavy and high than light and low. This lifter may have impressive gym lifts but he either will be crushed by the weight when he attempts to make a legal squat or will bomb out of the meet.

Take a heavy squat workout at a local meet. When you have tried some or all of these suggestions enter a local meet for the sole purpose of testing your squat form and depth. In other words, do not be concerned with the amount of weight you are squatting; your only concern is receiving nine white lights for three squat attempts.

There is simply no better way to test yourself than under meet conditions with three watchful referees.

I hope this helps. As with all advice, pick and chose what works for you. Good luck with your training.

Send your questions to PTB, 4455 Laurelwood Dr., Roanoke, Virginia 24018.

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1993 National Master update

By Joe Randazzo

I thought I would pass along a brief update on the status of the 1993 National Masters championships.

As of May 11, I have already received a hand full of paid entries and commitments for t-shirts and dinners. The dinner price will be approximately \$17 according to the new menu.

Interest in all the vacation package has been better than expected. Reno has been canceled; we feel that Lake Tahoe would be better since many will want to do more than gamble and lake Tahoe has more family oriented options.

There is still some table space for concessionaires (vitamins, equipment, gear). Please write me for more details.

On the entry form that appeared in the last issue of Powerlifting Today there are several errors that I want you to be aware of. First, the 82.5 lifters are included in the best lifter trophy competition. The best lifter categories for men are: 114-148, 165-181, 198-220, and 242-SHW. Also, the form lists men's weight classes as 52, 65, 60...SHW. That was a typo and should read 52, 56, 60, ...SHW.

Also the age categories are not "over the age of 35" (women) or "over the age of 40" (men) but "35 and above" (women) and "40 and above" (men).

Also, the master lifter's general meeting will be held starting at 7:00 p.m. If you have any questions concerning the Masters Nationals, please feel write (and please send a S.A.S.E. for my response).

Well, that's it from me for now. Let's wish our 1993 Masters champions their best lifts at the 1993 Worlds in St. Louis. Go team USA.

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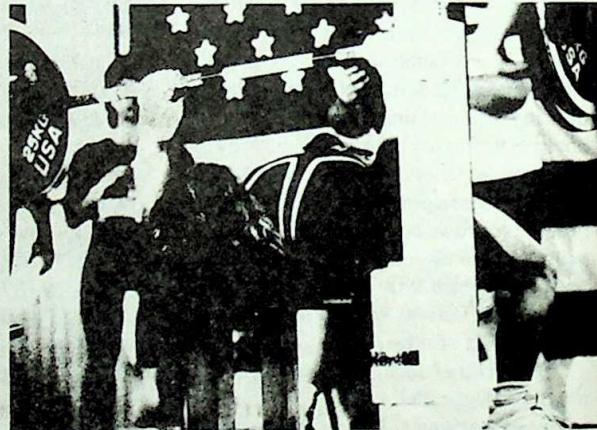
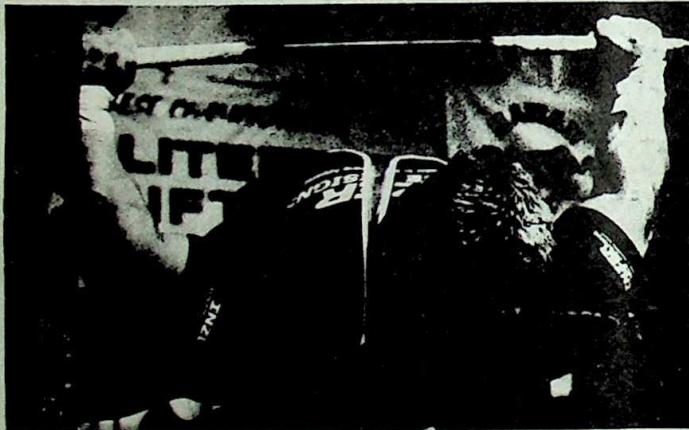
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Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

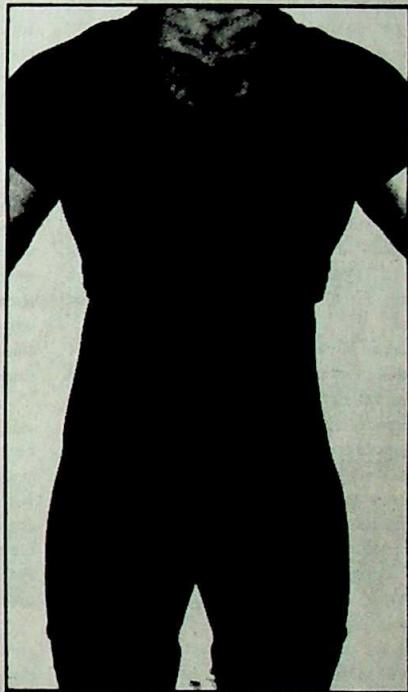
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Candidates declare their intention to govern the ADFPA

The following people have entered their names for the positions listed. Their names are listed in the sequence that they were received at the National Office.

PRESIDENT: Allan Siegel
VICE PRESIDENT: Joe Pyra, Dennis Brady, Bob Gaynor
SECRETARY/TREASURER: John Petroff

EXECUTIVE BOARD: Brother Bennet, Judy Gedney, Joe Pyra, Stephanie Whiting, Bettina Altizer, Charles Schroeder, John Petroff, Brian Washington, Dennis Brady, Bob Gaynor, Mike Foggia, Shawn Cain

Bench Press Tips

By: Doug Daniels

Allright, you just are about to start your new bench press cycle with the 'latest' routine which promises to up your bench from 225 to 275 pounds during that period! I'm one of the first to agree that a well put together routine is the best way to up your bench. However, there are other factors that are critical to getting the biggest bench possible. Many times little, if any, attention is given to these other factors like grip spacing, elbow angle, and bar path. Neglecting any of them could stop your bench from being what it could be, so let's take them one by one.

Let's start with the grip spacing. First of all, we are limited by the rules to 81 centimeters measured between the forefingers. I notice many novice level benchers using a more narrow grip than the rules allow. For most of them, that means a lower bench. There are several advantages to using a wider grip. First, it shortens the distance the bar must travel.

This is an obvious plus. Next, by using a wide grip, you will involve more of the pectoral muscles in the move, rather than an emphasis on the triceps when incorporating a more narrow grip. By virtue of size, the pecs are potentially much stronger than the triceps. I say potentially because if a lifter has used a narrow grip for a considerable amount of time, his pectorals will not have been stimulated enough to perform at a level that they could if they used a wider grip during training. That is why if you switch to a wider grip, you may temporarily suffer a decrease in poundage because of the increased demand on the pecs. Soon, if trained sufficiently, the pecs will increase in strength and your bench will surpass previous levels.

True, some top benchers use a more narrow grip, but sometimes they are suffering from an injury which makes a wider grip painful or impossible. Also, varying your grip used during

training will develop the muscles used in a different manner which could mean more strength gains.

Next is elbow angle. What I mean by this is the angle your arms are at in relation to the body during the press. This angle determines which muscle groups are being stressed at times during the press. For example, starting the bench with your elbows at right angles to the body will emphasize use of the chest, while keeping the elbows near the body will emphasize the shoulders and triceps. A lifter then can take advantage of strengths by controlling his elbow position during the lift.

However, it is not always desirable to keep the elbows locked at the angle during the entire lift. By flaring the elbows out to near right angles during the press you can add muscle groups to help. If you start with elbows near or at right angles you can not flare much, if at all, during the lift. For that reason, you should find an angle somewhere in between both extremes and practice your timing of your elbow flare. Of course, all three groups are being used during the entire lift to some degree.

Arching is another item to consider. Arching is legal as long as the buttocks are in contact with the bench. By arching, thus lifting your chest higher, you lower the distance the bar must travel. Combined with a wide grip, you can lower this distance considerably. The bad point of arching is that it can harm the spine by putting stress on it while pressing. For this reason, you may not want an extreme arch unless you are extremely limber in the spine.

Some bigger lifters find it difficult to get a good arch but they should try to get a little chest elevation. While we are on reducing bar travel, hit the chest with the bar at its highest point. This is probably around nipple level. Many newer lifters hit the chest higher, towards the shoulders. Practice hitting the chest here and it will be automatic at a meet. To save your back, during off season train the

bench with your back flat with maybe your feet off the floor. This will also help to isolate the chest muscles.

A contradiction to my previous mentions of decreasing the distance the bar must travel is bar path. Many novice lifters press the bar straight up from the chest to lockout. After all, the shortest distance between two points is a straight line. However, in bench pressing this is not so. The ideal bar path to lockout does not just go straight up, but finishes above the lifter's face. Hence the bar must go up at an angle. There are scientific explanations for this concerning shoulder torque, etc. The best source to consult is PLUSA's research editor, Dr. Tom McLaughlin's 'Bench Press More Now.' Watch a top bencher's lift from the side.

It will not finish directly over where he touched the chest. Since the bar will be locked out over the face, you guys that bench with your head between the racks will have to move back from there else you will hit the racks with the bar on the way up. Most lifters that put their heads between the racks, do so because it is easier for them to lift the bar off the racks when they start a set. Instead, they should use a hands-off from a partner. This will save energy, especially when the weights used increase. Practice these techniques with light weights before trying this in competition.

As you can see, a bench routine is not all there is to getting a big bench press. Proper technique choices and practice can also have an effect on your end result. Using every trick and leverage advantage you can find can give you those extra pounds that can make a difference in your total and placing in competition. Hit those weights hard, but don't overlook other factors involved in a lift. I hope you can apply some here to your bench press.

Major Mover — Bill Clayton

By John Petroff

This month's Major Mover is not a person who has totally shaken up the ADFPA or the world of powerlifting. He is a man doing a job and quietly improving our sport in his state and on the national level by his selfless participation.

William (Bill) Clayton is 39 years old and the current New Jersey State Chair-person. Bill has been married by his wife Dee for three years and is employed by the Greystone State Psychiatric Hospital as a Social Worker.

Bill got involved in powerlifting as a way to improve strength for other sports that he participated in while in high school. Bill started competing in 1973 as a 148 pound lifter. Bill can still lift as a 148er but usually goes at 165. In 1983 Bill won the

NJ State Meet and went on to bomb at the National's that year.

In addition to the chair for New Jersey, Bill referees at numerous meets on the local, regional, national, and international level. Bill prides himself as a 'tough' judge.

Bill is looking forward in competing in the 1993 Master's Nationals this fall. He will turn 40 just one day before the competition.

During my interview with Bill he was not short on words when he was discussing all the people who make New Jersey and the east coast a powerlifting mecca. He was very sincere in pointing out that people like Joe Pyra do a tremendous job in promoting meets and the ADFPA and that they help him look good.

He enjoys being in a state where there are so many people willing to help promote the sport. My read on the situation is that Bill Clayton is a major factor in getting these people involved. He accomplishes this by being at all these meets and being a role model for everyone.

As I mentioned earlier, Bill is not shaking up the world of powerlifting, he is quietly molding it. That make him a Major Mover in our sport. Bill's abilities have not gone unnoticed. He has been nominated for this year's Brother Bennet Award. Bill is yet another of my growing list of people you should seek out and talk with if the opportunity presents itself.

Agenda items for 1993 National Meeting

RULE CHANGES:

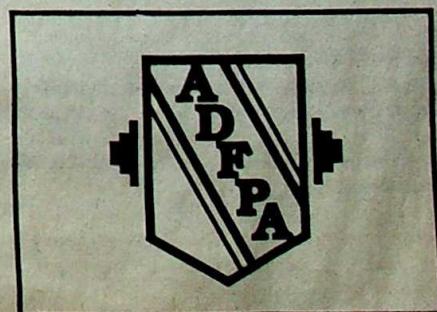
- (Dave Siegler) Two National/International referees are necessary to certify an American record.
- (Dave Siegler) State records should be established under all circumstances in which an American Record is possible.
- (Eugene McCullough) Allow 4th attempts in local meets for state records.
- (Eugene McCullough) Eliminate equipment checks prior to all contests.
- (Eugene McCullough) Allow lifters at the Master's Nationals to weigh-in the night before the meet, providing they are not looking to break an American record.
- (Brian Washington) Lifters competing on high school teams, at either local or national competitions, must be enrolled at the school that they are representing.
- (Larry Miller) Handicapped lifters competing with an artificial limb shall weigh-in with that artificial limb.
- (Larry Miller) Meet directors will have the option of using kilograms or pound plates at all meets, including national meets.
- (Jay Siegal) Add the 145 kilo class for men and the 90 kilo class for women for all ADFPA meets.
- (Jay Siegel) Add the 145 kilo class for men and the 90 kilo class for women for the Open Men's and Women's National championships.
- (Cathy Marksteiner) Foreign students be allowed to compete in the ADFPA Collegiate National Championships as long as they meet all other Collegiate requirements.
- (Mike Mooney) Amend section III, #2, a7 as follows: Emblems or logos may be worn on the t-shirt if the emblems or logos meet the following criteria:
 - the emblem/logo cannot be obscene or "objectionable" .. disputes to be settled by a majority voter, which is final, of the two referees conducting the costume and equipment check and the Chief Referee of the competition
 - the emblem/logo cannot promote any activity which is not in keeping with the ADFPA'S drug free philosophies
 - the emblem/logo cannot mention or promote any powerlifting organization other than the ADFPA or the WDFPF or its member nations
- (Jean Howat) The wearing of t-shirts shall be optional for both males and females.
- (Master's and Women's Committees) Change the age of women master lifters to start at age 40, with the understanding that the new minimum age will be put into effect with a "Grandfather (Grandmother)" clause that will allow those already lifting as masters to continue to lift as masters. This means that in 1994 a female lifter must be 36, 37 in 1995, 38 in 1996, 39 in 1997, and 40 as of January 1, 1998.
- (Master's Committee) Change the age groups for women masters to five year groups as currently used by men masters.

EXPENDITURES:

- (Allen Siegel) Chairpersons of the Collegiate, Master, Teenage and Women's Committees shall be reimbursed up to \$500.00 each to cover the cost of travel expenses incurred in attending their respective National Championship, providing that they conduct a meeting at the championship which

will include all interested parties.

- (Joe Pyra) The three executive officers should get a salary increase of 20%.
- (Bob Gaynor) Raise salary of the President to \$8400 a year.
- (Bob Gaynor) Raise salary of the Secretary/Treasurer to \$5500 a year.
- (Bob Gaynor) Establish a travel fund for officials and/or officers to attend meets that need assistance and to oversee our program in new areas of the country.
- (John Petroff) The interest/capital gains from investments are to be used as working capital continuing the policy where 50% of the end of the year surplus be invested.
- (John Petroff) Reimbursements for meets that total less than \$25.00 be denied.
- (Cathy Marksteiner) Funding allocations for ADFPA World teams be listed as separate motions.
- (Cathy Marksteiner) World team funding allocations are to be voted on by the National Governing Body, if a quorum exists, rather than the Executive Committee.
- (Cathy Marksteiner) Require the Master's Committee Chairman to submit to the NGB a maximum dollar figure request for funding for an ADFPA World Masters team. The request should include the monetary allocation for each lifter as well as the total number of lifters requested to be funded.
- (Joe Pyra) Increase membership dues to \$25.00 a year.
- (Joe Pyra) Membership dues should be good for one year from date of payment.
- DRUG TEST RELATED:**
- (Tom Trevoralt) Lifters using prescriptions to monitor high blood pressure shall be exempt from the 7 day diuretic rule.
- (Jay Siegal) If a meet director does not drug test the minimum of 10% of the lifters in their meet they shall not receive a drug test reimbursement, and may be denied future sanctions.
- PROCEDURES:**
- (Eugene McCullough) When more than two bids are received for any national contest and no one bidder gets more than 50% of the votes, a second round vote shall be held between the two top vote getters from the first round.
- (Eugene McCullough) Qualifying totals for national meets must be made in the prior calendar year.
- (Brian Washington) Allocate funding to have all ADFPA publications (i.e. release form, state chairperson responsibilities, rulebook, by-laws) placed on software (Word Perfect, MS Word).
- (Brian Washington) Have all items passed (past, present, and future) at NGB meetings to be listed by topic and date. This list should be on file in the National Office and be made available to the NGB upon request.
- (Bob Gaynor) Increase the term of the President, Vice-President, Secretary/Treasurer, and the Executive Board from two years to three years.
- (Bob Gaynor) Lower the qualifying totals for the Lifetime Nationals by 2.5%.
- (Bob Gaynor) Lower the qualifying totals for the Teenage Nationals by 2.5%.
- (Allen Siegel) Allow women to compete in the Lifetime Nationals with the qualifying total to be the same as the Women's Open Nationals.
- (Bob Gaynor) Establish a bid screening committee for all National meets and enforce it's use.
- (Bob Gaynor) Extend the Teenage Committee's authority to include the High School program.
- (Allen Siegel) High School students should have a qualifying total in order to compete at the High School Nationals. This total shall be, "a total" in an ADFPA sanctioned meet since the last High School Nationals.
- (John Petroff) A \$100.00 filing fee be required for any grievance filed by an individual. This fee is to be reimbursed if the Discipline Committee finds the grievance to be of valid cause.
- (Joe Pyra) Establish a National High School Bench Press Championship with the first meet to be held in late 1993 or early 1994.
- (John Petroff) Any person bidding on a National Meet shall be a member, in good standing, for at least five years; be at least a State Referee; have the recommendation of their State Chair; and have held a minimum of 6 meets previously. Individuals who have held a National competition prior to Jan. 1, 1994 will be exempt from this policy.
- (John Petroff) Executive Committee members who do not show up for, or do not complete their assigned duties at a National competition shall be denied their travel reimbursement for that competition. Denial for the reimbursement by a majority vote of the Vice-President, Sect/Treas, Head Referee, and Meet Director. In case of a tie the President shall cast the deciding vote.
- (Jay Siegel) The President appoints all committee chairs, subject to the majority approval of the Executive Committee.
- (Joe Manuli) Establish a bench press physically handicapped committee.
- (Joe Pyra) Meets within 100 miles of each other should not be held within three weeks of each other.
- (Joe Pyra) When two sanctions are submitted at the same time, for the same date, within 100 miles of each other, the older established meet should get preference.
- (Master's Committee) Accept the McCullough Master's Age Equalization Formula" for selecting outstanding master lifters.
- (Master's Committee) Approve the Women's Master Classification system as submitted by Eugene McCullough.
- (Master's Committee) The head referee at the Master's Nationals shall be appointed by the President of the ADFPA, but should be chosen from a list of master lifters compiled by the Master's Committee.
- (Master's Committee) The top three lifters in each weight class and age group shall have the right to attend the World Master's Championships.



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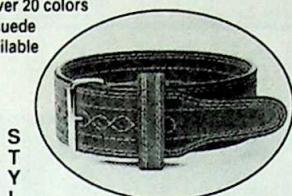
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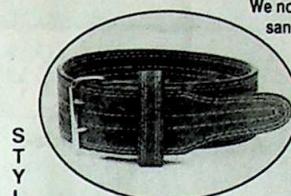
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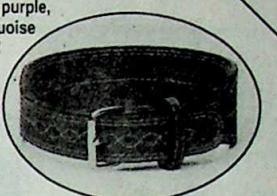
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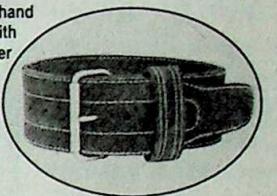
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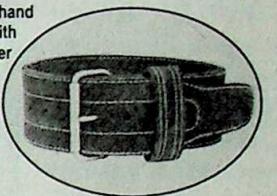


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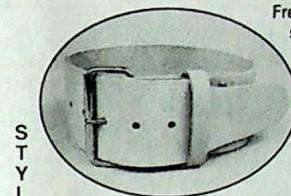
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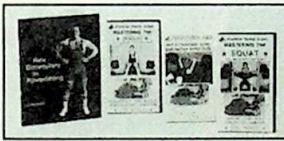


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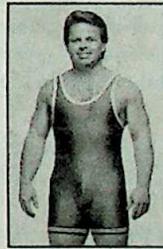
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Train With The Champions

My winning deadlift routine

By Dave Weiss (1992 ADFPA & WDPFA 123 pound champion)

This is a new feature in Powerlifting Today in which ADFPA national and world champions share their winning routines.

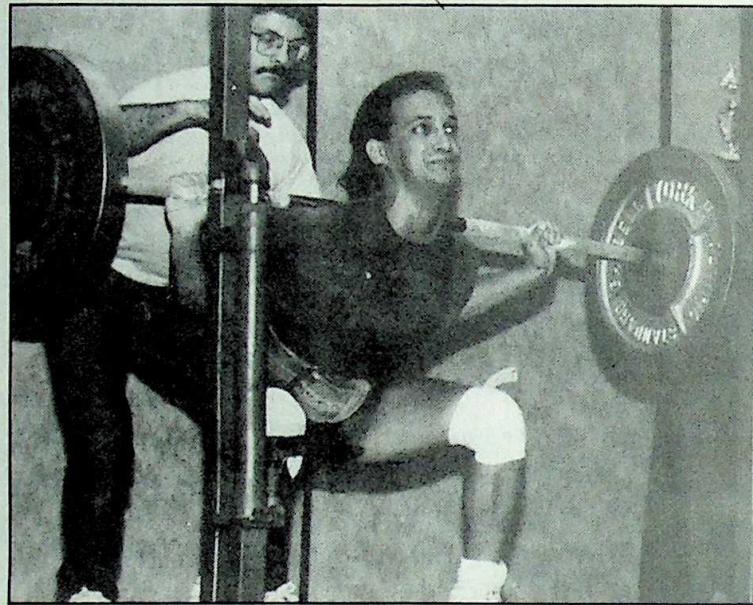
The following is a 15 week deadlift routine that has proven helpful to me. After the first time you use this cycle you will be able to cut it back to a 12 week cycle because you will not need to get your beginning rep maxes. You will use the new maxes from the end of each phase as your beginning rep maxes in the next cycle.

This routine allows for adequate recovery time, which is important for the drug-free lifter, by using percentages of a weight already achieved. The workload is achieved by the optimal number of reps, not the weight, to prevent the lifter from overtraining.

Do not be surprised if some days are ridiculously easy, that is part of the routine. Avoid the temptation to bump up the weight on those days or you'll defeat the purpose of the routine.

Be sure to have your knees slightly flexed on the straight leg deadlifts, bringing the bar down to sock level each rep, the weights never touching the floor. The knee flex is to allow the hamstrings to take some of the pressure of the lower back.

On the plate deadlifts, have the weight pause a second on the floor between each rep. This serves two purposes; first, to avoid bouncing the bar (which can lead to serious injury); second, force the lifter to work the hardest part of the lift, the initial pull of the floor. Both the straight leg and plate deadlifts



Dave Weiss is no stranger to the championship platform. Besides his 1993 achievements Dave won the 1992 ADFPA collegiates. He was also the first 123 pound collegiate to break the 1,100 pound barrier.

require some type of platform to allow the bar to go down further than normal. Usually, standing on one or two stacked plates will provide enough distance.

This routine is easy to modify for the time you have until your next meet by adding or removing phases. For example, hanging deadlifts in place of the plate deadlifts or removing the straight legs due to lack of time.

On hanging deadlifts, bring the bar down to where a regular floor deadlift begins, but do not let the bar touch the floor (similar to straight legs). You will bend your knees like you were doing regular deadlifts.

I would strongly recommend that the different phases be used as outlined as there is a good balance between conditioning and more intense strength training.

Week 1: 8 Rep Max straight deadlifts
 Week 2: 85% of 8 RM; four sets of 8
 Week 3: 90% of 8 RM; three sets of 8
 Week 4: 95% of 8 RM; two sets of 8 (three sets if second is extremely easy)
 Week 5: New 8 Rep Max

Week 6: 5 RM, deadlifts on two-inch plate (Olympic bumper plates work well)

Week 7: 85% of 5 RM; four sets of 5

Week 8: 90% of 5 RM; three sets of 5

Week 9: 95% of 5 RM; two sets of 5 (three sets if second is extremely easy)

Week 10: New 5 Rep Max

Week 11: 3 Rep Max; on the floor with suit, straps up

Week 12: 85% of 3 RM; four sets of 3

Week 13: 90% of 3 RM; three sets of 3

Week 14: 95% of 3 RM; two sets of 3 (you'll probably want to skip the third set here)

Week 15: New 3 RM max

From here you may want to take a light (80% for two doubles) week and try a new single max the following week. I've often skipped the new 3 Rep Max and gone for a new single, using a projected 3 Rep Max for one rep as the last warm-up.

Assist work for the deadlift should be planned with the squat day assist. On deadlift day I'll do good mornings (not when doing straight legs), shrugs, lockouts, and abs. Squat day will have halter (ballistic) deads, hyperextensions, and abs.

Be sure to use good form in all your training; sloppy reps teach you the wrong way to do an exercise.

This routine comes with no promises of adding 50 pounds to your deadlift, as different people respond to the same routine differently. Many lifters in our gym use a similar routine.

I would like to thank my coach Mike Craven, owner of Mike's Olympic gym in Mechanicsville, Va. for helping me develop this routine.

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Observations and Interpretations

By Allan Siegel

I have received several nice comments about this column and I sincerely hope that it helps.

OBSERVATION: One of the most commonly missed questions on the State Referees' test is the one regarding t-shirts. The question states, "List 3 descriptions of the vest or t-shirt which may be worn by the lifter".

First, let me eliminate confusion by stating that a "vest" is the word used for a t-shirt as stated in the IPF rule book. It does not refer to a vest as we know it here in the United States (generally a sleeveless garment worn over a shirt), but it is the word for a t-shirt in England and other European countries.

The following items "describe" a t-shirt and all are clear except for numbers 5 & 7.

1. Must have sleeves a minimum of 10 cms (3.9 inches) in length.

2. Must be made of cotton, polyester, or a combination of the two.

3. It shall not be ribbed or consist of any rubberized or similar stretch material.

4. It may have a "V" or a "U" shaped neck opening.

5. It shall be of basic colors with insignificant edging permitted.

6. It shall not have any pockets, buttons, zippers, or collars.

7. It may have an approved emblem.

Items 5 and 7 have been interpreted differently by different people. Last year the National Governing Body passed a rule change regarding what is considered a legal emblem on t-shirts as follows.

Emblems may be worn on the t-shirt at all ADFPA sanctioned meets if they meet the following requirements:

- a. they are ADFPA related, or
- b. they are powerlifting related, or
- c. they are not obscene, or degrading,
- d. they promote a DRUG-FREE attitude.

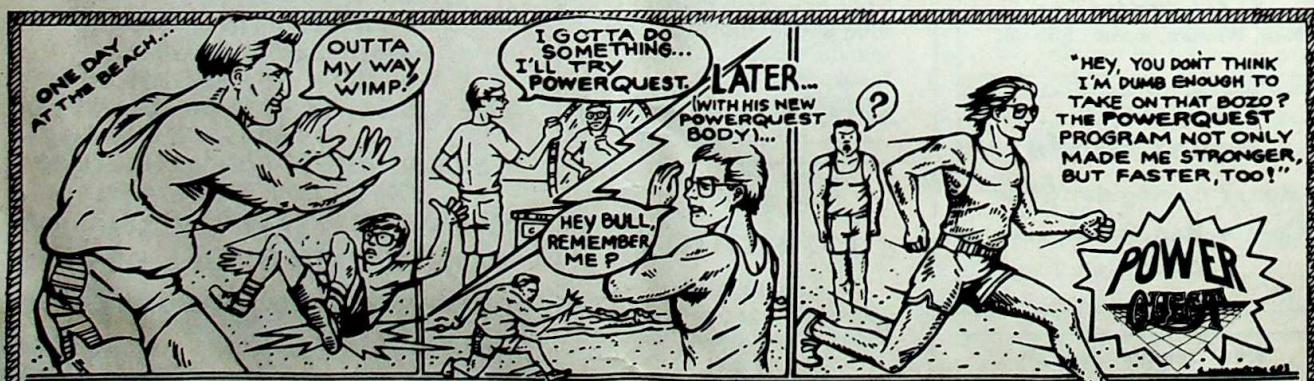
People continue to interpret this rule differently. I made the motion for this rule change and its intent was to do away with the petty bickering as to what can be on the shirt.

I interpret the rule to say that : ANY shirt from any powerlifting contest is a legal shirt whether it was an ADFPA meet or not. This can change in the future but it is the rule today. A team shirt is a legal shirt regardless of whether or not that team is registered for that particular meet or even registered as an official team with the ADFPA.

If a lifter lifts in a two person gym and his shirt says "Joe and Judy's Gym" on it, it's legal.

Don't make a big issue about the t-shirt, it doesn't mean a thing and besides, what does it hurt?

That's it for this month. If you have a question that bothers you, drop me a line and I'll try to clear it up.



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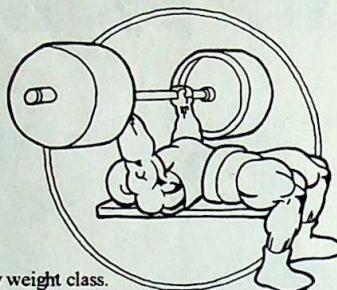
II Men's 198-SHW (all divisions). Lifting begins on Sun. 9:00 am. Weigh ins-Sat. 7:00-8:30 pm. & Sun. 7:00-8:30 am.

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all by weight class.

Team 1st-5th.

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ENTRY FEES: \$35.00 1st division, \$20.00 each additional division, \$50.00 team entry (teams

must be ADFPA registered and must be turned into Meet Director by start of weigh ins.

ADMISSION: \$5.00 per person. Lifters are admitted for free both days.

TRANSPORTATION: Transportation to and from Cleve. Hopkins Airport is available at no charge via the Holiday Inn shuttle service.

AIRLINES/TRAVEL SERVICES: United has flight discounts for the ADFPA. Call 1-800-521-4041 (account #531 SX). For travel services call All Star Travel at 1-800-248-1932. Talk to Cheryl or Linda.

EQUIPMENT: Current ADFPA rules apply. Singlet or lifting suit. Denim and Polyester Bench shirts permitted.

ENTERTAINMENT: The Holiday Inn has discount passes to Sea World and Geauga Lake Amusement Park. Shuttle service is available if you rsvp and request transportation to and from the parks with at least 6 weeks notice.

DRUG TESTING: Urinalysis and Polygraph.

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|---------------------------|-----------------------|--------------------|-----------------|--------------------------------|
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| Phone (h) _____ (w) _____ | PL Achievements _____ | | | |

Divisions: Circle those divisions in which you wish to enter:

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| Mens Lifetime | Police & Firemen |
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Teens & Masters must have evidence of DOB.

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DRUG FREE WAIVER: I hereby give my word of honor as an athlete that I have not used any strength-inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature in full of applicant

RELEASE FROM LIABILITY: Read this carefully. When you sign it you will be giving up important legal rights.

In consideration of the acceptance of my entry blank in this powerlifting competition, I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability which may arise from this competition.

Moreover, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength inducing drugs and controlled/banned substance Shall Be Conclusive. That is, whether I think the results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete the drug testing. Should I fail to pass the drug test, I agree to waive any claim which might arise under state law for defamation, slander, libel, or any other claim for which legal relief is available. If it is determined that I have failed the drug test, I agree to forfeit any trophy or award which I might otherwise have won. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the sine qua non for the acceptance of my entry in this contest.

Signature in full of applicant

Signature in full of parent or guardian if the applicant is under the legal age (18 years).

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|---------------------|-------|-------|-------|-------|--|------------------|-------------------|-------|-------|-------|------------------|------------------|-----------------|----------------|---------------|-------|------|
| 44KG/97 LBS | SQUAT | BENCH | DEAD | TOTAL | | 56 KG/123 LBS | L Gerrard GB | 143.0 | 82.5 | 160.0 | 385.0 | 110 KG/242 LBS | I. Tudor GB | 280.0 | 185.0 | | |
| F. Blibecq FR | 77.5 | 42.5 | 115.0 | 230.0 | | 60 KG/132 LBS | L Gerrard GB | 147.5 | 80.0 | 170.0 | 393.5 | Lead Better GB | | | 302.5 | | |
| 47.5 KG/104 LBS | | | | | | 67.5 KG/148 LBS | M Kuczera PL | 210.0 | 135.0 | | 585.0 | 125 KG/275 LBS | Badial IL | 275.0 | 170.0 | | |
| S. Brooker GB | 152.5 | 82.5 | 130.0 | 345.0 | | T Swallow GB | | | 240.5 | | A. Willan GB | | | 282.5 | 715.0 | | |
| 50.5 KG/111 LBS | | | | | | 75 KG/165 LBS | Plewazumaroski PL | | | | | 145 KG/319 LBS | Mc Beath GB | 190.0 | 125.0 | | |
| S. Brooker GB | 140.0 | 85.0 | | | | | | 175.0 | 100.0 | 205.0 | 452.5 | 145+ KG/319+ LBS | D. Dilley GB | 280.0 | 147.5 | | |
| E. Delbos FR | | | 170.0 | 370.0 | | 82.5 KG/181 LBS | D Sowinski PL | 220.0 | 140.0 | 240.0 | 600.0 | D. Dilley GB | 250.0 | 250.0 | 657.5 | | |
| 53 KG/116 LBS | | | | | | 90 KG/198 LBS | G. Holmes GB | 220.5 | 130.0 | 210.5 | 550.0 | MASTER MEN 45-49 | | | | | |
| A. Blidt GB | 130.5 | 87.5 | 155.0 | 370.0 | | 125 KG/275 LBS | Rafal Sabat PL | 250.0 | 170.0 | 280.0 | 700.0 | 56 KG/123 LBS | G. Palcy FR | 105.0 | 90.5 | | |
| 55.5 KG/122 LBS | | | | | | | | | | | 155.0 | 155.0 | 332.5 | | | | |
| Lemoulllec FR | 147.5 | | 160.0 | 377.5 | | MEN SENIORS | | | | | 67.5 KG/148 LBS | C. Barret FR | 145.0 | 105.0 | 440.0 | | |
| A. Blidt GB | | 85.5 | | | | 52 KG/114 LBS | P. Legard FR | 170.0 | | 197.5 | | 75 KG/165 LBS | J. Quemard FR | 207.5 | | | |
| 58.5/KG/129 LBS | | | | | | A. Heuze FR | | 93.0 | | | | R. Doubel FR | | 140.0 | | | |
| R. Cadres FR | 152.5 | | 178.0 | 400.0 | | G. Price GB | | | | | | T. Guerin GB | | "55.5 | 572.5 | | |
| D. Mathieu FR | | 85.0 | | | | 56 KG/123 LBS | Brouillet FR | 180.5 | 102.5 | | 492.5 | 82.5 KG/181 LBS | D. Ambler GB | 240.0 | | | |
| 63 KG/139 LBS | | | | | | Mo Khan GB | | | 212.5 | | | A. Bouchakour FR | 155.0 | 270.0 | | | |
| Debuission FR | 150.5 | | | | | 60 KG/132 LBS | L. Ledroit FR | 230.0 | | | | 90 KG/198 LBS | D. Ambler GB | 272.5 | 160.5 | | |
| C. Kasbarian FR | | 120.0 | | 430.0 | | | A. Gutteridge GB | 145.0 | | | | 100 KG/220 LBS | J. West IR | 267.5 | 152.5 | | |
| L. Poole GB | | 177.5 | | | | S. Hollaway GB | | | 250.0 | | | 110 KG/242 LBS | J. West IR | 270.0 | 150.0 | | |
| 70 KG/154 LBS | | | | | | B. Vincent FR | | | | 595.0 | | | | | | | |
| Jarjemboski FR | 152.5 | | | | | 67.5 KG/148 LBS | B. Lespoix FR | 242.5 | | | | MASTER MEN 50-54 | | | | | |
| Kasbarian FR | | 120.0 | | 435.0 | | Wegiera PL | | 147.5 | | | | 67.5 KG/148 LBS | M. Ledroit FR | 207.5 | | | |
| E. Millington GB | | 187.5 | | | | Burden GB | | | 270.0 | | | R. Binyan GB | | 212.5 | 512.5 | | |
| 80 KG/176 LBS | | | | | | A. Blidt GB | | | | 630.0 | | 75 KG/165 LBS | M. Shaw GB | 227.5 | 127.5 | | |
| Williams GB | 182.5 | | 180.0 | 445.0 | | 75 KG/165 LBS | Mezzanote BL | 277.5 | | 290.0 | | | 82.5 KG/181 LBS | E. West GB | 190.0 | | |
| 90 KG/198 LBS | | | | | | A. Blidt GB | | 165.0 | | 707.5 | | | K. Murdie GB | 127.5 | | | |
| Wakefield GB | 140.0 | | | | | 82.5 KG/181 LBS | D. Oakley GB | 285.0 | | 305.0 | | | K. Gilbert GB | | 235.5 | | |
| M. Schaerfs BL | | 75.0 | 160.0 | 365.0 | | I. Luka PL | | 167.5 | | 732.5 | | | 90 KG/198 LBS | B. Lemire FR | 210.0 | 147.5 | |
| 90+ KG/198+ LBS | | | | | | 90 KG/198 LBS | D. Handala FR | 300.0 | | | | | JM Lequerne FR | | 235.0 | | |
| Carpentier GB | 102.5 | 52.5 | 125.0 | 280.0 | | M.M. Sainte FR | | 185.0 | | | | | 100 KG/220 LBS | J. West IR | 265.0 | 152.5 | |
| WOMEN MASTERS 40-44 | | | | | | I. Luka PL | | | 310.0 | 767.5 | | | | J. West IR | 265.0 | 695.0 | |
| 50.5 KG/111 LBS | | | | | | L. Pilling GB | 305.0 | | 310.5 | 795.0 | | | | J. West GB | | 282.5 | |
| H Reuillon FR | 122.5 | 60.0 | 145.0 | 327.5 | | V. Urbaniak FR | 195.0 | | | | | | 125 KG/276 LBS | R. Toher GB | 220.0 | 135.0 | |
| 53 KG/116 LBS | | | | | | A. Pollet FR | 310.0 | 210.0 | | 805.0 | | | | | 255.0 | 610.0 | |
| H Reuillon FR | 112.5 | 62.5 | 140.0 | 315.0 | | P. Andrews GB | | | 312.5 | | | MASTER MEN 54-59 | | | | | |
| 55.5 KG/122 LBS | | | | | | 125 KG/275 LBS | P. Barbara FR | 355.0 | 205.0 | | 877.5 | 52 KG/114 LBS | P. Andrieu FR | 125.0 | 70.0 | | |
| M. Fourel FR | 85.0 | 52.5 | 130.0 | 267.5 | | Lead Better GB | | | 330.0 | | | 60 KG/132 LBS | V. Tidona FR | 125.0 | 100.5 | | |
| 63 KG/139 LBS | | | | | | 145 KG/319 LBS | H. Thomas GB | 350.0 | | 310.0 | 805.0 | 67.5 KG/148 LBS | T. Johnston GB | 110.0 | 80.0 | | |
| M. Bureau FR | 120.0 | 75.0 | 132.5 | 327.5 | | H. Volke FR | | 190.0 | | | | 75 KG/165 LBS | D. Briggs GB | 172.5 | 120.0 | | |
| 70 KG/154 LBS | | | | | | 145+ KG/319+ LBS | H. Thomas GB | 352.5 | | | | | R. Garcia FR | | 215.0 | | |
| J. Hewlett GB | 97.5 | 56.0 | 137.5 | 287.5 | | S. Koziol PL | | 200.0 | 300.0 | | | 82.5 KG/181 LBS | Hirst GB | 205.0 | | | |
| 80 KG/176 LBS | | | | | | | | | | | | K. Murdie GB | | 115.0 | 235.0 | | |
| J. Hewlett GB | 100.0 | 52.5 | 140.0 | 292.5 | | 60 KG/132 LBS | Gutteridge GB | 201.0 | 136.5 | 225.0 | 560.0 | 90 KG/198 LBS | P. Hudson GB | 220.0 | | | |
| WOMEN MASTERS 45-49 | | | | | | 67.5 KG/148 LBS | Delaporte FR | 190.0 | 127.5 | | 542.5 | 60 KG/132 LBS | D. Gerard FR | | 144.0 | | |
| 47.5 KG/104 LBS | | | | | | 75 KG/165 LBS | S. Flower GB | | | 242.5 | | 67.5 KG/148 LBS | 100 KG/220 LBS | P. Hudson GB | 220.0 | | |
| Cherbonnel FR | 90.0 | 76.0 | 118.0 | 282.5 | | J. Bulski PL | 201.0 | 135.0 | | 555.0 | | T. Johnston GB | 110.0 | 80.0 | 345.0 | | |
| 50.5 KG/111 LBS | | | | | | 82.5 KG/181 LBS | D. Ottolang GB | | | | | 75 KG/165 LBS | A. Perez FR | 130.0 | | | |
| M. Guinard FR | 100.0 | 60.0 | 137.5 | 297.5 | | 82.5 KG/181 LBS | D. Dillwyn GB | 280.0 | 147.5 | | 657.5 | D. Marshall GB | 160.0 | 85.0 | 430.0 | | |
| 53 KG/116 LBS | | | | | | 90 KG/198 LBS | D. Lebreton PR | | | 270.0 | | 75 KG/165 LBS | H. Tazi BL | 150.0 | | | |
| M. Guinard FR | 102.5 | 60.0 | 132.5 | 295.0 | | Nightingale GB | 255.0 | | | 665.0 | | | 110 KG/242 LBS | R. Hentall GB | 222.5 | 25.0 | |
| 55.5 KG/122 LBS | | | | | | H. Tazi BL | | 150.0 | | | | | | A. Perez FR | 130.0 | | |
| P. Smith GB | 100.0 | 50.0 | 121.0 | 265.0 | | 100 KG/220 LBS | L. Clauss FR | 235.0 | | | | | | 110 KG/242 LBS | R. Hentall GB | 222.5 | 25.0 |
| 58.5 KG/129 LBS | | | | | | H. Tazi BL | | 170.0 | | 625.0 | | | | | | 302.5 | |
| N. Vouillot FR | 110.0 | 55.0 | 135.0 | 300.0 | | 82.5 KG/181 LBS | Howarth GB | | | 272.5 | | MASTER MEN 60-64 | | | | | |
| 63 KG/139 LBS | | | | | | 90 KG/198 LBS | | | | | 60 KG/132 LBS | V. Tidona FR | 160.0 | 109.0 | 442.5 | | |
| P. Smith GB | 95.0 | 50.0 | 130.0 | 275.0 | | H. Tazi BL | | 150.0 | | | 67.5 KG/148 LBS | D. Marshall GB | 160.0 | 85.0 | 430.0 | | |
| 70 KG/154 LBS | | | | | | 100 KG/220 LBS | L. Clauss FR | 235.0 | | | 75 KG/165 LBS | D. Marshall GB | 157.5 | 85.0 | 425.0 | | |
| P. Smith GB | 95.0 | 50.0 | 130.0 | 275.0 | | H. Tazi BL | | 170.0 | | 625.0 | | | | | | | |
| WOMEN MASTERS 50-54 | | | | | | H. Tazi BL | | | | | | | | | | | |
| 53 KG/116 LBS | | | | | | Howarth GB | | | | | | | | | | | |
| A. Soulard FR | 85.0 | 60.0 | 115.0 | 260.0 | | | | | | | | | | | | | |
| 58.5 KG/129 LBS | | | | | | | | | | | | | | | | | |
| M. Trichot FR | 100.0 | 42.5 | 120.0 | 252.5 | | | | | | | | | | | | | |
| WOMEN TEENS 16-17 | | | | | | | | | | | | | | | | | |
| 70 KG/154 LBS | | | | | | | | | | | | | | | | | |
| E. Willan GB | 155.0 | 65.0 | 165.0 | 285.0 | | | | | | | | | | | | | |
| MEN TEEN 14-15 | | | | | | | | | | | | | | | | | |
| 52 KG/114 LBS | | | | | | | | | | | | | | | | | |
| G. Davies | 75.0 | 45.0 | 125.5 | 230.0 | | | | | | | | | | | | | |
| 67.5 KG/148 LBS | | | | | | | | | | | | | | | | | |
| M. Abery GB | 135.0 | 70.5 | 160.0 | 365.0 | | | | | | | | | | | | | |
| 82.5 KG/181 LBS | | | | | | | | | | | | | | | | | |
| G. Nutkins GB | 142.5 | 92.5 | 180.0 | 415.0 | | | | | | | | | | | | | |

cont. on page 12

Open Top 50

| 114 LBS SQUAT | 114 LBS B PRESS | 114 LBS DEADLIFT | 114 LBS TOTAL | 148 LBS SQUAT | 148 LBS B PRESS | 148 LBS DEADLIFT | 148 LBS TOTAL |
|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|-----------------------|-------------------------|
| 285 Burns, T 1/9 | 225 Manuli, J 2/20 | 341 Payne, D 2/27 | 760 Payne, D 2/27 | 551 Kimura, M 2/20 | 370 Fronzagli, D 3/6 | 560 Beatty, D 3/6 | 1440 Beatty, D 3/6 |
| 280 Miller, M 3/27 | 187 Martucci, A 2/20 | 336 Radford, J 2/27 | 755 Burns, T 1/9 | 540 Kimble, D 3/6 | 365 Audia, J 2/7 | 556 Casagan, M Jr | 1405 Blake, H 2/27 |
| 254 Payne, D 2/27 | 165 Burns, T 1/9 | 330 Taylor, B 4/18 | 744 Radford, J 2/27 | 540 Beatty, D 3/6 | 365 Ely, D 2/20 | 2/20 | 1405 Casagan, M Jr |
| 245 Ryman, K 3/6 | 160 Miller, M 3/27 | 305 Burns, T 1/9 | 715 Miller, M 3/27 | 534 Casagan, M Jr | 363 Kimura, M 2/20 | 545 Blake, H 2/27 | 2/20 |
| 236 Radford, J 2/27 | 159 Radford, J 2/27 | 295 Beuwour, D 3/21 | 690 Taylor, B 4/18 | 520 Blake, H 2/27 | 340 Rinker, J 3/6 | 534 White, W 2/27 | 1400 Fronzagli, D 3/6 |
| 235 Taylor, B 4/18 | 154 Payne, D 2/27 | 275 Miller, M 3/27 | 625 Beuwour, D 3/21 | 520 Carter, G 2/28 | 340 Beatty, D 3/6 | 530 Schramm, J 3/27 | 2/27 |
| 190 Barron, L 3/6 | 150 Beuwour, D 3/21 | 260 Ryman, K 3/6 | 620 Ryman, K 3/6 | 520 Audia, J 2/7 | 336 Blake, H 2/27 | 529 Davis, K 2/27 | 1399 Kimura, M 2/20 |
| 180 Beuwour, D 3/21 | 145 Ayers, L 3/6 | 235 Barron, L 3/6 | 520 Barron, L 3/6 | 507 Hamilton, B 2/20 | 335 Malavolta, P/20 | 520 Theodorou, N/20 | 1380 Audia, J 2/7 |
| 155 Harmon, A 3/6 | 125 Taylor, B 4/18 | 210 Shiley, D 3/6 | 450 Brua, J 1/23 | 496 Johnson, T 2/27 | 335 Alme, P 2/20 | 512 Temmerman, G 1/31 | 1311 Davis, K 2/27 |
| 155 Brua, J 1/23 | 115 Ryman, K 3/6 | 200 Brua, J 1/23 | 440 Harmon, A 3/6 | 490 Davis, K 2/27 | 330 DeMatteo, J 2/20 | 510 Fronzagli, D 3/6 | 1300 White, W 2/27 |
| 130 Shiley, D 3/6 | 95 Barron, L 3/6 | 195 Harmon, A 3/6 | 420 Weiss, D 3/6 | 480 Pallas, T 2/7 | 325 Hoffsetter, J 3/6 | 500 Winters, G 4/17 | 1284 Temmerman, G 1/31 |
| 55 Weiss, D 3/6 | 95 Brua, J 1/23 | 145 Weiss, D 3/6 | 410 Shiley, D 3/6 | 480 Carter, G 2/28 | 325 Abrusia, S 2/20 | 500 Winters, G 4/17 | 1260 Kimble, D 3/6 |
| 123 LBS SQUAT | 123 LBS B PRESS | 123 LBS DEADLIFT | 123 LBS TOTAL | 475 Burrello, T 3/27 | 320 Pantelides, J 2/28 | 495 Audia, J 2/7 | 1260 Carter, G 2/28 |
| 435 Clemens, K 2/27 | 355 Grabowski, J 3/14 | 512 Castro, M 2/27 | 1129 Higgins, F 2/27 | 474 White, W 2/27 | 320 Domineilli, M 3/6 | 490 Leighniger, D/27 | 1250 Burrello, T 3/21 |
| 402 Higgins, F 2/27 | 292 Higgins, F 2/27 | 457 Weiss, D 2/27 | 1096 Castro, M 2/27 | 473 Temmerman, G | 315 Burrello, T 3/27 | 485 Borgia, T 3/6 | 1250 Burrello, T 3/21 |
| 380 Barleen, D 2/22 | 270 Day, P 2/20 | 435 Higgins, F 2/27 | 1096 Weiss, D 2/27 | 474 White, W 2/27 | 314 Distler, D 2/20 | 485 Kimura, M 2/20 | 1240 Johnson, T 2/27 |
| 374 Weiss, D 2/27 | 264 Weiss, D 2/27 | 425 Barleen, D 2/22 | 1035 Barleen, D 2/22 | 474 White, W 2/27 | 314 Casagan, M Jr | 480 Pallas, T 2/7 | 1225 Pallas, T 2/7 |
| 370 Durachita, T 3/27 | 240 Fiore, R 2/20 | 425 Ahlsweide, J 3/14 | 1025 Clemens, K 2/27 | 474 White, W 2/27 | 310 Swanson, J 3/20 | 480 Carter, G 2/28 | 1223 Burrello, J 2/27 |
| 347 Castro, M 2/27 | 240 Stubbs, C 3/6 | 410 Durachita, T 3/27 | 1005 Durachita, T 3/27 | 445 Winters, G 4/17 | 310 Sparta, K 5/1 | 479 Kinerson, R 2/27 | 1220 Borgia, T 3/6 |
| 345 Ahlsweide, J 3/14 | 237 Castro, M 2/27 | 395 Olson, A 2/28 | 955 Ahlsweide, J 3/14 | 425 King, C 2/28 | 308 Sakalis, T 2/20 | 475 King, C 2/28 | 1218 Hamilton, B/20 |
| 330 Maier, R 3/14 | 235 Brodenbach, J 2/20 | 363 Clemens, K 2/27 | 930 Olson, A 2/28 | 425 King, C 2/28 | 305 Lisy, T 4/18 | 470 Luna, J 3/14 | 1195 Luna, J 3/14 |
| 330 Maddock, M/27 | 230 Barleen, D 2/22 | 353 Saling, J 3/13 | 835 Maier, R 3/14 | 425 Landron, E 1/9 | 305 Luna, J 3/14 | 470 Day, S 3/6 | 1185 King, C 2/28 |
| 315 Olson, A 2/28 | 226 Clemens, K 2/27 | 350 DiDonato, A 5/1 | 822 Saling, J 3/13 | 420 Brua, J 1/23 | 303 Hamilton, B 2/20 | 470 Zapinski, J 1/9 | 1180 Schramm, J 3/27 |
| 303 Saling, J 3/13 | 225 Durachita, T 3/27 | 350 Maddock, M/27 | 820 Maddock, M/27 | 420 Brua, J 1/23 | 300 Fleming, P 3/20 | 470 Anderson, L 1/23 | 1150 Winters, G 4/17 |
| 255 LaJoy, D 3/13 | 220 Olson, A 2/28 | 330 Maier, R 3/14 | 705 Vinh, P 1/23 | 420 Luna, J 3/14 | 300 Burris, J 3/27 | 460 Burrello, T 3/27 | 1150 Burris, J 3/21 |
| 255 Buntun, B 2/28 | 195 Vinh, P 1/23 | 310 Brodenbach, J | 685 LaJoy, D 3/13 | 410 Leighniger, D/27 | 300 Carter, G 2/28 | 455 Thomas, G 2/20 | 1120 Anderson, L 1/23 |
| 250 Vinh, P 1/23 | 185 Ahlsweide, J 3/14 | 2/20 | 635 Claymore, S/3/27 | 410 Dye, R 4/18 | 297 Temmerman, G | 452 Stanley, J 3/13 | 1120 Weiss, A 2/7 |
| 220 Claymore, S/3/27 | 176 Saling, J 3/13 | 285 LaJoy, D 3/13 | 615 Palko, R 2/7 | 410 Weiss, A 2/7 | 1/31 | 451 Johnson, T 2/27 | 1115 Zapinski, J 1/9 |
| 205 Palko, R 2/7 | 175 Maier, R 3/14 | 275 Baker, J 1/23 | 580 Baker, J 1/23 | 405 Machowski, J/3/13 | 297 Burrello, J 2/27 | 450 Burris, J 3/27 | 1115 White, C 3/13 |
| 175 Baker, J 1/23 | 170 Maddock, M/27 | 260 Vinh, P 1/23 | 545 Brodenbach, J | 400 Davison, J 2/18 | 295 Weiss, A 2/7 | 450 Digangi, M 4/18 | 1107 Abruzzo, M/1/31 |
| 170 Sugrue, D 3/6 | 170 Jensen, T 2/27 | 260 Palko, R 2/7 | 2/20 | 400 Burris, J 3/27 | 292 Davis, K 2/27 | 450 Kimble, D 3/6 | 1100 Lisy, T 4/18 |
| 145 LaJoy, D 3/13 | 170 Claymore, S/3/27 | 215 Sugrue, D 3/6 | 495 Sugrue, D 3/6 | 365 Panteledes, J/2/28 | 281 Abruzzo, M 1/31 | 406 Stanley, J 3/13 | 1096 Stanley, J 3/13 |
| 145 Rutledge, K 5/1 | 170 Claymore, S/3/27 | 215 Sugrue, D 3/6 | 495 Sugrue, D 3/6 | 365 Fazzari, M 3/6 | 280 Hasson, M 2/20 | 407 Hamilton, B 2/20 | 1050 Digangi, M/4/18 |
| 130 Baker, J 1/23 | 170 Claymore, S/3/27 | 215 Sugrue, D 3/6 | 495 Sugrue, D 3/6 | 350 Miller, D 3/27 | 280 Landron, E 1/9 | 408 Fazzari, M 3/6 | 1035 Machowski, J 3/27 |
| 110 Sugrue, D 3/6 | 170 Claymore, S/3/27 | 215 Sugrue, D 3/6 | 495 Sugrue, D 3/6 | 345 Slaven, J 3/27 | 275 Greenman, T 2/20 | 405 Thompson, L 2/7 | 3/13 |
| 105 Buntun, B 2/28 | 170 Claymore, S/3/27 | 215 Sugrue, D 3/6 | 495 Sugrue, D 3/6 | 330 Day, S 3/6 | 275 Robertson, J 3/6 | 400 Fazzari, M 3/6 | 1080 Landron, E 1/9 |
| 132 LBS SQUAT | 132 LBS B PRESS | 132 LBS DEADLIFT | 132 LBS TOTAL | 330 Buck, J 3/27 | 275 Hermans, D 2/20 | 425 Delagoren, P/2/20 | 1065 Davison, J 2/18 |
| 435 Depp, D 2/27 | 363 Byrnes, C 2/20 | 507 Payne, W 2/27 | 1212 Payne, W 2/27 | 330 Buck, M 3/27 | 285 Loftus, J 2/20 | 425 Gereti, M 3/27 | 1065 Schmidt, D 1/23 |
| 430 Sutcliffe, G 2/28 | 310 Murphy, J 4/18 | 505 Castro, M 3/14 | 1135 Dibella, J 2/7 | 330 Stanley, J 3/13 | 285 Fiore, D 2/20 | 420 Sunnau, N 4/18 | 1065 Panteledes, J 2/28 |
| 429 Payne, W 2/27 | 305 Mickey, S 4/18 | 440 Sutcliffe, G 2/28 | 1105 Castro, M 3/14 | 330 Sutcliffe, G 2/28 | 285 Thomas, G 2/20 | 415 Slaven, J 3/27 | 2/28 |
| 425 Dibella, J 2/7 | 300 Dipietro, T 2/20 | 440 Dibella, J 2/7 | 1100 Kinser, R 3/27 | 330 Sutcliffe, G 2/28 | 285 Colvin, T 3/6 | 415 Weiss, A 2/7 | 1060 Sunnau, N 4/18 |
| 425 Lucas, M 3/6 | 297 Kinser, R 2/27 | 435 Kinser, R 3/27 | 1074 Depp, D 2/27 | 330 Sutcliffe, G 2/28 | 281 Abruzzo, M 1/31 | 410 White, C 3/13 | 1055 Burra, J 1/23 |
| 400 Mason, M 3/27 | 275 Payne, W 2/27 | 420 Boarman, P 3/27 | 1065 Mason, M 3/27 | 330 Sutcliffe, G 2/28 | 280 Hassen, M 2/20 | 407 Hamilton, B 2/20 | 1050 Digangi, M 4/18 |
| 375 Kinser, R 3/27 | 270 Dibella, J 2/7 | 400 Sutcliffe, G 2/27 | 1045 Sutcliffe, G 2/28 | 330 Sutcliffe, G 2/28 | 280 Landron, E 1/9 | 405 Lisy, T 4/18 | 1050 Fazzari, M 3/6 |
| 360 Boarman, P 3/27 | 265 Lucas, M 3/6 | 400 Sutcliffe, G 2/27 | 1020 Murphy, J 4/18 | 330 Sutcliffe, G 2/28 | 275 Greenman, T 2/20 | 405 Thompson, L 2/7 | 1035 Machowski, J 3/27 |
| 360 Castro, M 3/14 | 265 Mason, M 3/27 | 395 Thompson, D/3/14 | 1010 Boarman, P/3/27 | 330 Sutcliffe, G 2/28 | 275 Robertson, J 3/6 | 400 Gilmore, G 3/6 | 3/13 |
| 355 Thompson, D/3/14 | 265 Sinath, S 3/6 | 390 Brenner, J 2/20 | 990 Lucas, M 3/6 | 330 Sutcliffe, G 2/28 | 275 Dye, R 4/18 | 400 Miller, D 3/27 | 995 Slaven, J 3/27 |
| 340 Husky, B 3/20 | 245 Garcia, M 4/18 | 380 Murphy, J 4/18 | 980 Thompson, D | 330 Sutcliffe, G 2/28 | 275 Borgia, T 3/6 | 400 Gilmore, G 3/6 | 995 Buck, M 3/21 |
| 330 Annis, J 1/23 | 240 Castro, M 3/14 | 380 Annis, J 1/23 | 3/14 | 330 Sutcliffe, G 2/28 | 275 Hermans, D 2/20 | 400 Geron, M 3/21 | 992 Kinerson, R 2/27 |
| 330 Murphy, J 4/18 | 240 Roberts, M 3/27 | 370 Garcia, M 4/18 | 970 Husky, B 3/20 | 330 Sutcliffe, G 2/28 | 275 Harvey, B 2/20 | 400 Taylor, J 3/20 | 965 Buck, J 3/27 |
| 320 Garcia, M 4/18 | 230 Boarman, P 3/27 | 370 Sutcliffe, J 2/22 | 935 Garcia, M 4/18 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Miller, D 3/27 |
| 319 Acidera, A 2/20 | 230 Husky, B 3/20 | 369 Acidera, A 2/20 | 935 Annis, J 1/23 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Gilmore, G 3/6 | 935 Burns, S 1/9 |
| 300 Gonzales, E 3/6 | 230 Thompson, D/3/14 | 365 VanDoren, K 2/20 | 865 Acidera, A 2/20 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 300 Ellard, L 3/27 | 225 Annis, J 1/23 | 350 Lombardi, A 3/6 | 850 Ellard, L 3/27 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 295 Byrd, K 3/27 | 225 Breuer, J 2/20 | 300 Lucas, M 3/6 | 840 Sutcliffe, J 2/22 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 270 Lombardi, A 3/6 | 215 Douanglara, P 2/27 | 290 Byrd, K 3/27 | 825 Roberts, M 3/27 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 260 Sutcliffe, J 2/22 | 214 Depp, D 2/27 | 275 Saxon, J 3/13 | 750 Byrd, K 3/27 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 250 Roberts, M 3/27 | 250 Stefaneli, R 3/6 | 250 Stefaneli, R 3/6 | 720 Gonzales, E 3/6 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 225 Stefaneli, R 3/6 | 210 Stefaneli, J 2/22 | 250 Muir, S 3/6 | 680 Stefaneli, R 3/6 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 225 Villasista, D 2/20 | 210 Simmons, D 3/6 | 245 Hampe, L 3/6 | 680 Stefaneli, R 3/6 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 225 Hampe, L 3/6 | 205 Stefaneli, R 3/6 | 245 Theodorou, S/2/20 | 615 Brenner, J 2/20 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 222 Muir, S 3/6 | 203 Villasista, D 2/20 | 240 Roberts, M 3/27 | 580 Hampe, L 3/6 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 165 Saxon, J 3/13 | 200 Ellard, L 3/27 | 240 Gonzales, E 3/6 | 580 Muir, S 3/6 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 100 Mickey, S 4/18 | 185 Lombardi, A 3/6 | 200 Ellard, L 3/27 | 562 Villasista, D/2/20 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 180 Gonzales, E 3/6 | 182 Villasista, D 2/20 | 182 Villasista, D 2/20 | 539 Saxon, J 3/13 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 176 Acidera, A 2/20 | 100 Mickey, S 4/18 | 100 Mickey, S 4/18 | 505 Mickey, S 4/18 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 175 Sutcliffe, G 2/28 | 165 Byrd, K 3/27 | 110 Hampe, L 3/6 | 3/14 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 165 Byrd, K 3/27 | 110 Hampe, L 3/6 | 110 Hampe, L 3/6 | 3/14 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 110 Muir, S 3/6 | 110 Hampe, L 3/6 | 110 Hampe, L 3/6 | 3/14 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 99 Saxon, J 3/13 | 99 Saxon, J 3/13 | 99 Saxon, J 3/13 | 3/14 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |
| 90 Owens, N 3/6 | 90 Owens, N 3/6 | 90 Owens, N 3/6 | 3/14 | 330 Sutcliffe, G 2/28 | 275 Kinsinger, J 3/20 | 400 Geron, M 3/21 | 935 Burns, S 1/9 |

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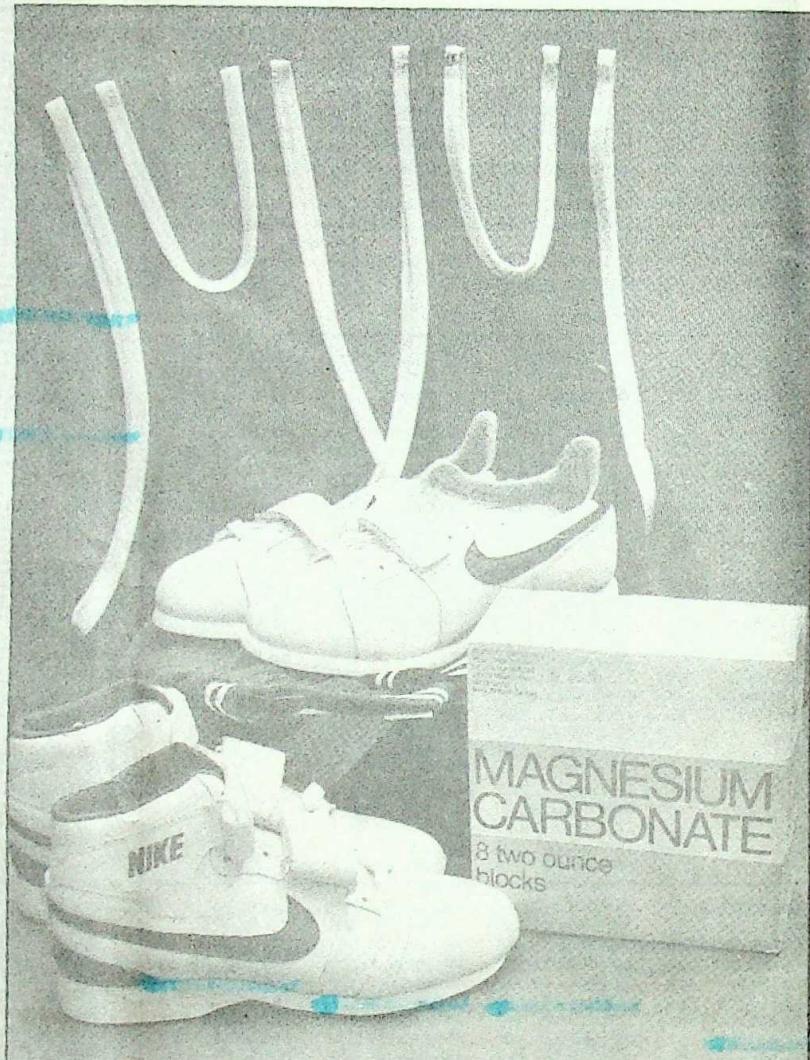
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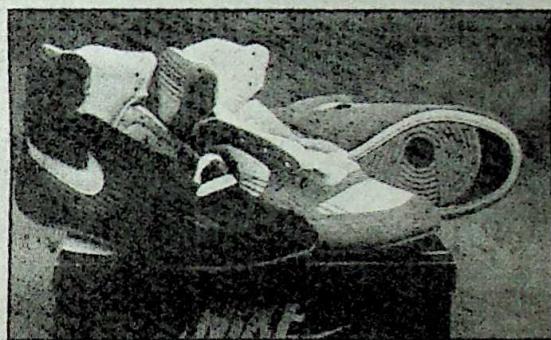


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1993 & 1994 ADFPA National Meet Schedule

July 10 & 11, 1993

ADFPA Men's Open Nationals

Contact: Bob Gaynor, 19 Sunrise Drive,
Mountaintop, PA 18707. (717) 474-6111.

July 31 & August 1, 1993

ADFPA Men's Teenage Nationals

Contact: Doug Carroll, 3535 Industrial Dr. Bldg B2, Santa Rosa, CA 95403. (707) 571-8441.

August 7 & 8, 1993

ADFPA Deadlift Nationals

Contact: Pete Gisondi, 21 Richbell Road, White Plains, NY 10605. (914) 686-0727.

September 4 & 5, 1993

ADFPA Bench Press Nationals

Contact: Dr. Larry Miller, 5864 North Oval, Solon, OH 44139. (216) 248-3010.

September 18 & 19, 1993

ADFPA Police and Fire Nationals

Contact: Allan Siegel, 304 Daisy Street, Clearfield, PA 16830. (814) 765-3214.

November 13 & 14, 1993

ADFPA Master's Nationals

Contact: Joe Randazzo, PO Box 690386, Stockton, CA 95269. (209) 951-7824.

March 12 & 13, 1994

ADFPA National Collegiates

Contact: Michael Hartle, P.O. Box 201905, Minneapolis, MN 55420. (612) 869-1219.

March 25, 1994

1994 ADFPA Lifetime Nationals

Contact: Brian Washington, PO Box 20042, Baltimore, MD 21284-0042. (410) 944-2866.

July 30 & 31, 1994

ADFPA Deadlift Nationals

Contact: Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707. (717) 474-6111 or (717) 823-6994.

November 8 & 9, 1994

ADFPA Bench Press Nationals

Contact: Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707. (717) 474-6111 or (717) 823-6994.

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|----------------|--|---------------------|

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|------|--|-------|----------|

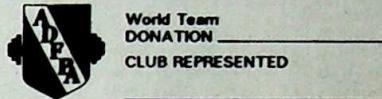
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|------|--------------|---------------|-----|-----|---------------------|--------------------|
| AREA | TELEPHONE NO | DATE OF BIRTH | AGE | SEX | U.S. CITIZEN YES | U.S. CITIZEN NO |
|------|--------------|---------------|-----|-----|---------------------|--------------------|

REGISTRATION
FEE \$20.00 HIGH SCHOOL \$15.00

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 consequences of such tests.

APPLICANTS, fill out card completely and mail with fee to:
Make checks payable to:

ADFP
304 DAISY STREET
CLEARFIELD, PA. 16830
(814) 766-5677



World Team

DONATION _____

CLUB REPRESENTED

ALL ADFPA MEMBERSHIPS EXPIRE 12/31

| | | |
|---------------------------------------|-----------|------|
| IF UNDER 21 HAVE PARENT INITIAL | SIGNATURE | DATE |
|---------------------------------------|-----------|------|

ADFP NATIONAL QUALIFYING TOTALS

| Men's Contests | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
|----------------|-----|-----|------|------|------|------|------|------|------|------|------|
| Open Nationals | 845 | 955 | 1070 | 1275 | 1400 | 1500 | 1575 | 1625 | 1665 | 1700 | 1760 |
| Lifetime Nat's | 760 | 860 | 965 | 1145 | 1260 | 1350 | 1420 | 1460 | 1500 | 1530 | 1585 |
| Collegiates | 665 | 770 | 900 | 1065 | 1190 | 1245 | 1340 | 1355 | 1365 | 1375 | 1385 |
| Teenage 14-15 | 600 | 700 | 750 | 850 | 900 | 950 | 975 | 1000 | 1050 | 1075 | 1100 |
| Teenage 16-17 | 650 | 750 | 825 | 950 | 1025 | 1065 | 1100 | 1165 | 1180 | 1225 | 1250 |
| Teenage 18-19 | 665 | 770 | 900 | 1045 | 1095 | 1165 | 1275 | 1300 | 1315 | 1330 | 1350 |

Master's A total in a sanctioned meet.....

| Women's Contests | 97 | 104 | 111 | 116 | 122 | 129 | 139 | 154 | 176 | UNL |
|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Open Nationals | 496 | 535 | 562 | 617 | 639 | 694 | 739 | 766 | 777 | 876 |
| Collegiates | 415 | 445 | 465 | 485 | 505 | 525 | 560 | 610 | 675 | 755 |
| Teen and Master 35-44 | 347 | 369 | 391 | 402 | 419 | 441 | 468 | 507 | 562 | 628 |

Master 45 and over A total in a sanctioned meet.....

ADFP Classification Charts

Men's Classification Chart

| | | | | | | | | | | | |
|---------------------|------|------|------|------|------|------|------|------|------|------|------|
| Class | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
| International Elite | 1031 | 1119 | 1202 | 1345 | 1466 | 1582 | 1675 | 1758 | 1824 | 1874 | 1951 |
| Elite | 948 | 1025 | 1102 | 1229 | 1345 | 1450 | 1532 | 1615 | 1675 | 1714 | 1791 |
| Master | 860 | 931 | 1003 | 1119 | 1224 | 1317 | 1394 | 1466 | 1521 | 1560 | 1628 |
| Class I | 772 | 838 | 904 | 1009 | 1102 | 1185 | 1257 | 1317 | 1367 | 1405 | 1466 |
| Class II | 660 | 744 | 805 | 863 | 981 | 1053 | 1113 | 1174 | 1218 | 1246 | 1301 |
| Class III | 601 | 650 | 700 | 783 | 854 | 920 | 996 | 1025 | 1064 | 1091 | 1141 |
| Class IV | 518 | 557 | 601 | 672 | 733 | 768 | 838 | 882 | 915 | 937 | 996 |

Women's Classification Chart

| | | | | | | | | | | |
|---------------------|-----|-----|-----|-----|-----|-----|-----|------|------|------|
| Class | 97 | 104 | 111 | 116 | 122 | 129 | 139 | 154 | 176 | 176+ |
| International Elite | 694 | 730 | 783 | 805 | 838 | 862 | 931 | 1020 | 1124 | 1257 |
| Elite | 630 | 678 | 717 | 739 | 772 | 805 | 854 | 931 | 1031 | 1152 |
| Master | 570 | 617 | 650 | 672 | 700 | 733 | 777 | 840 | 937 | 1047 |
| Class I | 518 | 557 | 584 | 606 | 626 | 661 | 700 | 766 | 843 | 942 |
| Class II | 463 | 496 | 518 | 540 | 562 | 584 | 623 | 678 | 750 | 838 |
| Class III | 402 | 430 | 457 | 488 | 501 | 513 | 546 | 585 | 658 | 733 |
| Class IV | 347 | 369 | 391 | 402 | 419 | 441 | 468 | 507 | 562 | 626 |

Continued from page 21

| 165 LBS SQUAT, cont. | | 165 LBS B.P., cont. | | 165 LBS D.LIFT., cont. | | 165 LBS TOTAL, cont. | | 198 LBS SQUAT | | 198 LBS B. PRESS | | 198 LBS DEADLIFT | | 198 LBS TOTAL | |
|----------------------|------------------|----------------------|---------------|------------------------|------------------|----------------------|---------------|------------------|------------------|--------------------|---------------|------------------|------------------|-----------------------|---------------|
| 465 Jones, D | 3/27 | 325 Ross, J | 4/18 | 500 Young, D | 3/14 | 1260 Grutkoski, D | 1/23 | 705 Waits, S | 2/27 | 473 Stone, J | 2/20 | 665 McWhorter, L | 3/27 | 1752 Hall, D | 2/27 |
| 465 Young, D | 3/14 | 325 Bell, R | 3/27 | 490 Kehoe, K | 3/14 | 1256 Coglan, S | 2/27 | 683 Hall, D | 2/27 | 440 Salleck, S | 3/6 | 661 Hall, D | 2/27 | 1719 Waits, S | 2/27 |
| 462 Woods, P | 2/27 | 325 Bhujwani, S | 2/7 | 485 O'Connell, B | 3/1 | 1245 Nakamura, K | 2/20 | 675 Lohman, M | 2/22 | 430 McCown, F | 2/18 | 660 Lohman, M | 2/22 | 1700 Lohman, M | 2/22 |
| 460 Travis, J | 4/18 | 325 D'ottavio, G | 2/27 | 480 Behlmen, K | 3/13 | 1245 Nakamura, K | 2/20 | 660 Burke, D | 2/7 | 430 Chwieroth, T | 2/20 | 655 McCown, F | 2/18 | 1664 Seldal, R | 1/31 |
| 460 Guthrie, G | 4/17 | 320 Benjamin, C | 3/6 | 480 Barron, L | 3/6 | 1225 Oleszczak, M | 4/18 | 640 Finn, B | 2/7 | 430 Fiorini, P | 2/7 | 650 Sekdal, R | 1/31 | 1615 Finn, B | 2/7 |
| 460 Oleszczak, M | 4/18 | 320 Brogan, J | 19 | 475 Novotny, C | 2/18 | 1225 Oleszczak, M | 4/18 | 620 Fiorini, P. | 2/7 | 429 Chvalier, D | 2/20 | 635 Finn, B | 2/7 | 1585 McCown, 2/18 | |
| 450 Brogan, J | 19 | 320 Giuletti, M | 2/7 | 475 Novotny, C | 2/18 | 1225 Young, D | 3/14 | 617 Kelker, V | 1/31 | 425 Williams, R | 3/20 | 630 Kebreau, A | 2/28 | 1580 Kebreau, A/28 | |
| 450 Novotny, C | 2/18 | 320 Facciolo, M | 3/6 | 475 Grutkoski, D | 2/23 | 1225 Young, D | 3/14 | 606 Sekdal, R | 1/31 | 420 Kebreau, A | 2/28 | 630 Sijuwade, O | 3/14 | 1575 Fiorini, P | 2/7 |
| 450 Ross, J | 4/18 | 320 Loftus, R | 2/20 | 475 Ely, D | 2/20 | 1225 Schmitz, B | 2/22 | 605 Elliott, V | 2/20 | 418 Watson, C | 2/20 | 620 Prignano, J | 2/20 | 1565 Keleman, N/4/18 | |
| 445 Grutkoski, D | 2/23 | 319 Tolice, G | 2/20 | 475 Marsiglia, J | 2/20 | 1220 Gayilos, C | 3/6 | 600 Becker, M | 3/14 | 415 Keleman, N | 4/18 | 615 Nelson, V | 3/6 | | |
| 440 Kehoe, K | 3/14 | 315 Sunvold, R | 2/27 | 474 Schiessel, K | 3/13 | 1217 Schiessel, K | 3/13 | 584 Sample, L | 2/27 | 415 Maas, P | 3/6 | 584 Sample, L | 2/27 | | |
| 440 Tamayose, J | 2/20 | 315 Brumbeck, K | | 470 Harring, M | 3/6 | 1215 Novotny, C | 2/18 | 575 Thomas, H | 3/6 | 415 Mann, R | 2/27 | 612 Waits, S | 3/13 | 1554 Sample, L | 2/27 |
| 440 Kinsinger, J | 4/18 | | | 470 Herbst, R | 2/7 | 1210 Schaefer, S | 3/14 | 575 Valentine, J | 3/6 | 415 Scott, M | 3/6 | 600 Sample, L | 2/27 | 1545 Sijuwade, O/3/14 | |
| 440 Gaydos, C | 3/6 | 315 Cruz, R | 3/6 | 470 Danforth, M | 3/13 | 1200 Travis, J | 4/18 | 573 Anderson, T | 3/13 | 413 Waits, S | 2/27 | 593 McWhorter, L | 3/27 | 1535 McWhorter, L | |
| 440 Lupia, J | 4/18 | 315 McCarthy, M | 3/27 | 468 Tamayose, J | 2/20 | 1195 Barron, L | 3/6 | 570 Keleman, N | 4/18 | 407 Sekdal, R | 1/31 | 585 Valentine, J | 3/6 | 1535 Elliott, V | 2/20 |
| 440 Soto, R | 2/7 | 314 McCarron, P | 2/20 | 465 Beaumaster, P | | 1190 Behlmen, K | 3/13 | 570 Alleyne, C | 3/6 | 407 Hall, D | 2/27 | 580 Alleyne, C | 3/6 | 1520 Alleyne, C | 3/6 |
| 435 Behlmen, K | 3/13 | | | 465 Beaumaster, P | | 1185 Bell, R | 3/27 | 565 Matos, M | 4/18 | 400 Weissmuller, F | | 580 Keleman, N | 4/18 | 1500 Vakhine, J | 3/6 |
| 430 Barron, L | 3/6 | | | 465 Jones, D | 3/27 | 1175 Estep, D | 4/18 | 560 Wallin, D | 3/27 | 3/21 | | 575 Finley, J | 1/23 | 1482 Keller, V | 1/31 |
| 430 Reig, D | 2/7 | 314 Batacan, E | 2/20 | 465 Sarayath, V | 4/18 | 1160 Herbst, R | 2/7 | 560 Heitzman, G | 2/7 | 390 Mastrean, M | 3/6 | 575 Chviroth, T | 2/20 | 1480 Becker, M | 3/14 |
| 425 Delp, C | 3/6 | 310 Beaumaster, P | | 465 Lupia, J | 4/18 | 1150 Cardoza, R | 2/22 | 550 Sijuwade, O | 3/14 | 385 Folini, N | 2/20 | 560 Merrill, L | 2/28 | 1475 Thomas, H | 3/6 |
| 425 Deitrich, J | 3/14 | | | 465 Coglan, S | 2/27 | 1145 Lupia, J | 4/18 | 385 Lucotch, S | 2/20 | 560 Elliott, V | 2/20 | 1455 Nelson, V | 3/6 | | |
| 420 Cardoza, R | 2/22 | 310 Zielinski, T | 2/22 | 462 Phillips, T | 3/1 | 1145 Lupia, J | 4/18 | 530 McWhorter, L | | 385 Hawk, W | 3/6 | 551 Flores, D | 3/13 | 1448 Anderson, T | 3/13 |
| 415 Farrelly, F | 2/7 | 310 Carlo, J | 2/20 | 460 Cardoza, R | 2/22 | 1140 Soto, R | 2/7 | 540 Flores, D | 3/13 | 380 Groth, T | 2/27 | 551 Anderson, T | 3/13 | 1440 Finley, J | 1/23 |
| 410 Bell, R | 3/27 | 310 Guthrie, G | 4/17 | 460 Giuletti, M | 2/7 | 1140 Deitrich, J | 3/14 | 540 Higgins, A | 3/13 | 380 Hawk, B | 3/20 | 550 Tschetter, G | 3/27 | 1435 Heineman, 2/7 | |
| 410 Feidler, S | 3/6 | 308 Daniels, K | 2/20 | 460 Soto, R | 2/7 | 1135 Brogan, J | 1/9 | 540 Ramer, T | 4/18 | 375 Ferretti, G | 3/6 | 550 King, A Jr | 2/20 | 1430 Ramer, T | 4/18 |
| | | 308 Smason, S | 1/31 | 460 Brumbeck, K | 3/6 | 1118 Batacan, E | 2/20 | 535 Tillman, K | 1/9 | 375 Darby, R | 3/6 | 550 Russell, T | 3/27 | 1426 Flores, D | 3/13 |
| | | 305 Siclava, S | 2/20 | 460 Beaumaster, P | | 1115 Harring, M | 3/6 | 535 Hoover, L | 3/6 | 374 Lucewicz, R | 2/20 | 545 Thomas, H | 3/6 | 1420 Wallin, D | 3/27 |
| | | 305 Robinson, R | 3/6 | 460 Beaumaster, P | | 1115 Lindley, J | 3/21 | 535 Nelson, V | 3/6 | 370 Gordon, L | 2/20 | 545 Olszta, T | 1/31 | 1415 Russell, T | 3/27 |
| | | | | 460 Beaumaster, P | | 1113 Phillips, T | 1/31 | 534 Urso, R | 1/31 | 370 Elliott, V | 2/20 | 545 Steagle, M | 2/7 | 1415 Hoover, L | 3/6 |
| | | | | 460 Beaumaster, P | | 1105 Farrelly, F | 2/7 | 530 Kebreau, A | 2/28 | 370 DelGado, M | 5/1 | 545 Lee, C | 4/18 | 1405 Urso, R | 1/31 |
| | | | | 460 Beaumaster, P | | 1100 Delp, C | 3/6 | 530 Kebreau, A | 2/28 | 370 Kebreau, A | 2/28 | 540 Dorsher, J | 3/27 | 1400 Matos, M | 4/18 |
| 181 LBS SQUAT | 181 LBS B. PRESS | 181 LBS DEADLIFT | 181 LBS TOTAL | 181 LBS SQUAT | 181 LBS B. PRESS | 181 LBS DEADLIFT | 181 LBS TOTAL | 181 LBS SQUAT | 181 LBS B. PRESS | 181 LBS DEADLIFT | 181 LBS TOTAL | 181 LBS SQUAT | 181 LBS B. PRESS | 181 LBS DEADLIFT | 181 LBS TOTAL |
| 560 Beaudette, R | 2/28 | 446 Kanemoto, K | 13 | 672 Terry, C | 2/27 | 1665 Beaudette, R | 2/28 | 510 Bishop, P | 3/27 | 370 Alleyne, C | 3/6 | 540 Keller, V | 1/31 | 1383 Falbo, T | 3/13 |
| 560 Schleicher, D | 3/6 | 441 Thurman, D | 13 | 650 Szigethy, J | 2/7 | 1655 Beaudette, R | 2/28 | 510 Legge, T | 3/6 | 369 Sample, L | 2/27 | 540 Morea, F | 2/20 | 1377 Dogietto, D | 3/13 |
| 560 Schuerman, T | 2/27 | 449 Jackson, I | 2/20 | 640 Bradlum, C | 2/20 | 1645 Szigethy, J | 2/7 | 525 Zyliński, C | 3/6 | 365 Sijuwade, O | 3/14 | 525 Zyliński, C | 3/6 | 1375 Higgins, A | 3/13 |
| 578 Katenmo, K | 13 | 425 Shrum, B | 3/27 | 630 Terrel, C | 2/20 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Higgins, A | 3/13 |
| 575 Register, J | 4/18 | 410 Register, J | 4/18 | 625 Beaudette, R | 2/28 | 1645 Szigethy, J | 2/7 | 525 Pinsky, D | 3/27 | 365 Ramer, T | 4/18 | 525 Pinsky, D | 3/27 | 1377 Dogietto, D | 3/13 |
| 575 Laneve, M | 4/18 | 410 Matchick, T | 3/6 | 620 Krasowski, M | 18 | 1645 Szigethy, J | 2/7 | 525 Finey, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finey, J | 1/23 | 1375 Anderson, G | 3/13 |
| 567 Terry, C | 2/27 | 407 Tsutsui, R | 3/13 | 606 Slusarick, B | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 562 Brinkley, T | 2/27 | 405 Carrava, N | 2/20 | 585 Safran, C | 2/7 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 555 Selby, J | 3/6 | 396 Tamooka, G | 2/20 | 580 Kutin, E | 2/7 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 555 Szigethy, J | 2/7 | 395 Ross, J | 4/18 | 580 Schleicher, D | 3/6 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 550 Sylvia, J | 2/7 | 380 Beaudette, R | 2/28 | 575 Piar, D | 2/7 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 550 Taylor, T | 2/7 | 375 Dazzel, J | 5/1 | 570 Courtney, J | 2/20 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 550 Piar, D | 2/7 | 374 Slusarick, B | 2/27 | 562 Strickland, M | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 545 Strickland, M | 2/27 | 370 Townsend, P | 2/18 | 562 Schuerman, T | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 540 Tsutsui, R | 3/13 | 370 Bradlum, C | 2/20 | 560 Taylor, T | 2/7 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 540 Tamooka, G | 2/20 | 369 Hervieux, D | 2/20 | 551 DeBeliso, M | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 535 Bradlum, C | 2/20 | 365 Van Lentenryck | | 525 Ross, J | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 535 Heirigs, S | 3/27 | | | 525 Finley, J | 1/23 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 535 Jensen, T | 2/22 | 364 Fultz, H | 3/13 | 525 Fultz, H | 3/13 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 534 Buffington, G | 13 | 363 Marontetta, 2/20 | | 525 Fultz, H | 3/13 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 530 Fenzler, M | 3/27 | 360 Mongold, R | 3/6 | 525 Howard, B | 3/13 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 530 Safran, C | 2/7 | 360 Giuletti, M | 3/6 | 530 Shrum, B | 3/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 530 Sigler, J | 2/7 | 358 Shammon, P | 2/20 | 530 Shrum, B | 3/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 530 Charlton, D | 3/27 | 355 Charlton, D | 2/27 | 525 Dally, J | 2/20 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 530 Ross, J | 4/18 | 355 Ceson, C | 2/20 | 525 Ross, J | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 529 Seguna, A | 3/13 | 352 Brinkley, T | 2/27 | 525 Ross, J | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 529 Messner, M | 3/13 | 352 Brinkley, T | 2/27 | 525 Ross, J | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 525 Pomerleau, M | 3/13 | 350 Benninger, M | 3/20 | 525 Register, J | 4/18 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 525 Krasowski, M | 4/18 | 350 Foreman, W | 3/20 | 525 Register, J | 4/18 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 525 Krasowski, M | 4/18 | 349 Gallagher, P | 2/20 | 525 Grant, L | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 524 Reikind, M | 3/13 | 347 Lopez, G | 2/20 | 525 Grant, L | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 524 Thurman, D | 3/13 | 345 Kapilin, J | 3/13 | 525 Grant, L | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 523 Shurman, B | 2/27 | 345 Kapilin, J | 3/13 | 525 Grant, L | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 518 Clark, R | 2/27 | 341 Moreymanas, J | 2/20 | 525 Grant, L | 2/27 | 1645 Szigethy, J | 2/7 | 525 Finley, J | 1/23 | 365 Ramer, T | 4/18 | 525 Finley, J | 1/23 | 1375 Anderson, G | 3/13 |
| 518 Grant, L | 2/27 | 341 Migliore, T | 2/20 | 525 Grant, L | 2/27 | 1645 Szigethy, J | 2/7 | | | | | | | | |

Continued from previous page

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|-------------------------|----------------------|-----------------------|-----------------------|
| 220 LBS SQUAT, cont. | 220 LBS B.P., cont. | 220 LBS DL, cont. | 220 LB TOTAL, cont. |
| 551 Koeter, J 2/27 | 400 Romano, J 2/28 | 570 Ferriera, T 5/1 | 1471 Gretman, M/31 |
| 550 Pyles, M 3/6 | 395 Parkington, R/27 | 567 Shigiroth, R/31 | 1470 Johnson, W/18 |
| 550 Ekholm, D 3/14 | 390 Douglas, P 2/20 | 562 Costello, G 2/20 | 1470 Dover, D 3/20 |
| 550 Dilley, D 3/14 | 390 Arnold, J 3/6 | 562 Fernandez, B/3/13 | 1465 Malandrino, J/27 |
| 545 Parkington, R/27 | 390 Dales, T 3/6 | 560 Dover, D 3/20 | 1465 Krasinski, B 3/6 |
| 545 Fontio, D 3/6 | 385 Churovia, B 3/6 | 560 Fontio, D 3/6 | 1445 Norton, J 3/13 |
| 545 Emerick, R 3/6 | 380 Martino, K 5/1 | 560 Simunars, J 3/6 | 1430 Betza, E 3/6 |
| 545 Norton, J 3/13 | 380 Walker, T 2/20 | 556 Reali, L 3/13 | 1428 Bushy, J 3/13 |
| 540 Gill, J 3/27 | 380 Terman, M 4/18 | 556 Faron, D 1/31 | 1427 Clausen, T 1/31 |
| 540 Capriglione, P 2/28 | 375 Kieft, R 3/6 | 555 Foggia, M 3/21 | 1425 Fontio, D 3/6 |
| 540 Grennan, M 1/31 | 375 Graham, J 2/20 | 555 Malandrino, J/27 | 1405 Roach, R 4/18 |
| 540 Larkins, G 2/7 | 370 Dover, D 3/20 | 555 Canzater, K 2/20 | 1405 Drew, J 2/28 |
| 540 Drew, J 2/28 | 370 Capwell, D 3/6 | 555 Riffle, D 3/6 | 1400 Eklund, D 3/14 |
| 540 Kraskin, B 3/6 | 370 Speed, H 5/1 | 551 Bushy, J 3/13 | 1400 Robinson, L/3/27 |
| 540 Dover, D 3/20 | 370 Poliquin, T 3/13 | 551 Shaile, T 3/13 | 1400 Sullivan, B 2/7 |
| 534 Higa, G 2/20 | 369 Higa, G 2/20 | 550 Keplar, P 1/9 | 1396 Higa, G 2/20 |
| 530 Brewster, M/3/27 | 365 Murawski, W/2/20 | 545 Stillman, B 2/7 | 1395 Emerick, R 3/6 |
| 530 Roach, R 4/18 | 365 Dudley, J 2/27 | 545 Norton, J 3/13 | 1390 Murawski, W 2/20 |
| | 365 Carter, C 3/27 | 540 Roach, R 4/18 | 1385 Lymon, T 3/27 |

| | | | |
|-------------------------|-------------------------|-------------------------|-----------------------|
| 242 LBS SQUAT | 242 LBS B. PRESS | 242 LBS DEADLIFT | 242 LBS TOTAL |
| 750 Harless, D 4/18 | 500 Harless, D 4/18 | 722 Koelrsen, C/2/27 | 1880 Harless, D 4/18 |
| 705 Best, N 3/13 | 490 Orlando, G 5/1 | 705 Kitani, R 3/13 | 1818 Koelrsen, C/1/31 |
| 700 Weeks, T 2/28 | 485 Guzzo, B 2/20 | 705 O'Hearn, M 3/13 | 1808 O'Hearn, M/3/13 |
| 695 Cunningham, P 4/18 | 475 Orozco, M 1/9 | 685 Leonard, J 3/6 | 1803 Best, N 3/13 |
| | 475 DeVito, A 3/6 | 650 Cunningham, P | 1765 Leonard, J 3/6 |
| 694 Koelrsen, C/1/31 | 463 Best, N 3/13 | 4/18 | 1720 Cunningham, P |
| 675 Banton, M 3/6 | 455 Nowlin, B 3/6 | 650 Arnold, E 3/13 | 1665 Arnold, Es 3/13 |
| 660 Halliwell, P 2/7 | 452 O'Hearn, M 3/13 | 645 Powell, S 2/20 | 1705 Miller, J 3/14 |
| 655 Leonard, J 3/6 | 452 Kitani, R 3/13 | 640 Alberton, D 4/17 | 1700 Halliwell, P 2/7 |
| 655 Miller, J 3/14 | 450 Livier, B 3/14 | 634 Best, N 3/13 | 1690 Littlefield, W |
| 650 O'Hearn, M 3/13 | 440 Stanovich, R/3/20 | 630 Nance, T 2/27 | 1665 Weeks, T 2/28 |
| 650 Pleticha, R 1/31 | 440 Constance, R/2/20 | 630 Harless, D 4/18 | 1665 Livier, B 3/14 |
| 650 Kawamoto, R/2/20 | 440 Madox, M 2/20 | 625 Ward, S 3/6 | 1665 Arnold, Es 3/13 |
| 650 Arnold, E 3/13 | 440 Gross, J 5/1 | 620 Miller, J 3/14 | 1647 Pleticha, R 1/31 |
| 650 Littlefield, W/3/13 | 440 Littlefield, W/3/13 | 620 Cain, D 2/20 | 1645 Banton, M 3/6 |
| 640 Ward, S 3/6 | 435 Jimenez, J 3/13 | 615 Grogan, M 2/7 | 1640 Ward, S 3/6 |
| 625 Davis, J 1/9 | 435 Hatter, M 2/20 | 615 Yonkin, S 3/6 | 1639 Kawamoto, R |
| 625 Gerber, C 4/18 | 430 Paquette, V 2/28 | 610 Halliwell, P 2/7 | 2/20 |
| 622 James, L 2/27 | 430 Lanier, S 2/20 | 606 Pleticha, R 1/31 | 1635 Alberton, D/4/17 |
| 615 Livier, B 3/14 | 430 Miller, J 3/14 | 606 Brumer, A 1/31 | 1600 Messick, T 3/6 |
| 605 Atherton, D 4/17 | 430 Halliwell, P 2/7 | 605 Steele, G 3/14 | 1598 Sheridan, B 1/31 |
| 605 Messick, T 3/6 | 425 Leonard, J 3/6 | 605 Stratton, M 3/27 | 1581 Nance, T 2/27 |
| 601 Rivers, D 3/13 | 424 Sheridan, B 1/31 | 600 Banton, M 3/6 | 1575 Orozco, M 1/9 |
| 600 Sheridan, B 1/31 | 424 Smith, R 2/20 | 600 Littlefield, W/3/13 | 1565 Gerber, C 4/18 |
| 600 Besescheck, B/2/7 | 424 Enders, M 2/20 | 600 VanBolt, G 4/18 | 1564 Rivers, D 3/13 |
| 595 Gonzales, M/3/13 | 420 Bond, C 3/6 | 600 Stark, D 1/23 | 1560 Davis, J 1/9 |
| 590 Dybvig, J 3/27 | 418 Koelrsen, C/1/31 | 600 Livier, B 3/14 | 1559 Gonzales, M/3/13 |
| 589 Piper, J 2/27 | 413 Neidhardt, K/2/20 | 600 Gourley, J 3/6 | 1555 Yonkin, S 3/6 |
| 584 Joel, G 3/13 | 405 Maquire, F 2/20 | 600 Weeks, T 2/28 | 1554 James, L 2/27 |
| 584 Kitani, R 3/13 | 405 Messick, T 3/6 | 590 Mason, R 3/27 | 1553 Joel, G 3/13 |
| 580 Weaver, M 3/6 | 405 Yonkin, S 3/6 | 590 Messick, T 3/6 | 1553 Kitani, R 3/13 |
| 578 Cavallero, M/3/13 | 405 Edwards, A 3/6 | 589 Joel, G 3/13 | 1540 Steele, G 3/14 |
| 575 Gilbert, S 4/18 | 405 Rihoni, R 3/21 | 585 Dybvig, J 3/27 | 1540 Stratton, M 3/27 |
| 573 Nance, T 2/27 | 405 Gilbert, S 4/18 | 584 Kawamoto, R/2/20 | 1540 Grogan, M 2/7 |
| 570 Brooks, C 4/18 | 402 Kawamoto, Rd | 584 Piper, J 2/27 | 1537 Piper, J 2/27 |
| 570 Gallucci, P 2/7 | 2/20 | 578 McElroy, C 2/20 | 1530 Gilbert, S 4/18 |
| 565 Buckley, P 3/14 | 400 Gialanella, L 5/1 | 578 Cavallero, M/3/13 | 1530 Hitter, M 3/27 |
| 565 Paquette, V 2/28 | 400 Pearson, T 2/20 | 578 Rivers, D 3/13 | 1520 Mason, R 3/27 |
| 560 Mason, R 3/27 | 400 Maurer, S 3/20 | 575 Shrum, B 3/6 | 1515 Dybvig, J 3/27 |
| 560 DeJong, G 3/27 | 400 Weaver, M 3/6 | 575 Gerber, C 4/18 | 1510 Lanier, S 2/20 |
| 560 DeFarnans, E/2/7 | 391 Gonzales, M/3/13 | 573 Sheridan, B 1/31 | 1500 Paquette, V/2/28 |
| 560 Shrum, B 3/6 | 391 Pleiticha, R 1/31 | 573 Gonzales, M/3/13 | 1500 Shrum, B 2/7 |
| 560 Stratton, M 3/27 | 391 Nesevitch, M/2/20 | 570 Phillips, R 3/14 | 1495 Stark, D 1/23 |
| 555 Simmons, M/3/20 | 391 Colachino, F/2/20 | 570 Lanier, S 2/20 | 1490 Weaver, M 3/6 |
| 550 Orozco, M 1/9 | 390 Kelly, J 3/6 | 560 McElwee, J 2/7 | 1486 Cavallero, M |
| 550 Steele, G 3/14 | 390 Alberton, D 3/27 | 560 Hjelseth, D 3/27 | 3/13 |
| 540 Brumer, A 1/31 | 390 Cain, D 2/20 | 551 James, L 2/27 | 1466 Brumer, A 1/31 |
| 540 Grogan, M 2/7 | 390 Good, J 3/6 | 551 Egan, J 2/20 | 1460 McElwee, J 2/7 |
| 535 Yonkin, S 3/6 | 390 Good, J 3/6 | 550 Gilbert, S 4/18 | 1450 Buckley, P 3/14 |
| 534 Terry, B 3/13 | 385 Davis, J 1/9 | 550 Orozco, M 1/9 | 1450 Phillips, R 3/14 |
| 530 Durett, M 3/6 | 385 Rivers, D 3/13 | 550 Orlando, G 2/20 | 1450 VanBolt, G/4/18 |
| 530 Jacoby, S 4/18 | 385 Grogan, M 2/7 | 550 Davis, J 1/9 | 1445 Brooks, C 4/18 |
| 530 Phillips, R 3/14 | 385 Steele, G 3/14 | 550 Robertson, B/2/20 | 1420 DeJong, G 3/27 |

| | | | |
|-------------------------|--------------------------|-------------------------|-------------------------|
| 275 LBS SQUAT | 275 LBS BENCH | 275 LBS DEADLIFT | 275 LBS TOTAL |
| 825 Moore, B 3/13 | 562 Leatio, T 2/27 | 760 Russel, B 4/18 | 1930 Moore, B 3/13 |
| 755 Leatio, T 2/27 | 530 Weeris, D 4/18 | 725 Thompson, K/3/27 | 1923 Leatio, T 2/27 |
| 744 Peete, A 3/13 | 510 Dericco, D 2/7 | 711 Lurix, P 3/13 | 1910 Thompson, K 3/27 |
| 730 Dericco, D 2/7 | 725 Thompson, K/3/27 | 705 Dewart, D 2/20 | 1851 Rogers, D 2/27 |
| 705 Ebner, R 2/7 | 507 Rogers, D 2/27 | 700 Franklin, D 2/20 | 1807 Lurix, P 3/13 |
| 700 Huesman, R 3/6 | 501 Dini, F 2/20 | 700 Edwards, E 2/28 | 1790 Dericco, D 2/7 |
| 694 Rogers, D 2/27 | 500 Skiver, T 2/20 | 680 Mooney, T 3/27 | 1785 Peete, A 3/13 |
| 690 Sky, M 3/27 | 495 Lucci, A 3/6 | 650 Rogers, D 2/27 | 1760 Ebner, R 2/7 |
| 675 Mantella, A 2/7 | 475 Mantella, A 2/7 | 650 Ebner, R 2/7 | 1700 Franklin, D/2/20 |
| 672 Lee, B 3/13 | 470 Voit, M 3/6 | 630 Anderson, M/2/27 | 1700 Huesman, R 3/26 |
| 661 Marshall, T 3/13 | 468 Martin, R 3/13 | 630 Miller, J 3/27 | 1692 Anderson, M 2/27 |
| 661 Pledger, J 2/27 | 462 Johnson, K 2/20 | 625 Antczak, S 3/14 | 1690 Edwards, E/2/28 |
| 655 Painter, J 3/6 | 462 Marshall, F 2/20 | 622 Pledger, J 2/27 | 1680 Sky, M 3/27 |
| 644 Omaya, C 2/20 | 460 Thompson, K/3/27 | 620 Huesman, R 3/6 | 1670 Miller, J 3/27 |
| 640 Miller, J 3/27 | 460 Scroggins, C/2/28 | 615 Finland, T 2/20 | 1636 Pledger, J 2/27 |
| 640 Cosgrove, S 3/6 | 460 Painter, J 3/6 | 610 White, R 2/7 | 1635 Mooney, T 3/27 |
| 640 Mitchell, D 3/27 | 450 Moore, B 3/13 | 606 Leato, T 2/27 | 1630 Antczak, S 3/14 |
| 639 Martin, R 3/13 | 441 Peete, A 3/13 | 601 Peete, A 3/13 | 1619 Marshall, T/3/13 |
| 635 Antczak, S 3/14 | 440 Stevens, E 3/6 | 600 Pace, J 2/28 | 1615 Painter, J 3/6 |
| | 440 Brooks, T 3/6 | 600 Reynolds, A/3/20 | |
| 633 Anderson, M/2/27 | 435 Soldier, M 2/27 | 600 Schoen, S 3/14 | |
| 625 Scroggins, C/2/28 | 435 Perma, J 3/6 | 600 Weiss, J 2/20 | 1610 Scroggins, C/2/28 |
| 617 Sells, B 3/13 | 435 Lambert, R 2/20 | 595 Silverstein, B/1/31 | 1600 Pace, J 2/28 |
| 610 Stead, R 3/6 | 435 Johnson, J 2/7 | 590 Willoughby, J 4/18 | 1600 White, R 2/7 |
| 610 Franklin, D 2/20 | 435 Diaz-Infante, J/3/13 | 589 Marshall, T 3/13 | 1590 Mitchell, D/3/27 |
| | 435 Diaz-Infante, J/3/13 | 589 Marshall, T 3/13 | 1575 Johnson, J 2/7 |
| 601 Diaz-Infante | 425 Gonzales, T 5/1 | 588 Sells, B 3/13 | 1575 Schoen, S 3/14 |
| | 425 Gonzales, T 5/1 | 580 Cosgrove, S 3/6 | 1570 Diaz-Infante |
| 600 Pace, J 2/28 | 418 Kruger, G 2/20 | 580 VanBolt, K 4/18 | 1565 Cosgrove, S 3/6 |
| 600 White, R 2/7 | 415 Edwards, E 2/28 | 575 Johnson, J 2/7 | 1560 Reynolds, A/3/20 |
| 600 White, R 2/7 | 415 Stokes, J 2/20 | 575 Mantella, A 2/7 | 1531 Sells, B 3/13 |
| 600 White, R 2/7 | 575 Tuckel, D 3/27 | 570 Tirrel, J 1/23 | |
| 595 Silverstein, B/1/31 | 410 Reynolds, A/3/20 | 565 Mitchell, D 3/27 | 1515 Handing, D/3/13 |
| 575 Edwards, E 2/28 | 410 Santini, T 5/1 | 560 Sky, M 3/27 | 1500 Scandale, R 2/7 |
| 570 Scandale, R 2/7 | 410 Russel, B 2/20 | 555 Kulper, H 3/20 | 1490 Tirrel, J 1/23 |
| 565 Mooney, T 3/27 | 407 Conteras, L 3/13 | 550 Dericco, D 2/7 | 1488 Silverstein, B |
| 565 Johnson, J 2/7 | 405 Galbraith, S 3/6 | 545 Kruger, G 2/20 | 1/31 |
| 550 Reynolds, A/3/20 | 405 Galbraith, S 3/6 | 540 Brooks, C 2/7 | 1475 Willoughby, J 4/18 |
| 550 VanBolt, K 4/18 | 402 Grabiec, S 2/20 | 530 Scandale, R 2/7 | 1465 Stead, R 3/6 |
| 550 Kurtz, D 3/27 | 402 Omaya, C 2/20 | 530 Kurtz, D 3/27 | 1440 Tuckel, D 3/27 |
| 540 Brooks, C 2/7 | 400 Pace, J 2/28 | 529 Summerville, J 3/13 | 1435 Weems, D 4/18 |
| 540 Jara, J 1/9 | 400 Stevens, M 2/20 | 525 Scroggins, C/2/28 | 1420 VanBolt, K 4/18 |
| 540 Haverly, D 3/13 | 400 Miller, J 3/27 | 520 Handing, D 3/13 | 1405 Omaya, C 2/20 |
| 515 Willoughby, J 4/18 | 400 Capelli, C 2/20 | 519 White, R 2/7 | 1405 Brooks, C 2/7 |
| 500 Weems, D 4/18 | 400 Beck, W Jr 4/18 | 515 Ward, J 4/18 | 1385 Beck, W Jr 4/18 |
| 500 Goethough, J 3/6 | 390 Handling, D 3/13 | 515 Ward, J 4/18 | 1380 Jara, J 1/9 |
| 500 Conteras, L 3/13 | 390 White, R 2/7 | 510 Beck, W Jr 4/18 | 1366 Summerville |
| 485 Ward, J 4/18 | 390 Franklin, D 2/20 | 509 Painter, J 3/6 | 3/13 |
| 475 Beck, W Jr 4/18 | 390 Tuckel, D 3/27 | 500 Tuckel, D 3/27 | 1350 Kuiper, H 3/20 |
| 475 Ashley, R 3/6 | 390 Scandale, R 2/7 | 500 Ashley, R 3/6 | 1340 Ashley, R 3/6 |
| 470 Price, G 3/6 | 390 Franklin, D 2/20 | 500 Ashurst, J 3/13 | 1330 Goodnough, J 3/6 |
| 470 Price, G 3/6 | 390 Devine, C 3/14 | 500 Ashurst, J 3/13 | 1330 Ward, J 4/18 |
| 465 Steele, G 3/14 | 390 Devine, C 3/14 | 500 Sholting, M 3/13 | 1310 Conteras, L 3/13 |
| 465 Devine, C 3/14 | 390 Devine, C 3/14 | 500 Sholting, M 3/13 | 1300 Kurtz, D 3/27 |
| 460 Sholting, W 2/28 | 455 Cuihan, S 2/7 | 639 Ford, J 3/13 | 1685 Jones, D 1/9 |
| 460 Libby, M 3/27 | 451 Payne, G 2/20 | 639 Mathews, E 3/13 | 1685 Cobenstein, B |
| 460 Libby, M 3/27 | 450 Polincella, S 3/6 | 633 Payne, G 2/20 | 3/14 |
| 460 Ford, J 3/13 | 440 Vance, K 2/27 | 630 Milligan, G 3/27 | 1681 Coan, J 2/27 |
| 464 McKenna, D/4/18 | 440 Coan, J 2/27 | 625 Cobenstein, B/3/14 | 1670 Andrews, W/2/28 |
| 469 Vance, K 2/27 | 440 Schmitz, R 3/20 | 625 Hirt, T 5/1 | 1665 McKenna, D/4/18 |
| 463 Anderson, L 3/6 | 440 Anderson, L 3/6 | 620 Sheets, J 3/6 | 1647 Grillette, B/2/27 |
| 463 Grillette, B 2/27 | 440 Glacy, D 4/18 | 620 Schneider, C/3/27 | 1640 Glacy, D 4/18 |
| 463 Glacy, D 4/18 | 429 Grillette, B 2/27 | 611 Coan, J 2/27 | 1630 Schneider, C/3/27 |
| 462 Coan, J 2/27 | 420 Saul, M 2/27 | 610 Sholting, D 1/23 | 1620 Page, W 1/9 |
| 462 Coan, J 2/27 | 420 Scrocco, D 5/1 | 600 Ewing, J 3/20 | 1610 Scroggins, C/2/28 |
| 462 Copland, C 2/20 | 420 Lindsey, J 3/27 | 585 McKenna, D/4/18 | 1575 Sholting, D 1/23 |
| 462 Dugal, R 3/13 | 415 Smith, R 3/20 | 584 Harju, L 3/13 | 1560 Hughes, S 3/27 |
| 462 Smith, R 3/20 | 415 Smith, R 3/20 | 584 Harju, L 3/13 | 1550 Smith, R 3/20 |
| 461 Sjoholm, M 3/27 | 413 Sjoholm, M 3/27 | 584 Grillette, B 2/27 | 1550 Smith, R 3/20 |
| 464 Emery, D 2/27 | 413 Burriel, M 3/13 | 584 Grillette, B 2/27 | 1549 Harju, L 3/13 |
| 467 Schuetz, C 3/20 | 413 Burriel, M 3/13 | 580 Glacy, D 4/18 | 1544 Mathews, E 3/13 |
| 467 Goldstein, S/2/20 | 413 Burriel, M 3/13 | 580 Glacy, D 4/18 | 1530 Milligan, G 3/27 |
| 467 Polcienski, D/3/14 | 407 Goldstein, S/2/20 | 580 Glacy, D 4/18 | 1525 Sjoholm, M 3/27 |
| 467 Hartschuh, T 3/23 | 395 Bruyere, E 2/27 | 580 Glacy, D 4/18 | 1500 Dismann, M/3/27 |
| 467 Hartschuh, T 3/23 | 395 Bruyere, E 2/27 | 580 Glacy, D 4/18 | 1500 Dismann, M/3/27 |

Please see Top 50, page 30



POWERLIFTING PARAPHERNALIA

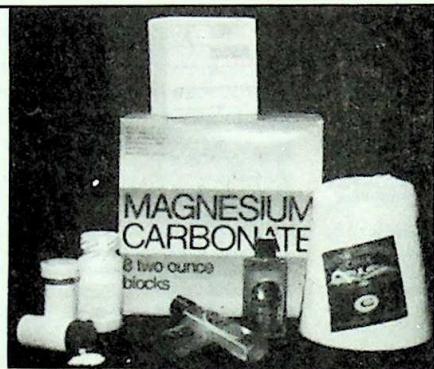
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| DMSO - 3 oz. Roll-on..... | \$9.95 |
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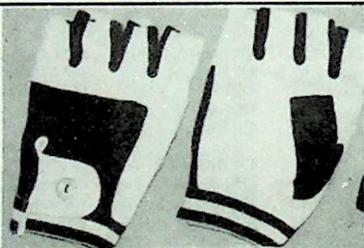
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| Chalk - 8-2oz blocks/ 1 lb | \$13.95 |
| Pool Room Cone Chalk-Talc | \$4.95 |
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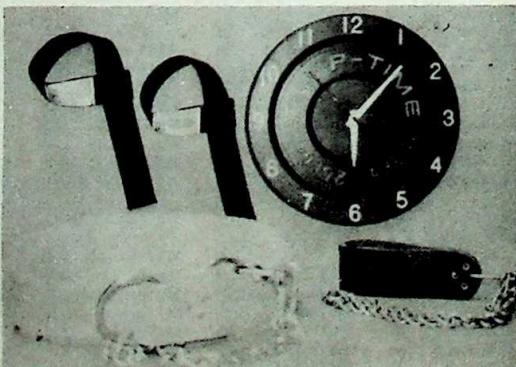
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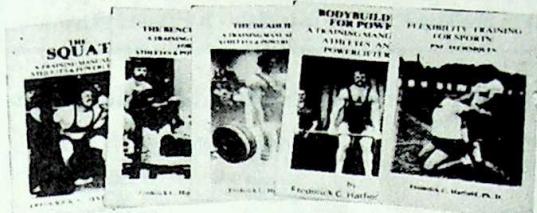


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| | |
|--|------------------|
| Ergogenics | \$10.95 |
| Bodybuilding: A Scientific Approach | \$13.95 |
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| Flexibility Training for Sports(PNF) | \$5.00 |
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| | |
|--|--------------------------|
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| | |
|---|---------|
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| Bench Press More Now/McLaughlin | \$14.95 |
| Kaz Quest: #1-Bench Press | \$6.99 |
| Kaz Quest: #2-The Squat and Deadlift | \$6.99 |
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| Building The Biggest Bench Press/Confessore | \$14.95 |
| Brawn/Stuart McRoberts..... | \$23.95 |

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|---|---------|
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| Secrets of My Strength..... | \$16.00 |
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| | |
|---|---------|
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TOP 50, continued from page 27

| SHW SQUAT, cont. | SHW BENCH, cont. | SHW DL, cont. | SHW TOTAL, cont. | | | | |
|------------------------|------------------|-------------------|------------------|-----------------|---------------|--------------------|--------|
| 575 Cobenstein, B3/14' | 390 Chmick, T | 3/6 | 545 Seifert, R | 2/20 | 1500 Dugal, R | 3/13 | |
| 555 Sheets, J | 3/6 | 390 Page, W | 1/9 | 540 Sjolund, M | 3/27 | 1495 Sheets, J | 3/6 |
| 555 Deal, G | 3/6 | 385 Emery, D | 2/27 | 540 Distman, M | 3/27 | | |
| 540 Wallack, T | 4/18 | 385 Sjolund, M | 3/27 | 534 Siegel, A | 2/20 | 1490 Polczinski, D | |
| 540 Mathews, E | 3/13 | 380 Milligan, G | 3/27 | 530 Smith, W | 4/18 | 3/14 | |
| 540 Smith, W | 4/18 | 380 Ford, J | 3/13 | 530 Castello, R | 2/20 | 1485 Smith, W | 4/18 |
| 540 Ewing, J | 3/20 | 380 Deal, G | 3/6 | 525 Scoggins, C | 2/28 | 1480 Ewing, J | 3/20 |
| 525 Lindsley, J | 3/27 | 380 Beltramo, C | 3/13 | 525 Glover, A | 3/27 | 1455 Lindsley, J | 3/27 |
| 520 Milligan, G | 3/27 | 375 Schmiede, C | 3/27 | 520 Wallack, T | 4/18 | 1445 Poorman, M | 2/27 |
| 518 Sanders, C | 3/13 | 375 Poorman, M | 2/7 | 520 Jenkins, R | 2/18 | 1430 Wallack, T | 4/18 |
| 513 Beltramo, C | 3/13 | 370 Wallack, T | 4/18 | 520 Dugal, R | 3/13 | 1425 Harens, T | 1/23 |
| 505 Jenkins, R | 2/18 | 370 Smith, R | 3/20 | 515 Lindsley, J | 3/27 | 1422 Emery, D | 2/27 |
| 500 Distman, M | 3/27 | 365 Polczinski, D | 3/14 | 505 Page, W | 1/9 | 1410 Deal, G | 3/6 |
| 500 Poorman, M | 2/27 | 365 Agnew, B | 2/22 | 500 Harens, T | 1/23 | 1385 Jenkins, R | 2/18 |
| 495 Glover, A | 3/27 | 365 Hughes, S | 3/27 | 500 Wright, T | Sr3/21 | 1365 Wright, T | Sr3/21 |
| 485 Schmitt, C | 3/27 | 364 Harju, L | 3/13 | 500 Schmitt, C | 3/27 | 1365 Glover, A | 3/27 |
| 450 Agnew, B | 2/22 | 364 Mathews, E | 3/13 | 500 Agnew, B | 2/22 | 1345 Beltramo, C | 3/13 |
| | | 360 Dugal, R | 3/13 | 475 Deal, G | 3/6 | 1315 Agnew, B | 2/22 |
| | | 360 Jenkins, R | 2/18 | 452 Beltramo, C | 3/13 | 1240 Schmitt, C | 3/27 |
| | | 350 Harens, T | 1/23 | 451 Emery, D | 2/27 | 375 Poorman, M | 2/7 |

Kilogram to Pound Conversion

The magic number when converting from kilograms to pounds is: **2.2046**

Multiply your lift in kilos by 2.2046 and then round down to nearest quarter pound increment.

For example, if your squat is 200 kilos, your lift in pounds equals 440.75. (200 X 2.2046 = 440.92.

Rounding down to the nearest quarter pound increment results in a credited lift of 440.75 pounds.)

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|----------|-------------|-------|------|-------|-------|
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State: _____ Zip: _____

Meet Results Section

Meet Directors: Thank you once again for your prompt mailing of meet results. Every now and then we are still receiving some results without bodyweights marked in the special categories. Lifters will not be able to get their proper placement in the Top Ranking lists if this is left out. Thanks!

1993 ADFPA Maryland State Championships

and Mason-Dixon Open
March 6, 1993
Colora, Maryland

MASON-DIXON OPEN
114 LBS
Weiss, D

123 LBS
Sugue, D

148 LBS
Fazzari, M

165 LBS
Meadows, T

188 LBS
Summers, A

181 LBS
Righters, B

200 LBS
Moran, K

218 LBS
Siebold, N

236 LBS
Fonio, D

254 LBS
Pyles, M

272 LBS
Riffle, D

290 LBS
Gardner, J

308 LBS
Stewart, T

326 LBS
Messick, T

344 LBS
Hoover, L

362 LBS
Alworth, B

380 LBS
Stewart, T

408 LBS
Fonio, D

426 LBS
Pyles, M

444 LBS
Riffle, D

462 LBS
Gardner, J

480 LBS
Stewart, T

508 LBS
Messick, T

526 LBS
Hoover, L

544 LBS
Alworth, B

562 LBS
Stewart, T

580 LBS
Fonio, D

608 LBS
Pyles, M

626 LBS
Riffle, D

644 LBS
Gardner, J

662 LBS
Stewart, T

680 LBS
Fonio, D

708 LBS
Pyles, M

726 LBS
Riffle, D

744 LBS
Gardner, J

762 LBS
Stewart, T

780 LBS
Fonio, D

808 LBS
Pyles, M

826 LBS
Riffle, D

844 LBS
Gardner, J

862 LBS
Stewart, T

880 LBS
Fonio, D

908 LBS
Pyles, M

926 LBS
Riffle, D

944 LBS
Gardner, J

962 LBS
Stewart, T

980 LBS
Fonio, D

1008 LBS
Pyles, M

1026 LBS
Riffle, D

1044 LBS
Gardner, J

1062 LBS
Stewart, T

1080 LBS
Fonio, D

1108 LBS
Pyles, M

1126 LBS
Riffle, D

1144 LBS
Gardner, J

1162 LBS
Stewart, T

1180 LBS
Fonio, D

1208 LBS
Pyles, M

1226 LBS
Riffle, D

1244 LBS
Gardner, J

1262 LBS
Stewart, T

1280 LBS
Fonio, D

1308 LBS
Pyles, M

1326 LBS
Riffle, D

1344 LBS
Gardner, J

1362 LBS
Stewart, T

1380 LBS
Fonio, D

1408 LBS
Pyles, M

1426 LBS
Riffle, D

1444 LBS
Gardner, J

1462 LBS
Stewart, T

1480 LBS
Fonio, D

1508 LBS
Pyles, M

1526 LBS
Riffle, D

1544 LBS
Gardner, J

1562 LBS
Stewart, T

1580 LBS
Fonio, D

1608 LBS
Pyles, M

1626 LBS
Riffle, D

1644 LBS
Gardner, J

1662 LBS
Stewart, T

1680 LBS
Fonio, D

1708 LBS
Pyles, M

1726 LBS
Riffle, D

1744 LBS
Gardner, J

1762 LBS
Stewart, T

1780 LBS
Fonio, D

1808 LBS
Pyles, M

1826 LBS
Riffle, D

1844 LBS
Gardner, J

1862 LBS
Stewart, T

1880 LBS
Fonio, D

1908 LBS
Pyles, M

1926 LBS
Riffle, D

1944 LBS
Gardner, J

1962 LBS
Stewart, T

1980 LBS
Fonio, D

2008 LBS
Pyles, M

2026 LBS
Riffle, D

2044 LBS
Gardner, J

2062 LBS
Stewart, T

2080 LBS
Fonio, D

2108 LBS
Pyles, M

2126 LBS
Riffle, D

2144 LBS
Gardner, J

2162 LBS
Stewart, T

2180 LBS
Fonio, D

2208 LBS
Pyles, M

2226 LBS
Riffle, D

2244 LBS
Gardner, J

2262 LBS
Stewart, T

2280 LBS
Fonio, D

2308 LBS
Pyles, M

2326 LBS
Riffle, D

2344 LBS
Gardner, J

2362 LBS
Stewart, T

2380 LBS
Fonio, D

2408 LBS
Pyles, M

2426 LBS
Riffle, D

2444 LBS
Gardner, J

2462 LBS
Stewart, T

2480 LBS
Fonio, D

2508 LBS
Pyles, M

2526 LBS
Riffle, D

2544 LBS
Gardner, J

2562 LBS
Stewart, T

2580 LBS
Fonio, D

2608 LBS
Pyles, M

2626 LBS
Riffle, D

2644 LBS
Gardner, J

2662 LBS
Stewart, T

2680 LBS
Fonio, D

2708 LBS
Pyles, M

2726 LBS
Riffle, D

2744 LBS
Gardner, J

2762 LBS
Stewart, T

2780 LBS
Fonio, D

2808 LBS
Pyles, M

b=ADFPA Teenage American Record
b=Best Lifters

**1993 ADFPA Central USA Open/
Bench Press Championship**

Cape Girardeau, Missouri

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Men & Women Masters Divisions

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ADFPA Sci-Graterford Muscleboyz Southeastern Region Powerlifting Championships

| | | |
|--------------------------------|----------------------------|--|
| December 5, 1992 | Vandermark, J | Curry, P |
| Graterford, Pennsylvania | 450 275 535 1260 | 550 240 600 1390 |
| MEN SQ BP DL TL | 181 LBS | Roscoe, J 495 340 525 1360 |
| 123 LBS | Smith, W 650 385 685 1720 | 275 LBS |
| Sierra, J 345 140 330 815 | Shorts, D 505 300 600 1405 | Lowe, G 925\$ 450 775 2150 |
| Dore, E 300 190 320 810 | Kurzman, 305 290 350 945 | Houser, A |
| 132 LBS | 198 LBS | 450 425 600 1475 |
| Hyman, A 250 175 325 750 | Davis, R 550 375 525 1450 | 275+ LBS |
| 148 LBS | Pearson, B | Wells, J 725 500 610 1835 |
| Purdy, V 405 245 480 1130* | Messenger, D | * As a result of a lighter bodyweight after the contest. |
| Washington, M 405 250 475 1130 | 520 300 520 1340 | V. Purdy received first place. |
| 165 LBS | 220 LBS | \$ Represents a Pennsylvania State Record |
| Johnson, L 535 350 540 1425 | Melson, W | |
| Crawford, S 530 340 505 1375 | 650 375 700 1725 | |
| | 242 LBS | |
| | Simmons, W | |
| | 550 350 550 1450 | |

Continued from previous column

| | |
|-----------------------------|---------------------------|
| 165 LBS | 165 LBS |
| Tamayose, J | Nakamura, K |
| 440 358! 468 1267* | 473 314 457 1245 |
| Batacan, E | 181 LBS |
| 402 314 402 1118 | Tamooka, G |
| Daniels, K | 540 396! 473 1383 |
| 363 308 424 1096 | 198 LBS |
| 181 LBS | Rodrigues, A |
| Kobayashi, J | 457 286 479 1223 |
| 407 303 385 1096 | 220 LBS |
| Frazier, G 363 264 457 1085 | Uyeda, G 132 534! 132 799 |
| 198 LBS | 242 LBS |
| Anderson, J | Kawamoto, R |
| 512 303 501 1317 | 650 402 584 1639 |
| DiMailo, V | 275 LBS |
| 330 303 352 986 | Oimaya, C |
| Mason, J 314 259 407 981 | 644 402 137 1405 |
| 220 LBS | 275+ LBS |
| Higa, G 534 369 501 1396 | Payne, G |
| Aurelio, R | 716 451 633! 1802 |
| 369 242 402 1014 | |

OPEN
 148 LBS
 Cagasan, M Jr 534 314 556! 1405!
 Kimura, M 551! 363! 485 1399*
 Hamilton, B 507 303 407 1218

!=State Record
 @=Special Lifter
 *=Outstanding Lifters
 \$=State Record and Outstanding Lifter

ADFPA Northern States Bench Press Championships

| | | |
|-----------------------------|---------------------|-----|
| February 20, 1993 | Myers, T | 275 |
| Kailua-kona, Hawaii | 220 LBS | |
| WOMEN SQ BP DL TL | Spehar, J | 410 |
| OPEN | Potkovich, G | 325 |
| 104 LBS | Taraska, M | 245 |
| Turner, C 565 330 530 1425 | Maurer, S | 400 |
| 181 LBS | Barr, M | 235 |
| Bradham, C 535 370 640 1545 | 275 LBS | |
| | Scarnati, G | 345 |
| | TEEN | |
| | Benninger, M | |
| | Gardner, J | |
| | Barr, B | |
| | Taraska, M | |
| | Barr, M | |
| | Dexter, L | |
| | MASTER | |
| | Swanson, J | |
| | Outstanding Bencher | |
| | Scott Sallack | |

1993 ADFPA Hawaii Championships

| | | |
|-----------------------------------|-----------------------------|-------------------------------|
| February 20, 1993 | 181! 115! 259! 55! | MASTER |
| Kailua-kona, Hawaii | 181 LBS | AGE 40-44 |
| WOMEN SQ BP DL TL | Ahuna, J 264 132 314! 709! | 132 LBS |
| OPEN | 242 LBS | Meade, C 264 143 314 722 |
| 104 LBS | Rodrigues, J | 165 LBS |
| Clancy-Lovell 270! 159! 286 716\$ | 181 132 242 556@ | Sherwood, T |
| 129 LBS | AGE 16-17 | 248! 148! 303! 699! |
| Fulton, A 270! 132 275 677\$ | 148 LBS | AGE 45-49 |
| MASTER | Nakama, N | 181 LBS |
| 129 LBS | 187! 154! 242! 584! | Hayne, G 303 203! 347 854 |
| Rogers, S 220 110! 242 573* | 165 LBS | 198 LBS |
| NOVICE | Ascino, G 281! 176 248 705! | Mahoney, M |
| 139 LBS | 220 LBS | 380! 270! 424! 1096! |
| Edmondson, J 242 154 231 628* | Pascubillo, S | 220 LBS |
| MEN | 203 181 391 777 | Chesebro, L |
| TEENAGE | 242 LBS | 644! 341! 584! 1570\$ |
| AGE 14-15 | AGE 18-19 | AGE 50-54 |
| 114 LBS | 165 LBS | 198 LBS |
| Grimes, S 143! 66! 203! 413! | Couvillion, C | Tremaine, C |
| 148 LBS | 181 LBS | 402! 270! 451! 1124! |
| Carvalho, J 209! 110! 325! 644! | Pennington, H | Aukai, G 319 176 330 826 |
| 165 LBS | 198 LBS | NOVICE |
| Agustine, A | Wusstig, L | 132 LBS |
| | 259! 214! 374! 848! | Acidera, A 319 176 369! 865 |
| | | Villasista, D 225 203 132 562 |

Continued next column



1993 ADFPA Mississippi State Powerlifting Championship

| | | |
|--------------------------------------|------------------------------------|--------------------|
| March 20, 1993 | 275 LBS | BENCH PRESS |
| Mississippi | Reynolds, A | WOMEN |
| | 550 410 600* 1560 | 176+ LBS |
| WOMEN SQ BP DL TL | 275+ LBS | Taylor, D 180 |
| STATE | Smith, R 615 370 565 1550 | MEN |
| 122 LBS | Ewing, J 540 340 600 1480 | 148 LBS |
| Renick, L 215 135* 250 600 | MASTER | Taylor, J 225 |
| Duffle, M 145 80 170 395 | AGE 40-44 | 165 LBS |
| 176+ LBS | 181 LBS | Vinning, J 365 |
| Taylor, D | Foster, R 350 240 405* 995* | 181 LBS |
| 280* 180* 300* 760* | AGE 45-49 | Agnew, W 340 |
| MISSISSIPPI CLASSIC | 275 LBS | Matuck, M 300 |
| 176+ LBS | Kuiper, H | 198 LBS |
| Taylor, D 280 180 300 760 | 450* 345* 555* 1350* | Williams, R 425 |
| MEN | TEEN | Littleton, C 335 |
| STATE | AGE 18-19 | Lawrence, M 335 |
| 132 LBS | 275 LBS | Atchley, H 315 |
| husky, B 340 230 400 970* | Johnson, D | Kellum, B 260 |
| 148 LBS | 300* 285* 360* 945* | 220 LBS |
| Taylor, J 275 225 400 900 | MISSISSIPPI CLASSIC | Dilworth, R 420 |
| 181 LBS | 220 LBS | Franks, D 245 |
| Crawford, R | Dover, D 540 370 560 1470 | (16-17) |
| 375 225 415 1015 | 242 LBS | 242 LBS |
| 198 LBS | Simmons, M | Stanovich, R 440 |
| Watts, G 455 305 500 1260 | 555 305 540 1400 | 275 LBS |
| Littleton, C 500 335 405 1240 | Wallace, R m | Kuiper, H 345 |
| Atchley, H | 440 285 500 1225 | (45-49) |
| 405 315 515 1235 | 275 LBS | Johnson, D 285 |
| 220 LBS | Kuiper, H m | (18-19) |
| Liles, P | 450 345 555 1350 | 275+ LBS |
| 670 420 600 1690 | | Schuetz, C 410 |
| Erb, R 670 480 535 1685 | | |
| Spencer, R | | |
| 435 305 475 1215 | | |

*=State Record
m=Masters

1993 ADFPA Indiana State Powerlifting Championships

| | | |
|----------------------------|-----------------------------|-----------------------------|
| March 27, 1993 | 132 LBS | 165 LBS |
| New Castle, Indiana | OPEN | OPEN |
| Meet Director: | Kinser, R | McCarthy, M |
| Mike Overdeer | Boarman, P | 500 315 520 1335 |
| | 360* 230* 420* 1010* | |
| WOMEN SQ BP DL TL | Ellard, L | Jones, D |
| 116 LBS | 300 200 350 850 | 465 340 465 1270 |
| Dishman, S | Roberts, M | Bell, R |
| 245 135* 225 605 | 250 240 335 825 | 410 325 450 1185 |
| 139 LBS | TEEN | Burnett, D |
| Spaw, A | Love, J | 405 230 440 1075 |
| 305 185* 320 810 | 280* 180* 325* 785* | Krieg, J |
| Lawson, M | 148 LBS | 315 220 380 915 |
| | OPEN | TEEN |
| | Burrello, T | AGE 14-15 |
| | 260 135 250 645 | Kosene, A |
| 154 LBS | 475 315 460 1250 | 415* 220* 420* 1055* |
| Porfirio-Milton | Burriss, J | GUEST LIFTER |
| 145 115 225 485 | 400 300 450 1150 | Ito, T |
| 176 LBS | Geren, M | 300 175 315 790 |
| South, A | 315 265 425 1005 | 181 LBS |
| 230 160 300 690 | Buck, M | Slrum, B |
| 176+ LBS | 380 240 375 995 | 500 425* 530 1455 |
| Whitaker, J | Slaven, J | Fensler, M |
| 325* 190* 375* 890* | 345 235 415 995 | 530 325 545 1400 |
| MEN | Buck, J | Hall, A |
| OPEN | 330 235 400 965 | 450 270 490 1210 |
| 114 LBS | Miller, D | Whitaker, T |
| Miller, M | 350 185 400 935 | 460 290 425 1175 |
| 280* 160* 275* 715* | TEEN | |
| 123 LBS | Sammons, J | |
| OPEN | 410* 230 410* 1050* | |
| Durachita, T | Broyles, T | Faucett, D |
| 370 225 410 1005 | 350 230 320 900 | 400 245 460 1105 |
| MASTER | AGE 18-19 | Hudson, S |
| | Marsh, K | 350 250 375 975 |
| Conrad, T | 370 235 390 995 | Crumedy, JC |
| 135* 90* 240* 465* | MASTER | 300 255 400 955 |
| | AGE 50 & UP | |
| | Saltivari, R | |
| | 265* 205 325* 795* | TEEN |
| | Sappenstein, R | AGE 16-17 |
| | 250 220* 305 775 | Foust, B |
| | | 450* 285* 435* 1170* |

Continued from previous column

| | |
|----------------------------|---------------------------|
| AGE 18-19 | 242 LBS |
| Murphy, P | OPEN |
| 495* 300* 505 1300* | Mason, R560 370 590 1520* |
| MASTER | Milton, C400 360 520 1280 |
| AGE 40-44 | Lytle, E390 240 370 1000 |
| Wiggins, T390 230 455 1075 | MASTER |
| 198 LBS | AGE 45-49 |
| OPEN | Milton, C400 360 520 1280 |
| McWhorter, L | 27+ LBS |
| 550* 320 665* 1535* | OPEN |
| Russell, T525 340 550 1415 | Thompson, K |
| Gubics, D525 315 505 1345 | 725 460 725* 1910* |
| Andrich, P | Miller, J640 400 630 1670 |
| 475 325 525 1325 | Mooney, T |
| Bishop, P530 320 470 1320 | 565 390 680 1635 |
| Varner, R475 300 475 1250 | Mitchell, D |
| TEEN | 640 385 565 1590 |
| AGE 18-19 | Kurtz, D460 310 530 1300 |
| McAllister, R | 275+ LBS |
| 440* 315* 450* 1205* | OPEN |
| 220 LBS | Libby, M660 465 675 1800 |
| OPEN | Milligan, G |
| Tyring, P | 520 380 630 1530 |
| 625* 340 625 1590 | Dishman, M |
| Lymon, T | 500 460 540 1500 |
| 475 440* 470 1385 | Glover, A495 345 525 1365 |
| Carter, C400 365 435 1200 | Schmitt, C |
| TEEN | 485 255 500 1240 |
| AGE 16-17 | MASTER |
| Ballenger, T | AGE 40-44 |
| 475 320* 440* 1235* | Glover, A495 345 525 1365 |
| AGE 18-19 | *=New State Records |
| Wilkerson, D | |
| 510* 300* 550* 1360* | |
| MASTER | |
| AGE 50 & UP | |
| Hale, R | |
| 460* 350* 500* 1310* | |

*=New State Records

ADFPA Iowa Record Breaker Invitational and Special Olympic Powerlifting Championships

| | | |
|----------------|------------------|---------------------------|
| March 21, 1993 | | |
| Iowa | | |
| MEN | SQ BP DL TL | |
| 114 LBS | | |
| Beuwour, D | 180 150 295 625 | |
| 148 LBS | | |
| Lenz, K | 245 | |
| 165 LBS | | |
| Lindley, J | 385 330 400 1115 | |
| Ogg, J | 225 235 250 710 | |
| 181 LBS | | |
| Mimmi, E Sr | | |
| | 350 250 475 1075 | |
| Bunnel, S | 135 340* 385 860 | |
| 198 LBS | | |
| Weissmuller, F | | |
| | 420 400 440 1260 | |
| 220 LBS | | |
| Foggia, M | | |
| | 610 450 555 1615 | |
| Christensen, M | | |
| | 385 300 385 1070 | |
| Neukouer, T | | |
| | 330 315 415 1060 | |
| | | 242 LBS |
| | | Hamill, R |
| | | 500 315 505 1355 |
| | | Rihoni, R |
| | | 440 405 490 1335 |
| | | Onry, L |
| | | Jr 425 335 510 1270 |
| | | Collet, M |
| | | 400 355 415 1170 |
| | | Luthrog, G |
| | | 340 |
| | | 275+ LBS |
| | | Wright, T Sr |
| | | 575 290 500 1365 |
| | | Wright, T Jr |
| | | 340 |
| | | WOMEN |
| | | 129 LBS |
| | | Siwgleton, L |
| | | 145 110 155 410 |
| | | Ogg, J |
| | | 140 100 150 390 |
| | | 139 LBS |
| | | Hummel, K |
| | | 165 100 205 470 |
| | | 154 LBS |
| | | Oxenford, K |
| | | 150 105 215 470 |
| | | 176+ LBS |
| | | Ogg, C |
| | | 175 145 230 550 |
| | | *=New State Lifetime Drug |
| | | Free Bench Press Record |

ADFPA New York Bench and Deadlift Championships

| | | |
|----------------------|---------------|------|
| February 20-21, 1993 | Florestal, J | 281 |
| New York | TEEN 18-19 | |
| Meet Director: | Alongee, J | 259 |
| Pete Gisondi | MASTER 50-54 | |
| | Wolff, J | 209s |
| WOMEN BENCH | 165 LBS | |
| 104 LBS | LIFETIME | |
| MASTER 35-44 | Todice, G | 319 |
| Barette, K | 137s | 242 |
| 116 LBS | OPEN | |
| LIFETIME | Hoshlyha, P | 341 |
| Dart, L | 143 | 319 |
| 122 LBS | Massa, F | 319 |
| MASTER 45-54 | McCarron, P | 314 |
| Orme, J | 165s | 281 |
| 129 LBS | Kyle, B | |
| OPEN | POLICE & FIRE | |
| Manganello, F | Foley, B | 330 |
| 192lbs | Wager, M | 303 |
| 139 LBS | Legg, B | 242 |
| OPEN | NOVICE | |
| Faraldo, C | Vacca, G | 275 |
| 198 | SUBMASTER | |
| MASTER 35-44 | Addonizio, R | 275s |
| Ehlers, D | COLLEGIATE | 94 |
| NOVICE | McCarron, P | 314s |
| Brockhausen, T | TEEN 18-19 | 126s |
| 154 LBS | Cambarer, N | 264 |
| MASTER 35-44 | MASTER 40-44 | |
| Sauer, H | Higgins, C | 325 |
| 203s | Hagopian, W | 292 |
| MEN | Legg, B | 242 |
| 114 LBS | 181 LBS | |
| LIFETIME | LIFETIME | |
| Martucci, A | Jackson, I | 429 |
| 187s | Hervieux, D | 369 |
| COLLEGIATE | Moceyunas, J | 341 |
| Martucci, A | OPEN | |
| 187s | Hervieux, D | 369 |
| TEEN 16-17 | Gillott, B | 347 |
| Liupli, D | Fatizzi, J | 325 |
| 231s | TEEN 14-15 | |
| 123 LBS | Massa, N | 203 |
| TEEN 18-19 | TEEN 16-17 | |
| Doria, M | Zane, M | 319s |
| 187 | POLICE & FIRE | |
| S P E C I A L | Shannon, P | 358 |
| OLYMPICS | Lopez, G | 347 |
| Doria, M | COLLEGIATE | |
| 187s | Moxica, P | 352s |
| TEEN 16-17 | Cook, C | 330 |
| Altavilla, J | NOVICE | |
| 187 | Migliore, T | 341 |
| 132 LBS | Meyer, J | 336 |
| TEEN 14-15 | Swanson, B | 330 |
| Parra, R | Melusky, J | 292 |
| 192 | Ross, N | 292 |
| Napeliteano, J | Ehlers, J | 292 |
| 170 | Conway, J | 264 |
| Lindeberg, N | Cosenza, V | 259 |
| 154 | SUBMASTER | |
| Callahan, H | Pancaldo, R | 330 |
| 132 | Gelzheiser, B | 303 |
| POLICE & FIRE | MASTER 40-44 | |
| Byrnes, C | Engerran, J | 297 |
| 363lbs | MASTER 45-49 | |
| MASTER 40-44 | Shaw, T | |
| Pirotta, R | 352lbs | |
| 203s | Granko, B Sr | 347 |
| 148 LBS | Sousa, N | 330 |
| LIFETIME | | |
| Distler, D | | |
| 314 | | |
| Alpert, R | | |
| 292 | | |
| Strow, C | | |
| 253 | | |
| OPEN | | |
| Sakalis, T | | |
| 308 | | |
| Alpert, R | | |
| 292 | | |
| COLLEGIATE | | |
| 253 | | |
| TEEN 14-15 | | |
| Caranico, A | | |
| 154 | | |
| TEEN 16-17 | | |
| Sakalis, T | | |
| 308s | | |

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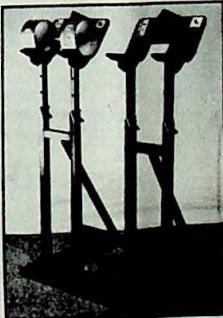
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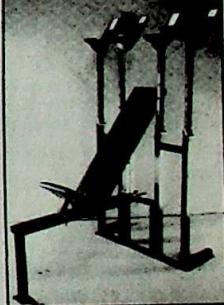
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(front edge of dumbbell
supports have rubber trim)



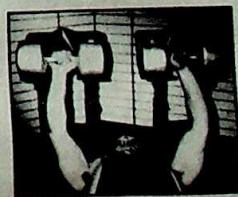
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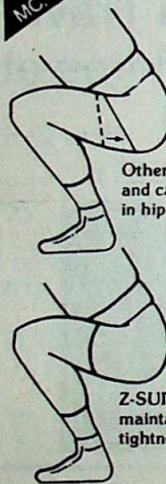
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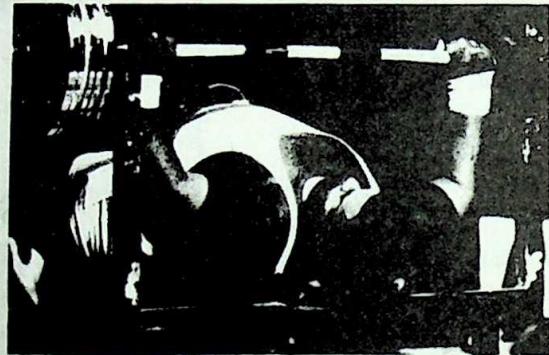
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6/5/93 ADFPA New England State Open Powerlifting and Benchpress Championships. For information contact: Greg Kostas, PO Box 483, Whitman, MA 02382. (617) 447-6714 between 8-10 p.m.

6/12/93 ADFPA Couger Classic Powerlifting Meet. For information contact: Carter (303) 988-7836.

6/19/93 ADFPA Pennsylvania Master, Women, & Teen State Powerlifting Championships. For information contact Al Siegel, 304 Daisy Street, Clearfield, PA 16830 (814) 765-3214.

6/19/93 Joe's Gym ADFPA Invitational. For information contact: Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07282. (201) 691-0824.

6/23/93 ADFPA Star of the North Bench Prss/Deadlift Meet. For information contact: Michael Hartle, P.O. Box 201905, Bloomington, MN 55420 (612) 869-1219.

6/27/93 ADFPA Mark Nissan BO Classic II. Illinois. For information contact: Lande (815) 729-3122.

7/10 & 11/93 ADFPA Men's Open Nationals Powerlifting Championships. Contact Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 (717) 474-6111.

7/10/93 Napa Valley ADFPA Powerfest. California. For information contact: Mike Koufos, 7 Bremen Ct., Napa, CA 94558. (707) 253-0227.

7/11/93 ADFPA Central Ohio ADFPA Bench Press Classic. Contact Bob Berry, 40 W Long St, Columbus, Ohio 43215. (614) 224-1131.

7/17/93 ADFPA Old Settlers Bench Press & Deadlift Championships. Indiana. For information contact: Overdeer or Spaw (219) 244-4187.

7/24/93 Prairie Rose State Games ADFPA Powerlifting. North Dakota. for information contact: DeGroot (701) 235-7391.

7/24/93 ADFPA Commonwealth Games of Virginia. For information contact Bill Ennis (703) 989-9482.

7/25/93 ADFPA Baltimore Bench Open. Contact: Brian Washington, PO Box 20042, Baltimore, MD 21284-0042. (410) 944-2866.

7/31/93 ADFPA Men's Teenage Nationals. Contact Doug Carroll, 3535 Industrial Drive Blgd B2, Santa Rosa CA 95403 (707) 571-8441.

8/7/93 ADFPA Deadlift Nationals. White Plains, NY. For information contact Pete Gisondi (914) 948-2023.

8/8/93 ADFPA Summer Bench Fest. Denver, CO. For information contact Andrea Sortwell, 11360 W. 84th Place, Arvada, CO 80005 (303) 425-7075.

8/14 & 15/93 WDFPF Masters' World Championships. (New Location) St. Louis Missouri. For information contact John Petroff, 13267 Windygate Lane, St. Louis, MO 60660 (314) 434-5818.

8/14/93 1st Annual ADFPA Big 'O' Powerlifting Championships & Bench Press Extravaganza. Iowa. For information contact: Wright (515) 684-5611.

8/14/93 ADFPA Kentucky State & 2nd Annual Bulldog Open. For information contact: Sue Payne, 2060 Madisonville Rd., Henderson, KY 42420. (502) 826-7793 or (502) 826-8354.

8/21 & 22/93 ADFPA Florida State Powerlifting Championships. Open, Class II & Under, Masters, Women. Postmark by August 8. No late entries accepted. For information contact: Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177. (904) 328-4804.

9/4/93 ADFPA Bench Press Nationals. Contact Dr. Larry Miller, 5864 North Oval, Solon OH 44139. (216) 248-3010.

9/11/93 ADFPA Pennsylvania State Men's Powerlifting Championships. for information contact: Joe O'rengia, 4468 W. 26th St., Erie, PA 16506 (814) 833-3727.

9/18/93 ADFPA Police & Fire Nationals. Contact Allan Siegel, 304 Daisy Street, Clearfield, PA 16830 (814) 765-3214.

9/25/93 11th Annual ADFPA New Jersey Powerlifting Championships. Contact: Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07282. (201) 691-0824.

10/2/93 ADFPA Clocktower Fitness - Southern Tier Bench Press Championships of New York. For information contact: Christopher Byrnes, 13 Ritton Street, Sidney, NY 13838. (607) 563-8610 or leave message after 5:00 p.m.

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11/7/93 ADFPA Maryland State Bench Closed. Contact: Brian Washington, PO Box 20042, Baltimore, MD 21284-0042. (410) 944-2866.

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1/22/94 ADFPA Minnesota Junior State Championships (Men's Open, Teen, Masters, Women's, Police & Fire). For information contact: Mike Hartle, P.O. Box 201905, Bloomington, MN 55420. (612) 869-1219.

2/5 & 6/94 ADFPA North Americans. Open, Lifetime, Class I, Master, Women. For information contact: Geri or Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707. (717) 474-6111 after 6:00 p.m.

2/12/94 ADFPA Minnesota Senior State Championships (Men's and Women's Open). For information contact: Mike Hartle, P.O. Box 201905, Bloomington, MN 55420. (612) 869-1219.

3/12 & 13/94 ADFPA National Collegiates (men & women) Powerlifting Championships. Contact: Michael Hartle, P.O. Box 201905, Minneapolis, MN 55420. (612) 869-1219.

3/25/94 1994 ADFPA Lifetime Nationals. Brian Washington, PO Box 20042, Baltimore, MD 21284-0042. (410) 944-2866.

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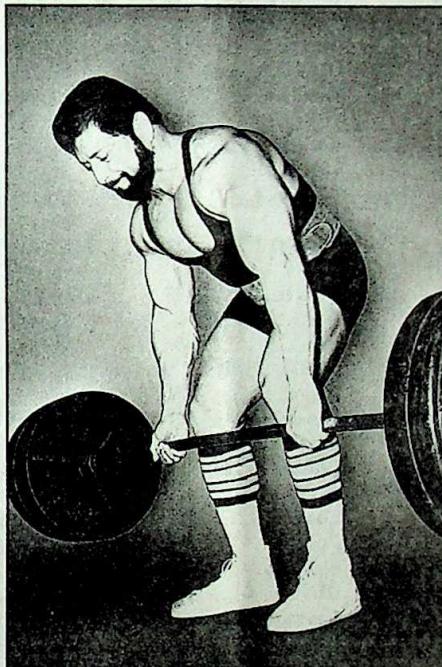
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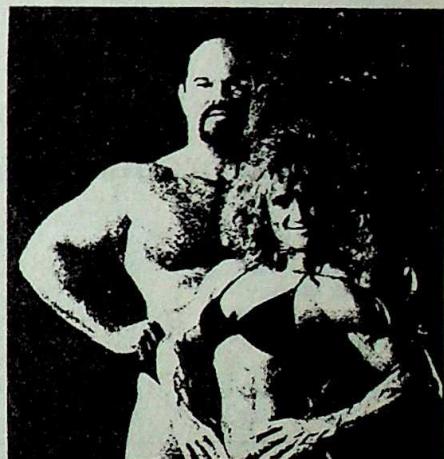
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"Using the new Immune System Lactobacillus Activator Series while preparing for the 1992 World Powerlifting Championships I was amazed at the ability to defend against any ill health. This was a first after many years of colds, flu and becoming run down due to the severe demands of meet training." - *Scott Warman*

Mary Ellen Warman

IFBB Pro Bodybuilder
NPC National Champion 1985
World Cup Powerlifting Champion in London. Each of her three squat attempts was a new WORLD RECORD, ending with a 491 lb squat at a body weight of 132 lbs.

"Unfortunately in recent years the health food supplement industry has lost much of its credibility and has made the intelligent consumer proceed with caution. Thankfully, a company like Health Research exists that brings integrity, quality and cutting edge technology to its customers. I have used and will continue to use the Health Research product line for both my pro body building and power lifting supplements." - *Mary Ellen Warman*

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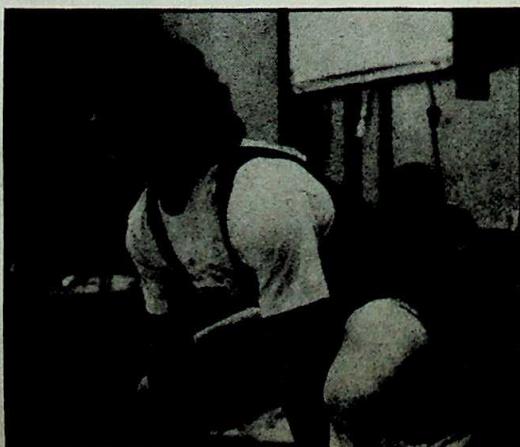
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NEW YORK, continued from page 33

| | | | | | |
|-----------------|------|----------------|---------|---------------|--------------------------------|
| Shales, S | 325 | POLICE & FIRE | 165 LBS | MASTER 55-59 | 181 LBS |
| Poodiack, G | 303 | Constance, R | 440 | LIFETIME | MASTER 65-69 |
| MASTER 50-54 | | Enders, M | 424 | Siegel, J | Weiss, J 55 181 429a 665 |
| Orme, R | 303s | Nesevitch, M | 391 | Legg, B | 242 LBS |
| MASTER 55-59 | | Colaclino, F | 391 | OPEN | TEEN 16-17 |
| Feig, J | 314 | Dinkins, M | 353 | Siegel, J | Zeta, M 55 319b 55 429 |
| Eccleson, B | 270 | Egan, J | 341 | Kyle, B | 198 LBS |
| MASTER 60-64 | | NOVICE | | POLICE & FIRE | TEEN 18-19 |
| Wurz, A | 242 | Shaffer, M | 358 | Legg, B | Barbarino, R |
| Cahill, J | 181 | SUBMASTER | | Wager, M | 55 382b 55 492 |
| 198 LBS | | Cartisano, M | 385 | ARMED FORCES | COLLEGIATE |
| LIFETIME | | Ingram, G | 380 | Grieshaber, W | Ray, B 55s 55s 573s 683s |
| Chevalier, D | 429 | Cease, D | 374 | Kelly, C | 220 LBS |
| Watson, C | 418 | TEEN 18-19 | | MASTER 55-59 | OPEN |
| Lucewicz, R | 374 | Devito, A | 473 | TEEN 16-17 | Scialpi, S 55 55 755t 860 |
| Snyder, M | 358 | Puleo, J | 407s | Sayles, E | 242 LBS |
| OPEN | | COLLEGIATE | | MASTER 55-59 | TEEN 18-19 |
| Stone, J | 473 | Bell, C | 407 | Herzog, E | Devito, A 55 473a 55 583 |
| Folini, N | 385 | MASTER 40-44 | | MASTER 40-44 | Coralli, L 55 55 440a 550 |
| POLICE & FIRE | | Bernardi, P Sr | 380 | Gottfried, R | 275 LBS |
| Fiorisi, P | 429 | Penn, M Jr | 181 | Hagopin, W | MASTER 60-64 |
| Folini, M | 385 | MASTER 45-49 | | 181 LBS | Coralli, L 440 |
| Thomas, R | 286 | Moore, R | 424 | LIFETIME | OPEN |
| SUBMASTER | | Filippella, F | 314 | Muscaro, C | Naperkowski, J |
| Fiorisi, P | 429 | MASTER 55-59 | | OPEN | 55 556d 55 666 |
| Nathanson, M | 303 | Grippen, D | 281 | Muscaro, C | COLLEGIATE |
| TEEN 18-19 | | 275 LBS | | 275+ LBS | Naperkowski, J |
| Barbarino, R | 382s | LIFETIME | | TEEN 16-17 | 55 556d 55 666 |
| MASTER 40-44 | | Dini, F | 501s | D'Ascario, C | 275+ LBS |
| Chevalier, D | 429 | MASTER 40-44 | | POLICE & FIRE | MASTER 55-59 |
| MASTER 45-49 | | Marshall, F | 462 | Lynch, K | Siegel, A |
| Cote, R | 369 | Grabiec, S | 402 | SUBMASTER | MASTER 55-59 |
| 220 LBS | | OPEN | | Carioti, J | Siegel, A |
| LIFETIME | | Dini, F | 501s | MASTER 45-49 | AMERICAN RECORD |
| Russo, J | 507s | Jolinson, K | 462 | Peck, D | s=New York State Record |
| Plummer, J | 440 | NOVICE | | NOVICE | a=American Record |
| Kathius, J | 424 | Alexander, B | 358 | Cosenza, V | bl=Best Lifter |
| Sanes, A | 363 | Cipiano, L | 270 | Ross, N | b1s=Best Lifter and State |
| Landman, R | 363 | POLICE & FIRE | | Melusky, J | Record |
| Bruno, A | 358 | Cinelli, T | 347s | Hervieux, D | bmls=Best Master Lifter and |
| OPEN | | SUBMASTER | | Conway, J | State Record |
| Russo, J | 507s | Weill, L | 413s | 198 LBS | b=American and State Record |
| Giannantorio, J | 363 | ARMED FORCES | | SUBMASTER | c=American and State Record |
| POLICE & FIRE | | Weill, L | 413s | Fiorisi, P | and Best Lifter |
| Klinger, B | 429s | MASTER 40-44 | | MASTER 45-49 | d=American Record and Best |
| Sanes, A | 363 | Dini, F | 501s | Cote, R | Lifter |
| Wood, D | 303 | 275+ LBS | | ARMED FORCES | t=Best Lifter and State Record |
| COLLEGIATE | | OPEN | | Kelley, S | TEAMS:Elite |
| Calvano, C | 369s | Goldstein, S | 407 | TEEN 18-19 | Power Crew NY |
| SUBMASTER | | LIFETIME | | Brush, M | World Power Team NY |
| Klinger, B | 429 | Goldstein, S | 407 | OPEN | Leggs Power Team PA |
| NOVICE | | WOMEN DEAD | | Ray, B | Wrecking Crew Team NY |
| Herman, C | 424 | 122 LBS | | 176 LBS | |
| Landman, R | 363 | OPEN | | LIFETIME | |
| Fontana, A | 308 | Giampietro, M | 292 | Iuni, P | |
| TEEN 14-15 | | 176 LBS | | Costello, G | |
| Frechette, R | 214s | OPEN | | Kathios, J | |
| MASTER 45-49 | | Kump, T | 220s | OPEN | |
| Fetterolf, D | 369 | MEN | | Iuni, P | |
| Perrin, V Jr | 352s | 132 LBS | | Costello, G | |
| MASTER 55-59 | | TEEN 14-15 | | Kathios, J | |
| Chatis, S | 303 | Lindeborg, N | 308s | OPEN | |
| 242 LBS | | Napelitano, J | 292 | Iuni, P | |
| LIFETIME | | 148 LBS | | POLICE & FIRE | |
| Hatter, M | 435 | TEEN 14-15 | | Wood, D | |
| Enders, M | 424 | Caramico, A | 303 | SUBMASTER | |
| Smith, R | 424 | MASTER 40-44 | | Churchwell, B | |
| OPEN | | Norman, G | 451 | COLLEGIATE | |
| Guzzo, B | 485 | NOVICE | | Costello, G | |
| Hatter, M | 435 | Schwartz, P | 385 | TEEN 14-15 | |
| Neidhardt, K | 413 | Bettelli, A | 365 | Frechette, R | |
| | | | | MASTER 40-44 | |
| | | | | Casale, S | |
| | | | | 496s | |



In New York Betsy Ojanen, 176, left her competition in the dust with a 1,080 total that included a 424 squat, 225 bench, and 429 deadlift.

1993 ADFPA Alaska State Powerlifting Championships

| | |
|----------------------------------|--------------------------------|
| February 22, 1993 | 220 LBS |
| Anchorage, Alaska | Raymond, O 425 250 500 1175 |
| Meet Director: Bill Frick | Anselm, R 375 215 455 1045 |
| WOMEN SQ BP DL TL | OPEN |
| OPEN | 123 LBS |
| 122 LBS | Barleen, D 380* 230 425 1035 |
| Floyd, Y 215 120 295 630 | 132 LBS |
| 129 LBS | Smealcher, J 260 210 370 840 |
| Dingle-Craig, K 270 145* 300 715 | 165 LBS |
| 139 LBS | Zielinski, T 485 310 515 1310 |
| Hamilton, J 285 165 275 725 | Schnitz, B 470 240 515 1225 |
| Brooks, J 205 85 225 515 | Cardoza, R 420 270 460 1150 |
| 154 LBS | Sarafin, D 375 235 430 1040 |
| Hull, R 350* 170 350 870 | 181 LBS |
| MASTER | Jensen, T 535 330 540 1405 |
| 104 LBS | Ezzell, A 480 265 550 1295 |
| Titus, J 185 75 225 485 | Smith, L 380 250 430 1060 |
| 129 LBS | 198 LBS |
| Dingle-Craig, K 270 145* 300 715 | Lohman, M 675* 365 660* 1700* |
| Bennett, P 135 95 185 415 | Mayo, J 400 280 465 1145 |
| MEN | Flowers, J 365 250 400 1015 |
| TEEN | Crossen, W 475 320 525 1320 |
| 114 LBS | Washington, H 525 325 460 1310 |
| Carlson, B 150 115* 220* 485* | Anselm, M 455 350 415 1220 |
| 220 LBS | 275 LBS |
| Chevalier, A 415 230 455 1100* | Kennedy, KC 400 265 475 1160 |
| MASTER | 275+ LBS |
| 132 LBS | Agnew, B 450 365 500 1315 |
| Rosen, I 355* 210* 390* 955* | *=State Records |
| 165 LBS | |
| Tuomi, J 260 216 320 795 | |

ADFPA FALCON OPEN

| | |
|------------------------|---------------------------|
| February 27, 1993 | Higgins, C 501 |
| USAF Academy, Colorado | 242 LBS |
| | James, L 622 380 551 1554 |

| | |
|-------------------------------|--|
| WOMEN SQ BP DL TL | |
| 129 LBS | |
| Moskaluk, P 198 126 220 545 | |
| 139 LBS | |
| Harms, K 330 137 352 821 | |
| 154 LBS | |
| Melick, C 281 148 314 744 | |
| MEN | |
| MASTER | |
| 114 LBS | |
| Galant, A 325 203 352 881 | |
| 181 LBS | |
| Lynn, J 451 253 402 1107 | |
| 198 LBS | |
| McDermott, J 501 341 407 1251 | |
| OPEN | |
| 114 LBS | |
| Radford, J 236 159 336 744 | |
| 148 LBS | |
| Kinerson, R 303 209 479 992 | |
| 165 LBS | |
| Woods, P 462 | |
| 181 LBS | |
| Clark, R 518 308 540 1366 | |
| Grant, L 518 275 523 1317 | |
| Guerrero, R 501 303 479 1284 | |
| Jones, L 457 259 551 1267 | |
| Rowland, D 352 225 385 964 | |
| 220 LBS | |
| Kueter, J 551 253 501 1306 | |

1993 ADFPA Schweizers 3rd Annual Bench Press Competition

| | | | |
|----------------------|------------|----------------------|---------------|
| March 6, 1993 | OPEN | Perna, J | 435 |
| New Castle, Delaware | 114 LBS | 275+ LBS | |
| Meet Director: | Ayers, L | Pulcinella, S | 440 |
| Gabe Dominelli | 123 LBS | WOMEN | |
| | Stubbs, C | 116 LBS | |
| NOVICE | 132 LBS | Ayers, L | 145* |
| 132 LBS | Sinath, S | 139 LBS | |
| Simmons, D | 210 | Owens, N | 90 |
| 148 LBS | Simmons, D | FATHER & SON | |
| Dominelli, M | 320* | DIVISION | |
| Robertson, J | 275 | Bucci, F & E | 645 |
| Campagnone, A | 245 | TEENAGE | |
| 165 LBS | 245 | 132 LBS | |
| Robinson, R | 305 | Simmons, D | 210 |
| Patenti, B Dr | 225 | 148 LBS | |
| Moore, B | 185 | Robertson, J | 275 |
| 181 LBS | 320 | 242 LBS | |
| Morris, J | 315 | DeVito, A | 475* |
| Logue, M | 305 | MASTER | |
| Chisena, D | 305 | AGE 40-49 | |
| 198 LBS | 360 | Moore, B | 420* |
| Hawk, W | 385 | Drawford, D | 340 |
| Darby, R | 375 | Richardson, W | 300 |
| Pittman, S Dr | 340 | AGE 50 AND | |
| 220 LBS | 415 | ABOVE | |
| Harmon, C | 425 | Litzenberg, J | 255 |
| Arnold, J | 390 | Greenfield, D | 205 |
| Bailey, T | 360 | TEAM | |
| 242 LBS | 430 | The Firm Health Club | |
| Bond, C | 420 | Schweizers | |
| Bolter, B | 350 | | |
| 275 LBS | 420 | Best Lifter (114- | |
| Trombetta, R | 340 | 181): Todd Matchick | |
| 275+ LBS | 405 | Best Lifter (198- | |
| Himes, G | 170 | 275+): Scott Sallack | |
| | 495 | * | =State Record |

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1993 ADFPA Maryland State Championships and Mason-Dixon Open

March 6, 1993
Colora, Maryland

| MARYLAND STATE | | | | |
|----------------|-----|------|-----|------|
| | SQ | BP | DL | TL |
| 114 LBS | | | | |
| Weiss, D | 55 | 220b | 145 | 420 |
| 123 LBS | | | | |
| Sugrue, D | 170 | 110 | 215 | 495 |
| 148 LBS | | | | |
| Kimble, D | 540 | 270 | 450 | 1260 |
| Fazzari, M | 365 | 285 | 400 | 1050 |
| Meadows, T | 325 | 200 | 360 | 885 |
| 165 LBS | | | | |
| Summers, A | 360 | 270 | 395 | 1025 |
| 181 LBS | | | | |
| Righters, B | 425 | 315 | 500 | 1240 |
| Moran, K | 445 | 250 | 430 | 1125 |
| Siebold, N | 375 | 275 | 400 | 1050 |
| 198 LBS | | | | |
| Alleyne, C | bl | 570 | 370 | 580 |
| Hoover, L | 535 | 345 | 535 | 1415 |
| Legge, T | 530 | 325 | 480 | 1335 |
| Alworth, B | 515 | 305 | 450 | 1270 |
| Stewart, T | 450 | 250 | 500 | 1200 |
| Sears, H | 365 | 240 | 380 | 985 |
| 220 LBS | | | | |
| Pyles, M | 550 | 340 | 485 | 1375 |
| Riffle, D | 500 | 310 | 555 | 1360 |
| 242 LBS | | | | |
| Messick, T | 605 | 405 | 590 | 1600 |
| Lipscomb, V | 475 | 345 | 475 | 1295 |
| 275 LBS | | | | |
| Huesman, R | 700 | 380 | 620 | 1700 |
| Painter, J | 655 | 460 | 500 | 1615 |
| 275+ LBS | | | | |
| Deal, G | 555 | 380 | 475 | 1410 |

| MASON-DIXON OPEN | | | | |
|------------------|-----|------|-----|------|
| | | | | |
| 114 LBS | | | | |
| Weiss, D | 55 | 220b | 145 | 420 |
| 123 LBS | | | | |
| Sugrue, D | 170 | 110 | 215 | 495 |
| 148 LBS | | | | |
| Fazzari, M | 365 | 285 | 400 | 1050 |
| Meadows, T | 325 | 200 | 360 | 885 |
| 165 LBS | | | | |
| Delp, C | 425 | 250 | 425 | 1100 |
| Summers, A | 360 | 270 | 395 | 1025 |
| 181 LBS | | | | |
| Moran, K | 445 | 250 | 430 | 1125 |
| Siebold, N | 375 | 275 | 400 | 1050 |
| 198 LBS | | | | |
| Alleyne, C | bl | 570 | 370 | 580 |
| Hoover, L | 535 | 345 | 535 | 1415 |
| Alworth, B | 515 | 305 | 450 | 1270 |
| Stewart, T | 450 | 250 | 500 | 1200 |
| 220 LBS | | | | |
| Fonio, D | 545 | 320 | 560 | 1425 |
| Pyles, M | 550 | 340 | 485 | 1375 |
| Riffle, D | 500 | 310 | 555 | 1360 |
| Gardner, J | 460 | 245 | 460 | 1165 |
| 242 LBS | | | | |
| Messick, T | 605 | 405 | 590 | 1600 |
| 275+ LBS | | | | |
| Deal, G | 555 | 380 | 475 | 1410 |

b=ADFPA Teenage American Record
bl=Best Lifters

ADFPA Eleventh Annual Shenandoah Open

| WOMEN | | | | |
|--------------|-----|-----|-----|------|
| | SQ | BP | DL | TL |
| 97 LBS | | | | |
| Shiley, D | 130 | 70 | 210 | 410 |
| 104 LBS | | | | |
| Ryman, K | 245 | 115 | 260 | 620 |
| 111 LBS | | | | |
| Barron, L | 190 | 95 | 235 | 520 |
| 116 LBS | | | | |
| Faul, B | 225 | 90 | 225 | 540 |
| 129 LBS | | | | |
| Hampe, L | 225 | 110 | 245 | 580 |
| Moomaw, P | 225 | 100 | 250 | 575 |
| 139 LBS | | | | |
| Tallarico, A | 275 | 175 | 370 | 820 |
| Strayer, D | 270 | 125 | 285 | 680 |
| MEN | | | | |
| MASTER | | | | |
| 114 LBS | | | | |
| Barron, L | 190 | 95 | 235 | 520 |
| 165 LBS | | | | |
| Barron, L | 430 | 285 | 480 | 1195 |
| 181 LBS | | | | |
| Hicks, D | 485 | 300 | 455 | 1240 |
| Lewis, R | 400 | 250 | 450 | 1100 |
| Cagle, R | 420 | 205 | 410 | 1035 |

Continued next column

Continued from previous column

| | | | | | | | | | |
|--------------|-----|-----|-----|------|------------------------|-----|-----|-----|------|
| Kern, S | 400 | 250 | 425 | 1075 | Gaydos, C | 440 | 330 | 450 | 1220 |
| Cagle, R | 420 | 205 | 410 | 1035 | Barron, L | 430 | 285 | 480 | 1195 |
| Poe, B | 310 | 155 | 300 | 765 | 181 LBS | | | | |
| 198 LBS | | | | | Schleich, D | 620 | 300 | 580 | 1500 |
| Foster, J | 500 | 280 | 510 | 1290 | Selby, J | 555 | 330 | 525 | 1410 |
| Risch, B | 460 | 300 | 460 | 1220 | Diffenderfer, J | 500 | 282 | 485 | 1268 |
| Gregg, D | 420 | 315 | 485 | 1220 | Davis, B | 500 | 280 | 470 | 1250 |
| DeSimone, M | 460 | 275 | 450 | 1185 | Hicks, D | 485 | 300 | 455 | 1240 |
| Morris, D | 385 | 250 | 480 | 1115 | 198 LBS | | | | |
| Dolniak, J | 400 | 265 | 425 | 1090 | Valchine, J | 575 | 340 | 585 | 1500 |
| Nelson, J | 400 | 225 | 440 | 1065 | Nelson, V | 535 | 305 | 615 | 1455 |
| Reid, D | 345 | 265 | 380 | 990 | Mankamyer, T | 510 | 270 | 520 | 1300 |
| Herbert, D | 325 | 200 | 325 | 850 | Foster, J | 500 | 280 | 510 | 1290 |
| 220 LBS | | | | | Barry, S | 425 | 300 | 530 | 1255 |
| Dales, T | 515 | 390 | 460 | 1365 | Risch, B | 460 | 300 | 460 | 1220 |
| Summers, J | 475 | 320 | 560 | 1355 | DeSimone, M | 460 | 275 | 450 | 1185 |
| Capwell, D | 500 | 370 | 475 | 1345 | Dolniak, J | 400 | 265 | 425 | 1090 |
| Warren, B | 415 | 275 | 525 | 1215 | Herbert, D | 325 | 200 | 365 | 890 |
| Page, B | 400 | 300 | 500 | 1200 | Zylinski, C | 525 | 330 | | |
| Ryman, B | 450 | 325 | 425 | 1200 | 220 LBS | | | | |
| Clem, T | 420 | 285 | 485 | 1190 | Kieth, R | 595 | 375 | 585 | 1555 |
| Allen, J | 440 | 280 | 470 | 1190 | Summers, J | 475 | 320 | 560 | 1355 |
| Muir, H | 405 | 290 | 390 | 1085 | Page, B | 400 | 300 | 500 | 1200 |
| Shirley, B | 350 | 225 | 475 | 1050 | Clem, T | 420 | 285 | 485 | 1190 |
| 242 LBS | | | | | Allen, J | 440 | 280 | 470 | 1190 |
| Ashley, R | 475 | 365 | 500 | 1340 | Muir, H | 405 | 290 | 390 | 1085 |
| Goodnough, J | 500 | 380 | 450 | 1330 | Shirley, B | 350 | 225 | 475 | 1050 |
| Price, G | 470 | 320 | 460 | 1250 | Campbell, W | 360 | 205 | 370 | 935 |
| Hess, C | 450 | 300 | 430 | 1180 | 242 LBS | | | | |
| OPEN | | | | | Leonard, J | 655 | 425 | 685 | 1765 |
| 114 LBS | | | | | Banton, M | 675 | 370 | 600 | 1645 |
| Ryman, K | 245 | 115 | 260 | 620 | Ward, S | 640 | 375 | 625 | 1640 |
| Barron, L | 190 | 95 | 235 | 520 | Shrum, B | 560 | 365 | 575 | 1500 |
| Harmon, A | 155 | 90 | 195 | 440 | Weaver, M | 580 | 400 | 510 | 1490 |
| Shiley, D | 130 | 70 | 210 | 410 | Durett, M | 530 | 340 | 550 | 1420 |
| 132 LBS | | | | | Gourley, J | 525 | 285 | 600 | 1410 |
| Lucas, M | 425 | 265 | 300 | 990 | Eye, S | 485 | 350 | 510 | 1345 |
| Gonzales, E | 300 | 180 | 240 | 720 | 275 LBS | | | | |
| Hampe, L | 225 | 110 | 245 | 580 | Stead, R | 610 | 340 | 515 | 1465 |
| Muir, S | 220 | 110 | 250 | 580 | Ashley, R | 475 | 365 | 500 | 1340 |
| 148 LBS | | | | | Goodnough, J | 500 | 380 | 450 | 1330 |
| Beatty, D | 540 | 340 | 560 | 1440 | 275+ LBS | | | | |
| Day, S | 330 | 220 | 470 | 1020 | Weaver, R | 740 | 505 | 655 | 1900 |
| 165 LBS | | | | | Sheets, J | 555 | 320 | 620 | 1495 |
| Brunbeck, K | 485 | 315 | 460 | 1260 | TEAMS | | | | |
| | | | | | 1) Windber Iron Master | | | | |
| | | | | | 2) The Gym | | | | |

California State ADFPA Powerlifting Meet

| | | | | | | | | | |
|-----------------------------|-----|-----|-----|------|---------------|-----|-----|-----|------|
| March 13 & 14, 1993 | | | | | Tsutsui, R | 540 | 407 | 468 | 1415 |
| Santa Rosa, California | | | | | Fultz, H | 502 | 364 | 524 | 1390 |
| Meet Director: Doug Carroll | | | | | Buffington, G | 534 | 314 | 497 | 1345 |
| MEN | SQ | BP | DL | TL | Messmer, M | 529 | 281 | 518 | 1329 |
| OPEN | | | | | Reifkind, M | 524 | 348 | 424 | 1296 |
| 123 LBS | | | | | 198 LBS | | | | |
| Saling, J | 303 | 176 | 353 | 822 | Waitz, S | 689 | 407 | 612 | 1708 |
| 148 LBS | | | | | Anderson, T | 573 | 324 | 551 | 1448 |
| Stanley, J | 380 | 264 | 452 | 1096 | Flores, D | 540 | 336 | 551 | 1426 |
| 165 LBS | | | | | Dogietto, D | 518 | 330 | 529 | 1377 |
| Harrington, M | 385 | 260 | 470 | 1115 | Muse, H | 485 | 330 | 524 | 1339 |
| 181 LBS | | | | | 220 LBS | | | | |
| Lewis, R | 400 | 250 | 450 | 1100 | Tremblay, J | 601 | 407 | 617 | 1625 |
| Osborne, D | 400 | 240 | 440 | 1080 | Shade, T | 595 | 375 | 551 | 1521 |
| | | | | | Busby, J | 524 | 353 | 551 | 1428 |
| | | | | | Reali, L | 502 | 292 | 556 | 1350 |
| | | | | | Gayton, S | 524 | 319 | 540 | 1350 |
| | | | | | Powell, F | 497 | 330 | 485 | 1312 |

Please see CALIFORNIA, page 43

CALIFORNIA, continued from page 42

| | | | | | | | | | |
|-------------------|-----|------------|-----|------|----------------|------|-----|-----|------|
| 242 LBS | | Sayre, D | 248 | 165 | 364 | 777 | | | |
| O'Hearn, M | 650 | 452 | 705 | 1808 | AGE45-49 | | | | |
| Best, N | 705 | 463 | 634 | 1803 | Rafael, A | 534 | 364 | 452 | 1350 |
| Joel, G | 584 | 380 | 589 | 1553 | Ticer, L | 507 | 303 | 524 | 1334 |
| Kitani, R | 584 | 452 | 705 | 1553 | AGE 50+ | | | | |
| Cavallero, M | 578 | 330 | 578 | 1486 | Duran, L | 458 | 253 | 480 | 1191 |
| Jimenez, J | 468 | 435 | 507 | 1410 | Torrence, D | 424 | 253 | 463 | 1140 |
| 275 LBS | | Munoz, J | 402 | 270 | 468 | 1140 | | | |
| Lurtix, P | 672 | 424 | 711 | 1807 | Erickson, R | 441 | 275 | 474 | 1190 |
| Peete, A | 744 | 441 | 601 | 1785 | Fuller, C | 375 | 259 | 418 | 1052 |
| marshall, T | 661 | 369 | 589 | 1619 | Seymour, B | 330 | 220 | | |
| Martin, R | 639 | 468 | | | 198 LBS | | | | |
| Lee, B | | Strange, B | 529 | 341 | 573 | 1443 | | | |
| 275+ LBS | 672 | Waters, J | 424 | 253 | 524 | 1201 | | | |
| Burruel, M | 755 | 413 | 650 | 1818 | Sheffler, W | 402 | 242 | 452 | 1096 |
| Ford, J | 650 | 380 | 639 | 1669 | Yamasaki, B | 452 | 375 | 402 | 1129 |
| Harju, L | 601 | 364 | 584 | 1549 | Crocker, G | 385 | 226 | 441 | 1052 |
| Mathews, E | 540 | 364 | 639 | 1544 | Meeks, A | 324 | 264 | 352 | 940 |
| NOVICE | | Jue, J | 93 | 286 | 220 | 599 | | | |
| 132 LBS | | 220 LBS | | | | | | | |
| Saxon, J | 165 | 99 | 275 | 539 | Tomlin, C | 518 | 308 | 534 | 1360 |
| 165 LBS | | Spikes, R | 407 | 319 | 507 | 1233 | | | |
| Newton, E | 375 | 270 | 407 | 1052 | Greenberg, E | 413 | 308 | 413 | 1134 |
| Cline, S | 308 | 275 | 353 | 936 | Willis, M | 143 | 358 | 143 | 644 |
| 181 LBS | | 242 LBS | | | | | | | |
| Seguna, A | 529 | 308 | 502 | 1339 | Warner, S | 458 | 369 | 491 | 1318 |
| Unterseher, S | 424 | 330 | 463 | 1217 | Fairfax, B | 423 | 214 | 474 | 1101 |
| Stedman, B | 402 | 292 | 491 | 1185 | Grindall, S | 220 | 220 | 220 | 660 |
| Hocking, R | 380 | 214 | 380 | 974 | 275 LBS | | | | |
| 198 LBS | | Taverna, R | 650 | 375 | 601 | 1626 | | | |
| Falbo, T | 546 | 319 | 518 | 1383 | Rossi, R | 485 | 330 | 540 | 1355 |
| Moreno, R | 474 | 330 | 502 | 1306 | Sells, J | 353 | 303 | 424 | 1080 |
| Rodatos, A | 435 | 242 | 474 | 1151 | 275+ LBS | | | | |
| 220 LBS | | Miller, T | 551 | 330 | 578 | 1459 | | | |
| Fernandez, B | 578 | 418 | 562 | 1339 | Davis, D | 485 | 413 | 485 | 1383 |
| Pigg, C | 441 | 314 | 452 | 1207 | TEEN | | | | |
| 242 LBS | | AGE 14-15 | | | | | | | |
| Rivers, D | 601 | 385 | 578 | 1564 | Edwards, P | 253 | 176 | 303 | 732 |
| Gonzales, M | 595 | 391 | 573 | 1559 | Petrone, P | 275 | 132 | 270 | 677 |
| Terry, D | 534 | Saxon, J | 165 | 99 | 275 | 540 | | | |
| 275 LBS | | Chase, B | 474 | 319 | 502 | 1295 | | | |
| Diaz-Infante, M | 601 | 380 | 589 | 1570 | AGE 16-17 | | | | |
| Sells, B | 617 | 330 | 584 | 1531 | Dombrowsky, B | 424 | 220 | 413 | 1058 |
| Summerville, L | 452 | 385 | 529 | 1366 | Hill, S | 303 | 181 | 314 | 798 |
| Contreras, L | 435 | 407 | 468 | 1310 | Smith, C | 248 | 132 | 407 | 798 |
| Haverty, D | 524 | 270 | 480 | 1274 | Hughes, C | 181 | 104 | 281 | 658 |
| 275+ LBS | | Healy, M | 452 | 242 | 463 | 1157 | | | |
| Sanders, C | 518 | 529 | 661 | 1708 | Kirkpatrick, T | 452 | 275 | 584 | 1311 |
| Beltramo, C | 513 | 380 | 452 | 1345 | Warner, E | 402 | 242 | 474 | 1118 |
| MASTER | | AGE 18-19 | | | | | | | |
| AGE 40-44 1st-4th | | Thomas, E | 441 | 220 | 502 | 1161 | | | |
| Walldrop, M | 474 | 330 | 601 | 1405 | Messmer, M | 529 | 284 | 518 | 1329 |
| Owen, M | 441 | 314 | 480 | 1234 | Saddler, S | 567 | 286 | 502 | 1355 |
| Reiter, G | 353 | 385 | 348 | 1086 | | | | | |

ADFPA All Sports Qualifier & Developmental Meet

March 13, 1993

Hanover, Massachusetts

| WOMEN | SQ | BP | DL | TL |
|------------|-----|-----|-----|------|
| MASTERS | | | | |
| 154 LBS | | | | |
| Messina, L | 250 | 135 | 275 | 660 |
| MEN | | | | |
| MASTER | | | | |
| 165 LBS | | | | |
| Shocket, S | 560 | 340 | 600 | 1500 |

ADFPA Maine State Powerlifting Championships

| | | | | | |
|-------------------------------|--------------|-----|-----|------|-----------|
| March 13, 1993 | Miller, S | 415 | 220 | 430 | 1065 |
| Maine | Cross, J | 400 | 280 | 500 | 1180 |
| | Collins, S | 375 | 225 | 375 | 975 |
| MEN | Eustis, C | 330 | 225 | 385 | 940 |
| OPEN | Haskell, B | 360 | 275 | 410 | 1045 |
| 123 LBS | Salsbury, B | 290 | 155 | 375 | 820 |
| LaJoy, D | 255 | 145 | 285 | 685 | Meader, J |
| 148 LBS | White, C | 455 | 250 | 410 | 1115 |
| | Machowski, J | 405 | 240 | 390 | 1035 |
| WOMEN | OPEN | | | | |
| 165 LBS | 97 LBS | | | | |
| Cayer, A | Jablon, C | 170 | 90 | 215 | 475 |
| 104 LBS | Danforth, M | 550 | 340 | 470 | 1360 |
| Vique, E | 330 | 225 | 385 | 940 | 116 LBS |
| Beaulieu, G | 145 | 300 | 145 | 590 | 181 LBS |
| 181 LBS | Stewart, M | 225 | 115 | 285 | 625 |
| Pomerleau, M | Gordon, J | 160 | 80 | 170 | 410 |
| 205 LBS | Rushton, S | 235 | 125 | 215 | 575 |
| McAllister, A | 305 | 105 | 200 | 510 | 129 LBS |
| 130 LBS | Lessard, S | 185 | 90 | 210 | 485 |
| Veilleux, D | 280 | 135 | 305 | 720 | 154 LBS |
| Veilleux, A | 225 | 130 | 250 | 605 | 176 LBS |
| Leigh, J | 300 | 145 | 270 | 715 | TEEN |
| Rushton, S | 235 | 125 | 215 | 575 | |
| Veilleux, A | 225 | 130 | 250 | 605 | |
| Lessard, S | 185 | 90 | 210 | 485 | |
| Norton, J | 345 | 355 | 545 | 1445 | |
| Napolitano, C | 325 | 315 | 415 | 1255 | |
| 242 LBS | 242 LBS | | | | |
| Littlefield, W | 650 | 440 | 600 | 1690 | |
| 220 LBS | 220 LBS | | | | |
| Handling, D | 615 | 390 | 510 | 1515 | |
| Sette, S | 360 | 240 | 430 | 1030 | |
| 275+ LBS | 275+ LBS | | | | |
| Dugal, R | 620 | 360 | 520 | 1500 | |
| MASTER | MASTER | | | | |
| Austin, R | 490 | 340 | 465 | 1295 | |
| Freyer, K | 500 | 320 | 460 | 1280 | |
| LaJoy, D | 255 | 145 | 285 | 685 | |
| Beaulieu, G | 145 | 300 | 145 | 590 | |
| TEEN | TEEN | | | | |
| King, R | 415 | 230 | 455 | 1100 | |
| Machowski, J | 405 | 240 | 390 | 1035 | |
| Best Lifter: | | | | | |
| MEN'S-Wes Littlefield | | | | | |
| WOMEN'S-Elizabeth Vigue | | | | | |
| 148 LBS | | | | | |
| Luna, J | 420 | 305 | 470 | 1195 | |
| 165 LBS | | | | | |
| Young, D | 465 | 260 | 500 | 1225 | |
| Schaefer, S | 480 | 290 | 430 | 1210 | |
| Kehoe, K | 440 | 235 | 490 | 1165 | |
| Deitrich, J | 425 | 275 | 440 | 1140 | |
| Koenind, C | 380 | 280 | 435 | 1095 | |
| 181 LBS | | | | | |
| Poggemann, D | 465 | 325 | 475 | 1265 | |
| Shields, J | 455 | 240 | 445 | 1140 | |
| Dierks, T | 415 | 230 | 250 | 895 | |
| 198 LBS | | | | | |
| Sijuwade, O | 550 | 365 | 630 | 1545 | |
| Becker, M | 600 | 330 | 500 | 1480 | |
| Treat, D | 390 | 360 | 420 | 1170 | |
| Please see WISCONSIN, page 44 | | | | | |

1993 ADFPA Wisconsin State Powerlifting Championships-Men & Badger for Women

| | | | | | |
|----------------|-----|-----|-----|------|--|
| March 14, 1993 | | | | | |
| Wisconsin | | | | | |
| WOMEN | SQ | BP | DL | TL | |
| OPEN | | | | | |
| Collar, S | 300 | 175 | 370 | 845 | |
| Birts, C | 230 | 120 | 290 | 640 | |
| MEN | | | | | |
| OPEN | | | | | |
| 123 LBS | | | | | |
| Ahlswede, J | 345 | 185 | 425 | 955 | |
| Maier, R | 330 | 175 | 330 | 835 | |
| Grabowski, J | 355 | | | | |
| 132 LBS | | | | | |
| Castro, M | 360 | 240 | 505 | 1105 | |
| Thompson, D | 355 | 230 | 395 | 980 | |

WISCONSIN, continued from page 43

| | | | | | |
|----------------|-----|-----|-----|------|---------------------------------|
| Kudlingo, S | 410 | 280 | 440 | 1130 | 181 LBS |
| 220 LBS | | | | | Sullivan, B 510 320 525 1355 |
| Cain, S | 625 | 425 | 675 | 1770 | 198 LBS |
| Nowak, F | 570 | 400 | 570 | 1540 | Cornelius, C 300 315 350 965 |
| Dilley, D | 550 | 325 | 610 | 1485 | 220 LBS |
| Eklund, D | 550 | 335 | 515 | 1400 | Slimek, M 465 265 475 1205 |
| Kujawa, C | 500 | 300 | 540 | 1340 | Norman, B 145 360 145 530 |
| Sherman, T | 500 | 320 | 455 | 1275 | 275 LBS |
| Eichinger, T | 425 | 330 | 445 | 1200 | Sadowski, R 500 305 585 1390 |
| 242 LBS | | | | | GROUP 1, 45+ |
| Miller, J | 655 | 430 | 620 | 1705 | Briggs, B 470 275 455 1210 |
| Livier, B | 615 | 450 | 600 | 1665 | Tee, H 460 280 520 1260 |
| Steele, G | 550 | 385 | 605 | 1540 | GROUP 2, 45+ |
| Phillips, R | 530 | 350 | 570 | 1450 | Dove, B 345 245 420 1010 |
| Buckley, P | 565 | 380 | 505 | 1450 | Haase, R 275 205 320 800 |
| 275 LBS | | | | | GROUP 3, 45+ |
| Antczak, S | 635 | 370 | 625 | 1630 | Harper, J 560 320 560 1440 |
| Schoen, S | 600 | 375 | 600 | 1575 | Murphy, D 340 240 400 980 |
| Reed, G | 380 | 365 | 450 | 1195 | |
| 275+ LBS | | | | | BEST LIFTER: |
| Devine, C | 665 | 390 | 655 | 1710 | 114-181 LBS:Miguel Castro |
| Cobenstein, B | 575 | 485 | 625 | 1685 | 198-275+ LBS:Shawn Cain |
| Poleczinski, D | 575 | 365 | 550 | 1490 | MASTER:Bruce Sullivan |
| MASTER | | | | | Best Squat:Bruce Gjermio |
| AGE 40-44 | | | | | Best Bench Press:Jeff Grabowski |
| 148 LBS | | | | | Best Deadlift:Miguel Castro |
| Tobias, H | 280 | 235 | 355 | 900 | |

| | | | | |
|---------------|------|---------------|------|--------------------------------------|
| Darby, R | 375 | Facciolo, M | 320 | FATHER & SON |
| Pittman, S | Dr | 340 | 305 | DIVISION |
| 220 LBS | | 181 LBS | | Bucci, F & E 645 |
| Harmon, C | 425 | Matchick, T | 410 | TEENAGE |
| Arnold, J | 390 | Mongold, R | 360 | 132 LBS |
| Bailey, T | 360 | Crawford, D | 340 | Simmons, D 210 |
| 242 LBS | | 198 LBS | | 148 LBS |
| Bond, C | 420 | Salleck, S | 440 | DeVito, A 275 |
| Bolter, B | 350 | Scott, M | 415* | 242 LBS |
| 275 LBS | | Maas, P | 415 | DeVito, A 475* |
| Trombetta, R | 340 | 220 LBS | | MASTER |
| 275+ LBS | | Veazey, J | 450* | AGE 40-49 |
| Himes, G | 170 | Plummer, J | 430 | Moore, B 420* |
| OPEN | | Harmon, C | 425 | Drawford, D 340 |
| 114 LBS | | 242 LBS | | Richardson, W 300 |
| Ayers, L | 145* | DeVito, A | 475* | AGE 50 AND ABOVE |
| 123 LBS | | Bond, C | 420 | Litzenberg, J 255 |
| Stubbs, C | 240* | Edwards, A | 405 | Greenfield, D 205 |
| 132 LBS | | 275 LBS | | TEAM |
| Sinath, S | 265 | Lucci, A | 495 | The Firm Health Club |
| Simmons, D | 210 | Brooks, T | 440 | Schweizers |
| Owens, N | 90 | Perna, J | 435 | |
| 148 LBS | | 275+ LBS | | Best Lifter (114-181):Todd Matchick |
| Rinker, J | 340 | Pulcinella, S | 440 | Best Lifter (198-275+):Scott Sallack |
| Donunelli, M | | WOMEN | | |
| 320* | | 116 LBS | | |
| Campagnone, A | 245 | Ayers, L | 145* | |
| 165 LBS | | 139 LBS | | |
| Miller, M | 380 | Owens, N | 90 | *=State Record |

ADFPA Red River Open

March 27, 1993
Fargo, North Dakota
Meet Director: Ann DeGroot

| | WOMEN | SQ | BP | DL | TL |
|-------------|-------|------|------|-------|----|
| TEEN | | | | | |
| 176 LBS | | | | | |
| Lebahn, K | 95t | 115t | 200t | 405t | |
| MEN | | | | | |
| TEEN | | | | | |
| 148 LBS | | | | | |
| Mitzel, C | 380t | 245t | 385t | 1010t | |
| 165 LBS | | | | | |
| Durick, B | 415 | 280 | 405 | 1110 | |
| Johnson, R | 325 | 235 | 375 | 935 | |
| 275+ LBS | | | | | |
| Sjothun, M | 600a | 385a | 540a | 1525a | |
| Beyer, D | 400t | 215t | 400t | 1015t | |
| OPEN | | | | | |
| 165 LBS | | | | | |
| Collins, D | 470 | 380 | 500 | 1350 | |
| Ulness, D | 360 | 230 | 410 | 1000 | |
| 198 LBS | | | | | |
| Dorsher, J | 490 | 310 | 540 | 1340 | |
| 220 LBS | | | | | |
| Waslaski, E | 580 | 350 | 450 | 1380 | |

| | | | | |
|--------------|------|------|------|-------|
| Rognlien, M | 465 | 355 | 495 | 1315 |
| Schled, L | 430 | 345 | 400 | 1175 |
| 242 LBS | | | | |
| Stratton, M | 560 | 375 | 605 | 1540 |
| Dybvig, J | 590 | 340 | 585 | 1515 |
| Hjelseth, D | 475 | 375 | 560 | 1410 |
| 275 LBS | | | | |
| Jacobson, D | 55 | 145 | 480 | 680 |
| 275+ LBS | | | | |
| Schnieder, C | 635t | 375 | 620t | 1630t |
| Sjothun, M | 600 | 385 | 540 | 1525 |
| Lindsley, J | 525 | 415t | 515 | 1455 |
| MASTER | | | | |
| 198 LBS | | | | |
| Bucholz, J | 405t | 290t | 450t | 1145t |
| 220 LBS | | | | |
| Wallace, D | 500 | 350 | 525 | 1375 |
| Rognlien, M | 465 | 355 | 495 | 1315 |
| 275 LBS | | | | |
| Simmons, R | 585 | 400 | 610 | 1595 |
| 275+ LBS | | | | |
| Lindsley, J | 525t | 415t | 515t | 1455t |

*=Best Lifter for the day
t=North Dakota State Record
a=Unofficial American Record

1993 ADFPA Powerlifting Championships

| | | | | |
|--------------------------|--|--|--|--|
| March 27, 1993 | | | | WOMEN |
| South Dakota | | | | 122 LBS |
| Meet Director: Jim Adams | | | | Perkins, B 245 115 325 685 |
| | | | | Claymore, S 220 170 245 635 |
| MEN | | | | 176+ LBS |
| TEEN | | | | Frederick, D 385 205 375 965 |
| 132 LBS | | | | MEN |
| | | | | TEEN |
| | | | | AGE 14-15 |
| | | | | 220 LBS |
| | | | | Owen, C 400 240 360 1000 |
| | | | | AGE 16-17 |
| | | | | 132 LBS |
| | | | | Byrd, K 295 165 290 750 |
| | | | | AGE 18-19 |
| | | | | 165 LBS |
| | | | | Reiner, R 450 225 465 1140 |
| | | | | 242 LBS |
| | | | | DeJong, G 560 335 525 1420 |
| | | | | Sub-Master 35-39 132 LBS Monte Mason |
| | | | | Master 40-44 242 LBS Jim Adams |
| | | | | Master 45+ over 148 LBS David Leighniger |
| | | | | Garry Robinson Memorial-Ryan Reiner |
| | | | | Best Overall Lifter-John Hubbard |
| | | | | Team Champions-Adams Gym Power Team, Huron |
| | | | | Team Runner-Up-The Edge Gym, Yankton |
| | | | | BEST SQUAT: |
| | | | | 123 LBS-181 LBS-Craig Wilson |
| | | | | 198 LBS-275+ LBS-Martin Skye |
| | | | | BEST BENCH: |
| | | | | 123 LBS-181 LBS-Dennis Charron |
| | | | | 198 LBS-275+ LBS-John Hubbard |
| | | | | BEST DEADLIFT: |
| | | | | 123 LBS-181 LBS-Jim Schram |
| | | | | 198 LBS-275+ LBS-Gary Tschetter |

1993 ADFPA Schweizers 3rd Annual Bench Press Competition

| March 6, 1993 | 148 LBS | Moore, B | 185 |
|----------------------|---------------|------------|---------|
| New Castle, Delaware | Domunelli, M | 320* | 181 LBS |
| Meet Director: | Robertson, J | 275 | 315 |
| Gabe Dominelli | Campagnone, A | 245 | 305 |
| NOVICE BENCH | 165 LBS | Logue, M | 305 |
| 132 LBS | Robinson, R | 305 | 198 LBS |
| Simmons, D | 210 | Chisena, D | 305 |
| | Patent, B | 225 | Hawk, W |
| | | | 385 |

Continued next column

French and English organizations maintain busy agendas

The Federation Française de la Force, 3-F, the French drug free powerlifting association held its executive committee meeting in April and paved the way for the inclusion of the bench shirt in all competition in France. This puts the French in favor of using the shirt in world competition. Once other European nations see the bench results of their French counterparts, it stands to reason that those organizations will soon follow suit.

The French are enthusiastic about the bench press. In France their bench competitions often include most repetitions at bodyweight. Being such a popular sport, the bench press (developpe couche) is often the first introduction to lifting for many of France's outstanding three-lift competitors.

Also discussed during their committee meeting was the impact of a fairly recent law in France that effectively bans the 3-F as a recognized powerlifting organization. The law forbids powerlifting to exist as a separate organization.

Georges Gerard, the president of the 3-F, has been meeting with the Ministere de la Jeunesse et des Sports et Comite National Olympique to resolve the situation.

"Negotiations are taking place," says Gerard, "with the objective to maintain contact and competition with the WDFPF."

Now the 3-F must wait for further word from the Ministry and the Olympic Committee.

"I hope to arrive at a solution that would keep the WDFPF as our world organization," says George. "For the moment we are committed to go to the WDFPF Worlds in Canada."

Gerard is very optimistic that a favorable ruling will result.

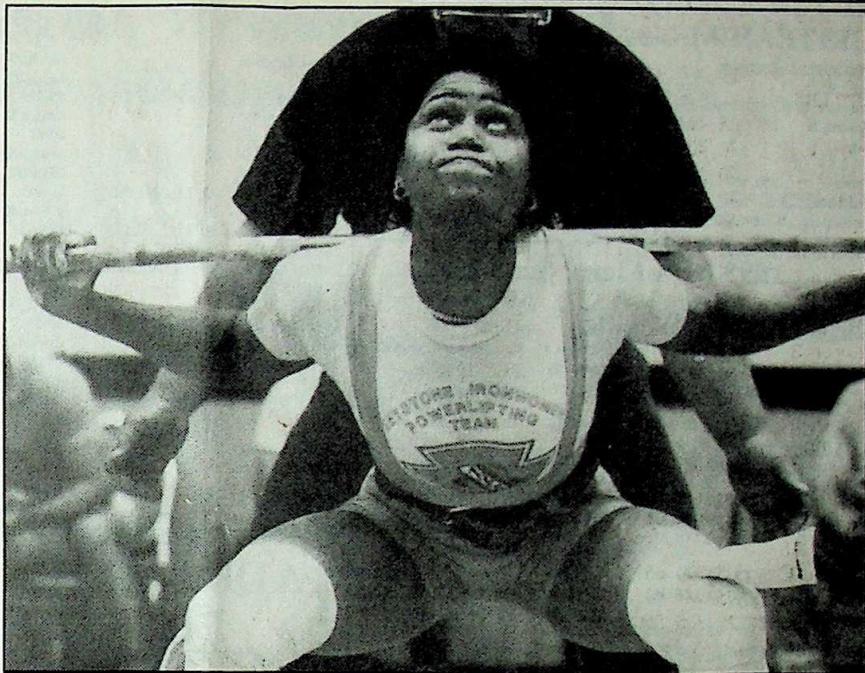
The next issue of PLT will include the results of the French Nationals that took place May 15 and 16 as well as the results of the European Championships that took place June 11, 12, and 13 in Charleroi, Belgium.

The exciting thing about the European Nationals, which is hosted by the Belgium Drug Free Powerlifting Federation, is the large number of countries participating. Russia and Italy are two new countries while Belgium, England, France, Ireland, Poland, and Wales continue to present strong representation.

The British Powerlifting Association (BPA) held their executive meeting in Derby, England on February 28, 1993.

One of the big issues discussed at the meeting was BPA membership for former steroid users. There was much discussion on the subject with a proposal from Ken Smith, WDFPF President, stating that "the BPA will investigate the possibility of allowing ex drug users to compete (as guests only) with a proviso that they be classified as associate members without voting rights, if it goes ahead to be for a trial period for one year."

As with all organizations, the BPA is looking at ways to increase its membership. One plan is to offer club affiliation to the BPA. The idea is that



Michelle Stevens (139) began with a 424 squat and cruised from there to win her division. She also posted an 181 bench and a 435 deadlift to total 1,036.

for a certain fee affiliated clubs can get certain BPA privileges such as BPA insurance and subscription to the BPA magazine, Raw Power.

Another membership plan involved running a postal league. Steve Gardner, BPA secretary will run the league for the BPA.

Our British counterparts are also launching an incentive plan for weight training and powerlifting. Awards are given to lifters for accomplishing goals based on their lifting accomplishments. By the time a lifter has achieved

all seven levels of the plan the lifter will be ready for national competition.

Two world meets take place this year in North America. The WDFPF Masters' World in St. Louis on August 14 and 15 and the WDFPF World Seniors in Chilliwack, Canada on October 9 and 10. This is an opportunity for many North American lifters to show support for the WDFPF by attending those meets.

Plus, it's a grand opportunity to see what your European competition is doing.

Foreign Meets

Criterium National Force Athletic-Developpe Couche Powerlifting-Bench Press

| | | |
|---------------------------------------|--|---------------------------|
| 18 Avril 1993 Bourg D'Oisans/Pavie | PAVIE (DEVELOPPE COUCHE) DAMES CADETTES | 165 LBS |
| BOURG D'OISANS (DEVELOPPE COUCHE) | 122 LBS | Ravel, J 85 |
| DAMES CADETTES | BENCH | 181 LBS |
| 139 LBS | Prifte, N 55 | Aymerich, P 157 |
| Baron, D 60 | DAMES ESPORTS | Fort, P 130 |
| DAMES SENIORS | 154 LBS | Beldjord, N 112 |
| 176 Lbs | Serre, A 62 | 198 LBS |
| Floris, N 90 | DAMES SENIORS | Carre, P 187 |
| MESSIEURS ESPORTS | 104 LBS | MESSIEURS VET 3 (50-54) |
| 165 LBS | Loustalot, D 52 | 198 LBS |
| Berard, R 137 | 111 LBS | Sarthou, A 100 |
| MESSIEURS VET 1 (40-44) | Tellok, A 57 | MESSIEURS VET 5 (60-64) |
| 220 LBS | DAMES VET 3 (50-54) | 220 LBS |
| Baron, A 172 | 129 LBS | Perez, A 132 |
| MESSIEURS VET 2 (45-49) | Courtin, P 45 | 242 LBS |
| 220 LBS | MESSIEURS CADETS | Deynis, J 140 |
| BOURG D'OISANS (FORCE ATHLETIQUE) | 148 LBS | MESSIEURS VET 6 (65-69) |
| MESSIEURS ESPORTS | Rouki, N 67 | 165 LBS |
| 165 LBS | DAMES ESPORTS | Vasquez, R 107 |
| SQ BP DL TL | 165 LBS | PAVIE (FORCE ATHLETIQUE) |
| Odoard, S 177 105 207 490 | Berot, S 130 | MESSIEURS ESPORTS |
| 181 LBS | Courtin, G 95 | 181 LBS SQ BP DL TL |
| Lesieur, D 197 100 205 502 | Maison, E 92 | Ricaud, G 210 107 220 537 |
| MESSIEURS SENIORS | 181 LBS | 198 LBS |
| 132 LBS | Duprat, M 112 | Ricaud, L 280 155 275 710 |
| Debulisson, E 180 110 185 475 | MESSIEURS SENIORS | Please see CRITERIUM, p |
| | 148 LBS | |
| | Jauhardt, J 100 | |
| | Orial, J 90 | |

CRITERIUM, continued from page 45

| MESSIEURS SENIORS | | MESSIEURS VET 3 | |
|-------------------|-----------------|-----------------|-----------------|
| 181 LBS | | 165 LBS | |
| Marcoult, F | 160 122 220 502 | Algudo, A | 115 76 145 327 |
| Bejord, N | 175 105 180 460 | MESSIEURS VET 5 | |
| (Guest) | | 242 LBS | |
| 198 LBS | | Deyris, J | 180 140 210 530 |
| Catet, E | 250 160 240 650 | MESSIEURS VET 6 | |
| 220 LBS | | 165 LBS | |
| De Puytorec, X | 240 120 240 600 | Vasquez, R | 140 110 157 407 |

1993 BPA Mens' Seniors

| St. Johns & Rowenas Sports Centre Sittingbourne, England | | 198 LBS |
|---|-----------------|-----------------|
| WOMEN SENIOR | SQ BP DL TL | 18-19 |
| 104 LBS | 85 47 110 242 | Holmes, C |
| Lane, B | | 210 130 210 550 |
| 111 LBS | | Under 23 |
| Brooker, S | 135 85 137 357 | Gardner, D |
| 139 LBS | | 232 117 225 575 |
| Poole, L | 125 70 165 360 | Akram, A |
| Gevers, J | 130 70 137 337 | 220 LBS |
| Delenon, K | 130 60 145 335 | 16-17 |
| 154 LBS | | Broadhurst, V |
| Millington, E | 145 77 180 402 | 135 110 200 445 |
| Willan, E | 155 65 165 385 | 242 LBS |
| 176 LBS | | Owen, R |
| Williams, H | 177 87 180 445 | 160 100 195 455 |
| Hewlett, J | 100 52 140 325 | MENS SENIORS |
| 198+ LBS | | 123 LBS |
| Carpenter, A | 102 52 140 292 | Price, G |
| TEEN 16-17 | | 172 97 202 472 |
| 154 LBS | | 148 LBS |
| Willan, E | 155 65 165 385 | Holloway, S |
| MENS JUNIORS | | 210 120 257 587 |
| 114 LBS | | Spice, B |
| 14-15 | | 205 115 262 582 |
| Davies, G | 75 45 110 230 | Swallow, T |
| 132 LBS | | 205 105 235 545 |
| (Under 23) | | Johnson, W |
| Crooks, P | 170 82 180 432 | 197 120 210 527 |
| 148 LBS | | Oitolangui, A |
| 14-15 | | 182 122 190 495 |
| Abery, N | 135 70 160 365 | 165 LBS |
| 16-17 | | Oakley, D |
| Warren, G | 185 87 180 452 | 245 120 270 635 |
| 18-19 | | Webb, M |
| Swallow, T | 205 105 235 545 | 230 145 250 625 |
| Under 23 | | Burden, A |
| Swallow, T | 205 105 235 545 | 220 110 277 607 |
| Johnson, W | 197 120 210 527 | Walsh, S |
| 165 LBS | | 242 132 225 600 |
| Under 23 | | Rowe, M |
| Bamford, A | 165 100 205 470 | 181 LBS |
| Davis, K | 180 80 207 467 | Lane, M |
| Parfitt, D | 137 82 185 405 | 230 127 260 617 |
| 181 LBS | | Stout, B |
| 14-15 | | 215 125 227 567 |
| Nutkins, G | 142 92 180 415 | Wood, A |
| Pye, L | 125 65 140 330 | 205 112 240 557 |
| Under 23 | | Marsh, D |
| Marsh, D | 180 115 210 505 | 198 LBS |
| | | Blindl, A |
| | | 272 170 280 722 |
| | | Ambler, D |
| | | 255 152 265 672 |
| | | Swain, N |
| | | 240 150 260 650 |
| | | Smith, B |
| | | 225 122 252 600 |
| | | Roast, D |
| | | 215 130 230 575 |
| | | 220 LBS |
| | | Pilling, L |
| | | 305 180 310 795 |
| | | Foulser, C |
| | | 270 162 280 712 |
| | | 242 LBS |
| | | Andrews, P |
| | | 257 182 312 752 |
| | | Rohlett, C |
| | | 285 180 287 752 |
| | | Waites, P |
| | | 277 147 292 717 |
| | | Wilson, K |
| | | 260 160 290 710 |
| | | Leafbitter, M |
| | | 237 167 302 707 |
| | | Coventry, N |
| | | 240 165 280 685 |
| | | 275 LBS |
| | | Rowlands, S |
| | | 275 175 300 750 |
| | | Willan, A |
| | | 270 140 280 690 |

**Criterium National
Force Athletique/Developpe couche**

| Powerlifting/Bench Press 17 Avril 1993 Les Ponts de Ce, France | | MESSIEURS VET 2 (45-49) |
|--|-----------------|-------------------------|
| FORCE ATHLETIQUE | SQ BP DL TL | 165 LBS |
| DAMES SENIORS | | Quenard, J |
| 116 LBS | | 200 115 210 525 |
| Samson, B | 90 75 110 275 | DEVELOPPE COUCHE BENCH |
| 154 LBS | | DAMES VET 3 (50-54) |
| Godard, B | 140 72 157 375 | 111 LBS |
| DAMES VET 3 (50-54) | | Guinard, M |
| 111 LBS | | 57 |
| Gaignard, M | 100 62 122 285 | 122 LBS |
| 122 LBS | | Soulard, A |
| Soulard, A | 92 60 120 262 | 57 |
| MESSIEURS CADETS | | MESSIEURS ESPOIRS |
| 123 LBS | | 148 LBS |
| Hayes, B | 120 62 172 355 | Eldin, V |
| MESSIEURS SENIORS | | 112 |
| 148 LBS | | 165 LBS |
| Bernier, J | 180 115 195 490 | Gomes, Da Silva, P |
| Godet, Y | 170 97 200 467 | 137 |
| 145 LBS | | Assautier, F |
| Tanguy, J | 185 100 205 490 | 120 |

1993 BPA British Masters

| Derby, England | | Hatch, G | 180 102 215 497 |
|----------------|-----------------|-------------|-----------------|
| WOMEN | SQ BP DL TL | Jones, R | 175 107 210 492 |
| 154 LBS | | 55-59 | 55-59 |
| 40-44 | | Briggs, D | 167 100 200 467 |
| Hewlett, J | 97 52 137 287 | 60-64 | 65-69 |
| 132 LBS | SQ BP DL TL | Marsahll, D | 157 60 187 405 |
| 49-44 | | 181 LBS | 50-54 |
| Gutteridge, A | 180 135 210 525 | gilbert, K | 190 100 235 525 |
| 65-69 | | West, E | 190 120 185 495 |
| Duffield, J | 125 25 185 335 | Muricle, K | 180 115 235 530 |
| 148 LBS | | 60-64 | 55-59 |
| 40-44 | | Hurst, G | 205 107 190 502 |
| Flower, S | 185 95 235 515 | 65-69 | 40-44 |
| 45-49 | | Rodger, D | 187 133 220 540 |
| Withington, N | 105 72 175 352 | 198 LBS | 50-54 |
| 60-64 | | 40-44 | 55-59 |
| Johnston, T | 115 77 160 352 | Williams, K | 202 125 240 567 |
| 75-79 | | 45-49 | Toher, R |
| Cluer, R | 75 55 90 220 | 220 LBS | 220 135 255 610 |
| 165 LBS | | 40-44 | BEST LIFTERS |
| Ottolangui, D | 200 117 232 550 | Bradford, M | Alan Gutteridge |
| | | | Derek Ambler |
| | | | John West |

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1993 ADFPA Women's & Teen National Powerlifting Championships

May 1 & 2, 1993

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Meet Directors: Linda Jo Belsito,
Felicia Manganiello

OPEN SQ BP DL TL

97 LBS

Gedney, J 253 148 286 688
Talmadge, B 259 126 275 661
Grater, B 270 110 231 611
Barnes, L 187 115 236 540

104 LBS

Hartwig, S 264 165 303 733
Koziak, T 264 132 286 683
Lee, B 248 121 308 677
Vigue, E 231 159 259 650
Shear, J 253 121 253 628
Michaud, T 248 121 259 628

111 LBS

Chang, YC 303 176 369 848
Ballschmiede, L 303 154 264 722
Vasquez, P 248 132 292 672
Douglas, S 236 110 303 639
Ryman, K 225 110 259 595
Stine, A 198 104 281 584

116 LBS

Manganiello, F 314 181 319 815
Davis, J 303 170 341 815Rasor, S 286 170 319 777
McKinney, D 303 170 292 766
Elwyn, S 253 154 282 688
Budd, C 248 137 259 650
Edison, G 209 121 264 595122 LBS
Adams, L 352 148 407 909
Brady, S 303 148 319 771
Hetzel, M 281 159 325 744
Williams, T 292 154 314 760
Oates, D 264 115 303 683
Saldivar, D 220 126 264 611129 LBS
Althuzer, B 421r 225 369 1016
Nollette, D 319 181 341 843
Thomas, F 286 126 336 749
Keller, W 231 148 297 672

139 LBS

Stevens, M 424 181 435 1036
DeGennaro, M 341 181 407 931
Safran, L 275 159 314 749
Meyers, K 225 121 319 666

154 LBS

Sortwell, A 369 214 407 992
Belsito, L J 374 203 380 959
Kantor, L 341 187 363 892
Sands, B 341 181 363 887Krupa, D M 297 165 319 782
Barnes, S A 253 159 319r 733
Sodartis, J M 281 165 319 727176 LBS
Ojanen, B 424 225 429 1080
Brannon, J 347 231 374 953
Ryskoski, T 391 187 352 931
Perri, A 380 165 363 909
Welding, R 319 187 341 848
Weiner, S 330 154 352 837

176+ LBS

Corney, L 413 187 407 1008
Detraglia, J 407 198 396 1003
Frederik, D 380 220 385 986

Van Dyke, C 347 242 303 892

TEEN 14-15

97 LBS

Jablon, C 154 82 198 435

104 LBS

Farina, A 154 99 198 451

111 LBS

Saris, M 236 104 242 584

116 LBS

Johansen, J 165 77 181 418

122 LBS

Ingram, K 220 104 220 545

Houser, A 198 101r 242 542

McAllister, A 198 99 214 512

TEEN 16-17
111 LBS
Stewart, M 209 110 260 579

116 LBS

Gordon, J 165 88 198 451

122 LBS

Smith-Socars A214 121 209 545

Saleem, J 148 66 259 473

129 LBS

Lemle, L 231 121 264 617

Hill, N 137 110 231 479

154 LBS

Calderone, K 336 154 363 854

Miller, C 292 170 308 771

Laport R L 181 115 270 567

TEEN 18-19

154 LBS

Harms, K 325 126 330 782

176 LBS

Brannon, J 347 231 374 953

Kenny, E 358 176 374 909

TEAM RESULTS

Pacific Powerlifters - 93 points

Keystone Ironwomen - 87 points

Cutting Edge - 45 points

Saints Powerlifting - 35 points

1993 ADFPA National Collegiate Powerlifting Championships

April 3 & 4, 1993

East Stroudsburg, Pennsylvania
Meet Directors: T.J. Enmel, Bob

Gaynor

WOMEN SQ BP DL TL

104 LBS

Moyer, R 198 99 226 523

111 LBS

Ballschmiede L 297 148r 283 729
Douglas, S 203 104 292 600
Contreras, M 192 99 187 479

116 LBS

Schuerman, T 259 132 270 661

122 LBS

McKinn, B 281 99 270 650
Anderson, S 237 104 275 617

129 LBS

Moskaluk 214 132 242 589
Tamez, R 226 93 242 562

139 LBS

Levesque, M 264 132 259 655
Lindsey, K 242 99 275 617
Trelease, K 192 132 281 606
Carter, M.A. 214 104 242 562

154 LBS

Melick, C 281 159 325 766

Graham, D 308 143 286 738

Zechman, H 242 176 242 661

Chenoweth, T 242 99 297 639

Halus, J 226 137 259 622

176 LBS

Wiley, S 369 154 330 854

176+ LBS

Avey, N 463r 176 407 1047

MEN

114 LBS

Radfor, J 242 159 325 727

123 LBS

Borman, P 319 226 396 942

Siff, R 314 253 352 920

Lombardo, D 275 220 385 881

Fischogn, C 319 159 391 870

132 LBS

Sjtupa, F 385 226 391 782

148 LBS

Fuentes, J 463 303 479 1245

Kinerson, B 418 231 451 1102

Davidson, J 418 214 435 1069

165 LBS

Danforth, M 534 330 501 1366

Brumback, C 540 281 540 1361

Swan, T 545 286 518 1350

Jones, L 440 264 551 1256

Daniel, G 457 303 468 1229

Novotny, C 391 292 451 1135

181 LBS

Zweng, M 573 380 529 1482

Pardue, T 523 341 584 1449

Francesc, S 584 336 518 1438

Ray, B 534 303 584 1422

Hopstetter, M 479 330 551 1361

Anderson, S 551 297 507 1355

Taylor, S 523 314 518 1355

Altizer, J 501 297 529 1300

Townsend, P 429 363 451 1245

Kirkpatrick, H 402 292 485 1179

198 LBS

Mastream, M 683 402 584 1670

Pompinio, J 611 402 584 1598

McCowan, F 562 407 600 1570

Urso, R 562 380 534 1477

Fields, B 540 352 507 1399

Calhill, J 622 330 600 1554

Faron, D 573 374 584 1532

Mickschl, T 600 341 551 1493

Droesser, W 512 391 545 1449

Bernal, J 551 319 534 1405

Meade, J 540 303 512 1355

242 LBS

Balis, M 688 474 633 1785

Jenkins, D 700 341 606 1647

Slaughter, T 529 391 529 1466

Galluci, P 567 363 507 1438

275 LBS

Bauer, D 683 463 655 1802

Johnson, J 628 446 606 1681

Bramer, A 600 391 595 1587

Shiehan, M 606 358 529 1493

275+ LBS

Binkowski, J 815r 468 722r 2006r

Lopez, J 705 429 628 1736

DeLa Rosa, M 650 435 562 1647

Jenkins, D 518 336 628 1405

r=collegiate record
t=teen record

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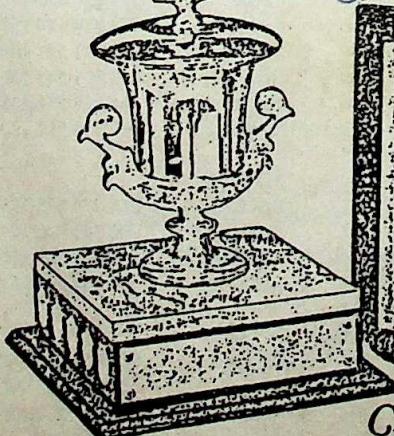
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