

The ADFPA Magazine

POWERLIFTING

TODAY

19 Jordan S.W., Wyoming, MI 49548

Volume 6.2
February 1993

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The ADFPA World Team enjoyed tremendous success in Derby, England. Besides setting numerous records and winning many of the divisions, team members also made many new friends.

AMERICAN DRUG FREE



POWERLIFTING ASSOCIATION

- Top 50 Rankings
- World Records
- ADFPA Schedule of Events
- Contests Results
- Training Advice

Message from the President

This letter is written as a reflection on the past two years that I have been serving as President of the ADFPA. The content of it has been running through my mind for several months in an attempt to decide as to whether or not I should seek a second term of office in 1993.



Al Siegel
ADFPA President

best, knowing that I will make mistakes, but I try to keep them to a minimum, and of course try not to make the same mistake twice.

I don't know what makes some people tick, but I do know what makes me tick, and what ticks me off. I am going to enter my name as candidate for the President's office because I feel that there is no one capable of doing as good a job for the lifters and for the sport as I can.

There are some people who will disagree, but as I said, "you can't please everybody." Working as a volunteer has always been a large part of my life. If you think I am the President for financial purposes, you definitely need to face reality.

For a person to do a good job as the President of the ADFPA, they must be:

a. A person who is either retired or self-employed with lots of schedule flexibility at all times.

b. Not a rich person, but someone who is earning a decent living and does not depend on the stipend for survival.

c. A person with a good business background who can get a job done.

d. A person who is a power lifter and understands powerlifting and the people who make up our sport.

e. Someone who can make decisions when they are needed.

My feeling is that I have all of the above in my favor. I am not an educator, or a lawyer, or a very soft spoken timid person, nor do I know or care about Robert and his rules of order.

I am a leader of powerlifters, a group generally of extremely strong, outspoken people. I have proven that I can get a job done, and this is despite the fact that there are people out there who will not budge to help me even though they have a job to do also. If a problem arises I will step up and take charge and try to solve it.

A case in point was a problem that came up in England while traveling with the Master's World team. Approximately 60 of us wound up in London at a hotel which was not as it was represented to us by our travel agent. I took charge and made other arrangements 'on the spot' with the hotel to get us into a nicer, better hotel (with bathrooms) at no extra cost to any of us. A few stayed at the original hotel. Most of the 60 had a great time for the few days that remained on our trip.

To this day I am still hearing about the problems of this trip for which I had no blame. Some of the problems from this trip have not been resolved yet and I am still working on trying to resolve them for the

benefit of the ADFPA and the lifters. I have been accused of making a profit (or a cut) on this trip and on the trip back to England with the open team. If anybody really believes this accusation, let them see my paid bills.

The ADFPA is a large complex organization that has one purpose and one purpose only and that is to 'foster national and international amateur drug free powerlifting competition...with the authority to develop, promote, and regulate the sport...sanction drug free meets...and otherwise encourage the growth of the sport of amateur drug free powerlifting.'

This is a purpose that can only be met by a group of people pulling together in the same direction.

For this organization to grow we must all work together, regardless of differences of opinions and/or likes or dislikes of individuals. We are no longer alone in the powerlifting world in promoting drug free lifting; yet we still get involved in petty bickering and wasting each others' time on minor, petty problems. We are doing little to face the reality of what is happening around us.

If you say that you are going to do a job..DO IT! Regardless of who the President is, he or she can not do it alone without your help. If you don't enjoy doing the job and you aren't having fun in our sport..GET OUT.

We are all volunteers for whatever reason we volunteer, and I volunteer because I feel I can help and I', STILL HAVING FUN.

My job of keeping the ADFPA the best DRUG FREE powerlifting organization in the world is not done, but with YOUR HELP we can do it together.

Yours in drug free powerlifting.

Masters' Worlds moved to USA

The WDFPF Masters' World Powerlifting Championships originally scheduled for August 7th and 8th have been canceled.

That's the bad news. Now for the good news.

The championships have been rescheduled for August 14th and 15th in St. Louis, Missouri. By now, all of the eligible lifters have been notified by letter from the National Office. The change in date and location will enable a much bigger representation by the United States.

According to Al Siegel the reason for the cancellation in Australia was due to the politics of powerlifting in Australia. According to Al, it's not too different from problems faced by other countries.

Within a matter of hours England and France were notified and agreed to the relocation to the United States. John Petroff, with virtually no notice, agreed to produce the Masters Worlds.

Every master who competed in St. Louis last November is well aware of the quality meet that John and his partner Mike Cisell put on; so I, like all the other eligible lifters, are looking forward to this year's Worlds.

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ADFPA Master's Nationals

November 13 & 14, 1993

Sacramento, California

Men, Women, and Team

Contact: Joe Randazzo,
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'Raffle' Clarification

The women's raffle sponsored by ADFPA chairwoman, Felicia Manganiello, is not officially endorsed by the ADFPA. Legally the ADFPA cannot endorse the raffle. Women who desire to earn money for the Women's Nationals may contact Felicia (see page 24 for address) for raffle information.

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February, 1993

Volume 6.2

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Power tips by Bettina

By BETTINA ALTIZER

Dear Bettina: Do you have any tips with regard to conditioning your mind before competition. Although my lifts are good in the gym, at a meet I often become so nervous that it affects the outcome. P.K.

Dear P.K.: Regarding your first question, I would suggest two things: compete more often and use visualization techniques prior to competition.

Competing more often will give you the needed confidence that you seem to lack during competition. In training, you have all the time in the world to wrap up your knees, to put your straps up, to get psyched up. In training, the bar waits for you.

But in competition the bar waits for no one. There are time pressures in a meet that you do not have in training. In a meet you have to worry about warming up, competition, and, especially, the three persons clothed in navy blue jackets; the referees.

The point here is the more that you expose yourself to the stresses of competition the better you will adjust mentally and physically to such stresses.

I might add that by competing more often you do not necessarily have to 'cycle' for every meet in which you compete. You can still train and cycle for two or three important big meets per year but use other local or smaller meets to facilitate your training. Therefore, you do not train specifically for these meets but you incorporate them into your normal training cycle.

Obviously, then, you are not going to lift your top weights at these training meets so do not expect it, in fact, leave your ego at home when you go to these training meets. This will take most of the pressure away, you will enjoy the meet, and you will therefore increase your confidence in handling meet pressure.

The second suggestion I would make is to use visualization techniques. Visualization is merely visualizing the successful performance of a particular lift. For example, if I am preparing for a squat attempt, I visualize myself actually performing the lift. I see myself wrap my knees; I can feel, as I am visualizing, the intensity and psyche build up; I can see myself get under the bar, lift the weight out of the rack; squatting down and exploding up; and then I see three white lights.

The key to visualization is to use as much detail as possible, see the platform, see the referees sitting in their chairs, picture an audience, smell the ammonia, feel the chalk

Please see BETTINA, page 11



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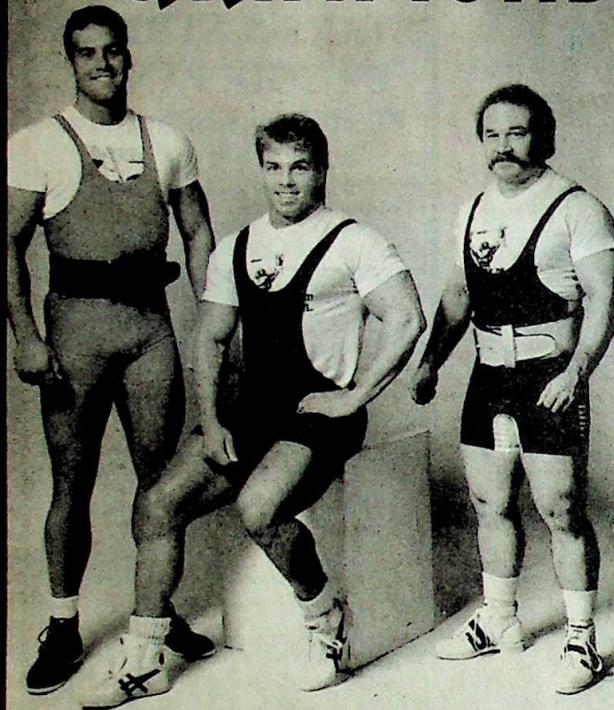
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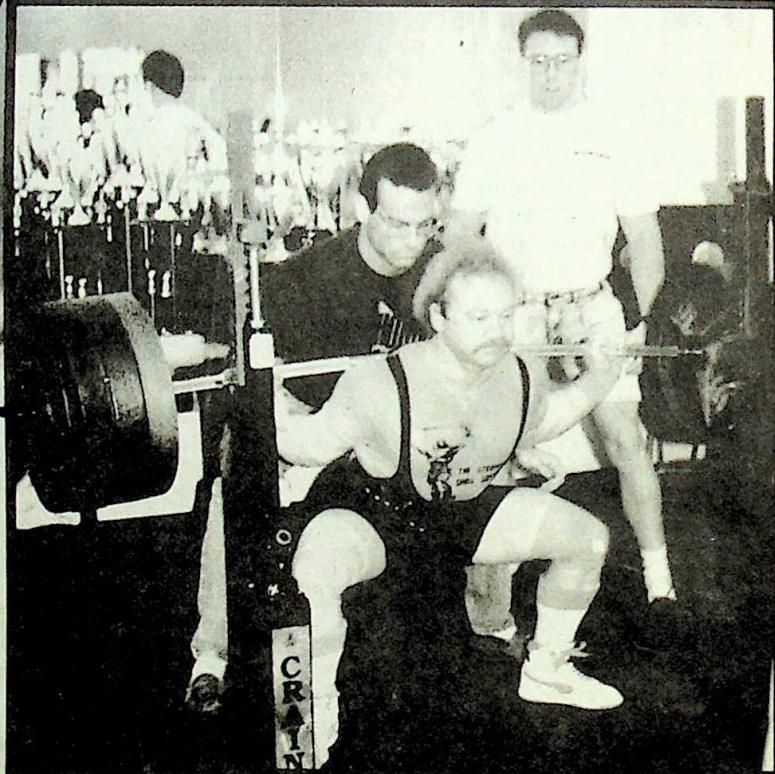
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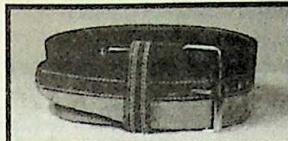


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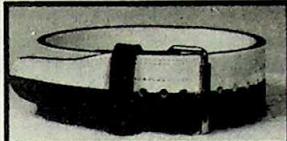
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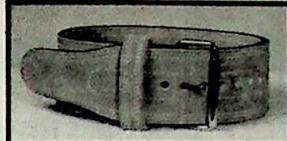
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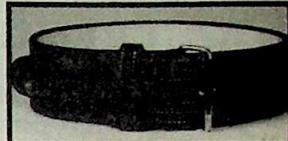
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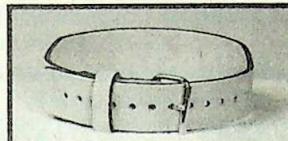
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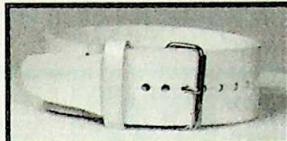
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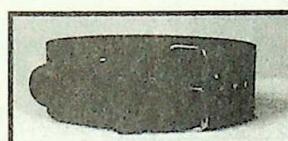
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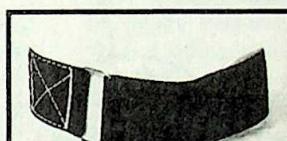
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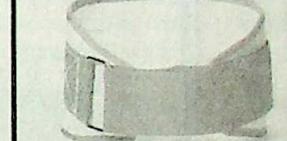
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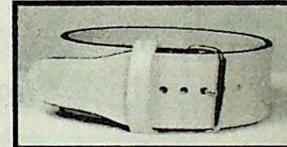
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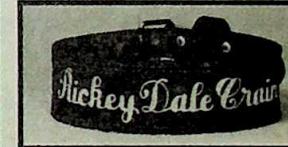
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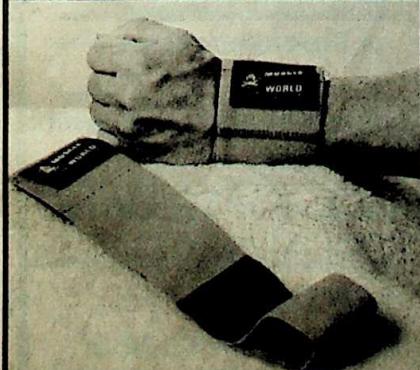
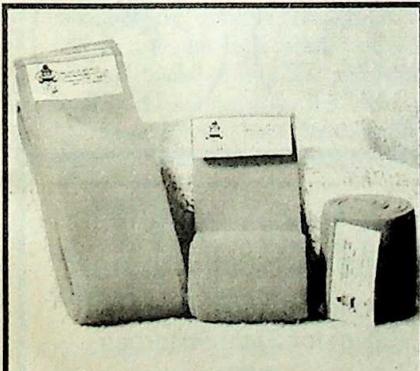


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As soon as possible

March 23, 1993

Advertising Commitments

March 23, 1993

PLT Personality Submissions

March 26, 1993

Schedule of Events

March 31, 1993

Advertising Copy

April 2, 1993

Printing of the April Issue

April 6, 1993

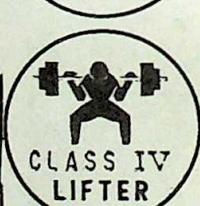
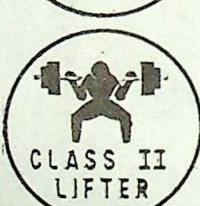
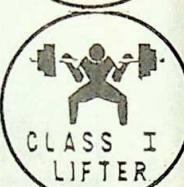
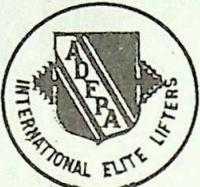
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Training around an injury

By DOUG DANIELS

In most sports athletes suffer injuries, both minor and major. Powerlifting certainly exposes the lifter to a wide variety of possible injuries. There are ways to avoid or lessen the chances of an injury to hamper your training, but sometimes even the most careful of lifters suffers set back.

The trouble is how to train around the injury, if possible, to avoid losing too much in the way of strength while on the mend.

The most important thing to remember is to seek out professional advice, whether it's a M.D., physical therapist, or a chiropractor. Sometimes injuries can be so severe as to require complete rest or minimal exertion at most.

Another important factor is to let pain be your guide. It hurts, your body is saying that it doesn't appreciate the stress. Let's proceed by examining some injuries and possible ways of training around them.

A very common injury is lower back pain. This can hamper training on all three lifts, so each lift must be approached separately.

In the squat, it may be painful to maintain an upright posture or use the back to a great degree. In this case, assistance work like leg presses, hack squats, leg extensions and curls can full the bill in the interim.

I have found that some of the machines used for these exercises vary from manufacturer to manufacturer. A slight difference in the angle of the seat or other part can make one machine painful while another allows intense use.

For example, I have found that leg curl machines with a flat board to lay on put stress

on my lower back while another brand with an "A" shaped or bent board to lay on was comfortable. These machines also isolate your thighs to a high degree so you will develop your lower body from different angles which may be beneficial.

A bad back can hamper your bench by effecting the degree of back arch you can attain. Instead, try benching with your feet off the floor or with little weight on your feet and limit your back arch. Again, a slightly higher degree of isolation can be achieved.

The deadlift may be impossible to perform altogether. Sumo style lifters may have less of a problem because the legs are used to a higher degree than the conventional style. In this case you can try lat pulldowns or one arm bent-over dumbbell rows with your back supported for some back work.

Don't jerk the weight. Regular rows and shrugs may put too much stress on the back, so again, let pain be your guide. Your supplemental leg work will also help to keep your deadlift muscles in gear.

Chest injuries can certainly slow down your benching. In this case a more narrow grip to limit involvement of the pecs would be in order. May lifters have competed hurt with a narrow grip. You may also try a shorter range of movement. That is, don't let bar go all the way down into a painful position. This method can be used for other lifts too.

Elbow and knee injuries can be approached similarly. The elbows are involved in just about every upper body exercise with the exception of a few Nautilus moves, so they are hard to isolate out of most moves. Similarly, the knees are stressed by all lower body exercises except again in a

few Nautilus type exercises.

Because of the high involvement of these joints, any exercise done, should be done with care using low weight and little, if any, momentum. Knee and elbow wraps can help support the joint during exercise. Experts, however, believe that their long term use and abuse can be detrimental, so consult an expert.

Shoulder injuries will really limit upper body work also. Range of motion without pain can be limited. Lateral exercises may not be as stressful as pressing movements.

Common to all of these injuries would be keeping aware of what your body is telling you. Pain is your best guide in this case. Higher reps and light weight may be beneficial in recuperation. Substitute less stressful exercises in place of those that aggravate your injury.

A dumbbells alternative may be less stressful. A change in style of execution may be a way of working or competing around and injury. A slight change in grip or stance can make a difference. Warmup is critical as is some stretching.

Be sure to consult a professional on your injury for best results; they may prescribe specific rehabilitative exercises.

Your injury may be so severe as to totally prohibit using that body part. In that case, concentrate your efforts on exercises for non-effected body parts. Exercise in one area of the body does have some residual effect on other parts.

The most important thing to remember is to not aggravate an injury more than it is now. Train smart and you'll be around to lift and compete another day.

The vote of the Executive Committee

Submitted by Allan Siegel

The following are items acted upon by the Executive Committee. Preceding the results of voting is the letter to the Executive Committee from Al Siegel explaining the issues that require attention.

January 3, 1993

To: All Executive Board Members

There are a few items that we, the Executive Board, must take care of. As is our charge in the by-laws, we are to conduct the business of the Association between annual meeting of the National Committee.

The following items are items to vote on:

1. POLICE/FIREMAN NATIONALS: This is a non-funded meet and no one has put a bid in for the 1993 meet. I am putting a bid

in for the Downtown Weightlifting Club of Clearfield, PA to hold this meet on September 18 & 19, 1993 at the Day's Inn of Clearfield.

This is the site that was in my bid for the Deadlift Nationals that was presented at the 1992 National Meeting. Having run two meets in 1992 at this site, I know that we will put on a "class" meet for the lifters who want to come to this meet.

2. WORLD TEAM TRAVEL: Last year we voted and allocated money to World Team travel for both the open and master's teams. Our actual expenses in 1992 for the two meets was less than budget at approximately \$25,000. We sent 48 lifters to the Master's Worlds, as well as administrators to the meeting held at the Open Worlds. John has put a figure of \$25,000 in the budget for 1993 for World team travel.

I have already started to get answers from masters with regards to traveling to Australia and most of the answers are that they are not going to attend. My guess at this point is that only between 20 and 30 lifters will attend and not the 64 who were qualified. I am sure that we will be able to send the full 21 person team to the Open Worlds in Canada.

My proposal to vote on is that "We allocate \$250 per lifter for the World Masters' Meet and \$450 per lifter for the World Open Meet, as well as paying the lifter's entry fees for these meets, and pay expenses for three administrators for the Meeting of the WDFPF which is to be held in conjunction with the Open Worlds."

3. ADFPA WORLD MASTER REPRESENTATION: As a separate item

Please see VOTE, page 20

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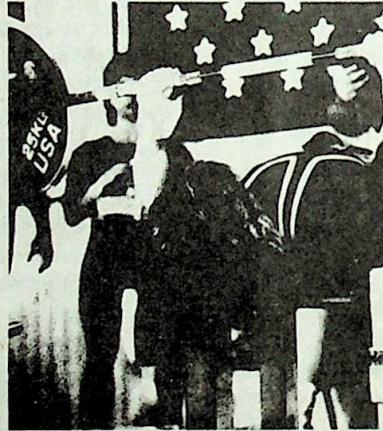
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George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

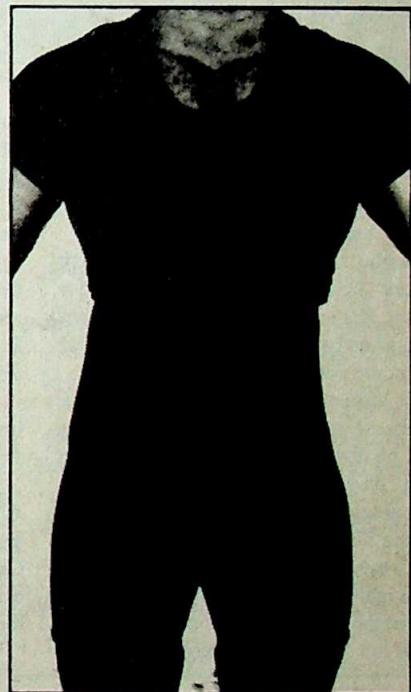
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Secretary-Treasurer's Report

By John Petroff

I am happy to report that the ADFPA did grow this past year. The memberships for 1992 was 5,791. This is not a tremendous improvement over last year's total of 5,709, but there was growth.

I, along with others on the Executive Committee hope, that the ADFPA will grow over 6,000 in 1993.

For those of you who will be traveling to national competitions this year I would like to urge you to fly with United Airlines, the official airlines of the ADFPA. You may

make reservations by calling the United Airline's convention office at 1 800 521-4041 and give them our profile number 531SX.

By using United the ADFPA is given credits towards free flights that are used by the Association for business purposes. These free flights help reduce the cost of running the ADFPA. Your appreciation in this program is greatly appreciated.

The past few weeks I have received calls from meet directors who are having problems in there area with the amount of participation. I have been working on a database with the

names and addresses of gyms from throughout the U.S.

To date I have only 400 gyms in the computer. Please take a few minutes and send me the name and address of the gym you train at so that this information can be given to meet directors for their mailings. This is one small way each of us can help on another.

If there is any problem that I may be of assistance with, please write or call any of the Executive Committee or your State Chairperson. We are happy to serve you.

Major Mover — Charlie Schroeder

By John Petroff

This month's Major Mover is a New Yorker by the name of Charlie Schroeder. Charlie has served the ADFPA since its beginning back in 1981.

Charlie is currently 53 years of age and is an owner of a meat and fish distribution company. His job requires him to be up and running as early as 3:00 a.m. to pick up fresh fish from the docks.

His lifting career began in 1960 with his involvement in Olympic lifting. In 1968 he entered his first powerlifting competition in Nashua, New Hampshire. Throughout his lifting career Charlie has lifted mostly in the 242 or the 275 pound classes. He did admit to lifting in the supers at one time but found the body weight too much to carry.

Charlie has retired from competitive lifting at his doctors recommendation due to

some minor health problems but during his lifting career he won the New York State's in 1986 and 1987. His best total was 1,479.

Charlie's participation with the ADFPA has grown through the years. He is currently the New York State Chairman and has held this position for over two years. He is currently serving his second term as a member of the Executive committee. He has been a meet director and is currently a national referee.

The high point of his ADFPA involvement was when he was awarded the 1992 Brother Bennet Award.

Charlie is a Major Mover within the ADFPA because of his unselfish dedication to the Association. One needs only to call and Charlie will be there to help out in anyway he can. He has judged and/or worked in numerous local, regional, and national competitions.

Charlie Schroeder is a very kind and



Charlie Schroeder

giving person. He is very serious about his commitment to the ADFPA. In addition to his work during meets he is a great company. He is an endless source of jokes and tremendous anecdotes. He is another person that anyone would enjoy being around at a meet.

PLT Personality



Donna McKinney, Terri Distaulo, Terry Coghlan, Dr. Larry Miller

What do Donna McKinney, Terri Distaulo, and Terry Coghlan all have in common? Aside from being athletic and good friends, they all have the help of Dr. Larry Miller (Dr. Bench). All three have competed in ADFPA meets with much success.

Donna and Terri Distaulo work for Dr. Miller and Dr. Larry Harlan at Twinsburg Dental Associates. Terri Coghlan works as an R.N. in the surgery unit at a local hospital.

Donna has competed successfully as a body builder for a number of years and a few years ago took up the sport of powerlifting. As a master lifter she has American records in the squat (321) and total (771). Donna has also benched 160 at a bodyweight of 110.

Terry Distaulo, like Donna, has competed successfully as a bodybuilder up until a few months ago when she competed in her first ADFPA meet. Weighing 11 pounds Terri bench 155 even after she blew out her favorite bench shirt during warmups and her second shirt following her second attempt.

Her favorite shirt, by the way, is Terry Coghlan's. The ladies frequently lend shirts back and forth.

Terry Coghlan has official ADFPA lifts of 155 in the bench at a bodyweight of 116. She also owns a 320 deadlift.

Larry 'Dr. Bench' Miller knows what

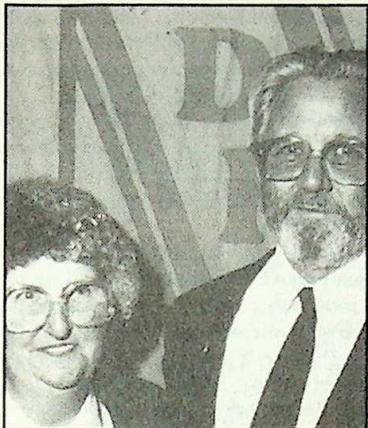
he's doing when he helps the ladies with their bench. Larry serves as the Ohio State Chairman and in the 148 pound class he has the world record of 352, the Lifetime National record of 385, and the American record of 418.7. Larry recently moved up to the 165 class and after only a few months set a new American record with a bench of 453.5.

Terry Coghlan will be out of competition for a few more months until she and husband Scott recuperate from the birth of their first child. Upon her return look forward to the three ladies pushing each other to new levels.

The ladies are strongly supported by their husbands. Mike Distaulo is an accomplished drug free bodybuilder and can usually be found spotting Terri.

Scott Coghlan has totaled over 1,330 in the 165's as an ADFPA lifter. Scott hopes to be aiding the ADFPA in his area of expertise as an attorney. Randy McKinney recently passed his State Judge's Test and has coached his wife Donna for quite a while. Look forward to see Randy bench in some upcoming meets.

PLT Personality



Mary and Ned Cramer

Ned left northern Indiana in 1963 with Mary and a six month old son to travel the world as an US Army officer. After retirement in 1981 they found their way to New England where Ned began a new career in the public power industry as an energy manager.

Fully retired they now pursue the many tasks and pleasures that were passed over during the early years.

For endless years Ned kept in shape with the familiar 110 pound basement weight set plus a few extra larger plates. In 1982 he found his way to the Westover AFB gym and was subsequently trained by Mike McNichols, a former multi-national champion.

Mary became disenchanted without an active role in Ned's chosen sport and became his helper, coach, and rooting section.

"She worked harder than I did," said Ned, "when I won the 1991 National Masters, North American, World Masters, and National Deadlifting Championships."

Shortly after receiving his state referee's license Mary received hers. Having recently obtained his National referee's rating he looks forward to testing for the international level.

Ned and Mary plan to travel to contests in the greater New England area about two weekends a month. That helps serve the younger lifters and acts as an extended family for the ever busy Cramers.

"Having once obtained the higher rungs of the lifting ladder through the help and love of many others," says Ned, "we find much satisfaction in training new lifters and assisting others throughout our travels."

Referees needed in the ADFPA

By Judy Gedney

Anyone wishing to test for the ADFPA State Referee rating should thoroughly study their condensed Lifter's Rulebook* which is a gift to every ADFPA member. Once you have learned the rules, along with the weight class limitations for both male and female lifters, contact your State Chair for test date options.

If you have been a state referee for two years or longer, are a minimum of 20 years of age, and wish to test for the National Referee's Rating; order a Referee's Rulebook from the National Office and study that material carefully. When you are ready to take the test,

send your completed Referee's Resume form along with a copy of your ADFPA registration card to the Chair of the Referee's Committee.

Arrangements will be made to give that test at the next conveniently located ADFPA National Championship. Upon receiving a passing grade on the written portion of the test the candidate will be given a practical test consisting of officiating under supervision a minimum of 33 squats, bench presses, and deadlifts.

*For an up-date on rulebook corrections see ADFPA Rulebook Corrections on page 13 in this issue of Powerlifting Today.

ADFPA Masters Nationals Update

By Joe Randazzo

Many of you read the dates for the 1993 ADFPA Masters' National were November 6 and 7, 1993. Well, because of a scheduling conflict with my original site, you now have an extra week to train for this event.

By the time I signed the contract with the Sacramento Radisson Hotel for November 13 and 14, 1993 the December POWERLIFTING TODAY had already gone to press and could not report the change in dates. But now, I can share the details of the event with you.

The Radisson has given the ADFPA a reduced (group) rate of \$69 for a single or double and \$79 for a triple. You can call them at 1-800 333-3333 to place your reservation.

Also, in order to make your trip to California more pleasurable, I have made arrangements for tour bus trips to San Francisco and Reno or Lake Tahoe one or two days after the meet is over. I will say more about that in the April issue of PLT.

Additionally, United Airlines may offer reduced rates if you give them the ADFPA account number (513SX); they can be reached at 1-800 521-4041.

The April issue of PLT will have an entry blank for this contests in order to reduce

mailing expense and to get entry blanks into your hands early. If you are interested in receiving a vacation travel pack then send a self addressed 8 by 11 envelope with a 52 cent stamp on it and I will mail that info. to you.

We will be offering some perks for the competitors at this meet. Those of you who pay for your T-shirts before the mailing deadline will get a 20 percent discount. This meet will also offer a moderately priced sew-on patch to commemorate the competition.

A free team entry (\$45) will be given to any team able to provide a member to spot/load (must be experienced) for one day. Plus, that person will be given free spectator entry for both days, lunch the day worked, and a T-shirt.

For lifters who are interested, we are planning a banquet dinner for about \$15 on Sunday night (please note on entry blank).

The Masters' Nationals is really coming along well. The Radisson grand ballroom is comfortable and spacious. And finally, I have received promises from many concessionaires to have lots of gear, vitamins, equipment, and other items at the meet site.

Additional information concerning the meet will appear in future issues of PLT.

BETTINA, continued from page 3 in your hands, feel the tightness of the knee wraps, feel your muscles tighten, feel the power, feel the confidence, feel the weight on your back, picture yourself waiting for the command, hear the referee yell, "squat," feel the lightness of the weight on your back, feel that you are in control of the weight, and finally see yourself explode with the weight and complete a successful lift.

You want to make sure that every moment that you visualize is positive; that you are in control, that you are strong, and that you are successful.

I would suggest using visualization techniques before big workouts in the gym,

the day before competition, and right before you are about to take the attempt. Do not, however, over use these techniques as they might lose their effectiveness. You may become mind weary.

One last comment: you have heard the expression, "it's all in your mind." Well, it's true. Your mind can be your greatest friend or your greatest enemy. It is up to you to decide which one. Visualization techniques can help an athlete to train her mind in order to get the most from her body.

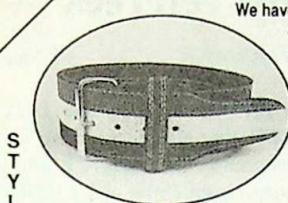
I hope this helps. P.K., I will answer your second question next month. Remember send your questions to PTB, 4455 Laurelwood Dr., Roanoke, VA 24018.

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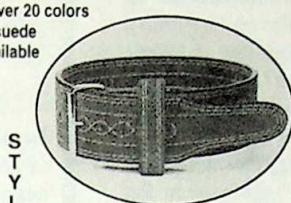
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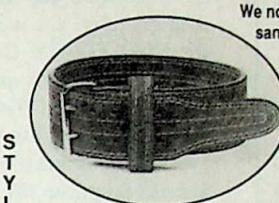
STYLE E A. \$65.00

with a stainless steel buckle \$79.00
Both belts are triple thick



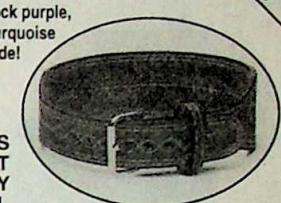
STYLE E B. \$62.00

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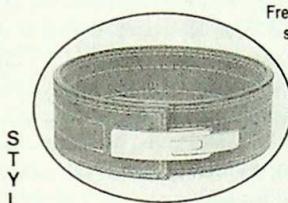
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Both belts are triple thick



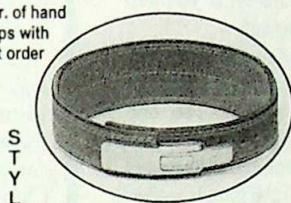
STYLE E D. \$45.00

Belt with suede on one side \$33.00
Leather belt only \$20.00



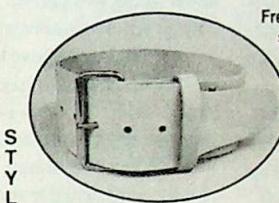
STYLE E E. \$61.00

3-Tone lever belt \$75.00
Suede one side single thickness \$51.00



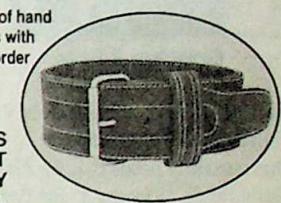
STYLE E F. \$50.00

Lever action 2 1/2 Tapered,
triple thick. Suede on one side
single thick \$40.00



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Dipping belt chain front. \$29.00
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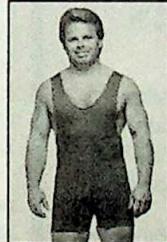


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PLT Personality



Gretchen Edison

It's true; it's the busy people who get the most things accomplished.

That certainly holds true for Gretchen, a Stephens Point, Wisconsin resident, who finds time to write poetry, short stories, and compose music. Along the way she has earned a brown belt in judo, currently serves on the National Ski Patrol in Wisconsin, and enjoys cross country skiing and ice skating.

Oh, by the way, she is also a competitive powerlifter.

Gretchen's day job is unusually for an ADFPA lifter. She is a sales representative for CIBA-GEIGY Corporation and sells drugs. Her territory spans 17,244 miles and covers a section of Wisconsin and the Upper Peninsula area of Michigan.

"People think it's funny that I sell drugs and do drug-free lifting," she said in the 'Pharma News' a publication for CIBA-GEIGY Corporation. But she has never taken steroids and adds, "Sports exists to show how good you can do naturally. If you add drugs it's an uneven advantage."

"This is suppose to be a healthy sport."

She claims to have been a fat child but now, at 5' 5", she is a slender 116 and competes about four times a year.

When her 10 hour work ends she heads for the gym, usually about 7:30 p.m. It's after training that she finds time to relax and do the paperwork required of the job. And because of her travels she probably has more memberships in different gyms than most

Please see EDISON, page 45

Shirts available for referees

By Judy Gedney

As per directive of the 1992 National Meeting, all registered referees in good standing will receive a white cotton t-shirt with collar and ADFPA logo.

Currently registered referee's wishing to apply for this gift should fill out the Referee's Resume Form found in the ADFPA Rulebook listing the work done for the 1992 and 1992 registration years. Also include if and when you have attended the required Referee's Clinic to be held in conjunction with each ADFPA National Championship.

Send the completed form along with the t-shirt size to:

Judith Gedney
Western Illinois University
Macomb, IL 61455

Our ADFPA memberships is privileged in belonging to a quality organization that promotes excellence in performance, training, and in officiating. The Referee's Committee encourages all referees to review their rulebook often and to enforce all rules and policies.

Whenever there is a compromise on the rules or in the value system of any organization, the consequences are long-lasting and detrimental to that organization. As ADFPA referees, let us all be committed to excellence; demonstrate that commitment by a thorough knowledge of the rules and by a professional appearance in full uniform when acting in an official capacity.

ADFPA Rulebook corrections

Submitted by Judy Gedney

Please note the following corrections in your appropriate ADFPA Rulebook.

LIFTER'S RULEBOOK

Page 4, G. Shirts: #5. Emblems/logos which are powerlifting related and are NOT obscene or degrading to the sport are legal. Half shirts or cut-off shirts are NOT permitted.

Page 5, I. BELTS: Maximum dimensions of Belts: #2. Thickness: 13mm. (1/2")

RULEBOOK (Revised, 1992):

Page 1, #3. All meet sanction fees, with the exception of National Championships are \$35.

Page 1, #4. Meet sanction fees for National Championships are \$100.

Page 2, #5. Records: line 2: TYPO = Change "above" to "below".

The last portion of #5 lists National championships which keep Meet Records only; add to this list: "d. Deadlift National"; "e. Police and Fireman Nationals".

Page 3, #7. a.: There are two typos under the Women's Bodyweight Categories (for use on Balance-Type scales): Line 6 should read the "129.00 Pound Class...Line 9 should read the "176.25 Pound Class.

Page 4. e.: Line 3 should read: "published 6 times per registration year. (Members will receive 6 issues regardless of

registration date.)

Page 10: Add the following after "i. #5": "j. Drug test samples (both in and out of contest) must be collected by ADFPA Referees or by members of the ADFPA Drug Testing Committee."

Page 16, 2. SHIRT: #7.: Emblems/logos which are powerlifting related, which promote drug-free philosophies, which are ADFPA related and which are NOT obscene or degrading to the sport or to the ADFPA are legal.

Page 32, #2., line 9: Change the ":" following "...warned." to a ";" and change the rest of that section to read: "if the lifter fails to declare the next attempt, that next attempt can be forfeited at the discretion of the Chief Referee."

Page 39, #6, a. through e, and #7, a and b: TYPO = Each of these sentences begins with "Assume", this should have been "Assure".

Page 47. #1 STATE REFEREES: Following a through e, add: "f. Retaking the State Referee's Test will be limited to a minimum time period of 6 months."

Page 48, 2. f.: Test fees are no longer required. Replace that statement with "Retaking the National Referee's Test will be limited to a minimum time period of 6 month."

3. e.: Test fees are no longer required. Replace that statement with: "Retaking the International Referee's Test

will be limited to a minimum time period of 6 months."

Page 58., APPLICATION FOR A MEET SANCTION: Change Sanction Fee from \$30 to \$35.

Page 61., 18. c. #1: Change to read the following: "20 percent of Drug Testing costs for all full (3 lift) meets, and 15 percent for meets limiting the competition to less than the 3 powerlifting events.

#2: Change to read "\$2 per registration card sold at the meet."

Page 66. ADFPA CLASSIFICATION CHARTS: There is a TYPO in the weight class divisions for the Men's Classification; we have two 220 lb. classes. Please change the second listing of 220 to read "242".

WORLD DRUG FREE POWERLIFTING FEDERATION

World Records - As of October 1, 1992

WOMEN

LIFTER	SQUAT	BENCH	DEADLIFT	TOTAL
WOMEN'S 97 LBS CLASS				
OPEN				
J Gedney USA	270.0	154.2	319.5	722.0
MASTER (45-49)				
J Gedney USA	270.0	154.2	319.2	722.0
MASTER (50-54)				
J Gedney USA	253.5	137.7	287.5	688.7
WOMEN'S 104 LBS				
OPEN				
S Brooker GBR	292.0	181.7		760.5
D Burke USA			314.0	
MASTER (40-44)				
S Whiting USA	187.2	104.5	220.4	512.5
MASTER (45-49)				
Cherbonnel FRA	198.2	167.2	260.0	622.7
MASTER (50-54)				
J Gedney USA	275.5	148.7	303.0	688.8
MASTER (60-64)				
E Jones USA	115.5	55.0	187.2	352.5
WOMEN'S 111 LBS CLASS				
OPEN				
E Delbos FRA	304.0			
K Henry USA		170.7	380.2	825.5
MASTER (40-44)				
H Reuillon FRA	270.0	132.2	319.5	744.0
MASTER (45-49)				
S Rasor USA	264.5	160.0	304.0	716.5
WOMEN'S 116 LBS CLASS				
OPEN				
M Garner USA	347.0			
A Blintz GBR		192.7	363.7	854.2
MASTER (40-44)				
S Brady USA	308.5			
S Elwyn USA		154.2	336.0	793.5
MASTER (45-49)				
S Rasor USA	248.0	154.2		677.7
M Guinard FRA			292.0	
MASTER (50-54)				
B Plouvier BEL	286.5	143.2	303.0	332.5
WOMEN'S 122 LBS CLASS				
OPEN				
L.A. Adams USA	347.0			
A Blintz GBR		192.7	380.2	876.2
MASTER (40-44)				
G Keeble USA	270.0	148.7	314.0	727.5
MASTER (45-49)				
P Smith GBR	214.7	110.0	265.5	584.0
MASTER (50-54)				
B Falconio USA	231.2	121.2	292.0	644.7

WOMEN'S 129 LBS CLASS

OPEN				
R Cadres FRA				392.2
B Altizer	418.7	225.7		1003.0
TEEN (18-19)				
R Pottage AUS	220.0	148.7	264.5	633.7
MASTER (40-44)				
S Brady USA			154.2	347.0
C Grekoff USA	319.5			821.0
MASTER (45-49)				
P Smith GBR	209.2	110.0	286.5	584.0
MASTER (50-54)				
M Trichot FRA	220.2	94.0	264.5	556.5
WOMEN'S 139 LBS CLASS				
M Stevens USA	413.2			1030.5
C Kasbarian FRA		264.5		
TEEN (18-19)				
S Collar USA	292.0	159.5	369.2	832.0
MASTER (40-44)				
J Reif USA	242.5	132.2	270.0	639.2
MASTER (45-49)				
M Bureau FRA	264.5	165.4		716.5
N Halverstadt USA			287.5	
MASTER (60-64)				
N Decker USA	203.7	94.0	275.5	573.0
WOMEN'S 154 LBS CLASS				
J Pierce USA	413.2		485.0	1129.7
C Kasbarian FRA		259.0		
MASTER (40-44)				
J Hewlett GBR	210.2	123.2	297.5	628.4
MASTER (45-59)				
P Smith GBR	209.2	110.0	286.5	606.2
MASTER (75-79)				
P Larkin USA	159.5	77.0	236.7	473.7
WOMEN'S 176 LBS CLASS				
OPEN				
B Wonyetye USA	446.2	231.2		1113.2
J Dobson AUS			451.7	
TEEN (18-19)				
J Davis (USA)	308.5	126.7	319.5	755.0
MASTER (40-44)				
B Gill USA	271.0	132.2	330.5	716.5
WOMEN'S 198 LBS CLASS				
OPEN				
C Briggs AUS	385.7	176.2	396.7	947.7
WOMEN'S 198+ LBS CLASS				
OPEN				
C Waters USA			485.0	
C Regan USA	469.2	286.5		1140.7
MASTER (40-44)				
C Regan USA	469.2	286.5	410.0	1135.2

MEN

LIFTER	SQUAT	BENCH	DEADLIFT	TOTAL
MEN'S 114 LBS CLASS				
OPEN				
M Castro USA				
J Catalfamo USA				
K Bourque USA	413.2	236.7	473.7	
D Nguyen USA				
TEEN (14-15)				
C Pelky USA	225.7	121.2	275.5	622.7
TEEN (16-17)				
P Wasowicz POL	231.2	154.2	308.5	694.2

MASTER (40-44)				
P Andrieu FRA	264.5	154.2	380.2	799.0
MASTER (45-49)				
R Schlegel USA	341.5	170.7	374.7	881.7
MASTER (65-69)				
R Nolan USA	214.7	143.2	314.0	672.2
MEN'S 123 LBS CLASS				
OPEN				
D Pattaway USA	473.7			
F Higgins USA		292.0		
TEEN (16-17)				
C Stoval USA	314.0	181.7	358.0	843.2
TEEN (18-19)				
L Gerrard GBR	315.2	175.2	374.7	865.2

10th ANNIVERSARY

Titan Salutes All The Lifters
Who Have Made Us #1!

Thank You!

Free Lifting straps w/ purchase of
any suit, shirt, belt or shoes.

THE VICTOR

World Record Setting performance in
a stock sized suit. And only Titan backs its claims
with product replacement plus cash back
performance guarantee.

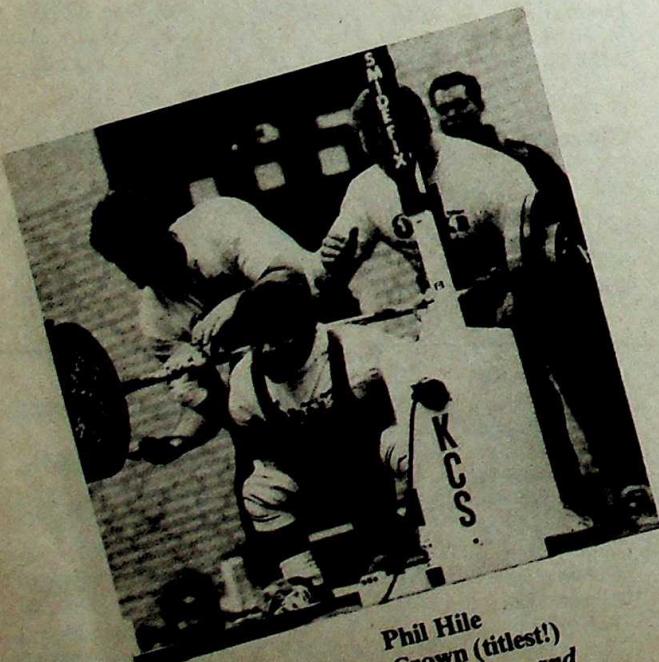
Colors: Navy Blue, Royal Blue & Burgandy

Sizes: even sizes 20-56. Fill out tailoring info. if
unsure of size.

High or Low Cut

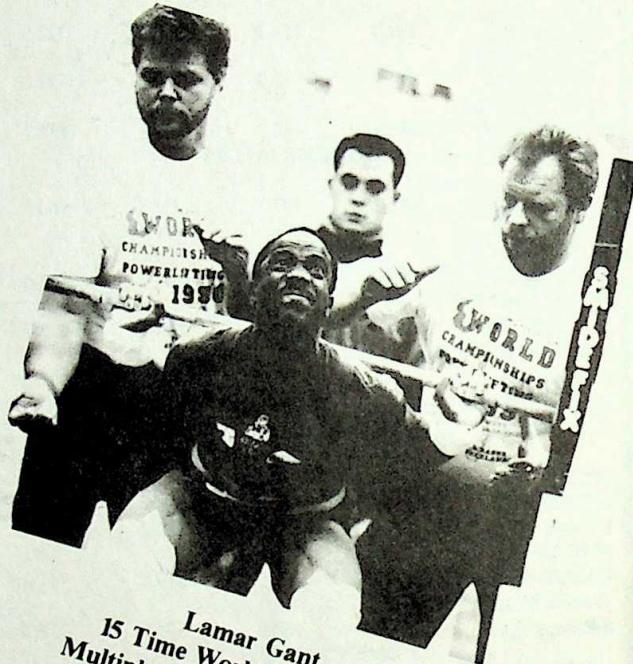
Guarantee: 3 month crotch blowout guarantee:
new suit + \$20.00 back. Same run and misc.
guarantee as on our custom suit.

\$34.00



Phil Hile
Triple Crown (titles!)
World ranked lifter and
Sr. National Champion

TITAN



Lamar Gant
15 Time World Champion
Multiple World Record Holder;
greatest dead lifter of all time.

CUSTOM TAILEDOR SUIT

The **only** suit actually tailored to your own
dimensions. Proven on World Records!
And backed by the ultimate guarantee, a
Titan performance guarantee!

Colors: Navy Blue, Royal Blue & Burgandy

Fits: *Regular* - snug fit for new lifters or
for passive support

Meet - tight, supportive fit for training
and competing

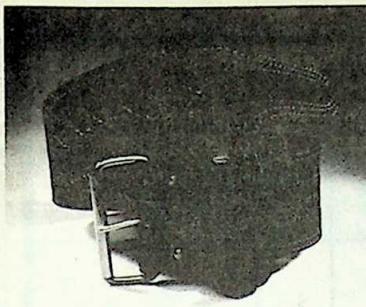
Competition - tightest fit, not
recommended for new customers

Styles: *Sideseam A* - strongest commercial
side seam \$36.00

Sideseam B - our original handmade
3 cm side seam \$38.00

High or Low Cut

Guarantee: 1 yr. run guarantee!
replacement + \$50.00 for any run! Three
month crotch blowout guarantee: new suit +
money back. Three month misc.
replacement guarantee.



Titan Powerlifting Belts

Maximum thickness and width. American made from the finest leathers and suedes. Unique features such as USA buckles, nickel rivets and 8 rows of tough nylon stitching for maximum support!

Black, Red and Blue \$60.00

*Stainless Steel Seamless Roller and Latch Belts available upon request. Call for prices and delivery time.



KNEE WRAPS

Red Lines -

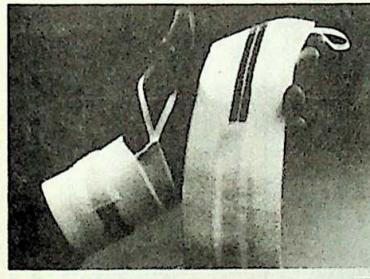
Guaranteed #1 in performance! Provides max. tightness and support! Guaranteed or money back.

1 pr.	\$13.00
2 pr.	24.00

Mega Wrap 10 -

Double thick, max. stretch for max. coverage (especially on large size lifters). Very Supportive.

1 pr.	\$11.00
2 pr.	20.00



WRIST WRAPS

Red Devils

Don't be fooled by cheaper versions! We guarantee this is the strongest, best made wrap ever! Features Titan stitching. (no inferior straight stitching) Red Line material, Aplix (30% stronger than Velcro) plus Thumb loop.

Standard length	1 pr	2 pr
Mid Length 24"	\$ 9.50	\$17.00
Full Length 36"	11.50	21.00
	13.50	25.00

NEW

SQUAT SHIRTS

Designed for max. upper back and Lat. support for those monster loads. We guarantee this to be the best upper torso support shirt ever! (3 months guarantee)

\$36.00 all even chest sizes.

Colors: Navy Blue, Royal Blue & Burgandy or Combinations, you choose.
Top: NBL, RBL, Burg;
Bottom: Black, Gold or RBL



SAFE'S SQUAT SHOES

Designed & manufactured exclusively for powerlifting ... not a converted high top. Features top grade leather, totally flat crepe sole for max. weight disbursement & slippage resistance, Cambrelle lining,

Texon sockliner & strap with metal buckle. 3-4 wks. delivery.

Contender: std. 3/4" heel. Black w/ white trim \$99.00

SST: any size or heel height. White, Black, Royal, Sky Blue, Red Gray & Pink \$139.00

National ADFPA Membership Roster

State	Total	Amount By Sex M F	Age of lifters						Referees			Suspended List	
			14-19		35-39		40+		INT	NAT	STAT		
		M	F	M	F	M	F	M					
Alaska	97	77	20	17	5	5	1	18	2		5	1	
Alabama	95	85	10	13	0	7	1	13	4	1		1	
Arkansas	6	6	0	2	0	1	0	1	0				
Arizona	66	59	7	11	3	0	0	12	1	2	2	1	
California	370	315	55	36	3	32	8	100	13	4	8	3	
Colorado	101	87	14	23	3	6	1	12	1	1	3		
Connecticut	73	67	6	6	0	9	0	11	0	1	1	1	
DC	3	2	1	0	0	1	0	0	0				
Deleware	86	78	8	9	2	6	2	9	0			1	
Florida	190	174	16	13	0	17	0	53	4	4	6		
Georgia	80	75	5	30	1	4	0	13	0	1	1		
Hawaii	59	48	11	6	0	1	2	9	1		4		
Iowa	57	56	1	13	0	6	1	5	0			1	
Idaho	41	37	4	6	2	4	0	6	0				
Illinois	403	361	42	114	14	24	5	54	5	3	5	1	
Indiana	306	273	33	84	11	25	4	39	3	1	1	9	
Kansas	5	5	0	0	0	1	0	1	0				
Kentuck	141	134	7	71	2	6	0	11	1	2	2	5	
Louisiana	73	50	23	36	19	0	0	3	0		2	1	
Massachusetts	145	137	8	15	0	11	1	23	3	1	2	1	
Maryland	169	153	16	15	3	19	2	30	2		3	2	
Maine	64	40	24	9	10	3	2	7	2			1	
Michigan	251	233	28	78	14	23	0	43	5	3		3	
Minnesota	242	223	19	57	6	8	2	55	0		8	9	
Missouri	154	140	14	24	1	17	0	27	1	3	2		
Mississippi	57	53	4	18	1	3	0	7	1	2	1	2	
Montana	5	3	2	1	1	0	0	1	0	1			
North Carolina	69	64	5	11	0	7	2	7	0			2	
North Dakota	14	13	1	1	0	0	0	2	0			2	
Nebraska	62	57	5	15	1	6	0	11	1	2	1		
New Hampshire	35	33	2	4	0	8	1	7	1			2	
New Jersey	211	200	11	21	1	21	2	45	2	2	1	5	
New Mexico	15	14	1	0	0	1	0	1	0				
Nevada	8	8	0	0	0	1	0	2	0				
New York	461	412	49	101	13	36	6	73	4	1	4	25	
Ohio	221	203	18	28	5	11	2	36	4		1	9	
Oklahoma	32	29	4	1	0	0	1	9	0		1	3	
Oregon	31	30	1	5	0	1	0	4	0			2	
Pennsylvania	539	510	29	74	6	55	2	83	2	3	7	6	
Rhode Island	12	9	3	0	0	2	0	1	0			3	
South Carolina	112	105	7	6	0	9	1	17	0		2	4	
South Dakota	93	89	4	30	1	7	0	7	0			2	
Tennessee	9	9	0	3	0	1	0	2	0				
Texas	156	128	28	15	5	7	3	20	0	1	4	7	
Utah	7	5	2	0	0	0	0	0	1				
Virginia	175	158	17	24	1	15	1	22	1		4	2	
Vermont	46	35	11	4	1	3	2	8	0			2	
Washington	220	174	46	20	3	7	8	43	6		4		
Wisconsin	192	168	24	31	6	10	4	25	4	1	3	5	
West Virgina	20	16	4	0	0	2	1	3	1	1	1	2	
Wyoming	3	3	0	0	0	1	0	1	0				
Foreign	3	3	0	0	0	0	0	0	0				
TOTAL	6086	5436	650	1101	144	428	69	1016	76	29	76	153	24

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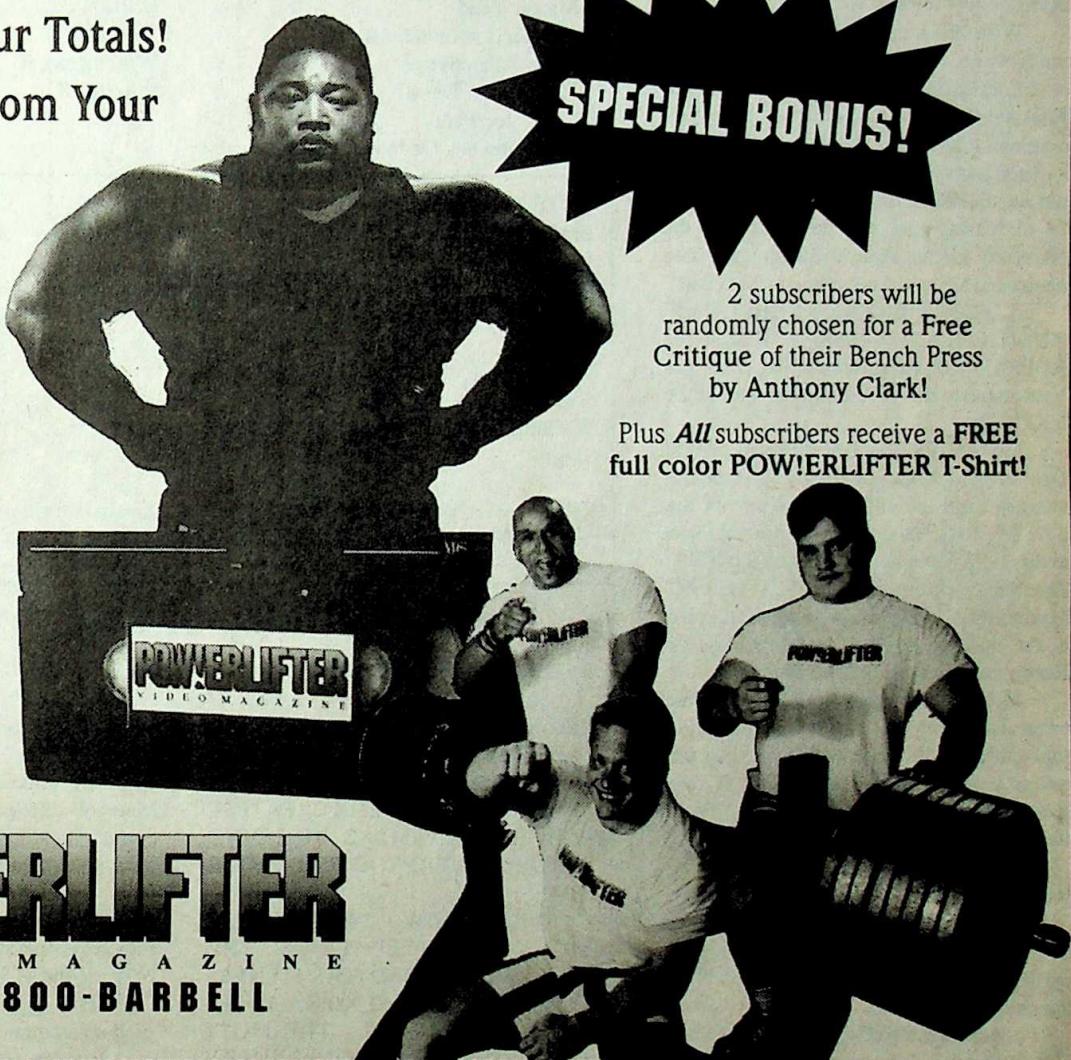
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VOTE

continued from page 7

we should again nominate individuals who should represent the ADFPA at the World Masters. There are no meetings to attend, so their purpose will be to act as referees and ambassadors for the ADFPA. Last year we voted for five with Allan and Brenda getting full airfare and Stephanie and Judy splitting the third spot for half airfare.

With the number of lifters who will probably go, we could earn one or two, three at the most, free air tickets to this meet. Fourteen different people received nominations last year. The proposed criteria, as listed last year by John, included that your nomination be an International Referee and be of master age, but these are not the necessary criteria. Please vote for your three choices using whatever criteria you desire.

4. ADFPA BANNED SUBSTANCE ADDITION: Add CLENBUTUROL to the ADFPA's banned substance list. This has been added to the WDFPF list as well as the IOC's list.

5. MASTER'S COMMITTEE ITEMS: Due to a mix-up, the Master's meeting minutes from the 1991 Master's from the 1991 Master's Nationals were not voted on at the 1992 National Meeting of the NGB. The Master's Committee voted at the 1992 Master's Nationals to submit both years items to the NGB on an item for items basis by listing them as agenda items for 1993.

Most of the items should go before the entire NGB, but it is my recommendation that we vote on the items which are older and not as controversial in an attempt to save some time at our upcoming meeting. These items are as follows.

a. Accept the Master's Committee by-laws as submitted by the Executive Board.

b. Proof of age requirement for master's be modified to include either copy of birth certificate, or a legible copy of driver's license, or passport.

c. Accept the McCollough classification system for men as approved by the Master's Committee.

d. Approve the master's choice of National Meet site as Sacramento, CA as amended to be held on November 13 & 14, 1993.

Please vote on the above 8 items and return your votes to me no later than January 20th so that results of the voting can appear in the next issue of POWERLIFTING TODAY which is scheduled to be mailed early February. I am enclosing a voting form for you to help expedite your vote.

Yours in DRUG FREE powerlifting,
Allan Siegel, President.

Copy to: Joe Pyra, Master's Committee.
Mike Chouinard, Drug Testing Committee.

TABULATION OF EXECUTIVE COMMITTEE VOTES

NOMINATIONS FOR AUSTRALIA TRIP

ITEM	YES	NO	ABS	Siegel, A	6
1. Fire/Police Bid	8	0	0	Pyra, J	3
2. World Team Budget	7	1	0	Petroff, J	4
4. Banned List	7	1	0	Bennett, B	2
5a. Master's By-Laws	6	1	1	Siegel, B	1
5b. Proof of Age	7	0	1	Schroeder, C	1
5c. Class System	7	0	1	Gedney, J	2
5d. Master's Bid	8	0	0	Griffith, P	1
3. List your 3 nominations				Trevorah, T	1
1st - Allan Siegel				Washington, B	1
2nd - John Petroff				Whiting, S	2
3rd - Joe Pyra					
4th - Bennett, Gedney, Whiting (Tied)					

VOTE COUNT	1.	2.	4.	5A	5B	5C	5d
Brady	yes	yes	yes	yes	yes	yes	yes
Petroff	yes	yes*	yes	yes	yes	yes	yes
Bennett	yes	yes**	yes	abs	abs	yes	yes
Gaynor	yes	yes	no	yes	yes	yes	yes
Whiting	yes	yes**	yes	no	yes	yes	yes
Schroeder	yes	yes	yes	yes	yes	yes	yes
Gedney	yes	yes**	yes	yes	yes	yes	yes
Washington	yes	no	yes	yes	yes	abs	yes
Siegel	yes	yes	yes	yes	yes	yes	yes

KEY: * = Only funding for 1st and 2nd place finishers for Master's Worlds

** = With some notations re: Limits (But conforms to last year's)

The Gullibility of the powerlifter

By RICKY DALE CRAIN

A wise old powerlifter once said, "If Eskimos won't buy ice why will powerlifters buy rhinoceros powder or pit bull optimizer in a barrel."

IT'S NEW! IT'S THE GREATEST WEIGHT GAIN/MASS BUILDING PRODUCT EVER PRODUCED IN OUR TIME!

THE NEW "METABOLIC MONKEY JUICE" FROM THE HAHAWE GYPPEYOU FITNESS COMPANY WITH 42,000 CALORIES IN EACH SERVING - THE MOST CALORIES EVER OFFERED BY ANYONE IN A SERVING SIZE.

I was so excited after reading the ad that I couldn't wait to get some of the product. I had visions of 60 to 80 pounds of muscle gain each month, increasing my squat from 295 to 735 pounds by a week from Sunday.

I am sure I can because, hey, the ad said so.

Well, I decided to get a two months supply to cover me to the next meet. I did need to make a few arrangements though before buying my two months' supply. Let's see, "Pick up truck and dolly. Pallet in truck, three workout partners with weight belts and wraps, and a letter of credit with

bank for \$2,000."

Alright, I'm on my way to my local health food store, 'The Gyp Pit Health Store.'

As I walked into the store I saw the Metabolic Monkey Juice stacked in the corner. Those huge cans of powdered juice just waiting to be metabolized by my hungry body. I couldn't wait, I was excited. Just think, me, bigger, faster, stronger, and a most awesome sight after only two months of using the Metabolic Monkey Juice.

"Hey guys, go get the dolly so I can pick up a couple of cans of this stuff."

I couldn't help but gain weight and on just one 42,000 calorie serving each day.

I know an 80 gallon can of Metabolic Monkey Juice was a bit more than the other brands but I knew it would be worth it because, hey, the said said so. But, then again, "it's worth it," the ad said.

Hey Guys, dolly the two months supply out to my truck and put it on the pallet. I can't wait to try it, starting next pay check. You see, first I have to take out a loan to buy a cement mixer to mix each serving size. Buthey, "it's worth it," the ad says so.

And hey, "when this is used up, I can't wait to buy their new improved 96,000 calorie a day product."

Open Top 50

114 LBS SQUAT		114 LBS BENCH		114 LBS DEADLIFT		114 LBS TOTAL		123 LBS SQUAT, cont.		123 LBS BENCH, cont.		123 LBS DEADLIFT, cont.		123 LBS TOTAL, cont.					
443 Bourque, KJ	6/6	424 Bozzelli, B	4/4	468 Nguyen, D	6/6	1124 Nguyen, D	6/6	315 Ahlsweide, J	10/31	215 Garcia, M	5/3	358 Hahoney, T	4/4	870 Sinclair, C	3/14				
413 Garcia, H	4/4	424 Garcia, H	4/4	446 Garcia, H	4/4	1118 Bourque, KJ	6/6	315 Sinclair, C	3/14	214 Vilner, B	8/1	355 Sinclair, C	3/14	870 Maddock, M	11/21				
407 Nguyen, D	6/6	292 Honeycutt, B	3/21	446 Bourque, KJ	6/6	1102 Garcia, H	4/4	314 Sorter, J	4/4	214 Hawkins, W	3/21	355 Sinclair, C	3/14	865 Hahoney, T	4/4				
405 Brant, S	6/1	255 Hunt, C	10/10	445 Snell, K	3/14	1025 Snell, K	3/14	314 Hickman, C	9/19	210 Denton, T	9/5	352 Yoon, A	3/7	859 Kern, J	4/4				
358 Vera, J	5/23	248 Nguyen, D	6/6	440 Thomson, R	2/15	1008 Vera, J	5/23	314 Vilner, B	8/1	209 Reyes, R	4/4	352 Kern, J	4/4	845 Morningwake, B	8/11				
350 Snell, K	3/14	240 Mammoli, J	5/2	413 Vera, J	5/23	960 Brant, S	6/1	314 Denton, T	5/15	209 Sturval, C	4/4	350 Paoli, J	3/21	835 Denton, T	11/14				
330 Vilner, B	5/23	236 Vera, J	5/23	407 Leonard, A	6/6	959 Vilner, B	5/23	300 Olson, T	4/25	208 Cooper, L	5/17	350 Maddock, M	11/7	830 Huskey, B	5/16				
330 Leonard, A	6/6	236 Vera, J	5/23	402 Vilner, B	5/23	947 Bozzelli, B	4/4	285 Collins, D	11/7	205 Spagnano, J	2/15	350 Olson, T	4/25	820 Flaherty, R	6/27				
330 Darling, B	4/4	231 Bourque, KJ	6/6	390 Brant, S	6/1	936 Thomson, R	2/15	280 Huskey, B	5/16	200 Sinclair, C	3/14	330 Morningwake, B	8/11	815 Sorter, J	4/4				
330 Suzuki, O	5/23	230 Snell, K	3/14	385 Walker, D	4/4	913 Leonard, A	6/6	278 Maletta, D	5/17	195 Short, J	6/20	330 Strickland, A	3/14	810 Peterson, J	4/11				
325 Hunt, C	10/10	225 Vilner, B	5/23	385 Bozzelli, B	4/4	885 Hunt, C	10/10	275 Strickland, A	3/14	190 Collins, D	11/7	325 Flaherty, R	6/27	795 Collins, D	11/7				
319 Bozzelli, B	4/4	203 Leonard, A	4/4	374 Suzuki, O	5/23	881 Sinclair, C	4/4	255 Griffen, B	5/9	190 DeDonato, A	2/15	325 Sorter, J	4/4	780 Strickland, A	3/14				
319 Sinclair, C	4/4	200 Burgamy, L	5/3	374 Sinclair, C	4/4	865 Darling, R	4/4	255 Lopez, A	10/10	190 Morningwake, B	8/11	293 Garcia, M	5/3	743 Garcia, M	5/3				
314 McKinney, D	5/3	198 Walker, D	4/4	355 Darling, B	3/7	859 Walker, D	4/4	255 Clodfelter, J	8/15	187 Hahoney, T	4/4	325 Mahoney, T	3/7	740 Mahoney, T	3/7				
305 Maddock, M	3/3	192 Thomson, R	2/15	352 Payne, D	8/15	837 Suzuki, O	5/23	253 Garcia, M	5/3	181 Schlegel, B	4/4	320 Collins, D	11/7	735 Lopez, A	10/10				
303 Thomson, R	2/15	192 Martocci, T	11/21	352 Bates, H	4/4	832 Baiza, H	4/4	250 Mahoney, T	3/7	181 Aguilar, D	11/21	319 Scouray, D	10/31	725 Clodfelter, J	8/15				
300 Payne, D	11/14	187 Bates, H	4/4	350 Carver, T	11/7	830 Maddock, M	3/3	248 Cooper, L	5/17	180 Maddock, M	11/21	315 Denton, T	11/14	688 Fischer, P	9/25				
297 Vernier, J	4/4	187 Sinclair, C	4/4	345 Maddock, M	3/3	788 Vernier, J	4/4	245 Lamens, K	10/10	180 Lopez, A	10/10	314 Fischer, P	9/25	675 Meade, C	2/23				
292 Bates, H	4/4	187 Suzuki, O	5/23	325 Vernier, J	4/4	782 Green, R	9/25	245 Peterson, J	4/11	180 Crunk, M	11/8	305 Clodfelter, J	8/15	675 Griffen, E	5/9				
275 Flood, C	4/4	185 Darling, B	3/7	325 Hunt, C	2/1	775 Payne, D	11/14	235 Meade, C	2/23	176 Clark, T	4/4	305 Meade, C	2/23	655 Lamens, K	10/10				
275 Green, R	9/25	181 Green, R	9/25	325 Green, R	9/25	760 McKinney, D	5/3	132 LBS SQUAT	132 LBS BENCH		132 LBS DEADLIFT	132 LBS TOTAL		132 LBS SQUAT	132 LBS BENCH		132 LBS DEADLIFT	132 LBS TOTAL	
275 Walker, D	4/4	180 Maddock, M	3/3	303 Trautman, D	4/4	750 Carver, T	11/7	490 Pallas, A	2/9	369 Ortiz, D	2/29	501 Payne, P	5/15	1218 Payne, P	5/15				
245 Carver, T	11/7	170 Riley, P	11/21	297 Seymour, D	2/16	677 Flood, C	4/4	468 Hoff, RJ	6/6	341 Byrnes, C	9/25	462 Lowder, N	10/9	1201 Hoff, RJ	6/6				
240 Redford, J	11/7	170 Stoneking, D	6/27	295 Redford, J	11/7	666 Owens, R	4/4	457 Borgia, T	5/3	319 Lawrence, J	11/21	460 Kim, C	2/28	1185 Palas, A	2/9				
237 Owens, R	4/4	165 Vernier, J	4/4	292 McKinney, D	5/3	665 Redford, J	11/7	445 Holman, R	6/27	308 Gaugler, B	3/21	457 Mason, M	6/6	1184 Borgia, T	5/3				
230 Ryman, K	2/1	165 Vernier, J	4/4	290 Jones, T	3/7	650 Jones, T	3/7	440 Payne, P	5/15	303 Kabakalai, A	3/21	457 DBella, J	8/15	1162 Mason, M	6/6				
226 Underwood, M	4/4	165 Brant, S	6/1	278 Patel, A	5/17	633 Smith, R	2/22	440 Guynn, R	5/15	300 Kinser, R	5/2	457 Pallas, A Jr	6/6	1129 Guynn, R	5/15				
226 Beldin, B	4/4	160 Owens, R	3/7	275 Ryman, K	2/1	628 Trautman, D	4/4	435 Gray, D	4/4	297 Babassafalim, A	11/21	457 Hoff, RJ	6/6	1113 Mayer, A	1/19				
225 Echauvria, R	9/26	159 Granko, B Jr	2/23	270 Owens, R	3/7	625 Bevenour, D	4/26	625 Ryman, K	2/1	297 Oue, J	2/29	457 Borgia, T	5/3	1110 Holman, R	6/27				
225 Jones, T	3/7	155 Franklin, K	8/23	270 Echauvria, R	9/26	615 Hartwig, S	3/3	413 Jones, A	10/9	292 Arbackle, R	10/10	450 Holman, R	6/27	1085 Lowder, N	10/9				
225 Hartwig, S	3/3	154 Smith, R	2/22	264 Rheinlander, S	8/15	606 Beldin, B	4/4	407 Depp, D	5/15	292 Day, P	3/21	446 Moore, E	3/7	1080 Mamisto, M	6/6				
220 Jewell, R	11/7	154 McMullen, A	4/4	264 McMullen, A	4/4	600 Echauvria, R	9/26	407 Pumio, B Jr	2/29	290 Thomas, H	4/18	440 Suzuki, C	2/16	1075 Thomas, H	2/1				
209 McMullen, A	4/4	154 McKinney, D	5/3	154 James, A	10/3	600 Jewell, R	11/7	405 Lovelace, J	2/1	286 Peaster, C	2/15	435 Howard, T	4/4	1063 Roberts, C	2/1				
205 Hamilton, J	5/12	154 James, A	10/3	264 Flood, C	4/4	589 McMullen, A	4/4	405 Stipa, P	5/9	286 Smith, R	4/4	435 Depp, D	5/15	1063 Depp, D	5/15				
205 Bevenour, D	4/26	150 Scroggins, J	3/14	259 Beldin, B	4/4	589 Patel, A	5/17	402 Thomas, H	4/4	285 Hren, M	8/8	435 Gray, D	4/4	1060 Kim, C	2/28				
198 Trautman, D	4/4	150 Payne, D	9/5	253 Smith, R	2/22	562 Underwood, 4/4	4/4	402 Smith, R	4/4	281 Haro, M	10/3	425 Andrews, A	1/25	1058 Moore, E	3/7				
188 Patel, A	5/17	150 Bevenour, D	4/26	250 Hartwig, S	3/3	515 Hamilton, J	5/12	396 Mamisto, M	6/6	281 Borgia, T	10/9	424 Mamisto, M	6/6	1055 Depp, D	8/22				
185 Barron, L	2/1	140 Hartwig, S	3/3	242 Underwood, M	4/4	515 Lee, A	11/21	396 Moore, B	3/7	281 White, C	6/13	424 Stagg, M	8/15	1047 Stasser, A	4/4				
160 Booker, B	4/11	140 Jackson, R	10/25	240 Jewell, R	11/7	475 Barron, L	2/1	395 Roberts, C	2/1	280 Dipiazza, T	2/15	420 Lovelace, J	2/1	1047 Smith, R	4/4				
159 Bruce, S	4/4	140 Jewell, R	11/7	231 Bruce, S	4/4	474 Bruce, S	4/4	391 Meyer, M	10/10	280 Rosenblatt, P	2/22	420 Kinser, R	9/5	1047 Clemens, K	10/10				
155 Slough, B	3/7	137 Flood, C	4/4	205 Hamilton, J	5/12	450 Booker, B	4/11	391 Stizer, A	4/4	280 Tidwell, T	5/16	420 Pausell, T	6/27	1041 Pumio, B Jr	2/29				
125 Shiley, D	2/1	135 Jones, T	3/7	200 Booker, B	4/11	395 Slough, B	3/7	385 Spies, B	4/4	280 YumKum, C	4/18	418 Young, P	5/15	1041 Howard, T	4/4				
123 Hynds, G	3/21	132 Hynds, G	3/21	200 Munger, M	10/31	350 Shiley, D	2/1	380 Kinser, R	5/2	275 Hoff, RJ	6/6	418 Spies, B	4/4	1035 Stipa, P	5/9				
130 Redford, J	11/7	195 Barron, L	2/1	160 Shiley, D	2/1	350 Shiley, D	2/1	370 Ranger	8/11	275 Brown, M	2/1	415 Ranger	8/11	1030 Spies, B	4/4				
126 Trautman, D	4/4	160 Shiley, D	2/1	145 Slough, B	3/7	350 Ryman, K	2/1	365 Mazz, D	8/22	275 Mason, M	6/6	413 Caputo, R	8/15	1025 Lovelace, J	4/4				
121 Beldin, B	4/4	145 Slough, B	3/7	248 Cooper, L	5/17	350 Hogen, V	11/21	365 Andrews, A	1/25	275 Miller, B	4/18	410 Lechman, K	10/31	1019 Oue, J	2/29				
120 Ryman, K	2/1	270 Hogen, V	11/3	428 Cooper, L	5/17	350 Lee, A	4/4	363 Howard, T	4/4	270 Fiore, D	3/21	405 Hires, M	2/22	1010 Ranger	8/11				
115 Pricker, I	10/25	270 Hogen, V	11/3	425 Ahlsweide, J	10/31	1014 Lee, A	4/4	363 Hires, M	2/22	270 Chin, W	2/22	405 Roberts, C	2/1	1003 Hires, M	2/22				
115 McMullen, A	4/4	259 Garvey, P	11/21	418 Bozelli, D	8/15	1014 Lee, A	4/4	363 Woo, P	4/4	270 Delbonis, J	5/16	405 Shull, D	6/21	1003 Woo, P	4/4				
113 Patel, A	5/17	253 Ramsey, D	2/22	418 Bozelli, D	8/15	1014 Lee, A	4/4	358 Oue, J	2/29	265 Roberts, C	2/1	402 Woo, P	4/4	1000 Andrews, A	1/25				
136 Bozzelli, B	11/14	248 Coronado, D	10/3	405 Loebel, D	4/11	1008 Jenkins, A	4/4	350 Randall, R	4/18	264 Clemente, J	10/3	402 Pumio, B Jr	2/29	997 Meyer, M	10/10				
358 Stovall, C	4/4	248 Maletta, D	5/17	402 Reyes, R	4/4	985 Gosling, J	11/14	260 Colline, C	11/8	260 Clemente, J	10/3	402 Stizer, A	4/4	965 Lombardo, D	4/25				
358 Yoon, A	3/7	245 Bozzelli, B	11/14	402 Jenkins, A	4/4	980 Bozzelli, B	11/14	260 Clemente, J	10/3	259 Skal, M	10/9	402 Sales, B	2/29	964 Hooper, V	3/7				
355 Maddock, M	11/21	245 Bardeen, D	2/23	402 Schlegel, B	4/4	955 Olson, T	3/14	260 Clemente, J	10/3	259 Skal, M	10/9	396 Huberty, J	2/16	959 Young, P	5/15				
355 Bardeen, D	2/23	245 Gomes, S	7/11	400 Gosling, J	11/14	953 Loebel, R	4/4	259 Kinsey, T	9/5	259 Kinsey, T	9/5	395 Thomas, H	2/1	953 Sales, B	2/29				
350 Paoli, J	3/21	242 Clemens, K	2/22	400 Gosling, J	11/14	950 Loebel, R	4/4	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Holquist, C	10/10	953 Hadcock	3/7				
347 Paoli, G III	4/4	240 Jenkins, B	4/18	390 Lee, A	5/15	942 Lombardo, D	3/7	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Lechman, K	10/31	947 Arza, C	3/7				
345 Loebel, D	4/11	236 Higgins, C	9/19	385 Vilner, B	8/1	942 Lombardo, D	3/7	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
341 Reyes, R	4/4	231 Lombardo, D	3/7	385 Clemens, K	2/22	942 Schlegel, B	6/13	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
340 Howerin, J	2/21	231 Yoon, A	3/7	380 Lombardo, D	3/7	936 Paoli, G III	4/4	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
336 Kern, J	4/4	230 Woo, P	2/1	375 Bozzelli, B	11/14	930 Howerin, J	2/1	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
335 Sierra, J	8/29	226 Jenkins, A	4/4	369 Higgins, F	4/4	930 Ahlsweide, J	10/31	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
330 Lombardo, D	3/7	225 Castro, M	2/15	369 Hickman, C	9/19	925 Stovall, C	4/4	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
330 Woo, P	2/1	220 Paoli, J	4/11	365 Peterson, J	4/11	925 Woo, P	2/1	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
330 Castro, M	2/15	220 Paoli, J	4/11	365 Peterson, J	4/11	924 Maletta, D	5/17	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
325 Flaherty, R	6/27	220 Paoli, J	4/11	363 Cooley, L	4/4	924 Maletta, D	5/17	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4/25				
325 Hahoney, T	4/4	215 Cooley, M	10/25	360 Donato, A	2/15	920 Hickman, C	9/19	259 Kinsey, T	9/5	259 Kinsey, T	9/5	255 Bryant, J	3/7	940 Lombardo, D	4				

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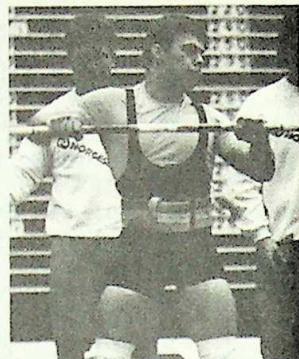
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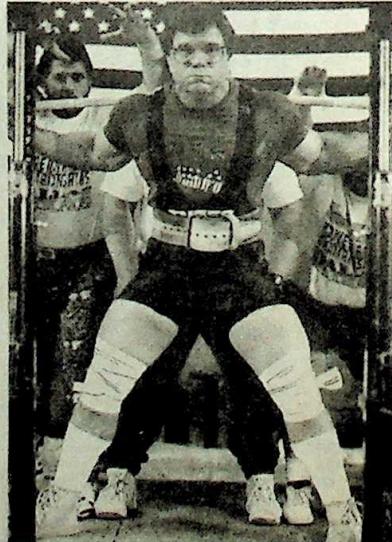
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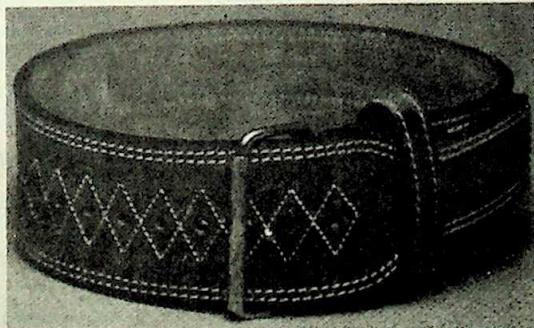
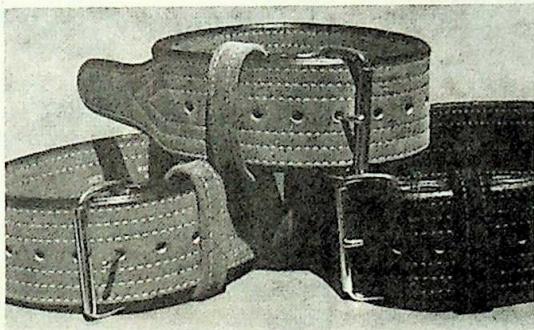


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**1993 ADFPA National
Meet Schedule**

February 20 & 21, 1993

ADFPA Armed Forces Nationals

Contact: Lt. Col. Joe Marsteiner, 218 Primrose Avenue, Redlands, CA 92373. (714) 382-7001.

February 27 & 28, 1993

ADFPA Lifetime Nationals

Contact: John Petroff, 13267 Windygate Lane, St. Louis, MO. (314) 434-5818.

March 27 & 28, 1993

ADFPA High School Nationals

Contact: Dennis Brady, 5920 N Ridge, Chicago, IL 60660. (312) 561-9692.

April 3 & 4, 1993

ADFPA Collegiate Nationals

Contact: Jeff Johnson, 110 Shawnee Hall ESU, E Stroudsburg, PA 18301. (717) 424-4960.

May 1 & 2, 1993

ADFPA Women's Open & Teen Nationals

Contact: Linda Jo Belsito, 209 West Nicholai St., Hicksville, NY 11801 (516) 932-0497.

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.

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ADFPA 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.....

ADFPA 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	1580	1638
Class I	772	838	904	1009	1102	1185	1257	1317	1367	1405	1468
Class II	689	744	805	883	981	1053	1113	1174	1218	1248	1301
Class III	601	650	700	783	854	920	986	1025	1064	1091	1141
Class IV	518	557	601	672	733	788	838	882	915	937	998

Woman's Classification Chart

Class	97	104	111	116	122	129	139	154	176	178+
International Elite	694	739	783	805	838	882	931	1020	1124	1257
Elite	630	678	717	739	772	805	854	931	1031	1152
Master	579	617	650	672	700	733	777	840	937	1047
Class I	518	557	584	608	628	651	700	768	843	942
Class II	463	496	518	540	562	584	623	678	750	838
Class III	402	430	457	488	511	513	546	585	656	733
Class IV	347	369	391	402	419	441	488	507	562	628

Top 50 continued from page 21

148 LBS SQUAT		148 LBS BENCH		148 LBS DEADLIFT		148 LBS TOTAL		148 LBS SQUAT		148 LBS BENCH		148 LBS DEADLIFT		148 LBS TOTAL	
551 Kupperstein, E	6/6	450 War, G	11/21	610 Loney, Z	6/1	1455 Caliver, J	4/11	520 Johnson, L	3/28	355 Easton, M	11/8	530 Walking Elk, P	2/8	1361 Lorimer, T	9/25
545 Caliver, J	4/11	419 Miller, L	S/3	600 Caliver, J	4/11	1427 Kupperstein, E	6/6	520 LaPoy, B	3/14	352 Guzman, Q	2/29	530 Warren, B	6/27	1360 Johnson, L	3/28
540 Page, O	10/9	380 Pommier, J	11/21	585 Campbell, J	10/10	1427 Beatty, D	6/6	520 Zamora, L	3/14	352 Rafael, A	5/23	530 Ryken, M	3/3	1355 Chappell, B	8/15
534 Beatty, D	6/6	374 Joseph, S	2/23	573 Reimandy, JA	6/6	1399 Zielinski, M	1/19	515 Giuletti, M	2/9	352 Cammiziano, P	5/23	529 Lorimer, T	9/25	1354 Ditter, K	5/17
529 Blake, H	6/6	363 Garcia, F	3/21	570 Ackerman, T	3/14	1394 Blake, H	6/6	512 McCallen, L	9/6	352 Ebenee, J	3/21	529 Reilly, D	8/15	1350 Waldrop, M	7/18
525 Promazaglia, D	10/9	360 Simpson, D	4/18	567 Kupperstein, B	6/6	1388 Promazaglia, D	10/9	512 O'Connell, B	5/15	352 Turner, L	10/3	529 Harris, P	10/9	1344 Smith, J	4/4
525 Cyr, A	4/26	360 Barton, R	4/26	562 Beatty, D	6/6	1361 Audia, J	9/25	510 Chong, B	4/25	350 Eliy, D	9/26	529 DiPaola, P	9/25	1340 Parris, P	5/14
518 Reimandy, JA	6/6	360 Rinker, J	10/25	562 Ackerman, M	2/16	1350 Reimandy, JA	6/6	510 Hudson, M	7/9	350 Vining, J	11/21	529 Hammer, B	3/7	1339 Blount, R Jr	4/4
515 Sigala, M	11/7	358 Audia, J	9/25	555 Bowe, M	4/11	1350 Johnson, S	7/18	507 Wakendzik, J	3/7	350 Bennett, J	2/28	529 McMillien, S	4/4	1339 Coghlan, S	10/9
507 Johnson, S	7/18	352 Promazaglia, D	10/9	551 Weinstein, L	8/15	1350 Sigala, M	4/25	507 Tripham, R	2/22	350 Poole, C	4/11	525 Siklawa, S	2/15	1333 Tripham, R	2/22
507 Bhojwani, S	9/25	352 Smith, A	4/4	545 Blake, H	4/4	1345 Jones, V	2/1	507 Cammiziano, P	5/23	350 O'Connell, B	6/27	525 Vorela, Dr	4/25	1333 Cammiziano, P	5/23
507 Andia, J	9/25	347 Spingam, B	3/21	545 Sigala, M	4/25	1345 Crawford, S	3/28	505 Clark, R	5/3	350 Bennett, A	2/1	525 Stewart, R	10/10	1328 O'Connell, B	5/15
505 Jones, V	2/1	341 Gerace, A	2/23	540 Johnson, S	7/18	1344 Smith, A	4/4	505 Sherwood, D	2/23	347 Wood, J	5/16	525 Riddle, J	5/2	1325 Douglass, D	1/12
501 Weinstein, L	6/6	341 Baron, J	2/23	530 Benemerito, J	9/26	1344 Weinstein, L	6/6	505 Charre, D	3/3	345 Terdy, D	12/10	523 Bubble, K	8/15	1325 Giuletti, M	2/9
500 Bowe, M	4/11	336 O'Connell, B	1/19	530 Loney	8/11	1333 Page, G	10/9	501 Krajir, P	5/23	341 Alexander, I	3/21	523 Chappell, B	4/4	1323 Walendzik, J	3/7
500 Ramos, D	8/15	335 Higgins, J	5/16	530 Jones, V	2/1	1322 Bhojwani, S	9/25	501 DiPaola, P	9/25	341 McCullum, L	9/6	523 Wedding, D	8/15	1322 Shocket, S	7/18
500 Carter, G	4/18	335 Lindberg, P	5/3	530 Payne, W	11/14	1320 Ackerman, T	3/14	501 Shocket, S	7/18	341 Knepf, M	3/21	523 Zuber, R	3/7	1320 Briones, N	9/5
500 Crawford, S	3/28	335 Mazz, M	8/22	530 Crawford, S	3/28	1315 Bowe, M	4/11	501 Nakamoto, R	2/29	341 Murray, E	3/21				
496 Smith, A	4/4	330 Burash, L	5/10	523 Theodorou, N	8/15	1310 Cyr, A	4/26			341 Braca, J	4/4				
496 Kimble, D	4/4	330 Crozier, L	2/29	520 War, G	11/21	1305 Benemerito, J	9/26			341 Rodriguez, D	4/4				
490 Kingore, T	10/9	330 Gaydos, C	4/4	512 Jacobs, J	9/25	1300 Kimble, A	4/4			341 Danisevich, D	3/21				
485 Robertson, B	3/7	330 Beatty, D	6/6	512 Promazaglia, D	10/9	1295 Payne, W	11/14			341 Moeller, S	11/21				
485 Payne, W	11/14	330 Burrello, T	12/10	512 Davis, K	4/4	1290 Burrello, T	3/2			341 Madison, R	4/4				
480 Eddy, R	2/1	330 Blake, H	4/4	510 Burrello, T	3/2	1290 Eddy, R	2/1			341 Kinsinger, J	5/3				
479 Johnson, T	4/4	330 Eddy, R	2/1	507 O'Dowd, J	1/19	1289 O'Dowd, J	1/19								
479 Griffith, P	7/18	325 Dickey, R	6/27	505 Schillinger, S	4/25	1278 Davis, K	4/4								
479 O'Connell, B	1/19	325 Bhojwani, S	2/9	505 Bhojwani, S	2/9	1273 Johnson, T	4/4								
475 Schillinger, S	4/25	325 Scharkley, J	2/15	501 Audia, J	4/4	1262 Robinson, B	3/7								
475 Benemerito, J	9/26	325 Rubio, J	3/21	501 Wilson, K	8/15	1260 Carter, G	4/18								
473 Niedzialki, C	3/7	325 Polke, S	3/21	501 Page, G	10/9	1251 O'Connell, B	1/19								
473 Davis, K	4/4	320 Renhema, N	2/22	500 Nightwalker	11/7	1250 Loney	8/11								
470 Nuvees	8/11	319 Anchama, H	10/10	500 Schramm, J	11/7	1250 Jacobs, J	9/25								
468 O'Dowd, J	1/19	319 Denitto, M	10/10	496 Holmes, J	10/9	1245 Kingore, T	10/9								
468 Jacobs, J	9/25	319 Margiotta, M	10/3	496 Smith, A	4/4	1240 Anchama, H	10/10								
468 McVane, A	4/4	319 Dickey, B	10/10	495 Lowe, B	4/11	1229 Temmerman, S	5/15								
468 Janigian, R	4/4	319 Heng, A	10/10	490 Carter, P	11/14	1229 Vaughn, B	9/19								
465 Burrello, T	5/2	319 Senfonie, A	3/21	485 Robinson, C	4/4	1223 McVane, A	4/4								
465 Pitcher, J	8/15	315 Crawford, S	3/28	485 Dunn, L	8/1	1220 Schillinger, S	4/25								
463 Kirk, C	4/4	315 Thomas, A	4/18	485 Robinson, B	3/7	1220 Ramos, D	8/15								
462 Temmerman, G	5/15	315 Suhmaki, G	6/27	485 Mullhaupt, C	9/25	1212 Robinson, C	4/4								
460 Wallace, J	2/23	315 Lawrence, B	2/9	485 Vaughn, B	9/19	1210 Wallace, J	2/23								
455 Loney	8/11	315 Hofstetter, J	11/8	485 Cyr, A	4/26	1207 Oyoska, B	5/23								
451 Dunn, L	8/1	314 Engel, K	3/21	485 Jari, T	4/11	1201 Theodorou, N	6/13								
451 Zicinaki, M	1/19	314 Johnson, T	4/4	480 Eddy, R	2/1	1201 Janigian, R	4/4								
451 Vaughn, B	9/19	314 O'Dowd, J	1/19	480 Daniels, S	2/1	1195 Beaumaster, P	4/25								
451 Robinson, C	4/4	310 Jones, V	2/1	479 Poy, G	8/15	1195 Niedzialki, C	3/7								
451 Theodorou, N	6/13	310 Craig, S	4/26	479 Johnson, T	4/4	1195 King, C	4/18								
451 Delaporte, J	9/25	310 Roberts, C	7/11	479 Anchama, H	10/10	1190 Duran, L	8/1								
450 Ackerman, T	3/14	310 DeMatteo, J	2/15	475 King, C	4/18	1190 Hamilton, B	2/29								
450 Lambert, A	5/9	310 Carter, G	4/18	474 Heck, J	4/4	1190 Kirk, C	4/4								
		310 Calliver, J	4/11			1190 Holmes, J	10/9								
165 LBS SQUAT		165 LBS BENCH		165 LBS DEADLIFT		165 LBS TOTAL		165 LBS SQUAT		165 LBS BENCH		165 LBS DEADLIFT		165 LBS TOTAL	
630 Benemerito, R	9/26	451 Miller, L	10/9	694 Bridges, B	5/15	1603 Bridges, B	5/15	677 Jones, G	4/4	451 Kanemoto, K	9/6	685 Meyers, T	4/11	1736 Jones, G	4/4
606 Brady, T	6/6	424 Dominelli, G	4/4	640 Solomon, E	6/1	1580 Benemerito, R	9/26	650 McAuliffe, J	9/26	440 McAuliffe, J	9/26	666 Jones, G	6/6	1675 McAuliffe, J	9/26
606 Hammer, E	3/7	413 Beavers, M	6/6	605 Kiser, G	11/21	1548 Beavers, M	6/6	650 Gerard, H	4/4	429 Alvarado, J	10/3	650 Ray, B	10/9	1675 Robinson, S	3/28
575 Beavers, M	6/6	410 Blatzenberg, D	6/21	606 Willet, M	5/2	1493 Hammer, B	6/6	650 Robinson, S	3/28	425 Register, J	11/8	644 Andrus, N	9/6	1636 Gerard, H	4/4
573 Guzman, Q	2/29	400 Denney, T	10/25	600 Cariglino, R	5/23	1490 Solomon, B	6/1	630 Taghivand, B	10/10	424 Green, K	3/21	644 Szigethy, J	8/15	1581 Bradham, C	4/4
570 Morris, G	5/2	573 Anchama, H	10/25	600 Blount, R	4/4	1466 Brady, T	6/6	628 Eddie, S	10/9	420 Friday, S	4/25	635 Ybarra, P	4/25	1573 Earle, S	10/9
562 Selby, J	4/4	400 Russell, L	4/18	589 Hollnagel, R	6/6	1460 Bennett, A	2/1	620 Patso, V	2/29	418 Jones, G	4/4	633 Gerard, H	4/4	1570 Andrus, N	9/6
560 Solomon, G	6/1	396 SanAgustin, M	10/3	585 Chang, B	4/25	1455 Selby, J	4/4	605 Arce, T	4/11	415 Ross, J	11/8	625 Robinson, S	3/28	1554 Kanemoto, K	9/5
556 Rodriguez, D	4/4	391 Norton, S	3/21	585 Batiste, R	2/22	1455 Guzman, Q	2/29	605 Arcivolo, M	8/29	415 Home, T	4/18	615 Sampeon, W	2/1	1550 Taghivand, B	10/10
555 Chappell, B	8/15	390 Lee, S	5/3	585 Benemerito, R	9/26	1450 Romine, S	6/27	585 Wallace, D	5/2	405 Comoly, W	3/14	606 Hughes, S	8/15	1545 Larcheck, J	10/31
551 Bridges, B	5/15	385 Sopher, J	5/16	580 Bennett, A	2/1	1449 Rodriguez, D	4/4	585 Lockett, G	6/1	400 Cross, T	11/8	589 Orengia, J	10/9	1510 Sampson, W	2/1
551 Blanchard, W	5/3	385 Geffin, J	9/20	580 Garofalo, R	4/25	1445 Willet, M	5/2	578 Quinn, A	9/19	396 Lee, K	3/28	585 McAuliffe, J	9/26	1504 Parzanchev-fard	4/4
551 Rafael, A	8/1	380 Boughn, B	4/25	580 Poole, C	4/11	1438 Braca, J	4/4	578 Taylor, G	3/7	391 Bradham, C	4/4	585 Rutledge, C	11/14	1500 Lockett, G	6/1
550 Douglas, D	1/12	375 Beechy, T	6/21	580 Bennett, J	2/28	1430 Garofalo, R	4/25	575 Balno, B	4/25	390 Surrate, M	4/11	573 Scott, R	6/27	1493 Arcivolo, R	4/4
548 Dittler, K	5/17	375 Miller, M	4/11	573 Selby, J	4/4	1410 LaPoy, B	3/14	575 Scott, R	1/12	390 Haag, T	11/3	575 Pinley, J	10/3	1488 Pilkenton, M	4/4
545 Willet, M	5/2	375 Romine, S	6/27	573 Braca, J	4/4	1405 Hollnagel, R	6/6	573 Scott, R	1/12	390 Ulmen, T	4/11	580 Finley, J	10/3	1482 Pilkenton, B	10/9
540 Romine, S	6/27	370 Kiser, G	11/21	573 Waldrop, M	7/18	1405 McCullum, L	9/6	573 McLaughlin, D	9/6	390 Campbell, D	11/3	580 Nubile	8/11	1477 Patto, V	2/29
540 Sennett, J	5/2	370 Saltzman, S	8/8	567 Shocket, S	7/18	1400 Chang, B	4/25	573 Marci, M	5/2	390 Bamonti, M	4/26	580 Clark, Z	2/16	1475 Conoly, W	3/14
540 Cahill, A	9/25	370 Sherwood, D	2/23	565 LaPoy, B	3/14	1399 Rafael, A	8/1	573 Gregorakis, G	11/8	385 Goumen, P	11/21	578 Milfeld, B	3/7	1471 Ray, B	9/25
534 Ferrie, F	5/14	363 Hammer, B	6/6	562 Lopez, C	8/15	1395 Morris, G	5/2	573 Garcia, A	5/15	385 Baertlein, B	3/14	575 Fisher, B	2/9	1466 Taylor, G	3/7
532 Belanger, D	5/16	363 Masster, J	11/21	560 Scully, B	9/26	1390 Poole, C	4/11	550 Davis, D	3/14	385 Klostgaard	2/15	575 Balno, B	4/25	1465 Kray, D	5/3
529 Zuber, R	3/7	360 Risher, J	6/20	556 Beavers, M	6/6	1388 Blanchard, W	5/3	550 Anderson, S	4/25	380 Harvey, B	2/15	575 Friday, S	4/25	1465 Scott, R	6/1
529 Cogliano, S	10/9	360 Collins, D	6/22	556 Williams, J	5/2	1385 Zamon, L	3/14	550 Prance, S	2/1	380 Surate, M	4/11	575 Scott, R	6/27	1463 Quim, S	9/19
525 Zwong, M	3/7	360 Risher, J	6/20	556 Rodriguez, D	4/4	1385 Braca, J	5/2	550 Bindert, H	9/26	374 Modica, P	9/25	563 Register, J	5/3	1462 Quim, S	9/19
525 Zomar, G	4/11	360 Collins, D	6/22	556 Poole, C	4/11	1385 Belanger, D	4/11	545 Jensen, T	2/23	374 Hopkins, R	4/11	563 Garcia, P	9/25	1460 Lockett, G	6/1
525 Gerace, R	4/12	360 Cossentini, S	3/21	556 Poole, C	4/11	1385 Romine, S	6/27	545 Dittler, K	5/17	374 Lloyd, B	5/2	563 Finley, D	6/27	1460 Merci, M	9/25
525 Gerofalo, R	4/25	363 Cahill, A	9/25	556 Williams, J	5/2	1385 Sherwood, D	2/23	545 Wilton, M	5/3	370 Mongold, R	4/11	563 Lif			

Continued next column

198 LBS SQUAT		198 LBS BENCH		198 LBS DEADLIFT		198 LBS TOTAL		220 LBS SQUAT, cont.		220 LBS BENCH, cont.		220 LBS DL, cont.		220 LBS TOTAL, cont.	
799 Wagner, R	4/4	496 Lewis, P	10/3	793 Scialpi, S	8/15	1912 Scialpi, S	6/6	650 Gengler, H	10/9	440 Lyman, T	11/3	630 Hayes, G	5/2	1640 Staats, H	3/14
733 Scialpi, S	4/4	473 Stone, J	3/21	722 Malejko, T	7/18	1868 Wagner, R	4/4	650 Young, A	8/15	440 Hubbard, J	11/21	630 Wingham, T	9/5	1636 Gillingham, G	6/6
720 Krieger, M	3/14	451 Sandier, D	3/21	710 Wilson, T	4/4	1846 Malejko, T	6/23	644 Schneider, C	3/7	440 Villalona, D	3/28	628 Rodenburg, S	9/19	1635 Emmons, R	2/1
710 Malejko, T	6/28	451 Fioris, M	9/25	705 Evans, M	1/12	1752 Harris, A	2/29	644 Riley, E	1/19	440 Brinton, B	4/11	625 Kane, J	11/14	1631 Edelstein, M	6/6
688 Boucher, D	4/4	450 Sallock, S	6/21	703 Rollins, J	10/31	1700 Arrington, R	1/12	644 Brinton, W	4/4	440 Wagner, P	6/13	625 Austin, W	5/15	1631 Givler, B	10/9
675 Stoddard, B	4/11	450 Cotton, B	6/27	685 SU uwade, O	4/11	1697 Kojima, K	2/29	640 Halliwell	2/9	440 Klinger, B	6/13	625 Powe, G	1/12	1631 Rodenburg, S	9/19
670 Arrington, R	1/12	450 Edwards, J	6/20	670 McCoy, W	8/30	1681 Wilson, T	4/4	640 Tyring, J	9/5	440 Wolfe, J	4/4	625 Stigler, P	10/31	1630 Halliwell, P	2/9
666 Harris, A	2/29	446 Hartrum, K	2/23	661 Wagner, R	4/4	1675 Krieger, M	3/14	639 Wolfe, J	4/4	440 Poggia, M	3/21	622 Sample, L	2/22	1625 Austin, W	5/15
661 Wait, S	5/23	445 McMillian, D	4/18	660 Terry, C	2/15	1658 Boucher, D	4/4	633 Werner, M	5/17	440 Anguiano, J	4/26	622 Girton, M	10/9	1625 Rosales, S	1/12
660 Loehmann, M	3/14	445 Young, R	11/8	655 Harris, A	2/29	1655 Stoddard, B	4/11	633 Earle, D	10/9	435 Dowers, B	3/21	620 Alsteen, C	10/31	1625 Wolfe, J	4/4
650 Martinez, M	3/14	440 Haertrum, K	3/21	650 Loman, M	2/23	1653 Sample, L	2/22	633 Key, E	5/15	435 Layne, S	7/11	624 Emmons, R	2/1	1620 Jacobs, J	3/14
650 Becker, M	4/11	440 McIntosh, J	5/16	644 Sample, L	2/22	1650 Loehmann, M	3/14	630 Kane, J	11/14	435 Edwards, J	3/21	620 Bowser, S	10/10	1614 Shimmers, K	5/3
650 Pomponio, J	11/7	440 Stein, R	11/8	628 Kojima, K	2/29	1650 Evans, M	1/12	628 McParland, M	10/9	435 Brinkin, W	4/4	617 Jarrett, M	5/3	1610 Samuel, D	10/10
644 Kojima, K	2/29	440 Encarnacion, L	4/18	625 Lockett, G	1/12	1642 Waisa, S	5/23	628 House, M	9/19	435 Haynes, R	6/27	617 Croner, W	4/4	1603 House, M	9/19
640 Burke, D	2/9	435 Diana, R	5/3	625 Krieger, M	3/14	1640 Lomar, M	2/23	625 Bejdak, P	5/14	435 Thurston, P	4/26	617 Edelstein, M	6/6	1600 Kan, J	11/14
639 Floris, P	9/25	435 Avera, J	4/26	622 Rice, F	7/18	1630 Pomponio, J	11/7	625 Beckley, B	3/14	430 Hawkins, R	5/2	615 Ercan, B	2/15	1600 Wilson	8/11
635 Loman, M	2/23	430 Roloson, R	2/22	622 Gorge, W	2/16	1620 Rigert, R	1/19	625 Chamber, N	6/1	430 Lillies, P	5/16	611 Gains, A	8/15	1590 Alsteen, C	4/11
633 Sample, L	2/22	430 Smith, T	11/3	620 Anzuah, D	9/5	1603 Floris, P	9/25	430 Maldonado, A	4/26	430 Skimmers, K	5/3	430 McPerrea, T	6/1		
630 Schleich, D	2/1	430 Arrington, R	1/12	620 Valchine, J	6/21	1598 Janca, A	5/15	430 Gains, A	8/15	430 Voce, K	4/4				
627 Chamber, N	6/1	429 Harris, A	2/29	617 Socchi, M	8/15	1590 Chamber, N	6/1	430 Janca, A	5/15	430 Stewart, A	6/6				
622 Jimca, A	5/15	429 Young, A	3/21	617 House, M	5/30	1590 Burke, D	2/9	430 Valchine, J	2/15	771 Spinipides, C	10/9	755 Stewart, A	6/6	1624 LBS TOTAL	
611 Thompson, M	4/4	425 Chevalier, D	5/16	615 Cook, J	11/8	1587 Rouse, J	2/15	611 Thompson, M	4/4	525 Byers, J	8/15	749 Spinipides, C	10/9		
606 Flora, J	6/28	425 Howell, R	4/25	611 Maleckt, T	5/15	1583 Malecki, T	5/15	611 Malecki, T	5/15	518 Minor, W	4/4	501 Donati, R	6/6		
600 Rouse, J	2/15	424 Tamaka, W	3/28	610 Cucinella, J	2/15	1581 Thompson, M	4/4	601 Cucinella, J	2/15	496 Hardeas, D	5/3	733 Koehn, C	6/6		
600 Valchine, J	4/4	424 Domey, H	3/21	610 Channer, N	6/1	1575 SU uwade, O	4/11	602 Hardeas, D	5/3	496 Donati, R	6/6	727 White, P	2/22		
600 Elliott, V	3/14	424 Tinker, S	2/23	610 Margulies, A	2/9	1554 Scruggs, K	3/7	603 Hardeas, D	5/3	496 Donat, D	8/8	727 Davidson, D	11/21		
600 Jackson, D	8/29	424 Gaddis, H	4/4	605 Margulies, A	2/9	1554 Scruggs, K	3/7	604 Hardeas, D	5/3	496 Donat, D	8/8	722 Donati, R	6/6		
600 Jordan	8/11	424 Coleman, N	10/9	600 Booth, T	2/28	1553 Sochor, D	5/2	605 Hardeas, D	5/3	485 Stewart, A	6/6	722 Donati, R	6/6	1622 Padock, B	4/4
600 House, M	5/30	424 Kojima, B	2/29	600 Brinkin, W	1/12	1554 House, M	5/30	606 Hardeas, D	5/3	485 Orlando, G	3/21	683 Padock, B	4/4	1629 Minor, W	4/4
600 Davis, R	8/29	420 Cheviroth, T	5/2	600 Moore, J	11/1	1553 Koleman, N	5/3	607 Hardeas, D	5/3	479 Guzzo, J	2/23	680 Henzberger, R	9/25		
600 Evans, M	1/12	418 Rigert, R	1/19	600 Gibson, B	3/14	1550 Chaney, M	4/26	608 Hardeas, D	5/3	475 Ferguson, J	6/20	675 Phillips, M	11/7	1602 Koehn, C	5/15
600 Chaney, M	4/26	418 Wyson, D	3/21	600 Rigert, R	1/19	1548 Kardum, J	9/25	609 Hardeas, D	5/3	475 Ragland, P	4/26	675 Knight, T	4/25	1602 Luck, B	4/4
600 Velazquez, C	3/14	418 Broucher, D	4/4	600 McCowan, P	5/2	1540 Kardum, J	9/25	710 Luck, B	4/4	475 Jarmo, B	5/16	672 Luck, B	4/4	1795 Gillespie, B	3/14
600 Rigert, R	1/19	418 Osbourn, R	10/10	600 Burke, D	2/9	1537 Valchine, J	4/4	705 Davis, T	3/14	475 Miller, C	6/27	670 Rowe, A	6/27	1790 Halliday, T	4/25
595 Scruggs, K	3/7	418 Scialpi, S	6/6	600 Booth, T	2/28	1535 Sochor, D	5/2	700 Horning, S	11/14	475 Swartz, B	5/2	660 Preiberg, J	4/25	1785 Swell, B	2/1
590 Moore, J	8/15	415 Sheas, S	11/3	600 Prancis, R	6/27	1535 Schleid, C	2/1	700 Ruh, R	11/14	475 Arthurs, L	2/9	655 Gillingham, K	10/3	1750 Horning, S	11/14
590 Sochor, D	5/2	415 Campos, B	4/25	600 Scruggs, K	3/7	1532 Jamess, R	4/4	701 Antoniou, C	11/15	473 Norman, B	3/21	655 Rolley, D	4/4	1747 Gross, G	6/6
590 Sigler, P	4/11	415 Chiwero, T	9/26	600 Kammerer, P	2/22	1530 Moore, J	8/15	688 Cunningham, 10/9	4/15	473 Slovin, A	2/23	655 Andrews, P	10/9	1745 Byers, J	3/14
589 Wilson, T	4/4	415 Barber, R	11/21	600 Martinez, M	3/14	1530 Rouse, J	8/15	683 Petz, A	9/6	470 Casney, D	2/1	650 Glass, L	1/19	1725 Davis, T	3/14
589 Malecki, T	5/15	415 Malejko, T	3/14	600 Rouse, J	2/15	1520 Jordan, S	8/11	677 Ward, S	4/4	465 Hubbard, J	2/8	650 Cannon, J	2/15	1719 Taverna, R	5/23
585 Poy, D	2/1	413 Wagner, R	6/6	595 Wilson, D	5/16	1520 Morehouse, B	9/25	677 Donati, R	6/15	462 Pulaski, J	3/21	650 Gillespie, B	3/14	1714 Beat, N	9/6
585 Baidok, C	5/14	413 Herman, C	3/21	590 Pomponio, J	11/7	1515 Jackson, D	8/29	677 Gross, G	6/6	460 Owens, H	6/20	650 Bevins, W	1/19	1714 Petz, A	9/6
584 Morehouse, B	9/25	413 Janekci, L	3/21	590 Jackson, D	8/29	1515 Gaddis, H	4/4	675 Byers, J	3/14	460 Robinson, J	5/2	650 Minor, W	4/4	1708 Cunningham, 10/9	
584 Dougherty, L	5/3	410 Brusas, J	11/3	590 Iahmel, J	4/25	1515 Velazquez, A	3/14	666 Taverna, R	5/23	460 Groth, S	4/26	650 Voigt, J	2/9		
580 Wearth, J	4/26	410 Mass, P	4/11	589 Safran, C	8/15	1515 Davis, R	8/29	661 Minor, W	4/4	460 Voit, M	6/21	645 Washington, B	11/15		
575 Partidge, T	3/14	410 Chaney, M	4/25	589 Fiora, J	7/18	1515 Jago, J	6/27	655 Washington, B	11/15	460 Shenahan, D	10/25	644 Taverna, R	5/23	1700 Washington, 11/15	
575 Jagoe, J	6/27	410 Ireland, P	2/22	589 Waits, S	5/23	1515 Martinez, M	3/14	656 Poze, S	8/15	455 Paquette, V	4/18	644 Cunningham, P	10/9	1697 Andrews, P	10/9
575 Moretti, J	8/15	407 Bivitch, S	3/7	585 Jago, J	6/27	1510 Bivitch, S	3/7	650 Best, N	9/6	451 White, P	2/22	644 Babrit, R	8/15	1690 Shepherd, L	3/14
575 Lewis, J	8/15	407 DeBono, K	3/28	585 Russell, T	5/2	1510 Francis, R	6/27	650 Jenkins, D	3/7	451 Best, N	9/6	644 Shepherd, L	3/14	1675 Glass, L	1/19
575 Ludwig, B	11/14	407 Matchick, T	3/21	584 Bilkman, J	9/19	1510 Francis, R	6/27	652 Jewell, S	8/11	445 Klinger, A	10/25	622 Mooney, T	8/15	1622 Mooney, T	8/15
575 Trapp, P	4/25			584 Cohen, D	9/6	1500 Lockett, G	1/12	653 Goss, J	2/15	440 Cross, J	2/15	622 Wright, L	9/20	1610 Rittage, W	9/26
575 Raccio, G	11/15							654 Miller, J	4/11	450 Haynes, R	4/25	617 Miller, J	2/15	1609 Segnar, K	9/19
575 Trapp, P	4/25							655 Miller, J	4/11	450 Haynes, R	4/25	633 Gross, O	6/6	1635 Antoniou, C	11/15
575 Raccio, G	11/15							655 Denahy, J	11/15	450 Horning, S	11/14	630 Okpala, A	4/25	1650 Miller, C	6/27
575 Trapp, P	4/25							656 Skyes, M	3/3	450 Brooks, T	10/25	628 Kruszynski, J	5/16	1645 Christensen, B	8/15
575 Raccio, G	11/15							656 Schott, L	11/14	450 Gasperone, M	6/27	625 Davis, T	11/1	1642 Bevins, B	5/15
575 Trapp, P	4/25							657 Ritzage, W	9/26	446 Andrews, P	12/13	625 Rich, R	11/8	1640 Denahy, J	11/15
575 Raccio, G	11/15							658 Voigt, J	2/9	446 Spinipides, C	10/9	625 Watson, R	6/1	1632 Seunalo, S	5/23
575 Trapp, P	4/25							658 Miller, C	6/27	446 Blumberg, M	2/22	623 Hanusa, D	5/3	1625 Ward, S	4/4
575 Raccio, G	11/15							659 Kolbeck, R	10/31	445 Thorsell, K	7/11	622 Mooney, T	8/15	1620 Casney, D	2/1
575 Trapp, P	4/25							660 Boyd, P	2/1	445 Lee, J	2/29	622 Wright, L	9/20	1610 Rittage, W	9/26
575 Raccio, G	11/15							661 Heffern, P	5/15	440 Silverson, T	6/27	617 Sowell, W	8/15	1605 Youngblom, B	4/25
575 Trapp, P	4/25							661 Poileau, T	10/10	440 Halliday, T	4/26	618 Phillips, B	3/28	1605 Pois, S	8/15
575 Raccio, G	11/15							662 Okpala, A	4/25	440 Cox, R	4/26	619 Campbell, P	6/21	1600 Phillips, B	3/28
575 Trapp, P	4/25							663 Knight, T	4/25	440 Blankens, K	5/2	620 Tyring, J	9/5	1600 Phillips, M	11/7
575 Raccio, G	11/15							664 Radisil, G	9/5	440 Babbitt, R	9/25	621 Best, N	5/23	1587 Uodzila, B	5/15
575 Trapp, P	4/25							665 Andrews, P	10/9	440 Salvidge, G	3/28	611 Ward, S	4/4	1587 Massick, T	10/9
575 Raccio, G	11/15							666 Phillips, B	3/28	443 Lewis, C	7/9	611 Nease, T	4/4	1587 Poileau, T	10/10
575 Trapp, P	4/25							667 Durand, M	3/14	443 Samovich, R	3/16	611 Preston, T	2/29	1587 Preston, T	2/29
575 Raccio, G	11/15							668 Ortiz, A	4/11	443 Bevins, W	1/19	612 Halliday, T	4/26	1585 Skye, M	3/3
575 Trapp, P	4/25							669 Abbott, M	5/14	443 Uodzila, B	5/15	613 Oelrich, J	10/10	1655 Youngblom, B	4/25
575 Raccio, G	11/15							670 Tyring, J	9/5	443 McElroy, C	2/23	614 Sowell, W	8/15	1605 Youngblom, B	4/25
575 Trapp, P	4/25							671 Antczak, S	10/31	443 Grosso, G	6/6	615 Phillips, B	3/28	1605 Pois, S	8/15
575 Raccio, G	11/15							672 Sidozio, M	11/14	443 Pois, A	5/23	616 Campbell, P	6/21	1600 Phillips, B	3/28
575 Trapp, P	4/25							673 Krueger, G	4/11	443 Hater, M	2/23	617 Tyring, J	9/5	1600 Phillips, M	11/7

Continued next column



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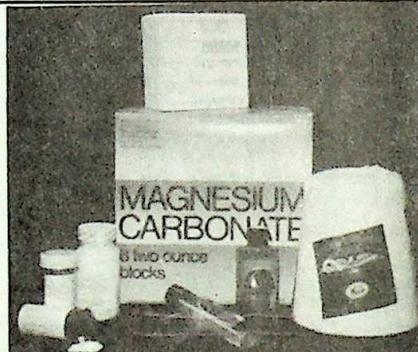


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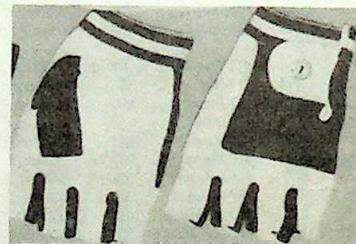
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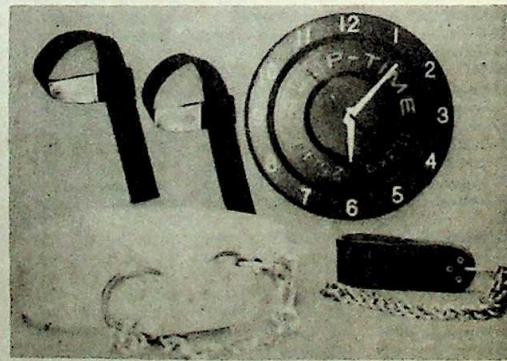
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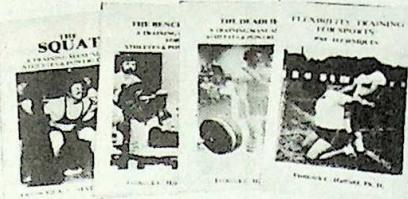
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Top 50 continued from page 26

275 LBS SQUAT		275 LBS BENCH		275 LBS DEADLIFT		275 LBS TOTAL	
913 Lowe, G	8/29	550 Given, R	8/8	760 Lowe, G	3/28	2120 Lowe, G	3/28
854 Gjermo, B	6/6	550 Rogers, D	2/1	744 Russell, B	8/15	2095 Gjermo, B	4/11
825 Schott, T	11/14	545 Tuulaupua, P	3/21	735 Gjermo, B	4/11	1995 Lecliat, T	2/29
825 Suredl, B	10/10	545 Shuman, B	3/21	725 Vance, K Jr	9/5	1978 Arnold, B	6/6
821 Lecliat, T	2/29	534 Lecliat, T	2/29	716 Philippi, M	6/6	1912 Philippi, M	6/6
804 Arnold, B	6/6	534 Napierkowaki, J	3/21	715 Gillingham, BH	4/25	1879 Gillingham, H	6/6
771 Moller, J	3/7	530 Sullivan, S	4/25	705 Thompson, K	5/2	1879 Moller, J	3/7
744 Machin, C	4/4	518 Gjermo, B	6/6	699 Arnold, E	6/6	1879 Schott, T	4/4
740 Long, J	11/14	518 Moller, J	3/7	683 Patterson, R	1/1	1870 Thompson, K	5/2
727 Husman, R	10/9	512 Amanovich, D	3/21	670 Ryan, P	8/29	1855 Rogers, D	10/10
722 Ricafrente	7/18	510 Weems, D	11/8	660 Smith, B	2/1	1850 Suredl, B	10/10
722 Philippi, M	6/6	510 Crowley, D	2/9	655 Mahoney, T	3/14	1825 Vivier, R	4/11
720 Walsh, S.	11/14	507 Luci, T	3/21	650 Culmen, S	9/25	1805 Weaver, R	2/1
720 Davis, G	6/1	505 Robinson, R	5/10	650 Chambers, J	7/18	1802 Machin, C	4/4
705 Thompson, K	5/2	505 Ugozo, T	3/14	650 Washington, B	2/1	1800 Walsh, S	11/4
705 Ryan, P	8/29	500 Vivier, R	4/11	650 Grill, S	11/8	1800 Long, J	11/4
700 Weaver, R	2/1	500 Gillingham, B	8/8	650 Schott, T	11/14	1796 Ricafrente	7/18
700 Vivier, R	4/11	500 Chambers, J	8/18	650 Doten, G	4/18	1795 Vance, K Jr	9/5
700 Rogers, D	10/10	496 Becker, F	10/3	645 Rogers, D	10/10	1791 Crayton, J	5/3
700 Willis, J	8/29	490 Dini, P	2/23	644 Ricafrente	7/18	1780 Ryan, P	8/29
694 Pledger, J	10/10	490 Husted, R	2/15	640 Milligan, G	5/2	1765 Mahoney, T	3/14
688 Rankin, P	10/10	490 Pecoraro, P	2/23	639 Jenkins, B	4/4	1763 Paszam, M	9/25
683 Gillingham, BH	6/6	490 Saunders, C	3/28	639 Leiat, T	2/29	1760 Smith, B	2/1
675 Washington, B	2/1	490 Lowe, G	8/29	634 Seebon, C	5/3	1758 Jenkins, B	4/4
675 Smith, E	2/1	485 Causey, D	3/21	633 Hansen, T	5/23	1750 Wells, J	8/29
675 Mahoney, T	3/14	485 Galvin, R	2/15	633 Cooley, D	9/19	1730 Thompson, R	1/19
672 Patterson, R	1/19	480 Shiver, T	2/15	630 Finland, T	2/25	1725 Washington, B	2/1
672 Paszam, M	9/25	479 Cooley, D	9/19	630 Weaver, R	2/1	1725 Chambers, J	7/18
670 Freeman, B	8/15	475 Painter, J	10/25	628 Machin, C	4/4	1703 Rankin, P	10/10
666 Jenkins, B	4/4	475 Orick, J	11/3	628 York, J	9/25	1702 York, J	9/25
666 Jenkins, D	9/19	475 Weaver, R	2/1	625 Medak, A	3/14	1690 Ugozo, T	3/14
661 Blankenship, S	5/3	475 Davis, E	4/11	625 Vivier, R	4/11	1690 Davis, G	6/1
661 Culmen, S	9/25	475 Howard, T	4/26	625 Walsh, S	11/14	1686 Seebon, C	5/3
661 Krusznajki, J	10/10	473 Arnold, B	6/6	622 McElroy, C	8/15	1675 Hueman, R	10/9
655 Cooley, D	9/19	473 Philippi, M	6/6	622 Hirt, T	8/15	1670 Leiben, K	3/14
650 Cosgrove, S	11/14	473 Marshall, P	2/23	615 Hill, G	2/28	1669 Hansen, T	5/23
650 Chappell, A	3/14	473 Churuvia, B	3/21	610 Skiver, T	2/15	1664 Pledger, J	10/10
650 Vence, K Jr	9/5	470 Thompson, K	11/3	606 White, R	4/4	1655 Chappell, A	3/14
644 Davis, W	4/4	468 Crayton, J	5/3	606 Pledger, J	10/10	1655 Chappell, A	3/14
644 Payne, G	2/29	460 Long, J	11/14	606 Yomkin, S	10/9	1645 McElroy, C	2/9
639 Dias, F	4/4	460 Stephenson, B	11/3	605 Suredl, E	10/10	1636 Jenkins, D	9/19
639 Seebon, C	5/3	460 Brooks, T	6/20	601 Crayton, J	5/3	1631 Obermark, I	2/22
633 Hansen, T	5/23	457 Burrell, H	3/21	600 Willis, J	8/29	1625 Payne, G	2/29
630 McElroy, C	2/9	457 Payne, G	2/29	600 Rayback, D	10/9	1610 Cosgrove, S	11/14
630 Ebel, P	8/22	455 Vance, K Jr	11/3	600 Cosgrove, S	11/14	1603 Blankenship, S	5/3
630 Schaef, T	4/11	455 Walsh, S	11/14	600 Simmons, R	1/19	1592 Davis, W	4/4
625 Leiben, K	3/14	452 Churuvia, S	5/3	600 Johnson, J	3/7	1592 Omaya, C	2/29
622 Obermark, I	2/22	451 York, J	9/25	600 Leiben, K	3/14	1585 Hill, G	2/28
622 Krueger, G	5/15	451 Omaya, C	2/29	600 Obermark, I	2/22	1585 Robinson, R	5/10
622 Deutsch, M	2/29	451 Jenkins, B	4/4	600 Long, J	11/14	1600 Milligan, G	5/2
600 Pontius, M	11/1			600 Pontius, M	11/1	1580 Ebel, P	8/22
600 Paszam, M	9/25			600 Paszam, M	9/25		
600 Batten, C	6/13			600 Batten, C	6/13		

SHW SQUAT, cont.		SHW BENCH, cont.		SHW DL, cont.		SHW TOTAL, cont.	
622 Moler, D	5/23	465 Deube, D	5/16	600 Green, J	10/31	1620 McKenna, D	5/3
620 Leland, B	8/15	463 Burress, G	2/22	600 Berenstein, B	4/11	1620 Phillips, A	5/3
617 Etzkorn, S	5/3	460 Nelson, G	3/14	600 Berenstein, G	2/22	1620 Lobenstein, B	4/11
615 Smith, R	5/16	460 Dishman, M	11/3	589 Kemper, M	5/3	1614 Painter, J	4/4
613 Braumbeck, A	5/17	455 Coan, J	4/18	585 Sadowski, R	4/11	1614 Burress, G	2/22
610 Barnhart, B	2/1	451 Clayton, T	5/15	584 DeLaRosa, M	3/7	1610 Leland, B	8/15
610 Horvat, S	11/14	451 Painter, J	4/4	584 Magee, J	2/15	1603 Clayton, T	5/15
600 Hughes, S	11/7	451 DeLaRosa, M	3/7	580 Dirksen, R	3/3	1580 Horvat, S	11/14
600 Painter, J	4/4	451 Magee, J	5/15	578 Merriots, H	10/31	1550 Smith, R	5/16
600 Libby, M	9/5	450 D'Antonio, B	4/11	573 McCune, B	9/6	1540 Hughes, S	11/7
600 Devine, C	4/11	450 Jacobs, T	11/14	570 Smith, R	5/16	1535 Shivers, J	1/12
600 Shivers, J	1/12	450 Bushey, B	11/8	567 Barnhart, B	8/15	1526 McCune, B	9/6
585 Eldridge, V	8/15	450 Sardo, J	4/25	567 Lewis, J	5/16	1515 Davis, J	III 2/29
585 Schubert, R	11/21	446 Lewis, J	5/16	562 Painter, J	4/4	1515 Schubert, R	11/21
584 McCune, B	9/6	440 Bellamy, U	4/11	560 Indresamo, P	5/14	1505 Wicks, T	3/14
575 Fuller, G	2/1	440 Nyholm, K	5/16	560 Upton, H	3/14	1504 Moler, D	5/23
570 Beck, T	4/11	440 Smits, T	3/21	555 Hughes, C	11/7	1490 Barnhart, B	2/1
562 Ruab, J	4/4	440 Hudock, H	3/28	551 McKenna, D	5/3	1476 Etzkorn, S	5/3
562 Halverstadt, H	8/1	435 Davis, J	2/29	550 Agnew, B	2/23	1475 Fuller, G	2/1
560 Dinkins, R	3/3	435 Taggart, D	2/23	540 Horvat, S	11/14	1470 Dirksen, R	3/3
435 Soricco, D	3/21			435 Ricafrente, D	3/21		
435 Kemper, M	5/3			435 Kylendall, D	3/21		

Top 50 Certificates

This is the final Top 50 ranking for 1992. Send \$19.95 for mounted certificates and \$6.00 for unmounted to: Powerlifting Today, c/o Robin Getz, 1480 Baywicke Dr., Lowell, MI 49331. Make check payable to Powerlifting Today. Be sure to include your weight class, lift(s) and ranking.

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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!

ADFPA The Training Center Qualifier

March 21, 1992	MEN	SQ	BP	DL	TL	165 LBS	181 LBS
Wilmington, Delaware	123 LBS					Dominelli, G 450 380 450 1280	Ozma, M 385 260 425 1070
Meet Director: Gabe Dominelli	Paoi, J	350	180	350	880	242 LBS	Shewmaker, R 270 270 375 915

1991 ADFPA Men's National Powerlifting Championships

June 22 & 23, 1991	Weinstein, L	501.5	303.1	523.6	1328.3	Sample, L	600.8	363.8	633.8	1598.3
Meet Director: John Petroff	Audia, J	485.0	341.7	501.5	1328.3	220 LBS				
St. Louis, Missouri	Beatty, D	463.0	314.2	551.2	1328.3	Sipapidis, C	760.6	413.4	677.9	1851.9
	Reinardi, J	512.6	248.0	562.2	1322.8	Cain, S	644.8	440.9	711.0	1796.7
123 LBS	Jones, V	485.0	286.6	540.1	1311.7	Ashworth, J	644.8	391.3	622.8	1659.0
Ramsey, D	Bowe, M	485.0	270.1	551.2	1306.2	Bowers, J	578.7	463.0	584.2	1625.9
114 LBS	Ricks, D	666.9	413.4	661.4	1741.6	Foggin, M	589.7	435.4	589.7	1614.9
Nguyen, D	Beaver, M	639.3	407.9	611.8	1659.0	242 LBS				
Garcia, H	Brady, T	595.2	314.2	573.2	1482.6	Stewart, A	799.2	485.0	628.3	1912.5
124 LBS	Shocket, S	551.2	308.6	578.7	1438.5	Donati, R	661.4	490.5	705.5	1857.4
Higgins, P	Dittler, K	551.2	319.7	523.6	1394.4	McKinstry, C	644.8	463.0	705.5	1813.3
125 LBS	Hollnagel, R	545.6	275.6	567.1	1388.9	Luck, B	705.5	402.3	677.9	1785.7
132 LBS	Jones, G	650.4	402.3	661.4	1714.1	Washington, B	639.3	385.8	677.9	1703.1
Sutiles, T	Parish, D	661.4	380.3	661.4	1703.1	Surell, B	760.6	385.8	551.2	2169.5
132 LBS	Kreiger, H	628.3	374.8	639.3	1642.4	Machin, C	677.9	402.3	606.3	1686.5
Blak, H	Hampton, N	683.8	374.8	573.2	1631.4	275 LBS				
133 LBS	Strickland, M	595.2	238.0	537.8	17154.2	Gjermo, B	843.3	512.6	677.9	2055.8
Payne, W	Holmes, D	584.2	341.7	600.8	1526.7	Arnold, B	837.7	490.5	711.0	2039.3
134 LBS	Taghivand, B	584.2	341.7	738.0	17147.1	Thompson, K	722.0	440.9	722.0	18184.9
135 LBS	Parzaneffard, H	578.7	374.8	507.1	1460.5	Shuman, B	733.0	529.1	822.8	1884.9
148 LBS	Wagner, R	782.6	402.3	672.4	1857.4	Ufford, K	661.4	485.0	738.5	1884.9
Pronzaglia, D	Scialpi, S	688.9	396.8	722.0	1807.8	Schott, T	804.7	413.4	617.3	1835.3
Kupperstein, B	Riley, B	622.8	385.8	727.5	1736.1	Culnun, S	672.4	413.4	655.9	1741.6
152 LBS	Gibson, M	633.8	380.3	705.5	1719.6	SHW				
Kes, R	Mafuli, V	782.6	385.8	722.0	1809.4	Dempsey, R	832.2	518.1	711.0	2061.3
Hammer, B	Wessels, W	628.3	396.7	639.3	1664.5	McCain, D	711.6	496.0	694.4	1962.1
Satochige, T	Pratt, S	633.8	391.3	622.8	1647.9	198 LBS				

ADFPA Qualifier

June	MASTERS	SQ	BP	DL	TL	220 LBS	MENS
Wisconsin	181 LBS					Morton, B	340 250 350 940
Meet Director: Bruce Sullivan	Sullivan, B	450	325	500	1275	TEEN	

1992 ADFPA Minnesota State Masters Powerlifting Championships

September 12, 1992	Ferguson, J	T480	330	480	1290	165 LBS	MASTERS
Meet Director: Dennis Green	Kennedy, R	D145	275	285	705	Ford, R.B.	285
	242 LBS				Schmidt, D.B.	260	
WOMENS	Tirel, J.H.	500	360	510	1370	Myre, R.B.	235
129 LBS	Trahan, J.J.	410	300	420	1130	Tscham, J.B.	275
Waldrif, C.A.	Kennedy, D.A.	145	405*	450	1000	198 LBS	
Radtke, S.B.	50 and Over				Todd, J.B.	340	
132 LBS	Mason, L.A.	250	75	490m	815	Foreman, R.G.	295
Annis, J.H.	198 LBS				Yolton, D.D.	285	
165 LBS	Chavie, T.A.	bl500m	310s	505s	1315	LaBelle, G.P.	230
Ford, R.B.	Yolton, D.D.	275	285	355	220 LBS		
Schmidt, D.B.	220 LBS				Hudyme, B.W.	400	
Myre, R.B.	Bernsten, J.	380			Ferguson, J.T.	330	
181 LBS	Ormondson, W.	J400m	245s	430s	1075s	242 LBS	
Waldorf, R.B.	Markert, P.J.	320	215	380	915	Davis, R.A.	310
Erickson, R.D.	242 LBS				Chiader, J.R.	280	
198 LBS	Davia, R.A.	200	310n	300	810	B.L.=Best Lifter	
Ruiz, J.M.	Clark, J.T.	225	180	350	755	MASTERS	40-44
550s 290	1345s				165 LBS		
Foreman, R.G.	BENCH PRESS				Louie, J.	501	
475s 295s 550	WOMENS				Horn, J.	501	
1320	1345s				Bendley, J.	462	
Verbovans, S.	129 LBS				Westfall, C.	424	
545s 275s 435s	1165				Nakano, K.	413	
Todd, J.B.	132 LBS				Lohmann, L.	347	
325 340 375 1040	Annis, J.H.	215			Prink, J.	402	
220 LBS					181 LBS		
Bernsten, J.	1st Team Faribault				Sutton, T.	545	
R.W. 530 400s 460 1390	2nd Northwest Racquet, Swim & Health Clubs				Acosta, C.	523	

ADFPA TRCC Novice

Powerlifting Meet

September 27, 1992	MASTERS	SQ	BP	DL	TL	165 LBS	181 LBS
Monroe, Washington	Baker, J.	320	280	320	920	Garcia, J.	285
	Miller, J.	275	230	325	830	Velos, B.	275
	MEN					Dennis, B.	200
	148 LBS					198 LBS	285
	Hosterter, S.	245	230	285	760	Rogers, D.	350
	Sanchez, R.	325				Tenner, M.	200
	Hammond, S.	180	380			Lake, J.	210
	165 LBS					220 LBS	165
						Cervantes, B.	360
						Pruin, P.	300
						King, P.	240
						242 LBS	205
						Mitchell, B.	215
						b=TRCC Record	

1992 ADFPA Maryland State Bench Press Championships

October 25, 1992	MENS					Mongold, R.	360
Meet Director: Brian Washington	MASTERS					Hoover, L.	325
	181 LBS					198 LBS	
	Conway, D.	320				Edwards, J.	445*
	Litzenberg, J.	250*					
	WOMEN						
	198 LBS						
	Pearson, M.	240					
	LIGHTWEIGHT						
	220 LBS						
	Pricker, I.	115@					
	Shanks, R.	410@					
	Hubbard, A.	380					
	Crisan, P.	190@					
	Strong, W.	325@					
	Eckels, L.	115					
	OPEN						
	111 LBS						
	220 LBS						
	Pricker, I.	115					
	Shanks, R.	410					
	Hubbard, A.	380					
	Crisan, P.	190@					
	Strong, W.	325@					
	Eckels, L.	115					
	139 LBS						
	139 LBS						
	Franklin, K.	155@					
	Jackson, R.	140					
	154 LBS						
	Busham, S.	190					
	Cooley, M.	215					
	176+ LBS						
	Parker, F.	240@					
	Short, J III	205					
	Masters						
	154 LBS						
	Woods, S.	150@					
	Rinker, J.	360@					
	TEENS						
	114 LBS						
	Franklin, K.	155@					
	165 LBS						
	Dorsey, T.	400@					
	Rich, J.	215@					
	Short, J III	205					
	Meadows, T.	175					
	181 LBS						
	Lowry, G.	160@					
	Davis, K.	380					

1992 Sacramento ADFPA YMCA Halloween Deadlift Classic

October 31, 1992	MASTERS	50+				Shonta, G.	407
Sacramento, California	LIGHT					198 LBS	
	Munoz, J.	440				Rollins, J.	705*
	Seymour, B.	385				Hocking, B.	374
	Phil Frost					181 LBS	
	HEAVY					Murphy, B.	584
	Fuller, C.	385				Exum, R.	584
	WOMEN'S DEAD					Spikes, R.	573
	OPEN						
	Schoeller, S.	281					
	Fong, T.	281					
	Buchtel, L.	281					
	Wallace, N.	176					
	SEXY						
	Goodnight, J.	270					
	Huberty, J.	374					
	Pife, S.	242					
	Pennebaker, K.	242					
	TEENAGE						
	Kirkpatrick, T.	551					
	MASTERS	40-44					
	165 LBS						
	Louis, J.	501					
	King, D.	529					
	Horn, J.	501					
	Bendley, J.	462					
	Lam, S.	429					

Central Pennsylvania ADFPA Open Powerlifting Championships

October 9, 1992

Pennsylvania

WOMEN SQ BP DL TL

111 LBS

McKinney, D 319 159 292 771

Hartwig, S 242 137 264 644

Smith, J 165 55 187 407

122 LBS

Bowman, M 170 77 270 518

Sugrue, D 154 115 209 479

Bacon, W 137 77 225 440

129 LBS

Lemle, L 214 99 242 556

Dersch, L 198 121 236 556

139 LBS

Zuendel, L 236 88 248 573

154 LBS

Krupa, D 308 170 330 832

176+ LBS

Buleboah, B 303 126 292 722

MEN

OPEN

132 LBS

Borgia, T 457 281 429 1168

Lower, N 413 209 462 1085

Skal, M 292 259 364 920

148 LBS

Fromzaglia, D 523 352 512 1388

Page, G 540 292 501 1333

Kingore, T 490 303 451 1245

Holmes, J 440 253 496 1190

Bell, S 319 203 336 859

Killian, T 303 165 385 854

Killian, C 303 181 363 848

Williams, R 286 170 297 755

165 LBS

Miller, L 479 451 440 1372

Harris, P 523 314 529 1366

Coghlan, S 529 319 490 1339

Ross, J 462 303 473 1240

Marcinek, S 440 325 446 1212

Brown, G 440 214 462 1118

Wager, M 385 292 396 1074

Lindsey, G 385 242 444 1069

Florio, N 407 242 407 1058

Moran, K 385 231 429 1047

Summers, A 363 270 396 1030

Gresh, T 396 264 369 1030

Ramsey, M 319 220 374 914

Hollopetter, B 286 220 402 909

Feidler, S 363

Hileman, N 341

181 LBS

Earle, S 628 352 556 1537

Slusarick, B 512 380 589 1482

Rey, B 540 275 650 1466

Owenga, J 518 292 589 1399

Dickson, B 501 303 518 1322

Gardner, J 490 297 501 1289

Bayer, B 473 253 501 1229

Sharp, R 380 325 479 1189

Strain, M 407 253 479 1140

Betta, B 413 214 457 1085

Massing, K 413 242 413 1069

Wilgus, J 380 259 429 1069

Farmer, H 248 154 385 788

196 LBS

Kelemen, N 551 424 573 1548

Valchino, J 584 341 600 1526

Whiting, S 556 336 529 1421

Thomas, H 556 341 518 1416

Wood, B 523 286 507 1317

Ferrotti, G 479 363 462 1306

Pyles, M 501 325 473 1300

Zachert, D 473 286 518 1278

Stark, R 473 292 464 1234

Stewart, T 429 242 473 1146

Mooney, H 341 264 468 1074

DePello, A 391 259 424 1074

Treiber, S 330 281 451 1063

220 LBS

Jenks, R 523 308 578 1410

Easterbrook, J 529 341 479 1350

Stivers, P 473 259 473 1207

Eckert, A 429 292 446 1168

242 LBS

Ellison, R 573 391 551 1515

Smith, T 440 275 501 1218

1992 ADFPA Inaugural Weight Room Invitational

October 24, 1992

Nin Mile Falls, Washington

Meet Director: Dennis O'Dell

TEEN SQ BP DL TL

132 LBS

Uzel, G 302 150 342 794

181 LBS

McCoy, M 315 180 352 847

MEN

165 LBS

Coker, E 400 220 440 1060

McAllister, J 462 325 462 1251

Stark, R 473 292 468 1234

Stewart, T 429 242 473 1146

Mooney, H 341 264 468 1074

DePello, A 391 259 424 1074

Treiber, S 330 281 451 1063

Stellingwerf 319 259 402 981

220 LBS

Girton, M 661 468 622 1752

Gengler, H 650 424 600 1675

Kowalczyk, B 628 418 584 1631

Givler, B 633 407 589 1631

Earle, D 600 352 523 1477

McFarland, M 628 303 529 1460

Jenks, R 523 308 578 1410

Betza, E 501 341 540 1383

Easterbrook, J 529 341 479 1350

Swank, M 512 363 473 1350

Amstone, C 507 319 473 1300

Price, D 540 319 402 1262

Van Slyke, S 457 303 496 1256

Stivers, P 473 259 473 1207

Disenger, C 440 292 468 1201

Eckert, A 429 292 446 1168

Ross, D 369 253 347 970

242 LBS

Siapimides, C 771 446 749 1967

Cunningham, P 688 374 644 1708

Andrews, P 606 435 655 1697

Messick, T 584 429 573 1587

Killian, J 578 391 551 1521

Elanson, R 573 391 551 1515

Krasimaki, B 578 380 556 1515

Smith, T 440 275 501 1218

275 LBS

Huesman, R 727 385 573 1675

Yonkin, S 562 402 606 1570

Raybuck, D 534 341 600 1477

Irvin, R 578 374 512 1466

Robinson, D 396 275 473 1146

275+ LBS

Kesmody, V 936 551 666 2154

NOVICE

132 LBS

Skal, M 292 259 364 920

148 LBS

Williams, R 286 170 297 755

165 LBS

Brown, G 440 214 462 1118

Fiordo, N 407 242 407 1058

Morn, M 385 231 429 1047

Summers, A 363 270 396 1030

Gresh, T 396 264 369 1030

Hollopetter, B 286 220 402 909

181 LBS

Earle, S 380 325 479 1189

Strain, M 407 253 479 1140

Betta, B 413 214 457 1085

Massing, K 413 242 413 1069

Wigus, J 380 259 429 1069

196 LBS

Peretti, G 479 363 462 1306

Pyles, M 501 325 473 1300

Zachert, D 473 286 518 1278

Stark, R 473 292 464 1234

Stewart, T 429 242 473 1146

Mooney, H 341 264 468 1074

DePello, A 391 259 424 1074

Treiber, S 330 281 451 1063

220 LBS

Jenks, R 523 308 578 1410

Easterbrook, J 529 341 479 1350

Stivers, P 473 259 473 1207

Eckert, A 429 292 446 1168

242 LBS

Ellison, R 573 391 551 1515

Smith, T 440 275 501 1218

1992 ADFPA National Police and Firemen Powerlifting and Bench Press Championship

October 24-25, 1992

Ludlow, Vermont

Meet Director: Dan C. Harvie

WOMEN SQ BP DL TL

Alexander, C 315* 145* 285* 745*

OPEN

148 LBS

Kolenc, E 135 135 145 415

165 LBS

Ruettinger, R 500 290 500 1290

Foley, B 425 335 460 1220

Cunningham, T 415 255 465 1135

181 LBS

Fiducia, L 550 400 515 1465

Meiklejohn, C 525 300 490 1315

Lyon, W 505 310 480 1295

Skoumal, M 370 280 420 1070

Algiere, M 375 225 365 965

198 LBS

O'Brien, C 540 340 605 1485

Ludwig, R 590 360 530 1480

Whisenant, A 525 390 510 1425

Doglietto, D 545 340 525 1410

Rowell, F 515 300 460 1275

Emerson, F 450 300 465 1215

220 LBS

Scarazzini, G 670 430 630 1730

Musto, M 605 395 640 1640

Morton, J 610 425 600 1635

Thompson, B 540 320 580 1440

Landi, S 470 355 550 1375

Lyon, W 510 290 545 1360

Norris, A 510 260 480 1250

Noval, J 510 260 480 1250

Christian, F 450 300 465 1215

242 LBS

Bench

148 LBS

Stabler, J 405 280 450 1135

Kolenc, E 190

165 LBS

White, R 565 365 600 1530

Foley, B 335

Patch, D 295

181 LBS

Angeli, J 725 430 145 1300

SUBMASTER LIGHT

Ruettinger, R 500 290 500 1290

MASTERS LIGHT

Lyon, W 505 310 480 1295

Kolenc, E 135 135 145 415

198 LBS

SUBMASTERS HEAVY

Harvie, D 380

Ludwig, R 360

Folino, M 360

Billings, J 315

220 LBS

SUBMASTERS LIGHT

Klinger, B 435

Ruettinger, R 290

MASTERS LIGHT

Whisenant, A 390

Kolenc, E 190

SUBMASTERS HEAVY

Klinger, B 435

TEAM

Vermont

BEST LIFTER LIGHT

Foley, B 335

OPEN

BEST LIFTER HEAVY

Foley, B 335

WOMEN

Alexander, C 745

242 LBS

SUBMASTERS

Stigler, P 615 410 625 1650

Edelstein, M 605 380 615 1600

Alsteen, C 500 400 620 1520

Prosser, K 600 320 550 1470

Belisle, K 565 365 530 1460

Mickschl, T 550 325 510 1385

Heimstead, J 540 335 450 1325

Grack, K 540 300 475 1315

Sherman, T 490 320 500 1310

Groenwaldt, T 370 280 470 1120

ADFPA Human Draft Horse**Bench Press/Deadlift**

November 1, 1992	Ackerman, J	360	385	745
Seattle, Washington	Favero, D	300	445	745
Meet Director:	Alexis, T	280	450	730
Richard Mezoff	Hein, J	185	405	590
	181 LBS			
WOMEN	Salter, D	310	615	925
TEEN	Masters, B	345	405	750
154 LBS	Starks, P	285	450	735
Kenny, E	House, S	250	420	670
OPEN	Griffin, S	315	350	665
104 LBS	198 LBS			
Melcher, T	Moore, J	380	600	980
111 LBS	Briggs, J	350	480	830
Tripp, J	Fick, P	305	490	795
122 LBS	Mcullion, J	350	440	790
Saldivar, D	Perry, T	300	440	740
Vera, D	Trupiano, M	270	425	695
139 LBS	220 LBS			
Houston, P ³	Willis, J	325	550	875
Gallagher, P	Toepel, S	240	590	830
154 LBS	Holoman, P	310	480	790
Redman, M	242 LBS			
Pickens, T	Davis, T Jr	415	625	1040
Meyers, K	Christensen, T	390	600	990
MASTERS	Smith, R.O	320	510	830
154 LBS	Richardson, D	325		
Redman, M	275 LBS			
MEN	Medak, A	425	615	1040
TEEN	Pontius, M	325	600	925
165 LBS	275+ LBS			
Kanaski, R Jr	Eldridge, V	420	675	1095
198 LBS	MASTERS			
Briggs, J	40-49			
Fotopoulos, J	165 LBS			
OPEN	Rolston, G	280	410	690
132 LBS	242 LBS			
Clodfelter, J	Smith, R.O	320	510	830
148 LBS	50+			
Going, K	Tidmarsh, R	350	550	900
165 LBS	Best Lifters-Paula Houston, Danny Salter			
Carlberg, M	325	485	810	
Inouye, M	285	510	795	
Johnson, R	275	485	760	

Collegiate National Meeting

By KATHY MARKSTEINER

The 1993 ADFPA National Meeting will be held on April 2nd in conjunction with the 1993 Collegiate National competition that will be held April 3rd and April 4th in E. Stroudsburg, Penn.

Please send in any agenda items that you have for the meeting, annotating your agenda item with your association with collegiate lifting.

The deadline for agenda items is March 15, 1993. Please send your agenda items to: Kathy Marksteiner, 218 Primrose, Redlands, CA 92373. If you have any questions, please call at (909) 798-3352.

As a reminder, we will be electing a new Collegiate Chairman at the 1994 Collegiate National competition to be held in Minneapolis, Minnesota.



Steve Scialpi, 198 lbs., totalled 1,796 lbs. to win his division over seven other competitors.

Thomas Cook

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ADFPA Schedule of Events - 1993

MEET DIRECTORS

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2/6/93 Sacramento YMCA ADFPA Jr. State Championships. Contact: Phil Frost, California (916) 966-5128.

2/6 & 7/93 ADFPA South Eastern US Powerlifting Championships. Contact: Mike Requa, 500 Sandy Dr., Moncks Corner, SC 29461. (803) 761-1495.

2/7/93 ADFPA Connecticut State Open (Limited out-of-state entries). Men & Women's Open, Teen, Masters. Stamford YMCA, 909 Washington Blvd., Stamford, CT 06901. Contact: Lloyd Weinstein. Days (203) 357-7000. Home (203) 847-9610.

2/13/93 ADFPA Wisconsin Women's State and Open Powerlifting Championships. Contact: Joel Feich, 212 Franklin St., Mukwonago, WI 53149. (414) 363-8774.

2/14/93 ADFPA Minnesota Senior State Championships (men's and women's open). Contact: Michael Hartle, P.O. Box 201905, Bloomington, MN 55420. (612) 869-1219.

2/20/93 ADFPA Bench Press & Deadlift Championships. For meet package contact: Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605. Call: Work (914) 948-2023. Home (914) 686-0727. Co-meet Director: Bob Gaynor. (717) 474-6111.

2/20/93 ADFPA Michigan Bench * Deadlift Championships. Contact: Bill Beckwith, 117 Langdon NE, Grand Rapids, MI 49503. (616) 241-3079.

2/20/93 5th Annual ADFPA East Coast Bench Press or Deadlift Championships Two separate meets. Entry deadline February 13, 1993. Contact: Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07282. (201) 691-0824.

2/20/93 ADFPA Wisconsin Men's Juniors and Teenage State Meet. For information contact: Gregor (608) 488-2712.

2/20/93 ADFPA National Military Championships. Contact: Lt. Col. Joe Schaeffer, 114 Princeton Ave., Redlands, CA 92373. (714) 792-4411.

2/20/93 ADFPA Hawaii Championships. Contact Susan Clancy-Lovell (808) 329-9432.

2/21/93 ADFPA Arkansas State Powerlifting Championships. For information contact: Frick (907) 345-6658.

2/27/93 ADFPA New York High School, Collegiate, and Special Olympics Championships. Contact: Tim Hauprich (518) 587-7115 ext. 10.

2/27 & 28/93 ADFPA Lifetime Nationals.

Contact: John T. Petroff, 13267 Windygate Ln., St. Louis, Missouri 63146-2227. (314) 434-5818 after 6:00 p.m. CST.

2/27/93 ADFPA Falcon Open. Contact: Edith Disler, 6163 DeSoto Dr., Colorado Springs, CO 80922. (719) 574-3414.

2/27/93 ADFPA Empire Bench Press Classic. South Dakota. For information contact Dowling (605) 332-5150.

2/28/93 ADFPA New Hampshire States. Contact: Robert Rogers (603) 673-0522.

3/6/93 ADFPA Erie County Closed Powerlifting Championships. Contact Joe Orengia, 4468 W. 26th St., Erie, PA 16506. (814) 833-3727.

3/6/93 ADFPA "No Druggies Allowed" Bench Press Contest. Contact Joe Orengia, 4468 W. 26th St., Erie, PA 16506. (814) 833-3727.

3/13/93 ADFPA Atlantic Coast Bench Press Championships. New Jersey. For information contact Charnik (609) 228-7180.

3/13 & 14/93 ADFPA North American Championships. Open/Lifetime/Masters/Women. Contact Bob & Geri Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707. (717) 474-6111 evenings or (717) 823-6994 days.

3/13 & 14/93 ADFPA Wisconsin Men's Powerlifting Championships. Open men and masters men. Limited to Wisconsin residents. Contact: Robert Crawford, P.O. Box 2156, Milwaukee, WI 53201-2156. (414) 225-2104 days. (414) 769-0649 7:00 p.m. to 8:00 p.m.

3/13 & 14/93 ADFPA Badger Powerlifting Championships. Open women and masters women. Contact Robert Crawford, P.O. Box 2156, Milwaukee, WI 53201-2156 (414) 225-2104: Days. (414) 769-0649 7:00 p.m. to 8:00 p.m.

3/20/93 ADFPA Mississippi State Championships, Mississippi Classic, and Bench Press. Contact Bill Grilliette, 11221 Big Buck Ridge, Hernando, Mississippi 38632. (601) 429-2928 between 8:00 p.m. & 10:00 p.m.

3/27 & 28/93. Region III ADFPA Powerlifting Championships. Contact All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801. (813) 687-6268.

3/27/93 ADFPA South Dakota State Powerlifting Championships. For information contact Adams (605) 352-4600.

3/27/93 ADFPA Red River Powerlifting Open. Fargo, North Dakota. For information contact Ann DeGroot (701) 235-7391.

3/27/93 ADFPA High School Nationals.

Contact Dennis Brady, 5920 N Ridge, Chicago, IL 60660. (312) 561-9692.

3/28/93 ADFPA New Jersey High School Powerlifting Championships. Contact Kevin Farley, 200 Portland Rd. # B-12, Highland, NJ 07732. (908) 291-2635.

3/28/93 ADFPA Longhorn Open Powerlifting Championships. Men's & Women's open, master men, women, teen, and collegiate. The University of Texas. Send S.A.S.E. to Jan Todd, 217 Gregory Gym, The University of Texas, Austin, TX 78712. (512) 471-4890 or Lori Schulman (512) 385-5740.

4/3/93 ADFPA World Gym Bench Press Championships II. Contact: Fred Kendall, 11140 Fair Oaks Blvd., Fair Oaks, CA 95628. (916) 729-4000.

4/3/93 ADFPA National Collegiate Powerlifting Championships. Jeff Johnson, East Stroudsburg State University, E Stroudsburg, PA 18301. (717) 424-4555.

4/4/93 ADFPA Townsend Bench Press and Wayne Detting Memorial Novice. Contact: Brian Washington, PO Box 20042, Baltimore, MD 21284-0042. (410) 944-2866.

4/17/93 ADFPA Florida State Drug Free Bench Press Championship. Contact: All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801. (813) 687-6268.

4/17/93 ADFPA Great Lakes Powerlifting Championships. Master Men & Women/Sub-Master Men & Women/Open Women & Teen Women. For information contact: Gary Morrison c/o Powerlifting Today, 19 Jordan SW, Wyoming, MI 49548. (616) 245-2202.

4/18/93 ADFPA Ohio State and Open Powerlifting Championships. For Information contact Ed or Frank King c/o King's Gym, 24748 Auror Road, Bedford Hts, OH 44146 (216) 439-5464.

5/7/93 ADFPA Region V Powerlifting Championships. Contact: Dick Conner (812) 477-4775.

5/1/93 9th Annual ADFPA New Jersey State Bench Press/Deadlift Championships. Contact: Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07282. (201) 691-0824.

5/1 & 2/93 ADFPA Missouri State and Ozark Open. Contact: John Petroff, 13267 Windygate Ln. St. Louis, MO 63146-2227. (314) 434-5818.

5/1 & 2/93 ADFPA Women's & Women's Teenage National Powerlifting Championships. Contact: Linda Jo Belisito (516) 932-0479.

5/8/93 Colorado State ADFPA Powerlifting Championships & High Plains Open. For information contact Myers (303) 424-9773.

5/15 ADFPA Colorado State Powerlifting Championships and High Plains Open. For information contact Rich Meyers (303) 424-9773.

5/15/93 ADFPA Region 5 Powerlifting Championships. University of Evansville. Contact: Dick Conner, 1313 N Roosevelt Dr., Evansville, IN 47711 (812) 477-4775.

5/15 & 16/93 ADFPA Northern Pennsylvania Powerlifting Championships. Contact Brian Slusarick, 110 E. Fifth St., Emporium, PA 15834. (814) 486-0583.

5/15 & 16/93 ADFPA Northern Pennsylvania Bench Press Championships. Contact Brian Slusarick, 110 E. Fifth St., Emporia, PA 15834. (814) 486-0583.

6/5/93 ADFPA Rocky Mt. States Powerlifting Championships. Salmon, Idaho. For information contact Drew Wolf, Box 12, Lemhi, ID 83465 (208) 756-4878.

6/19/93 ADFPA Master, Women, & Teen State Powerlifting Championships. For information contact Al Siegel (814) 765-3214.

7/10 & 11/93 ADFPA Men's Open Powerlifting Championships. Contact Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 (717) 474-6111 or (717) 823-6994.

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

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 Bldg 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.

8/14 & 15/93 WDFFP Masters' World Championships. (New Location) St. Louis Missouri. For information contact John Petroff, 13267 Windygate Lane, St. Louis, MO 60660 (314) 434-8818.

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

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.

10/1/93 ADFPA California State Bench Press Contest. Send SASE to: Joe Randazzo, PO Box 690386, Stockton, CA 95269-0386 or call (209) 951-7824 after 8:00 p.m.

10/2/93 ADFPA California Bench Press Championships. Contact Joe Randazzo, PO Box 690386, Stockton, CA 95269-0386 or call (209) 951-7824 after 8:00 p.m.

10/23/93 ADFPA Central Pennsylvania Open. For information contact Al Siegel (814) 765-3214.

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

11/13 & 14/93 ADFPA Masters' Nationals. Send SASE to: Joe Randazzo, PO Box 690386, Stockton, CA 95269-0386 or call (209) 951-7824 after 8:00 p.m.

11/12 & 13/94 ADFPA National Collegiate (men & women) Powerlifting Championships. Contact: Michael Hartle, P.O. Box 201905, Minneapolis, MN 55420. (612) 609-1219.

7/30 & 31/94 ADFPA National Deadlift Championships. Contact Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707. (717) 474-6111 or (717) 823-6994.

10/8 & 9/94 ADFPA National Bench Press Championships. Contact Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707. (717) 474-6111 or (717) 823-6994.

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Friday, April 2nd - National Meeting

Saturday April 3rd - All Women and Men 114-165

Sunday, April 4th - Men - 181-SHW

Awards:

Men - 1st-5th - All Weight Classes

1st - 3rd - Team

1 Best Lifter Light Weight and Heavy Weight

Women - 1st - 3rd - All Weight Classes

1st - 3rd - Team

1 Best Lifter by Formula

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East Stroudsburg, PA, 18301
or call (717) 424-4346

1992 ADFPA Pierre Powerlifting Invitational

November 7, 1992	198 LBS
Pierre, South Dakota	Robinson, L 490 305m 570p 1365m
Meet Director: Larry Robinson	Kuhn, T 465 145 500 1110
WOMEN	SQ BP DL TL
176+ LBS	220 LBS
Frederick, D 355 185 350 890	Adams, J 500m 285 515m 1300m
TEEN	275 + LBS
114 LBS	Lindley, J 490 380 500 1370
Jewell, R 220 140 240 600	MEN
123 LBS	114 LBS
Collins, D 285 190 320 795	Carver, T 245 155 350s 750
Troutman, D 220 135 295 650	Jewell, R 230 140 240 600
132 LBS	Maddock, M 330 175 350 855
Byrd, K 250 145 245 640	Collins, D 285 190 320 795
148 LBS	Trautman, D 220 135 295 650
Hinkley, C 300 220 350 870	132 LBS
165 LBS	220 LBS
Rykm, M 480 280 535t 1295	Byrd, K 250 145 245 640
Reiner, R 425 215 435 1075	148 LBS
181 LBS	Schramm, J 400 230 500 1130
Heiring, S 510t 325 510 1345	Hinkley, C 300 220 350 870
242 LBS	Smith, R 280m 145m 315m 740m
Beaulien, C 375 210 350 935	Leighninger, D 420m 195m 485m 1100m
MASTERS	165 LBS
148 LBS	Rykm, M 480 280 535t 1295
Smith, R 280m 145m 315m 740m	Lockhart, C 440 285 440 1165
165 LBS	Leighninger, D 420m 195m 485m
Leighninger, D	280m 145m 315m 740m

1100m	Reiner, R 425 215 435 1075
181 LBS	Heiring, S 510t 325 510 1345
220 LBS	Charen, D 540 350 450 1340
198 LBS	198 LBS
220 LBS	Weinbach, R 540 320 550 1410
220 LBS	Robinson, L 490 305m 570p 1365m
154 LBS	Mackie, B 495 325 475 1295
154 LBS	Kuhn, T 465 145 500 1110
154 LBS	Owens, C 400 200 315 915
154 LBS	Frederick, D 355 185 350 890
154 LBS	220 LBS
154 LBS	Browster, M 525 310 540 1375
154 LBS	Adams, J 500m 285 515m 1300m
154 LBS	Scheid, L 430 320 450 1200
154 LBS	242 LBS
154 LBS	Weymouth, C 480 350 500 1330
154 LBS	Beaulieu, C 375 210 350 935
154 LBS	275+ LBS
154 LBS	Hughes, S 600 365 555 1540
154 LBS	Lindley, J 490 380 500 1370
154 LBS	m-Master's State Record
154 LBS	t-Teenage State Record
154 LBS	s-Men's State Record
154 LBS	280m 145m 315m 740m

3RD Annual ADFPA Drug-Free Ohio Bench/Deadlift Championships

November 8, 1992	TEENS	181 LBS	Willoughby, J 380	Hartsough, M 410
Bedford Heights, Ohio	123 LBS	Register, J 425	275+ LBS	Roberts, R 405
Meet Directors: Ed and Frank King	Hamrick, S 180	Ross, J 415	181 LBS	Bushey, B 450
WOMEN'S BENCH	148 LBS	Carran, N 405	Brandenburg, C375	Krasowski, M 610*
104 LBS	Patrick, S 315	Cross, T 400	WOMENS	Burkett, L 525
Villarreal, D 100	Greca, D 355	Gregorakis, G 375	DEAD	Maimone, J 425
116 LBS	Roberts, R 305	Wilson, P 365	104 LBS	Taggart, M 400
Ditstulu, T 155	Paul, B 245	Aslami, D 340	Villareal, D 215	198 LBS
Schrock, M 150	Zukavcakas, J 200	Smith, T 335	154 LBS	Cook, J 615
154 LBS	175+ LBS	Maimone, J 320	Simler, R 230	Bardos, K 580
Shaler, R 105	Wilson, P 365	Plumley, T 310	MASTERS	Kleemann, N 565
MASTERS	Brandenburg, C375	Taggart, M 215	165 LBS	Kenne, D 550
148 LBS	123 LBS	198 LBS	Miller, D 440	Miller, D 535
Stewart, S 340	Crouka, M 180	Stein, R 440	181 LBS	Pryzlakowski, 370
165 LBS	132 LBS	Kellemen, N 405	181 LBS	Ramzy, D 515
Miller, D 315	Murphy, J 295	Cook, J 385	Hendrickson, 475	Foster, D 510
Christburg, W 275	Mickey, S 295	Benjamin, C 370	Goldsmith, D 375	220 LBS
Przyzakowski 240	Collins, C 260	Bardos, K 340	198 LBS	Terman, M 620
181 LBS	Harber, D 200	Ritzler, J 400	165 LBS	Meyers, C 620
Lee, B 310	148 LBS	Gilbert, S 385	TEENS	Gilbert, S 535
Goldsmith, D 290	Hofstetter, J 315	Stoffer, S 365	198 LBS	Heter, T 450
Hendrickson 290	165 LBS	Pearson, T 365	165 LBS	242 LBS
Smee, R 255	Easton, M 355	Trapp, B 345	165 LBS	Herabberger, 680
196 LBS	340	Matys, B 345	165 LBS	Rich, R 625
Schaffer, B 320	Marcinek, S 330	Meyers, C 330	MEN	275 LBS
Butler, B 295	Miller, D 300	242 LBS	132 LBS	Grill, S 650
242 LBS	Houser, C 315	Vanboli, G 315	148 LBS	Willoughby, J 550
Ruzicka, C 355	Rensi, D 290	Digangi, M 470	242 LBS	Vanboli, K 500
275 LBS	275 LBS	Suma, N 465	*=indicates	
Crozier, B 280	Roberts, R 270	165 LBS	Best Lifter	
275+ LBS	Lupia, J 245	150*		
Hartsough, M 235	Hartsough, M 235	Kinsinger, J 505		
Miller, L 450	Taylor, C 430	Bock, W Jr 415		
Miller, L 450	Zawiski, R 405	Ross, J 490		
		Marcinek, S 425		

ADFPA SIUC Open

November 14, 1992	Willis, R 425 235 460 1120
Carbondale, Illinois	Carter, P 375 165 490 1030
Meet Directors: Barb Rester and Dominic Citadino	Stilo, T 375 235 420 1030
WOMEN	Kubica, P 360 215 395 970
104 LBS	165 LBS
Moyer, N 155 100 220 475	Taylor, C 430 310 450 1190
154 LBS	181 LBS
South, A 185 140 230 555	Ruford, C 500 325 585 1410
154 LBS	Winkler, D 475 310 475 1260
154 LBS	Dister, M 455 325 430 1210
154 LBS	Thomas, B 400 265 400 1065
114 LBS	198 LBS
Payne, D 300 135 340 775	Culpepper, D 565 345 510 1420
123 LBS	Black, B 510 285 455 1260
Dowen, T 300 195 315 835	Kraus, J 480 265 500 1245
148 LBS	220 LBS
Payne, W 485 280 530 1295	Pirtle, R 375 250 475 1100

1992 ADFPA Ottotail Open Bench Press/Deadlift Championships

November 15, 1992	181 LBS
Meet Director: Dustin Dulski	Vitak, B.P 265
	198 LBS
WOMEN	LaBelle, G.P 260
OPEN	220 LBS
154 LBS	Olsen, S.C 340
Lamp, C.K 135 260 395	275 LBS
MEN	Wessels, T Sr 375
OPEN	MASTERS
165 LBS	198 LBS
Grutkoski, D.L 315 465 780bl	LaBelle, G.P 260
Differding, K.M 245 405 650	242 LBS
198 LBS	Davis, R.A 310
Herman, E.M 240 450 690	TEENAGE
LaBelle, G.P 260 380 640	Stockland, A.T 265
242 LBS	MEN DEAD
Olsen, G.S 305 430 735	OPEN
MASTER	198 LBS
198 LBS	Foreman, R.G 540
LaBelle, G.P 260 380 640	LaBelle, G.P 380
220 LBS	220 LBS
Keller, G.W 287 525 812	Ricker, M.D 660
242 LBS	275 LBS
Olsen, G.S 305 430 735	Dulski, D.D 440
TEENAGE	MASTERS
148 LBS	181 LBS
Gomes, A.C 185 325 510	Stockwell, J.R 385
165 LBS	198 LBS
Differding, K.M 245 405 650	Foreman, R.G 540
275 LBS	LaBelle, G.P 380
Dulski, D.D 325 440 765	TEENAGE
MEN BENCH	275 LBS
OPEN	Dulski, D.D 440
165 LBS	bl=Best Lifter
Kuethe, D.J 335	
Lisowy, G.D 265	

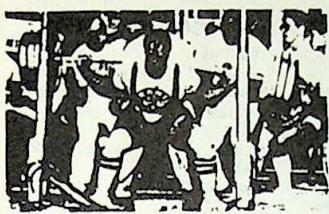
Longmont YMCA 1992 ADFPA Powerlifting Championships

November 7, 1992	Safford, F t 360 200 500 1060
Longmont, Colorado	Rojas, A 360 235 425 1020
Meet Director: Nadine Medina-Archibeta	Dao, A t 330 225 350 905
181 LBS	Rowland, D t 385 225 385 995
104 LBS	Lara, C t 300 215 400 915
198 LBS	198 LBS
Schillinger, T 195 105 300* 600*	Pomponio, J 650* 390 590 1630
	Templeton, T 500 330 525 1355
	Luichino, J 475 315 505 1295
	Freeman, D 365 280 485 1130
	Brassell, J t 380 260 400 1040
	242 LBS
	Phillips, M 550 375 675* 1600
	Knight, T 585 390 600 1575
	Reynolds, S 530 285 600 1415
	*=Men's Open State Records
	Outstanding Women Lifter
	Traci Schillinger
	Outstanding Men Lifter
114 LBS	181 and Below
Redford, J t 240 130 295 665	Mark Sigals
148 LBS	198 and Above
Sigals, M 515 290 540 1345	Joe Pomponio
Nightwalker t 405 235 500 1140	TEAM Results
Kruger, J t 395 275 405 1075	1st Air Force Academy
165 LBS	2nd Carl's Gym
Rothman, J 405 285 445 1135	



Lea Ann, 122, set world records in the squat and deadlift with lifts of 347 and 380 to total 876 lbs.

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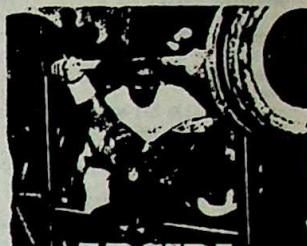
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4th Annual ADFPA Ironman Powerlifting Meet

November 21, 1992

MEN	SQ	BP	DL	TL	HORN	Downing, M	230	183	325	700
123 LBS					220 LBS		360!	360		
Maddock, M	355	180	350	870	Hubbard, J	450	440@	510	1400	
148 LBS					Ernst, H	415	265	435	1115	
Shimer, B	365	225	400	990	242 LBS					
Smith, R	270	155	320	745	Adams, J	445m	300m	480m		
165 LBS					1235m					
Lockhart, C	450	280	450	1180	Skye, M				400	
181 LBS					275+ LBS					
Charron, D	515	350	505	1370	Schubert, R	585*	420S	510*	1515*	
Crandall, J	525	305	485	1320						
Knudson, T	225	225								
198 LBS										
Tschetter, G	465	285	525	1275	Best Lifter Lightweight Division-					
Thomas, C	425	315	475	1215	Dennis Charron					
					Best Lifter Heavyweight Division-John					
					Hubbard					
					Best Bench- John Hubbard					

%-ADPPA men's open single lift bench press state record
+ADPPA men's submaster's 35-39 single lift bench press record
\$-ADPPA men's open state record
\$-ADPPA men's submaster's 35-39 state record
m-ADPPA men's master's 40-44 state record
1-ADPPA men's open and submaster's 35-39 single lift bench press record
@-ADPPA men's open state record and single lift bench press state record
\$-ADPPA men's open state and submaster's 35-39 single lift bench press record and submaster's 35-39 state record

ADFPA Fall Mid-America Bench Press, Deadlift, Ironman Extravaganza

November 21, 1992

Des Moines, Iowa		
MEN		181 LBS
BENCH		Fowler, C 315
3 YRS DRUG FREE		198 LBS
123 LBS		Roth, L 375
Peterson, J	225	Hilderbrand, G 3370
165 LBS		220 LBS
Halpine, R	310	Neilson, D 380
Halpine, J	270	Harris, C 350
198 LBS		Lathrop, G 330
Tapkin, J	315	Gasmann, K 310
220 LBS		275 LBS
Haynes, R	445	Galvin, R 510
Neilson, D	380	MASTERS
275 LBS		148 LBS
Galvin, R	510	Bruno, W 200
LIFETIME DRUG FREE		181 LBS
123 LBS		Matnick, M 305
Peterson, J	225	198 LBS
132 LBS		Corneilus, C 305
Douglas, M	185	220 LBS
148 LBS		Haynes, R 445
Olive, J	250	275 LBS
Hibbert, E	220	Galvin, R 510
165 LBS		SUB-MASTERS
Halpine, R	310	220 LBS
		Anderson, R 305
		242 LBS
		Uterback, S 380

OVICE		198 LBS
32 LBS		Griqui, G 280
or, D	135	Hudson, M 280
hite, C	120	Andre, D 275
48 LBS		220 LBS
rankman, B	100	Dove, R 235
55 LBS		WOMEN
oonting, C	270	132 LBS
otcher, S	125	Carlson, C 170
31 LBS		
ale, R	205	DEAD
8 LBS		3 YRS DRUG FREE
ler, J	185	181 LBS
0 LBS		Shenberg, V 475
nderson, M	150	LIFETIME DRUG FREE
WA CLOSED		148 LBS
0 LBS		Olive, J 480
ammell, K	310	181 LBS
OLLEGIATE		Shenberg, V 475
8 LBS		Mimms, B 465
derbrand, G	370	198 LBS
0 LBS		Griqui, G 300
plem, B	315	220 LBS
HSCHOOL		Harris, C 495
5 LBS		275 LBS
armann, A	165	Sadowski, R 575
1 LBS		Van Vleck, T 515

FRONTMAN

BP DL T

LIFETIME DRUG FREE			
132 LBS		275+ LBS	
Hoff, R	270 470 740	Ufford, K	730 520 780 2030
Korb, D	135 235 370	LIFETIME DRUG FREE	
White, C	120 205 325	148 LBS	
148 LBS		White, A	500 300 515 1315
Olive, J	250 480 730	165 LBS	
Bruno, W	200 365 565	Zernet, B	510 290 550 1350
Franklin, B	100 230 330	198 LBS	
165 LBS		Osborn, B	450 265 470 1185
Kosnic, C	270 435 705	220 LBS	
Fletcher, S	125 250 375	Foggia, M	610 450 565 1625
Hermann, A	165 50 215	242 LBS	
181 LBS		Towes, P	525 325 575 1425
Stoll, P	310 490 800	Hamill, R	500 305 500 1305
Lazear, R	260 430 690	275 LBS	
Mimms, E	220 465 685	Oleson, B	510 380 630 1580
Jordan, P	275 350 625	Van Vleck, T	475 270 515 1260
196 LBS		MASTERS	
Ando, D	275 450 725	242 LBS	
Commissie, C	305 375 680	Hamill, R	500 305 500 1305
220 LBS		275 LBS	
Harris, C	350 495 845	Sadowski, R	560 250 480 1290
Anderson, M	150 320 470	275+ LBS	
242 LBS		Wright, T	560 250 480 1290
Ossy, L	350 520 855	SUB-MASTERS	
Hoover, J	330 460 790	181 LBS	
275+ LBS		Mimms, E	300 220 465 985
Rand, G	355 475 830	220 LBS	
		Tolson, W	450 315 550 1315
		242 LBS	

IOWA POWERLIFTING CHAMPIONSHIPS

MEN

SQ RP DL TL
3 YRS DRUG FREE
132 LBS
Carson, C 150 170 250 570
220 LBS
Searle, M 610 450 565 1625

ADFPA Toys For Tots Powerlifting/ Bench Press Meet

November 21, 1992

Arlington, Texas	152 LBS
Meet Director: GySgt Tom North	
TEEN	SQ BP DL TL
114 LBS	
Tran, V	402# 270# 451# 1124#
132 LBS	
Northcutt, T	253 126 314 694
148 LBS	
Copley, K	369 248 358 975
165 LBS	
Jalali, R	319 270 440 1030
220 LBS	
Drewen, M	451 325 507 1284
COLLEGIATE	
123 LBS	
Swain, E	231 126 253 600
148 LBS	
Coppedge, J	358 214 473 1047
165 LBS	
Williams, L	490 369 523 1383
Maupin, B	413 176 407 997
181 LBS	
Zuber, R	534 352 523 1410
Delaney, M	534 165 402 931
242 LBS	
Jenkins, D	677 369 611 1664
OPEN	
114 LBS	
Tran, V	402# 270# 451# 1124#
123 LBS	
Walker, D	358 203 440 1003
148 LBS	
Rodriguez, J	424 270 407 1102
Boyden, J	275 308 325 909
165 LBS	
Williams, L	490 369 523 1383
Morris, R	545 314 501 1361
Sanchez, R	451 275 468 1174
181 LBS	
Thyssen, L	534 374 490 1399
220 LBS	
Schumieglow, A	606 385 705 1697
242 LBS	
Ringer, M	622 330 578 1537
Frye, W	485 314 462 1262
275 LBS	
Watkins, T	303 259 374 1157
275+ LBS	
Jones, T	655 391 507 1554
Hayes, M	551 435 551 1537
MILITARY	
148 LBS	
Boyden, J	275 308 325 909
165 LBS	
Sanchez, R	451 275 468 1174
CLASS II	
148 LBS	
Rodriguez, J	424 270 407 1102
165 LBS	
Hill, M	325 214 341 936
181 LBS	
Thyssen, L	534 374 490 1399
Brown, L	485 314 473 1273
Summers, D	429 308 457 1196
Baldwin, J	523 363 507 1394
Tally, R	534 330 473 1339
McCoy, K	534 314 490 1339
	275 LBS
Habiby, J	699 336 529 1565
Lorhman, T	655 391 507 1554
SPECIAL OLYMPIAN	
198 LBS	
Ashcraft, S	181 181
MASTERS	
165 LBS	
Hill, M	325 214 341 936
181 LBS	
Smith, G	440# 214 462# 1118
198 LBS	
Wymer, P	407 242 451 1091
220 LBS	
Shoals, L	600 341 551 1493
242 LBS	
Walk, C	330 264 451 1267
BENCH	
165 LBS	
Williams, L	369
Copley, C	319
181 LBS	
Thyssen, L	374
198 LBS	
Preston, R	352
Uutterback, J	352
Goodwin, J	341
Ashcraft, S	181
220 LBS	
Webber, B	407
242 LBS	
Spirrison, C	446
275+ LBS	
Hayes, M	639%
WOMEN	
COLLEGIATE	
104 LBS	
Conteras, M	187 93 231 512
122 LBS	
Lindsey, K	220 110 248 578
129 LBS	
Anderson, S	209 110 281 600
154 LBS	
Chenoweth, T	242 99 209 451
OPEN	
111 LBS	
Koosed-Hill, M	148 99 181 429
176 LBS	
Ruiz, T	275 137 314 727
176+ LBS	
Davis, J	286 159 363 810
BENCH	
176+ LBS	
Davis, J	159

1992 ADFPA TRCC Fall Open Powerlifting Championships

November 22, 1992

November 22, 1992		198 LBS
Monroe, Washington		Rogers, D
MEN	SQ BP DL TL	360 250 350 960
114 LBS		Lake, J
Thompson, M	245* 165* 315* 725*	300 160 350 810
132 LBS		220 LBS
Foxley, L	150 100 225 475	Marzolf, N
148 LBS		340 275 505 1190
Mendez, F	400 240 490* 1130	Pruin, P
Imholz, J	380 160 410 950	385 250 465 1100
Hammond, S	300 175 360 835	Filon, A
165 LBS		450 220 425 1095
Norman, S	430 200 420 1050	Corvantes, E
Ortiz-Ortiz, J	360 200 425 985	390 275 390 1055
Parra-Bustamante	450 120 380 950	242 LBS
Pouney, C	465	Castro, A
181 LBS		360 330 420 1110
Ross, C	425 275 400 1100	Mitchell, B
Escamilla, R	375 260 415 1050	170 170 430 770
Holton, E	390 310 415 1090	MASTERS (OVER 40)
		Perkins, B
		450 280 540 1270
		Baker, J
		375 290* 430 1095
		Miller, J
		350 235 415 1000

1992 ADFPA Syrup City Deadlift and Open Bench

November 21, 1992
Fayette, Alabama
Meet Director: Ted Butler

HANDICAP BENCH	MEN
148 LBS	123 LBS
Browning, D	Scroggins, J
WOMEN	132 LBS
122 LBS	MASTERS
Eaves, L	Beyer, R
Pelham, M	PURE
176+ LBS	Willis, R
McGee, K	Beyer, R
Taylor, D	OPEN
MEN	Warr, G
123 LBS	Willis, R
Scroggins, J	165 LBS
132 LBS	PURE
Faulkner, T	Kiser, G
148 LBS	Thigpen, H
Warr, G	Parker, B
165 LBS	Fulmer, G
Kiser, G	Wahrenberger, B
Vining, J	350
Phillips, B	181 LBS
Taylor, J	PURE
Parker, B	Warr, S
181 LBS	OPEN
Agnew, W	Walendzik, J
Walendzik, J	198 LBS
Johnson, J	OPEN
War, S	Moore, T
Parker, P	PURE
198 LBS	Moore, T
Barber, R	220 LBS
Lee, G	TEENAGE
Moore, T	Jordan, R
220 LBS	MASTERS
Dilworth, R	Johnson, N
Christberg, D	PURE
Staats, H	Daniel, G
Dover, D	Harris, J
Selman, L	Davis, J
242 LBS	OPEN
Davis, H	Daniel, R
275+ LBS	Staats, H
Ingle, R	242 LBS
WOMEN	MASTERS
DEAD	Shepard, L
104 LBS	Wallace, R
Walton, L	OPEN
111 LBS	Jernell, B
Thigpen, L	PURE
122 LBS	Davidson, D
Pelham, M	275+ LBS
Shepard, B	MASTERS
Shoem, R	Reynolds, G

ADFPA South Jersey Bench Press Championships

December 5, 1992
Broadway Theatre, Pitman, New Jersey
Meet Director: Mike Charnik

MEN	BENCH	Belmont, R	335
123 LBS			
Shoem, M	175	Hubler, T	400
132 LBS		Gould, B	330
Holmquist, C	255		
	BEST LIFTERS	Holmquist, C	255
148 LBS		Walker, T	375
Zimmerman, L	255		
220 LBS	MASTERS	Hubler, T	400
Walker, T			
Myers, R	375		
	345		

1992 ADFPA "Monster Mash" Bench Press

Pocatello, Idaho	Frost, D	460	Griffen, T	115	JUNIORS
Meet Director: Matt Siapras	Greene, J	500			Schow, A 325
IDAHO BENCH	NORTHWEST		MEENS		
WOMENS	WOMENS		West, G	540	Overall
Infante, S	85	Coyne, D	145	Inoke, M	Gary West
		Cooper, D	105	Frost, D	460
MENS					
West, G	540				

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1992 NYS ADFPA Bench Press Championships

December 5, 1992 New York Meet Director: Joe Straub III MEN BENCH OPEN 114 LBS Martucci, A 132 LBS Bynes, C 148 LBS Strow, C Thomasek, C 181 LBS Lynch, B	Luongo, C Orloff, M Schmidt, B Smith, M 275 LBS Napierkowski, J 275+ LBS Geagley, A NOVICE 123 LBS 123 LBS Doty, J 148 LBS Strow, C 181 LBS Lynch, D	325 315 310 375 220 LBS 220 LBS 325 242 LBS Todeschi, F 123 LBS 275 LBS 275+ LBS Pawlowski, S SUBMASTERS 250	198 LBS Campos, S Buffalini, G Smith, M 220 LBS Fontana, A 242 LBS 181 LBS 181 LBS 198 LBS Napierkowski, J 275+ LBS Geagley, A TEEN 16-17 YRS SUBMASTERS 198 LBS Jones, R	181 LBS Luongo, C Savocka, G Ehlers, J 198 LBS Scherman, J MASTERS 181 LBS Orloff, M 275 LBS Dias, F 198 LBS Napierkowski, J 275+ LBS Geagley, A 16-17 YRS SUBMASTERS 198 LBS Jones, R	Doty, J 148 LBS Sakalis, T 165 LBS Macchiaruoco, C 198 LBS Pambianco, E 181 LBS 18-19 YRS 181 LBS Lynch, B 198 LBS Kahle, J 340 198 LBS Jones, R	130 290 C195 198 LBS 198 LBS 18-19 YRS 355 340 160
---	---	--	--	--	---	--

1992 ADFPA Indiana State Bench Press Championship

Indiana	NOVICE	Miller, J	400
WOMEN	BENCH	Nickleson, G	350
97 LBS		Elkins, C	320
Stallard, L	140*	Hinders, M	305
122 LBS		Douglas, L	225
Dishman, S	165	SUB-MASTER	OPEN
Miller, M	90	Haag, T	390*
129 LBS		198 LBS	
Blackmer, D	160	OPEN	
Owens, K	125	Smith, T	430*
139 LBS		Shea, S	415
Lidy, L	140	TEEN 18-19	
Havran, M	100	McAllister, R	315*
Milton, D	95	MASTER 2	
154 LBS		Hale, R	355*
Kimmey, L	175	SUB-MASTER	TEAM
176 LBS		McDaniels, D	360*
Irwin, S	125	McWorter, L	340
MEN		Perkins, J	327
123 LBS		220 LBS	
OPEN		OPEN	
Hengen, V	270*	Womack, E	460*
Simmons, G	215	Lymon, T	440
132 LBS		SUB-MASTER	
OPEN		Homola, G	340
Marsh, K	240	Braward, G	285
Roberts, M	235	MASTER 1	
TEEN 14-15		Smith, S	390
Nickelson, D	195*	Crossland, F	315
TEEN 18-19		MASTER 2	
Marsh, K	240*	Good, G	325*
148 LBS		NOVICE	
OPEN		Mason, J	360
Burrelo, T	300	Homola, G	340
Slaven, J	265	Goodman, M	275
NOVICE		Howell, B	245
275 LBS		OPEN	
Riley, R	275	242 LBS	
MASTER 1		OPEN	
Eble, M	250*	Lurghi, J	400
165 LBS		NOVICE	
OPEN		Cumegen, M	250
Tardy, D	345	SUB-MASTER	
275+ LBS		Mooley, T	290
Justice, M	135	Babb, K	MASTER 1
139-154 LBS		Warren, C	425*
Sykes, A	235	MASTER 1	
196-220 LBS		Striverson, T	450*
Smith, A	155	Milton, C	385
196-220 LBS		Reams, J	340
Kirk, J	225	275 LBS	
275+ LBS		OPEN	
Wise, S	155	Ray, L	300*
196-220 LBS		Orick, J	475*
Justice, M	155	Thompson, K	470
196-220 LBS		Ferguson, D	420
196-220 LBS		OPEN	
196-220 LBS		Jackson, I	410*
196-220 LBS		Studebaker, C	245
196-220 LBS		Sub-MASTER	
196-220 LBS		Bell, R	315*
196-220 LBS		MASTER 2	
196-220 LBS		OPEN	
196-220 LBS		Ray, L	300*
196-220 LBS		Orick, J	475*
196-220 LBS		Thompson, K	470
196-220 LBS		Ferguson, D	420
196-220 LBS		OPEN	
196-220 LBS		Jackson, I	410*
196-220 LBS		Campbell, D	390
196-220 LBS		MASTER 1	
196-220 LBS		Haag, T	390
196-220 LBS		Watkins, J	435*
196-220 LBS		Schmidlin, S	355
196-220 LBS		Frazier, H	375
196-220 LBS		Goodbourn, J	330
196-220 LBS		Stephenson, B	460+
196-220 LBS		Vance, K	455
196-220 LBS		Ferguson, D	420
196-220 LBS		Orick, J	475

ADFPA Southern Powerlifting Extravaganza

December 12, 1992 Enterprise, Alabama Meet Director: Lammy Shepard	TEEN	Sorella, T	325 165 360 850
OPEN	SQ BP DL TL	Whitman, T	425 225 405 1055
148 LBS		Moore, K	455 260 430 1145
181 LBS		Crawford, L	455 265 485 1205
Terry, S	550 330 500 1380	Victor, C	460 285 450 1195
Morgan, G	455 320 475 1250	242 LBS	
198 LBS		Webber, J	465 315 440 1220
Crowley, J	540 350 500 1390	MENS MASTERS	
275+ LBS		181 LBS	
Reynolds, G	585 400 650 1635	Buller, T	500 275 565 1340
165 LBS		275+ LBS	
Khalilzadeh, A	420 205 410 955	Reynolds, G	585 400 650 1635
Pulmer, G	275 185 400 860	WOMENS MASTERS	
181 LBS		104 LBS	
Terry, S	550 330 500 1380	Walton, L	180 95 225 500
Bowden, B	500 340 460 1300	129 LBS	
morgan, G	455 320 475 1250	Shepard, B	150 90 250 490
Routley, M	440 270 460 1170	BENCH	
242 LBS		181 LBS	
Jerrill, B	450 250 465 1165	Parker, P	330
242 LBS		Sawyer, J	380 260 500 1140
Koehler, B	350 415 135 685	Bowers, V	300

ADFPA Georgia State Championships

December 12, 1992 Hinesville, Georgia Meet Director: Dennis Fosse	TEENAGE	Downing, J	365 245 450 1060
WOMEN	SQ BP DL TL	OPEN	
111 LBS		148 LBS	
Godley, V	225 120 275 620	Lindberg, F	425 310 450 1185
NOVICE		181 LBS	
148 LBS		Anhaus, H	250 210 340 800
Lindberg, F	425 310 450 1185	198 LBS	
181 LBS		Anderson, B	600 350 585 1535
Brennan, S	400 315 450 1165	220 LBS	
198 LBS		Kortsen, D	550 365 500 1415
Morre, C	410 290 425 1140	242 LBS	
Hardy, D	335 300 405 1040	Astoll, T	505 380 470 1355
242 LBS		275+ LBS	
Koehler, B	350 365 500 1415	Beck, T	590 360 530 1480

ADFPA Weight Room Open

December 5-6, 1992	275+ LBS	Taverna, R	601m 386s 623m
Santa Rosa, California	1610m		
Meet Director: Doug Carroll	Beltramo, C	507 375 441 1323	
MEN	SQ BP DL TL	MASTERS	
132 LBS	181 LBS	45-49 YRS	
Huberty, J	402 248 402 1050	Lundy, C	375 242 491 1108
148 LBS	50+ YRS	Seymour, B	331 231 375 937
Uyeoka, B	408 281 474 1163	198 LBS	
Stanley, J	364 259 452 1075	40-44 YRS	
165 LBS	Kendall, F	534 369 529 1432	
Cirigliano, R	474 314 584 1372	Yamasaki, B	408 253 364 1025
Greengard, W	452 303 502 1257	45-49 YRS	
Bethler, K	435 281 463 1179	Sierte, F	331 358s 441 1130
Becker, L	364 264 452 1080	220 LBS	
Newton, B	314 259 380 953	50+ YRS	
181 LBS	Fairfax, B	336 198 435 969	
DeBiliso, M	563 303 534 1400	Willis, M	132 342s 132 606
Buffington, G	524 314 474 1312	242 LBS	
Yamada, B	524 304 463 1295	45-49 YRS	
Messmer, M	474 270 513 1257	Lempert, D	413 275 419 1107
Koufous, M	446 248 507 1201	WOMENS LIGHT	
Hocking, B	364 209 364 937	Barnes, L	165 110 214 489
198 LBS	365 311 452 1185	Davis, P	220 149 275s 655
Werner, R	655 446 644 1745	Bochel, L	214 165 303 682
Johnson, A	551 385 601 1537	WOMENS HEAVY	
Muse, H	468 331 540 1339	Trentini, M	231 110s 286s 627s
Lowder, T	429 303 452 1185	Smedley, B	121 121 193 435
220 LBS	TEEN	242 LBS	
Tremblay, G	573 391 573 1537	Chase, B	452s 314s 441t 1197t
Kitani, R	578 446 452 1476	242 LBS	
242 LBS	Joel, G	584 375 584 1543	
Jimenez, J	507 424 589 1520	242 LBS	
Cavellero, M	513 314 540 1367	275 LBS	
275 LBS	Pete, A	755 429 601 1785	
Martin, B	601 452 683 1736	275 LBS	
Everett, B	308 308 364 1052	275 LBS	
Boeler, F	231 518s 324 1073	r=state record	
		s=state masters record	
		m=american masters	
		t=state teen	
		a=american teen record	

1992 ADFPA Coal Country Bench Press and Deadlift Classic

December 13, 1992	Mooney, H	270	Kingure, T	413
CLEARFIELD, Pennsylvania	Herbein, J	270	DeWalt, D	358
WOMEN	Snowberger, T	451	165 LBS	
BENCH	Coulter, M	407	165 LBS	
122 LBS	Herman, C	402	165 LBS	
Platt, S t	McGonigal, L	363	165 LBS	
129 LBS	Pero, A	347	181 LBS	
Ferris, B	Betz, B	341	181 LBS	
MEN'S	Disney, S	314	181 LBS	
132 LBS	Andrews, P	446	198 LBS	
Stisier, A	Huey, B	385	198 LBS	
Janowsky, M	Shellgren, B	336	198 LBS	
148 LBS	Hoover, C	363	198 LBS	
Swanson, J	Scarami, G	336	198 LBS	
Bar, B	Herbein, J	307	198 LBS	
165 LBS	Mooney, H	468	198 LBS	
Blaatzenberger	Barnhart, B	358	220 LBS	
Stone, K	McClure, B	347	220 LBS	
Clemens, T	MASTERS		220 LBS	
Cook, S	275 LBS		220 LBS	
Greas, T	Walker, G	325	220 LBS	
Siogel, J	Spears, S	319	220 LBS	
181 LBS	TEEN		220 LBS	
Swanson, J	181 LBS		220 LBS	
Shannon, P	Benninger, M	347	220 LBS	
Makar, R	Villareal, B	281	220 LBS	
Romberger, R	WOMEN		220 LBS	
O'Brien, T	Grill, S	677	220 LBS	
Bernier, J	DEAD		220 LBS	
Litzenberg, J m253	Hamsher, B	622	220 LBS	
Bayer, B	129 LBS		220 LBS	
198 LBS	MASTERS		220 LBS	
Salsack, S	148 LBS		220 LBS	
Hawk, B	132 LBS		220 LBS	
Thomas, H	Stisier, A	418	220 LBS	
Prons, D	148 LBS		220 LBS	
Emery, K	Holmes, J	507	220 LBS	

1992 Virginia State ADFPA Powerlifting Championships

December 12, 1992	SQ BP DL TL	114 LBS	Bell, M	600 355 560 1515
Quinque, Virginia	Hartwig, S	270 170 265 720	Selby, J	590 335 575 1500
Meet Director: John Shifflett	Ryman, K	240 115 275 630	Francesco, S	580 330 540 1450
MEN	123 LBS	123 LBS	Altizer, J	490 290 500 1280
148 LBS	Weiss, D	405 270 450 1125	Lutz, H	485 260 500 1245
165 LBS	Hayes, K	185 135 275 595	Lovelace, R	460 295 450 1205
181 LBS	132 LBS	132 LBS	Esposito, D	320 245 375 840
200 LBS	148 LBS	148 LBS	Gerard, H	680 380 650 1725
220 LBS	Praham, E	405 265 460 1130	Krauss, J	615 405 610 1630
240 LBS	Shoemaker, T	305 200 350 855	Feden, S	540 320 640 1500
260 LBS	Brittwell, T	250 165 285 700	Pultz, G	580 365 550 1495
280 LBS	Muir, S	225 105 245 575	Ankrum, M	425 325 480 1220
300 LBS	Snead, K	170 140 250 560	Crowden, C	430 320 450 1200
320 LBS	Craven, M	148 LBS	Demario, R	315 245 400 950
340 LBS	Ashworth, J	148 LBS	220 LBS	MASTER 40-49 HVY
360 LBS	Xavage, M	148 LBS	Haisenleder, D	620 360 575 1555
380 LBS	Montgomery, K	148 LBS	Gregory, J	540 370 590 1500
400 LBS	Craft, T	148 LBS	Page, B	365 295 490 1150
420 LBS	Triplet, M	148 LBS	Hosp, B	315 250 455 1040
440 LBS	165 LBS	165 LBS	181 LBS	MASTER 50+ HVY
460 LBS	Brumback, C	165 LBS	Lange, F	425 245 501 1171
480 LBS	Lineman, J	165 LBS	Evers, R	55 330 145 530
500 LBS	Oluwabusola, T	165 LBS	TEENAGE	
520 LBS	Short, M	165 LBS	Kaufman, D	485 210 500 1245
540 LBS	Adkins, R	165 LBS	Shoemaker, T	620 360 575 1555
560 LBS	Moss, D	165 LBS	Martin, J	605 340 525 1470
580 LBS	Call, S	165 LBS	Guthrie, P	470 325 465 1260
600 LBS	Harring, M	165 LBS	Page, B	365 295 490 1150
620 LBS	Kraft, C	165 LBS	Huir, H	400 290 375 1090
640 LBS	Blackwell, G	165 LBS	242 LBS	
660 LBS	Wood, B	165 LBS	Luck, B	760 435 705 1900
680 LBS	Taylor, S	165 LBS	Leonard, J	655 425 725 1805
700 LBS	181 LBS	181 LBS	Ward, S	615 375 575 1555
720 LBS	Pilkinton, M	181 LBS	Gregory, J	540 370 570 1500

* denotes outstanding lifter

ADFPA Midwest Bench Press Championship

December 13, 1992	Milton, D	105	Jones, D	335
Fort Wayne, Indiana	SPECIAL OLYMPIAN		Stewart, D	305
Meet Director:	Whitmore, J	145	Tardy, D	300
Pat Fraizer	Wimborn, V	145	McDermott, J	290
WOMEN	TEENAGE		181 LBS	
BENCH	Stellborn, J	315	Negril, N	350
122 LBS	Ballenger, T	315	198 LBS	MASTER I (40-49)
Platt, S t	Thomas, S	205	Szweda, M	330
129 LBS	Dishman, S	OPEN	220 LBS	Milton, C 395
Ferris, B	Bowshire, J	160	MEN	Stewart, D 305
MEN'S	Lidy, L	145	Klotz, P	415
132 LBS	Cobb, M	110	Carter, C	380
Stisier, A	Neckleson, G	345	242 LBS	McDermott, J 290
148 LBS			Jackson, J	410
165 LBS			Ray, L	315
181 LBS			Gudahurst, F	310

South Jersey ADFPA Bench Press Championship

December 12, 1992	Ville, J	395
South Jersey	Riley, B	360
Meet Director:	242 LBS	
Mike Charnik	DeJohn, J	375
WOMEN	275 LBS	
BENCH	Suggs, W	420
165 LBS	Lucas, R	360
181 LBS	Tyree, D	100
200 LBS	Trumbetta, R	330
220 LBS	Reis, M	440
240 LBS	Kashon, R	295
260 LBS	Winterburg, C	340
280 LBS	Ott, M	295
300 LBS	Riley, B	360
320 LBS	Hagopian, W	275
340 LBS	Roos, J	250
360 LBS	Smith, A	240
380 LBS	MASTERS	
400 LBS	165 & UNDER	
420 LBS	Watson, C	390
440 LBS	Spangrud, V	355
460 LBS	181 & Above	
480 LBS	Winterburg, C	340
500 LBS	Craig Watson	390
520 LBS	Plumber, J	430



Powerlifting Today's Art Director delivered Nicholas just over 2 weeks before the print deadline of this issue. Nicholas, ADFPA's newest lifter, weighed in at 7 lbs., 4 ozs. and was 20 "long."

No-win situation for athletes

By KEVIN L. ROSS

(The following article is reprinted by permission from the Food and Drug Administration. It was originally published in the December 1992 issue of FDA CONSUMER. Kevin L. Ropp is a staff writer for FDA CONSUMER.)

German sprinters Katrin Krabbe and Grit Breuer never made it to the 1992 Summer Olympics in Barcelona, Spain. United States hammer thrower Jud Logan and shot putter Bonnie Dasse went but were sent home early.

Also sent home from the Olympics were Wu Dan, a Chinese women's volleyball player; Madina Biktagirova, a Unified Team marathoner; and Andrew Davies and Andrew Saxton, both British weight lifters.

All tested positive for banned drugs, but, surprisingly to some fans, none of the drugs were anabolic steroids.

Krabbe, Breuer, Logan, Dasse, Davies, and Saxton tested positive for clenbuterol, a veterinary drug. Dan tested positive for strichnine, a poison that is a stimulant in small doses, and Biktagirova tested positive for norephedrine, a mild stimulant. Though the three drugs are not steroids, all are abused in sports because athletes believe they can enhance performance.

From athletes in international competition to college and high school athletes to the teenager who simply wants to "bulk up," people of all ages and abilities have found alternatives to replace anabolic steroids.

Regulated by the Drug

Enforcement Administration, anabolic steroids were placed in the Controlled Substances Act's Schedule III (which includes some narcotic drugs, stimulants, and depressants) by the Anabolic Steroid Act of 1990. Unlawful distribution and possession with the intent to distribute anabolic steroids is a federal crime, punishable by up to five years in prison.

Since the law was enacted, many athletes have avoided anabolic steroids because of the penalties associated with their abuse, says Don Leggett, a compliance officer in the Food and Drug Administration's Center for Drug Evaluation and Research. "They have looked at other chemicals that perform in a similar fashion but are not technically regulated as or called anabolic steroids."

Those alternatives include prescription, veterinary, investigational, and unapproved drugs, and dietary supplements.

Dietary supplements are regulated as foods. No data been submitted to FDA to prove bodybuilding claims for these substances, and the short- and long-term effects of their use are unknown.

"Many alternatives are labeled as 'dietary supplements' even though they make anabolic and other athletic enhancement claims. Such attempts to market directly to the public may represent a circumvention of the safety and efficacy provisions required of drugs. Thus, the short- and long-term effects of their use are generally unknown," Leggett says.

When supplement manufacturers make bodybuilding and drug-type claims, FDA can, and

often does, issue warning letters to the manufacturer or prosecute for consumer fraud. FDA's Center for Drug Evaluation and Research recently won several court cases involving consumer fraud by supplement manufacturers, Leggett says.

The consumer is defrauded by believing these supplements will build muscles or promote testosterone production, when in fact they do no such thing, he says.

In a study, published in the Aug. 26, 1992, Journal of the American Medical Association, of bodybuilding magazine advertisements, Rossanne M. Phalen, M.D. and colleagues, report that they counted 89 supplement brands, 311 products, and 235 ingredients, most of which were unspecified amino acids. More than 22 percent of the products had no ingredients listed in their advertisements.

The study also found that many steroid-type ingredients, called sterols, were being advertised. With the exception of ecdysterone, the sterols were all plant derivatives. Ecdysterone is an insect hormone with no known use in humans.

The abuse of many of these ingredients, as well as prescription, veterinary, investigational, and unapproved drugs, concerns FDA.

Agency investigators have collected more than 3,000 drug samples from the black market over a 10-year period, according to Leggett. Many of those samples, he says, were not steroids but other, potentially more dangerous, prescription drugs.

Some steroid alternatives popular among athletes include the investigational drugs clenbuterol and gamma hydroxybutyric acid, or GHB, and approved prescription drugs such as human growth hormone and erythropoietin, better known as EPO.

CLENBUTEROL

Clenbuterol is used in several European countries by animal trainers to build muscle mass and strength in exhibition livestock. It has never been approved for any use in the United States.

Athletes use clenbuterol because they think it has the same mass and strength building capability in people as it does in animals.

But clenbuterol also has serious, immediate side effects in humans. In Spain, between March and July 1990, 135 people became ill after eating beef liver that contained clenbuterol residues. Their symptoms included fast heart rate, muscle tremors, headache, dizziness, nausea, fever, and chills. Symptoms appeared from 30 minutes to six hours after they ate the liver and lasted for nearly two days.

Likewise other steroid alternatives, the long-term of clenbuterol are not fully known. But, Leggett says, some serious cardiovascular complications may result from their use.

In many instances, veterinary drugs are used simply because they are easier than human drugs to obtain, Leggett says. "Historically, there are places in this country, particularly in rural areas, where just about anyone could walk in and purchase a veterinary equivalent of a (human) drug that would require a doctor's prescription."

GAMMA HYDROXYBUTYRIC ACID

Gamma hydroxybutyric acid, better known

as GHB, is another steroid alternative used widely by teenagers and athletes of all abilities.

GHB is an investigational new drug that powerfully and rapidly induces sleep and depresses the central nervous system in animals and humans, according to Leggett.

The drug has been illegally marketed as a steroid alternative both openly and "in the back room" in gyms, spas, and health food stores, and advertised in bodybuilding magazines. Promoters claim it stimulates production of human growth hormone and thus produces muscle mass and weight loss. It has also been promoted as a sleep aid and touted as a street drug.

But GHB is extremely dangerous.

A Duluth, Ga., teenager, getting ready for his high school prom on May 11, 1990 drank a concoction of water and Somatamax PM, a powdery substance containing GHB his friend had bought at a health food store. Instead of getting the "high" he expected, he was in a coma 20 minutes after the drink. Fortunately, his parents soon found him and with emergency treatment he recovered.

There were 80 hospitalizations from GHB use reported through November 1990, according to a national

Centers for Disease Control study published in the Nov 30, 1990 issue of Morbidity and Mortality Weekly Report.

Patients reported that within 15 to 60 minutes of taking one-half to three teaspoons of GHB they developed symptoms such as vomiting, drowsiness, dizziness, tremors, seizure-like movements, unconsciousness, slowed heartbeat, lowered blood pressure, breathing difficulty, and breathing cessation. Patients recovered, usually with emergency room care in 2 to 96 hours. There have been no reported deaths.

HUMAN GROWTH HORMONE

Human growth hormone, or HGH, is another popular steroid alternative. Produced naturally by the human body, HGH's only approved medical use is to treat pituitary dwarfism, but it is under investigation to treat other disorders.

Human growth hormone, manufactured using recombinant DNA technology is identical to the natural hormone. Some athletes believe that HGH promotes muscle growth and muscle strength although researchers have not confirmed these claims.

Lyle Alzado, a former Los Angeles Raiders defensive lineman said in a July 4, 1991, New York Times article that human growth hormone has become the drug of choice for today's athlete, primarily because it is undetectable in drug tests. Alzado died May 14, 1992 from a rare form of brain cancer, central nervous system lymphoma, which he attributed to his prolonged use of steroids and HGH.

Too much human growth hormone, produced by a hyperactive pituitary gland or a tumor, is the cause of acromegaly, a condition characterized by excessive growth of the bones of the hands, feet, and face. Acromegaly is ultimately fatal because of resulting heart disease and other metabolic problems.

Please see ATHLETES, page 45

ATHLETES, continued from page 44

ERTHROPOIETIN

Erthropoietin, or EPO, is another steroid alternative used in the international sports community although it has seen limited abuse in the United States.

EPO, approved for treating anemias associated with chronic renal failure and zidovudine (AZT) therapy in HIV-infected patients, stimulates bone marrow to produce red blood cells. The hormone appeals to athletes because they tire less easily when taking it and because it is undetectable by test presently used.

"It (EPO) increases the red blood cell count, and therefore the athlete is able to absorb more oxygen and increase stamina-the oxygen-carrying capacity of the blood system is just unbelievable," Leggett says.

But EPO use is not without risk. As the body's red blood cell count rises and the blood thickens, blood clots, heart attack, or stroke could result.

Abuse of EPO is especially risky among marathoners and long-distance bicyclists. As these athletes compete, Leggett explains, they lose body fluids, including blood fluids. Reducing blood fluids concentrates the already abnormally high red blood count, which can lead to polycythemia, an abnormal increase in circulating red blood cells.

"EPO can turn their blood to the consistency of Jell-O," he says.

DEADLY POTENTIAL

FDA is particularly concerned with athletes' abuse of prescription drugs because they usually take the drugs without a physician's supervision and in higher doses than recommended for their limited medical uses.

"We consider these things to have the potential for hazard when they're not monitored or taken in accordance with the supervision of a licensed practitioner," Leggett says.

"Many of these people take way above and beyond the directions for use simply because they feel 'the more the better.' That was true of anabolic steroids too. The people who are taking these drugs are essentially saying, 'if one teaspoon is recommended I'm going to take five and grow five times as fast.'"

With that philosophy, the potential for an overdose is very high-and so is the potential for death.

FDA is also concerned about the prescription, veterinary, investigational, and unapproved drugs used as steroid alternatives primarily because little is known of the short and long-term effect these drugs may have on humans, especially when taken in higher-than-recommended doses or in combination with other drugs.

Comparing anabolic steroids to those steroid alternative, Leggett says, "We approved all of these anabolic steroids for domestic use in treating diseases like anemia, osteoporosis, and certain cancers. We know what to expect from their label dosage and overdoses."

"We have no idea what a normal dosage or overdose is for many of the steroid alternative or what might be their effect. This is because we've never seen any clinical studies reflecting their use

in humans. So, we're completely without a baseline there."

Some short-term reactions from using steroid alternatives are similar to those associated with anabolic steroid abuse. These reactions include: bloody diarrhea, nausea, vomiting, sever acne, premature balding, bloating associated with water retention, and greasy skin.

"Those are all soft effects which may or may not be very serious," Leggett says. "But if the preliminary effects from using steroid alternative are similar to those associated with anabolic steroid abuse, then there is the potential for some of the long-term effects too. Effects long-term steroid

abusers experience include cardiovascular problems, liver disease, and certain cancers."

Clenbuterol, gamma hydroxybutyric acid, human growth hormone, and erythropoietin, all banned in international competition, are some of the more popular steroid alternatives athletes are now abusing. but, Leggett says, this list is likely to grow as athletes experiment with different and new chemicals.

As athletes strive for bigger, more muscular bodies through chemicals, Leggett expecting the worst says, "I'm sure they'll come up with something someday that's even more disastrous than the few (drugs) we've seen in recent years.

EDISON, continued from page 14

other ADFPA lifters.

In Michigan's Upper Peninsula she trains at gyms in Houghton and Iron Mountain and when she knows that a business trip will last overnight, she calls ahead to find a gym.

"Squeezing in lifting at the end of the day is sometimes very difficult after working and driving long distances," she says. "Especially in not the best weather conditions.

"But it is something I enjoy and competing gives me a chance to do my best and be with some of the nicest people."

Her next competition will be the Women's Nationals in May in the 116's. She won't tell her age but in 1991 she competed in the ADFPA Masters' Nationals in Florida in the 110's. Her best total is 635 and she hopes to improve on that this May.

1992 ADFPA Yearbook

The 1992 ADFPA Year in Review

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- 1992 Rankings
- Open Top 50 • Women's Top 20
- Teen's Top 20 • Master's Top 20
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MENS WORLDS, continued from page 15

MASTER (40-44)
F Higgins USA 391.2 292.0 440.7 1096.7

MASTER (45-49)
R Schlegel USA 358.0 165.2 396.7 903.7

MEN'S 132 LBS CLASS

OPEN

Gutteridge GBR 319.5
S Westbrook USA 518.0

S Holloway GBR 551.0
V Bernard FRA 1311.5

TEEN (14-15)
E Peldy USA 363.7 176.2 451.7 953.2

TEEN (18-19)
P Crooks GBR 330.5 192.7 385.7 909.2

MASTER (40-44)
Gutteridge GBR 443.0 299.7 496.0 1234.5

MASTER (45-49)
J Ringi USA 385.7

J O'Conner AUS 248.0 418.34 1030.5

MASTER (50-54)
F Glass USA 303.0 143.2 418.7 865.2

MASTER (55-59)
V Tidona FRA 220.7

F Glass USA 297.5 407.0 859.7

MASTER (60-64)
V Tidona FRA 352.5 236.7 396.7 975.5

MEN'S 148 LBS CLASS

OPEN

Benemerito USA 551.0 600.7 1466.0

L Miller USA 352.5

TEEN (16-17)
N Caetano FRA 374.7 176.2 451.7 1003.0

TEEN (18-19)
M Kuczera POL 462.7 297.5 529.0 1289.5

MASTER (40-44)
S Johnson USA 507.0 303.0 540.0 1350.2

MASTER (45-49)
M Bristow AUS 498.0 1157.2

P Griffith USA 479.5 259.0 498.0

MASTER (50-54)
M Lawson USA 529.0 275.5 465.0 1190.2

I Zwick USA 242.5 176.2 341.5 760.5

MASTER (55-59)
T Johnson GBR 341.5 242.5 462.7 1036.0

MEN'S 165 LBS CLASS

OPEN

B Bridges USA 644.7 407.0 672.2

M Beavers USA 418.7 264.5

TEEN (16-17)
G Hoarau FRA 485.0 1146.2

Marakewicz POL 451.7 997.5

TEEN (18-19)
W Trzcinski POL 385.7 220.2

MASTER (40-44)
S Plewa POL 490.5 303.0 573.0 1350.2

MASTER (45-49)
S Shocket USA 501.5 308.5

R Doubel FRA 567.5 1322.7

MASTER (50-54)
M Shaw GBR 501.5 281.0 562.0 1322.7

MASTER (55-59)
A McElroy USA 418.7 264.5

D Briggs GBR 473.7

R Garica FRA 440.7 264.5

MASTER (60-64)
E Hamblin USA 490.5 1195.7

MEN'S 181 LBS CLASS

OPEN

M Bridges USA 683.2 424.4 738.5 1785.5

G Jones USA 451.7 220.2 512.5 1162.7

TEEN (16-17)
V Catanzaro FRA 573.0 308.5 573.0 1432.7

R Hovar AUS 385.7 1416.2

TEEN (18-19)
J Wojtal USA 567.5 573.0

MASTER (40-44)
D Ambler GBR 600.7 418.7 650.2 1669.7

Klostergard USA 479.5 1251.0

N Miles GBR 319.5 1289.5

MASTER (45-49)
W Thomas USA 462.7

MASTER (50-54)
H Gregg USA 352.5 1025.0

C Gamier FRA 248.0

K Murdie GBR 319.5 513.5

MASTER (55-59)
E Fleischer USA 440.7

D Ramos USA 319.5 1289.5

MASTER (60-64)
D Ginenthal USA 407.0 1890.2

G Culot BEL 283.2 551.0

MASTER (65-69)
W Burns GBR 297.5 584.0

V Keyhea USA 358.0 1440.0

S Scialpi USA 358.0 1440.0

TEEN (16-17)
R Ward CAN 297.5 1267.5

TEEN (18-19)
Sobolweski POL 479.5

W Adams AUS 562.0 584.0

MASTER (40-44)
Nightingale GBR 358.0

J Milligan USA 600.7 1548.5

MASTER (45-49)
D Ambler GBR 354.7

F Rice USA 622.7

MASTER (50-54)
J Rouse USA 385.7

MASTER (55-59)
B Strange USA 600.7 1587.2

MASTER (55-59)
P Hudson GBR 336.0

MASTER (60-64)
B Remley USA 435.2 1416.2

MASTER (65-69)
J Fulton GBR 270.0 1157.2

A Guillot FRA 281.0

MASTER (70-74)
C Lee USA 468.2

MEN'S 220 LBS CLASS

OPEN

S Cain USA 485.0

C Remert USA 771.5

W Austin USA 744.0

E Riley USA 501.5

TEEN (16-17)
C Hanson USA 501.5

TEEN (18-19)
J Bellamy AUS 551.0

MASTER (40-44)
H Tzai BEL 1388.7

MASTER (45-49)
J West GBR 374.7

J Cash USA 584.0

MASTER (45-49)
J West IRE 661.2

K Hansen USA 617.2

MASTER (50-54)
R Rood USA 363.7

MASTER (50-54)
352.2

MENS WORLDS

continued from page 46

J West GBR	595.0		617.2	1543.0
MASTER (55-59)				
R Bennett USA		303.0	556.2	1284.0
R Hemtall GBR	473.7			
MASTER (60-64)				
G Manly USA	468.2	259.0	468.2	1195.7
MASTER (65-69)				
T Moylen USA	429.0	214.7	462.7	1107.7
MEN'S 242 LBS CLASS				
OPEN				
A Stewart USA	788.0		760.5	2005.5
D Doan USA		485.0		
TEEN (18-19)				
M Balis USA	633.7	402.4	578.5	1614.7
MASTER (40-44)				
I Tudor GBR		413.2		
L Shepard USA			655.7	1631.2
J Miller USA	628.2			
MASTER (45-49)				
G Roberson USA			722.0	
C Batten USA		429.0		
P White USA			710.7	1835.2
MASTER (50-54)				
W Beckwith USA		374.7		
J West IRE	600.6		628.2	1565.0
MASTER (55-59)				
J Mihaka AUS	694.2		639.2	1631.2
J Yanovitch USA		315.2		
MASTER (60-64)				
A Bunescu USA	396.7	192.7	374.7	964.5
MASTER (70-74)				
R Leonard USA	358.0	297.5	396.7	1052.5
MEN'S 275 LBS CLASS				
OPEN				
G Welch USA		501.5		2099.7
E Surrell USA	859.7			
A Stewart USA			760.5	
TEEN (18-19)				
R Sabat POL	551.0		617.2	1543.0
J Moller USA		440.7		
MASTER (40-44)				
L Garro USA	650.2			
J Chambers USA		473.7	650.2	1725.0
MASTER (45-49)				
Richafrante USA	722.0	446.2	661.2	1796.5
MASTER (50-54)				
F Dias USA	639.2	330.2	584.0	1526.5
MASTER (55-59)				
J Mihaka AUS	661.2		600.7	1570.5
L Corulli USA		314.0		
MASTER (65-69)				
D Stratton USA	203.7	236.7	363.7	766.0
MEN'S 319 LBS CLASS				
OPEN				
B Dempsey USA	804.5	479.5	727.5	2006.0
MASTER (40-44)				
J Magee USA	650.2	440.7	584.0	1675.2
MASTER (45-49)				
R Sha'd AUS	485.0			
M Richardson USA		347.0	523.5	1339.2
MASTER (50-54)				
A Siegel USA	540.0	264.5	534.5	1339.2
MASTER (55-59)				
C Doll USA	435.2		473.7	1173.7
R Bridgewater USA		330.5		
MEN'S 319+ LBS CLASS				
OPEN				
D McCain USA	865.2		705.2	2083.2
M Hall USA		529.0		
MASTER (40-44)				
P Wrenn USA	716.5	380.2	666.7	1763.5

STEROID NAME INFORMATION

REPORTED NAME	TRIVIAL NAME	COMMON NAME
Oxandrolone	Oxendrolone	Anavar
Methandienone	Methandienone	Dianabol
Oxymesterone	Oxymesterone	Oranabol
Nandrolone	19-nortestosterone	Nandrolone
Clostebol	4-chlorotestosterone	Decadurabolin
Mesterolone	Mesterolone	Clostebol
Norethandrolone*	Ethylestrenol	Mesterolone
Norethandrolone*	Norethandrolone	Orabolin
Methyltestosterone*	Methyltestadiol	Maxibolin
Methyltestosterone*	17 a-methyltestosterone	Nilvar
Oxymetholone	Oxymetholone	Methandren
Dehydrochlormethyltestosterone (Same)		Anadrol
Stanozolol	Stanozolol	Chlorodianabol
Fluoxymesterone	Fluoxymesterone	Oral-Turabolin
Methenolone	Methenolone	Winstrol
Boldenone	1-dehydrotestosterone	Halotestin
		Primobolan
		Boldenone

* Denotes common metabolite

ADFPA Banned Substance List

The U.S.O.C. DRUG HOTLINE phone number is 1-800 233-0393.

PREScription DIURETICS	
ANABOLIC STEROIDS such as:	SYSCHOMOTOR STIMULANTS such as:
Bolasterone	Amphetamine
Boldenone	Benzphetamine
Chloroxomesterone (dehydrochlormethyltestosterone)	Cathine
Clostebol	Chlorphentermine
Fluoxymesterone	Cleretamine
Mesterolone	Cocaine
Methandienone (methandrostenolone)	Diethylpropion
Methenolone	Dextroamphetamine
Methyltestosterone	Dimethylamphetamine
Nandrolone	Ethylamphetamine
Norethandrolone	Fencamfamine
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Stanozolol	Norpseudoephedrine
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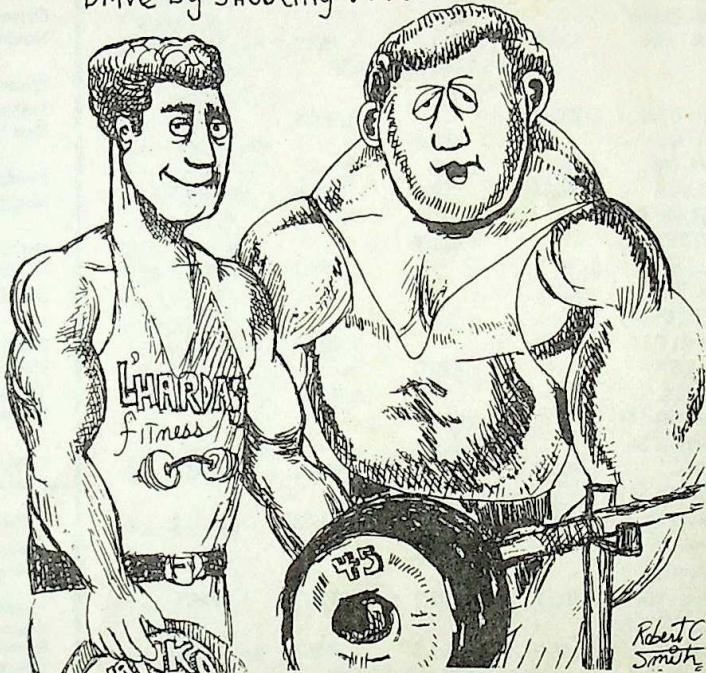
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