

AMERICAN DRUG FREE POWERLIFTING NEWS



Volume 2 Issue 4

OCTOBER 1995

PRESIDENTIAL MESSAGE

Intensity. Power. Pride. Can you remember the feeling when you first nailed the lifts you had set your sights on? Maybe the numbers would not impress you now, but if you are like me, an amazing sense of accomplishment rolled over me like a Mack Truck - and I just knew down through my bones that Powerlifting and iron would be a part of my life from there on. That's the same intense realization we have got to have to make more meets happen. There are lifters all around us - training body, heart and soul for the chance to grind out the big lifts on a Drug-Free Platform. The truth is that there are not near enough meets happening value your membership and we want to make the to satisfy that hunger. I am not talking podunk - slamathon no rules allowed - "competitions" - I am talking the genuine happen without your help. article - ADFPA Sanctioned Meets - The best of everything the powerlifting world has to offer. Just call and ask - We Please tell your ideas on how we can make the will prove it. We need YOU to start to organize that next ADFPA Meet. Help us make sure that pride in the hearts of don't you like? Do you have any suggestions? We Drug - Free lifters lives on.

There is an incredible number of things that the ADFPA can do for you once your meet is sanctioned. From your State Chairman: State Records, Sample Entry Forms, Names and addresses of referees in your State/Area, Club Application forms and much more. From your National Secretary/Treasurer: Meet packets, Urinalysis Test Kits, Mailing Labels - Your State/Area of registered ADFPA lifters, Use of The ADFPA Bulk Mail Permit to mail your Entries out (approximately \$0.12 each!)- Membership Maybe you even want to be a meet director in your Applications, Reimbursement Forms (do you know that the state! It's a great way to give back to the Association ADFPA reimburses up to 20% of Drug Testing Cost?) and much more. From your President's Office: access to anything ADFPA will provide you with everything you need to else available to you from the ADFPA as you put together a know on running a smooth meet. sanctioned competition. Organization, Dedication, Commitment - It is no mistake that the ADFPA is the best there is.

Soon, your Executive Committee will be drafting a strategic plan to benefit the future and the growth of the ADFPA. We ask for any and all input from you, as members, because a successful future depends upon our organization's

ability to have a positive impact on each individual drug-free lifter. If you could involve yourself just a little more, there are committees listed inside that could use the strength of your deas and input. If there are many to do the work, the task is light. Help us grow, Help keep the fire of idealism burning for the future of the ADFPA. LET US GET DOWN TO IT!

ADFPA President Michael Overdeer

attention all adfpa lifters!!

The ADFPA is nothing without members like you. We Association the best it can possibly be. But this can't

ADFPA better. What do you like about it? What want to know. Don't be afraid to voice your opinion. It's your opinion that makes a difference!

In order for the Association to continue to grow and strengthen, we need to increase the number of meets in your state. You can help us to do this. We are particularly interested in knowing where meets might be held or who might want to be a meet director. and maybe even make a little money for yourself! The

Work with us toward keeping the ADFPA the strongest powerlifting Association in the World!

Send your suggestions to Ned & Mary Cramer, 29 S Orchard Drive, Amherst, MA 01002-3038



HAPPY HALLOWEEN



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AMERICAN DRUG FREE POWERLIFTING

WORLD DRUG FREE POWERLIFTING FEDERATION CHAMPIONSHIP LIBERACE IUNIOR & MACIER

SATURDAY 1ST SESSION: WOMEN

104 LBS TEENAGE 18-19

Carley Lindberg USA 231.25 104.50 259.00 578.50 104 LBS MASTER 45-49

Joanne Shear USA 214.75 115.50 264.50 595.00 104 LBS MASTER 50-54

Judith Gedney USA 231.25 121.25 275.50 628.25 111 LBS TEENAGE 16-17

Bianca Oden USA 209.25 99.00 264.50 562.00 116 LBS JUNIOR

Shanda Tschumperlin USA270.00 88.00 297.50 655.75 **122 LBS TEENAGE 14-15**

Maria Sarris USA 264.50 110.00 310.85 677.91 **122 LBS TEENAGE 18-19**

Amy McCallion USA 236.75 117.95 242.50 595.00

Allegra Dutzmann USA 220.25 115.50 253.50 589.50 122 LBS MASTER 40-44

Ellen Stein USA 281.00 126.75 **343.92** 650.25 139 LBS TEENAGE 14-15

Crystal Chapman USA 248.00 126.75 259.00 633.75 139 LBS TEENAGE 16-17

Jill Klein USA 231.25 121.25 297.50 650.25 139 LBS TEENAGE 18-19

Margaret Reagan USA 225.75 115.50 314.00 644.75 139 JUNIOR

Shannon Heany USA 319.50 159.50 330.50 810.00 139 LBS MASTER 40-44

\$ Dara Scott USA 303.00 137.75 358.00 799.00 **154 LBS TEENAGE 14-15**

Alexia Houser USA 297.50 121.25 314.00 722.00 154 LBS MASTER 45-49

Susan Gill USA 248.00 126.75 330.50 705.25 154 LBS MASTER 55-59

Regina Hackney USA 154.25 83.00 231.25 468.25 176 LBS TEENAGE 16-17

Erin Eisenberg USA 369.25 170.75 402.25 942.25 176 LBS MASTER 45-49

Bernice Gill USA 264.50 148.75 347.00 749.50 176 LBS MASTER 50-54

Karen Duncan USA 325.00 181.75 225.75 727.50 **UNL LBS MASTER 40-44**

Barbara Vincent USA 303.00 192.75 413.25 909.25 SATURDAY 2ND SESSION: MEN

148 LBS TEENAGE 16-17

Gary Davies NL 275.50 143.25 374.75 793.50

148 LBS TEENAGE 18-19

Luis Conklin USA 347.00 231.25 396.75 975.50 148 LBS JUNIOR

Shawn LlewellynUSA347.00 248.00 440.75 1036.00 165 LBS TEENAGE 16-17

John Walter USA **473.75 308.50** 485.00 **1289.50** Joshua Decker USA 429.00 242.50 468.25 1140.75 Neil Abery ENG 407.00 209.25 396.75 1014 00 165 TEENAGE 18-19

Jerud Rhen USA 473.75 303.00 518.00 1295.00 **Jacob Wolter USA** 479.50 297.50 512.50 1289.50 181 LBS TEENAGE 16-17

Jacob Dhein USA 440.75 275.50 485.00 1201.50 181 LBS JUNIOR

Jeffrey Baumgart USA 606.25 330.50 573.00 1510.00 198 LBS TEENAGE 14-15

John Stevens USA 369.25 275.50 424.25 1058.00 198 LBS TEENAGE 18-19

Steve Mann USA 551.00 319.50 534.50 1405.25 198 LBS JUNIOR

Matthew Balis USA 611.75 374.75 633.75 1592.75 220 LBS TEENAGE 16-17

Edward Koo USA **507.00 281.00 551.00** 1295.00 220 LBS JUNIOR

Marcus Coulter USA 556.50 407.00 589.50 1554.00 Andy Hague ENG **529.00** 303.00 496.00 1328.25

Paul Hague ENG 462.75 275.50 534.50 1273.00 242 LBS TEENAGE 14-15

John Dexter ENG **253.50 165.25** 418.75 837.75 242 LBS TEENAGE 16-17

Joshua Butler USA 462.75 281.00 468.25 1212.50 242 LBS TEENAGE 18-19

Adam Stiverson USA556.50292.00 551.00 1399.75 275 LBS TEENAGE 18-19

Richard Contreras USA 639.25 319.50 501.50 1460.50 275 LBS JUNIOR

John Haynes ENG **512.50 363.75** 562.00 1438.50 UNL LBS JUNIOR

Dennis Hulslander USA 600.75 473.75 600.75 1653.25 **SUNDAY MASTERS**

123 LBS MASTER 45-49

Michael Blaize USA 286.50 154.25 319.50 760.50 132 LBS MASTER 45-49

Paul Griffith USA 402.25 55.00 363.75 821.00 132 LBS MASTER 50-54

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AMERICAN DRUG FREE POWERLIFTING

Graham Durdey ENG 319.50 176.25 429.00 925.75 132 LBS MASTER 65-69

Jack Duffield ENG 259.00 154.25 396.75 810.00 132 LBS MASTER 75-79

177.47 133.38 216.05 526.90 Ron Cluer ENG 148 LBS MASTER 40-44

Steve Holloway ENG 462.75 253.50 584.00 1300.50 148 LBS MASTER 45-49

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363.75 231.25 418.75 1014.00 John Martin USA 148 LBS MASTER 50-54

Bob Trujillo USA 358.00 242.50 424.25 1025.00 148 LBS MASTER 55-59

Ivan Zwick USA 154,25 259.00 176.25 589.50 148 LBS MASTER 60-64

Tom Johnston ENG 264.50 176.25 341.50 782.50 148 LBS MASTER 65-69

Robert Cortes USA 407.00 270.00 485.00 1157.25 165 LBS MASTER 40-44

Graham Hatch ENG 429.00 231.25 440.75 1102.25 165 LBS MASTER 45-49

Gary Hoxworth USA 303.00 236.75 501.50 1080.25 165 LBS MASTER 50-54

418.75 242.50 507.00 1168.25 Mike Shaw ENG 165 LBS MASTER 55-59

308.50 198.25 396.75 914.75 Ron Jarrett WI 165 LBS MASTER 65-69

Derek Marshall ENG 352.50 159.50 418.75 931.25 181 LBS MASTER 40-44

Bill Clayton USA 485,00 292,00 512,50 1289,50 Dave Ottolangui ENG440.75 264.50 529.00 1234.50

181 LBS MASTER 45-49 Derek Ambler ENG 507.00 325.00 529.00 1361.25

181 LBS MASTER 50-54 James Stovall USA 451.75 231.25 501.50 1184.75

Eddy James WI 319.50 209.25 440.75 970.00 181 LBS MASTER 55-59

Gregg Hayward USA 462.75 270.00 479.50 1212.50 Ken Gilbert ENG 396.75 231.25 507.00 1135.25 181 LBS MASTER 65-69

Glenn Jackson USA 225.75 187.25 330.50 788.00 198 LBS MASTER 40-44

Colin Foulser ENG 573.00 319.50 **672.25 1565.25** 198 LBS MASTER 45-49

Roger Marray AUST 440.75 253.50 462.75 1157.25 198 LBS MASTER 50-54

Doug Dienelt USA 473,75 303,00 523.50 1300.50 198 LBS MASTER 60-64

Pete Hudson ENG 485.00 270.00 551.00 1306.00 198 LBS MASTER 65-69

Dave Rodger ENG 352.50 231.25 468.25 1052.50 220 LBS MASTER 40-44

Les Pilling ENG 683.25 363.75 705.25 1752.50

Johnny Graham USA 672.25 347.00 688.75 1708.50 Brian Mitchell ENG 451.75 297.50 556.50 1306.00 220 LBS MASTER 50-54

Alfred King USA 507.00 292.00 **628.25** 1427.25 220 LBS MASTER 65-69

John Fulton ENG 363.75 286.50 429.00 1080.25 242 LBS MASTER 45-49

Ian Tudor ENG 584.00 418.75 584.00 1587.25 242 LBS MASTER 55-59

Christopher Fuller USA 451.75 281.00 473.75 1207.00 275 LBS MASTER 40-44

Tom O'Donnell USA 225.75 225.75 225.75 667.75

BOLD: Indicates new World Record Underlined: Indicates new American Record

Meet Director Simon Chapell and the Broadbridge Health Leisure Centre staff of Horsham, England did a fine job of promoting the 1995 WDFPF World Championship for Masters, Juniors and Teenagers on August 19-20, 1995. The warm-up area was well equipped and spacious, The competitive platform surface was solid and spotters/loaders excellent. Listening to and understanding the English pronunciation of our names turned out to be quite a challenge for some of our lifters.

Mr Chapell is owed our thanks as he was particularly helpful to the US lifters. When he learned the hotel that most of our athletes were staying at was quite a distance from the meet site, he took it upon himself to rent a bus to deliver us to the centre and provided shuttlebuses back to the hotel. When several US lifters arrived and had not received word of schedule changes, he accommodated these lifters by letting them lift on Saturday so their travel plans could be completed.

This was the first ever, WDFPF Teenage and Junior World Championship and the 5th WDFPF Master World Championship. Four countries participated with several others planning to compete but withdrawing as the meet neared. The US team consisted of 21 women (9 masters, 2 juniors, and 10 teenagers). This group of 62 lifters set approximately 134 World Records. This number of records represents quite a success especially when added in that judging was strict. Squats had to be low to be passed and the clapping of the hands to signify when to press on the Bench seemed to be a lot slower than receiving a command to press.

There were several close battles in this competition which added to the excitement. An especially close competition was had between Johnny Graham of the USA and Les Pilling of England. Johnny, who was one of the US teams emotional leaders and expanded a lot of energy the day before helping out his teammates, on his final deadlift and the last deadlift attempt of the meet, unsuccessfully attempted to pull out his 333 1/2 kgs needed for the win.

Many lifters had outstanding performances. The US Teens and Juniors for their first opportunity at international competition did exceptionally well. The best lifters awards went to Judy Gedney for the Women and Les Pilling of England for the men.

AMERICAN DRUG FREE POWERLIFTING

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~	JUNE 26, 1995-N	ORTHGLENN, CO	Wright, K		400		MEN OPEN 181		SUBMASTER 35-39 LI	IGHT	
~	ANDREA	SORTWELL	Saintil, L		390		Cox, V Best, J	350	148 Sermeno, J	292	
	Women Light	SORTWELL	Jackson, J		325		198 Hallman, G	335	165		
~	Ewing, P 44/103	110	Robinson, J		325		220 Barnes, D	350 400	Audiss, D	325	
	Women-Heavy	110	Abanatha, M		315		242	400	Pascual, J	292	
~	Kroona, H 37/118	115	Thomas, B		300		Ward, J	420	Ioppolo, R 181	270	
~	Men-Junior	• • •	Nelson, V		270		Davis, H	375	Kanemoto, K	441	
	Waag, N 23/172	330	242 Class Leroy, R		***		Crosswy, R	300	Jones, J	341.5	1
•	Submaster (36-39)		Leonard, C		410		UNL		SUBMASTERS HEAV		
W	Alvarado, A 37/148	320	Patterson, M		405 270		Bankhead, J	385	198	-	
	Benson, M 37/186	275	275 Class		270		FAYETTE CLASSIC I		Riefkin, R	358	
~	Master-Light		Harrell, W		380		Williams, R	410	Farron, S	286.5	- 1
-	Vaught, S 50/180 Burt, G 60/177	250	Hodges, M		330		Dan Davidson from	Tuscaloosa at 240 bodyweig	lit 220 Serda, J	485	- 1
	Master-Heavy	195	UNL Class				deadlift Don did form	demonstration lift with a 65	50 242 McIntosh, L	435	- 1
-	McDermott, J 46/181	350	Bates, M		360		fifth ren Thanks to all	lockout reps and almost had lofficials, spotters and loader	275		- 1
	Lynn, J 49/180	265	Winchell, G		325		Especially Steve Grah	obs & wife, Sandy Ellis, Ro	s. Minahan, R b Lindner, J	446	- [
	Borton, D 42/208	275	Allen, T		240		Willis, John Tucker	Greg Hubbert, Russell Jordan	n. TEENAGE 16-17	358	
-	Camp, E 53/301	245	Masters #1 40-4	49	100		Barry Lafoy, Linda T	higpen, Dan Davidson, Gen	Hairell, R	182	-
_	Men Open 132		Leonard, C Helms, C		405		Roberson, Myra Bui	tler, Lanny Shepard, Tor	JUNIORS MEN 20-23	104	I
	Simmons, S	255	Caputo, C		300		Faulkner and anyone els	se who assisted in any way.	114 Pham, H	264.5	
~	Pyrek, G	225	Mulhollan, F		340 250		Body Works Gym.	, -7.	132 Brooks, T	215	ı
اسدا	Acosta, R	200	Santamaria. F		300				148 Shapiro, J	220	
_	Men Open 148		Winchell, G		325		CALIFORNI	A STATE BENCH	165 Chang, C	297.5	I
•		310	Nelson, V		270		JULY 22, 95	5-SAN JOSE, CA	220		
ا ہے	Men Open 165 Lange, E	210	Patterson, M		270			VILLARREAL	Souza, T	452	1
-	Lange, E Men Open 181	310	Devine, R		130		MEN OPEN 114	· AMERICALIA	Lamarque, M	397	1
-		415	Masters #2 50-59				Pham, H	264.5	COLLEGIATE MEN 132 Yee. N	20.6	
ارا		350	Harrell, W		380		132		132 Yee, N 165 Chang, C	204	1
-	Men Open 198		Stanberry, H		225		Ioppolo, R	270	WOMEN OPEN	297.5	
- 1	Carreon, J	375	Masters #3 60-69		20.5		Corelli, M	231	111 Wolf, J	121	1
	Huffman, D	305	Brown, H Brierton, J		225 135		Nino, J	220	122 Ty, P	182	
		300	Starke, R		130		148		154 Navarro, P	83	
		280	ADFPA Judges:	Walter	130 Thomas for	du Obresie	Margiotta, M	380	176 Belt, P	182	1
	Men Open 220		Clark Chestand.	er acce	inomas, m	dy Chestand,	Slaughter, L	369	198 Sakahara, K	121	
		450	1				Saugnter, L Sermeno, J	364 292	UNL Kaanapu, J	220	•
		415	AI	LABAM	A STATI	F.	165	27L	WOMEN SUB MASTER		
	Men Open 242	275			FAYETT		Audiss, D	325	111 Wolf, J	121	
		375				E, AL	Batesole, M	308.5	122 Whiteside D	1046	1
		360	PURE DIVISION	TED BU	ULLER		Ughe, S	308.5	Whiteside, P WOMEN MASTERS 1	104.5	
	Men Open 275					200	Chang, C	297.5		154	
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AMERICAN DRUG FREE POWERLIFTING

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181 POLICE & FIRE		Lifetime to lead	out othe	er fine 165	Lufters Lufting	Marchetti. B	512	325	529 136	6	Lifting Champi	onshins	We had	our han	ids full with
Myers, M	341	heated up in the					501	281	496 127		105 competitor				
TEEN 18-19	•	New Jersey blast					435	270	429 113		categories The				
Reig, D	314					181 TEEN 16-17		-	* * -	9	selves pushing				
181 NOVICE		pounds The 500-					347	253	402 100	3	accomplishing				
Piacente, V	286	class by Mark N					363	203	374 942		ed, benched, ar				
Schapiro, R	242	nearest competite	r with a	413 effort	Keith Blackstor	181 TEEN 18-19)			9000	heavy weight n				
181 SUBMASTER		completed a fine	507 hft 1	to lead the	242 group. The	Pasiakos, S	402	236	451 109	1 1	spectators some	thing to	cheer ab	out. Som	e highlights
O`Loughlin, J	356	275 class had sor									in the women's				
Tramontana, C	336	drilling a 523 lift					369	259	429 105	8	putting up a fi				
181 MASTER 40-44	21.4	home a fine 518					LYMPIC			8	Safran both fro				
Rasamny, R	314	hitting a great 408		ig time lifter	Dan Scrocco in			192			Lisa setting all i				
181 MASTER 45-49 Shaw, T	358	the Masters doing		DIA 337 o vano	ald librate thank	181 SUBMASTI	501	201	104 177		the men from 12				
Burton, J	308	Lifting was over the lifters and the					413	281 319	496 127 429 116		We have to con of our sport.				
181 MASTER 50-54	.506	Drug Free Power						319	427 110	٠ ا	challenge The				
Mitsopoulos, J	352	the final results s					402	281	451 113	5	it will always lea				
181 MASTER 55-59		inform Pete Gisc							100 112		be the most con				
Eccleston, B	275	enjoy any comn					363	303	407 107	4	and Lifetime cl				
198 OPEN		events Please					TER			ı	Gerard Dally ou	it of Jers	ey ruled	the platfo	orm this day
Zurick, R	496	ADFPA, each and	d every c	ne of you.	Before we end,	Fisher, R	501	297	545 134	4	with his 1405 to	tal. Only	y six pour	nds separ	ated second
Friedman, D	380	we wanted to let					336	231	468 103		and fourth place				
198 LIFETIME		tested at this ever					253	181	374 810		Howard edging				
Friedman, D	380	upholds the need									enjoyed his sec				
McPhillyn, J	341	uphold our stand					462	358	589 141	U 🖁	Doug Scott set				
198 POLICE & FIRE	341	as possible. But l					507	201	ED4 1	, B	Fisher finished				
Norton, J	341	be as accurate as	possible	e. GOD Bl	LESS US ALL,		501	391	584 147		The 198 lifters				
198 TEEN 18-19 Perrotta, J	281	PETE GISONDI.				Jordan, R 198 TEEN 16-17	446	325	529 130	v 1	strong 391 ben Junior Records				
198 NOVICE	701	pro s	DAJER.	EDF FRE	TAIL.	Martucci, J	418	253	429 110	2	well with 551 be				
Ventriglio, T	435	8		ERLIFT		198 TEEN 18-19		200	·10	- 8	lifting in the M				
198 MASTER 45-49		JUNE 25, 19				Hatzinger, D	402	192	413 100	8	Howard had the				
McLaughlin, W	330			GISOND	I	198 JUNIOR				SE S	balanced lifting				
198 MASTER 50-54		WOMEN III LIF				Dempsey, J	485	325	523 133	3	242 class. Fra				
Ballen, D	314		214	121 10	0 556	198 POLICE AN					largest squat of				
220 OPEN		116 OPEN				Tafoya, S	446	341	440 122	9	being an Ameri				
Mahew, M	501		325	170 36	3 859	198 SUBMASTI	ER				Supers with E.C				
220 LIFETIME		122 OPEN	217	176 -	0 7770	Nieves, Q	573	347	507 142	7	only remaining l				
Guyette, R	374	2		165 31	9 799	198 NOVICE				200000	over by 4:30 P	M whic	h shows	how eff	iciently the
220 MILITARY		129 37-44 MASTI		00	9 250	Caffrey, C	551	341	468 136		Missing Link or				
Albano, L	325		132	99 18	7 418	Tafoya, S	446	341	440 122	9	lifters not able to				
220 Novice		139 OPEN	21.4	140 57	r (20	220 OPEN				ALC: N	Our certified re				onds if the
Guyette, R	374			148 27		Dizenzo, V	551	374	551 147		rules of that lift				
220 SUBMASTER	****	Carbin, M 139 LIFETIME	192	148 25	3 595	Delavega, R	556	347	523 142	/	From our poir				
Guyette, R	374		308	170 33	6 815	220 LIFETIME	551	224	EE2 111	4	heavy or didn't				
Rasmussen, R 220 MASTER 45-49	297	139 37-44 MASTI		33	. 013	Collaku, E	551 556	336 347	556 144 523 142		Some lifters did				
220 MASTER 45-49 Albano, L	325			104 19	8 407	Delavega, R Lobello, C	356 402	275	501 117		one competitor				
220 MASTER 50-54	343	176 OPEN	*			Lobello, С 220 COLLEGIA		412	JV1 11/	1	We would like can provide. Ca				
Cote, R	413		165	99 24	2 507	Hansen, R	468	363	556 138	2 8	may have about				
220 MASTER 55-59	79 8?	MEN 123 TEEN 1				220 TEEN 18-19		5,05	250 250	-	help you along				
Hogan, B	236	Scarabaggio, M	231	159 29	7 688	Manekas, W	369	159	413 942	Senior.	together is retur				
242 OPEN		132 TEEN 16-17				220 TEEN 18-19					it. We would lik				
Blackston, K	507	Steinberg, M	292	209 31	4 815	Debernardo, G	451	341	462 125		for choosing the				
Lamoureux, T	424	148 OPEN				220 SPECIAL O				COLUMN	sometimes mista				
242 LIFETIME			369	203 36	3 936	Barnes, D	501	281	518 130)	686-0727. This				
Blackston, K	507	148 LIFETIME	205	705		220 POLICE & I					need help. GOD				
Saviano, L	451		385	225 47	3 1085	Klinger, B	418		457 131						
Lamoureux, T	424	148 TEEN 16-17	226	166 0.	0 /55	Wood, D	457	325	518 130		MACOM	IB TE	ENAG	E CLA	SSIC
242 NOVICE	40.1		220	165 24	8 633	220 NOVICE				. 8	JULY 2	9, 199	5-MA	COME	l. IL
Lamoureux, T	424	148 TEEN 18-19 Taylor, D	451	750 AC	1173	Dinenzo, V	551	374	551 147				PIPE		,
242 POLICE & FIRE	ena.	149101, D 148 COLLEGIAT		259 46	2 1173	Grasso, D	540	325	534 139	<i>j</i> 889	MEN	a alvi	a an es.	R. G.	
Blackston, K	507			242 42	4 1069	220 40-44 MAST		210	221 110		MEN 123-Wynn, M	160	82.5	167.5	410.0
242 MASTER 40-44	564	148 POLICE & FI		242 42	+ 1009	Egan, J	551	319	551 142	: 8	123-Wynn, M 132-Keeran, K	115	82.5 62.5	97.5	275.0
Cease, D 275 OPEN	396	8		281 45	1 1173	220 55-59 MAST		225	627 110	. 1	132-Keeran, K 148-Meredith, C		75.0	117.5	315.0
Johnson, K.	523	165 OPEN	/		s 6.8 / s2	Mobley, G 242 OPEN	512	325	567 140.	, ,	165-Cazelet, E	152.5	92.5	155.0	400.0
Borrero, F	523 473		507	314 52	3 1344	Howard, K	639	418	710 176	, 1	220- DiGino, S	200.0	117.5	170.0	487.5
Fornaro, A	462	165 LIFETIME				242 LIFETIME	02/7	710	.10 1/0		242-Kemo, M	200.0	145.0	205.0	550 0
275 LIFETIME	TOPM		473	275 56	2 1311	Hulak, J	540	374	600 151:	8	275-Grove, M	140.0	115.0	120.0	375.0
Scott, R	468	Parmulo, R	501	248 43.		Villano, K	512		440 135		WOMEN				
Fornaro, A	424	165 TEEN 14-15				242 TEEN 18-19			~-/		129-Corder, A	110.0	50.0	120.0	280.0
275 SUBMASTER			159	154 22	5 540	Davis, M	462	336	523 132:		139-Parkins, M	80.0	47.5	92.5	220.0
Tomol, M	253	165 TEEN 16-17				Russell, E	485		462 1244) [176-Brookhart, A		42.5	117.5	265.0
275 MASTER 40-44			275	132 36	3 771	242 SUBMASTE	R			Side State	UNL-McCall, J	115.0	55.0	110.0	280.0
Dini, F	518	165 TEEN 18-19		2.72		Collins, G	418	297	518 123-	: 10					
275 MASTER 60-64		a - '		242 47		242 NOVICE				20000	ADFPA	NOR	TH AN	MERI(AN
Levy, S	270	8 ' '		236 42	9 1074	Velazquez, A	429	275	485 1196) 1	JUNE 3,	1995-	ROCK	AWA'	Y, NJ
UNL OPEN		165 SUBMASTER		226	3 000	242 40-44 MAST				SHERO			ORRE		
Scrocco, D	407			225 40	2 992	Brinton, B	644		606 170	- 5					v.
UNL LIFETIME	1.00	165 POLICE & FI		3 50 43	1101	Cease, D	314	374	374 1063			initial.	IVN	ENTR	x j
Riddsck, M	468	Pamulo, R 165 NOVICE	501	248 43	5 1184	275 LIFETIME	100	4.54	ran	8	WOMEN	216	365	375	055
UNL TEEN 18-19	225		429	242 47	1146	Doyle, C	600		578 1570	. 8	Davis, J 116	315	165	375 335	855 790
Philson, P	225	5myth, C 165 40-44 MASTE		-4/.	. 1140	Sarro, J	501	308	468 1278		Falconso, B 137 Oden, B 107	290 205	165 105	335 250	790 560
UNL MASTER 45-49 Scrocco, D	407			248 45	7 1091	275 JUNIOR	400	310	600 1571	- 8	McKellar, K 116		105	250	615
The Factors Danie !	40 : Press Championships had 65			m Ttr 14.3	. 1071	Eckroth, C 275 POLICE & F	600 19.0	319	600 1521		SPECIAL OLYM		1 46.7	_UU	917
	ress Championships had 65 ipete for top honors in their		501	248 43	5 1184	Regan, P	1KE 507	325	573 140:	- 8	DeCamp, D	295	165	315	775
respective cateoneres &	ipere ice top nonors in men dany of our lifters hit personal			65		275 55-59 MAST		.14.7	·7 14U.		Jones, R	325	165	225	715
	namy or our inners ran personal nam goal for a power lifter. The	Dally, G	551	292 56:	1405	Dias, F	650	275	567 1493		Lynons, W	205	140	325	670
	he state of New York Donna	8		325 52		UNL TEEN 18-1					MASTERS				
	auer both set records in their			281 513		Stimpt, EC	573	413	501 1488	9	Ginenthal, D 196	440	280	450	1170
	l 48 pounders lifted unopposed			303 52.		UNL JUNIOR			. 100		Pelegnno, J 148		310	350	1065
	es to new heights of bench	8	336	231 468	3 1036	Ostreicher, H	523	330	529 1383	2	Schmalzel, R 201		300	570	1420
	and the largest lift in the 165	181 LIFETIME				The American	Drug Fre	e Power I	afting Associ	ation	Mahk, C 198	485	315	510	1310
		Dally, G	551	292 56	1405	provided the dru					Carter, J 178	325	295	385	1005
										www.ww.bb					

Kazanowski, J I	94445	290	470	1205
Durbin, D 215 148	525	345	490	1360
Gengo, J	435	285	500	1220
Johnson, J 165	305	190	350	845
Muabella, B	560	350	525	1435
Falcone, R	480	355	465	1300
Davis, K	470	300	525	1295
Naughton, D	445	340	435	1220
Divine, A	440	290	490	1220
Walker, J 181	405	250	435	1090
Catina, P	500	280	500	1280
Piacente, Y 198	340	270	380	990
Rice, F	575	315	650	1540
Craven, B	425	300	515	1240
Ouksoyez, J	445	280	480	1205
Caffrey, D 220	420	300	480	1200
Manouvelos, F	565	410	500	1475
Durbin, D	525	345	490	1360
l 42-Brunskill, K 175	575	385	625	1585
Brooks, T	650	400	650	1700
awliss, S	650	475	575	1700

COMPETITIVE EDGE HIGH SCHOOL CHAMPIONSHIPS JULY 30, 1995-LAKEWOOD, CO MICHAEL DINGO

1	TTAL AL		
245	175	275	695
360	245	435	1040
300	205	360	865
265	175	295	735
315	225	335	875
270	215	360	845
	245 360 300 265 315	245 175 360 245 300 205 265 175 315 225	360 245 435 300 205 360 265 175 295 315 225 335

DEADLIFT NATIONALS AUGUST 12,13,1995-ST LOUIS MO MIKE CISSELL

)	WOMEN'S OPEN	
1	WOMEN'S OPEN 47.5-Fox, L 53.0-Davis, J	145.0
:	53.0-Davis, J	167.5
;	70	
٠	Trosper, C	207.5
1	Tallarico, A	185.0
1	80-Sortwell, A	197.5
1	WOMEN'S LIFETIME	
ı	70	
1	Trosper, C	207.5
I	Tallarico, A	185.0
I	MEN'S OPEN	
ı	52.0-Hall, D	132.5
1	56.0	
ł	Durachta, T	205.0
i	Snell, K	200 0
	Madigan, M	170 0
	60.0	
	Stagg, M	207.5
	Boarman, P	197.5
	Clemens, K	195.0
	67.5	
Ĭ	Gilley, D	220 0
Ī	Thomas, M	205 0
I	750	
ı	Gilley, D Thomas, M 75.0 Krockenberger, G Mhoon, M	2550
l.	Mnoon, M	235.0
ı	weamig, D	232.5
	Dalton, J	220 0
ı	82.5	
ı	Mason, K	315.0
	King, D	255.0
	Horrighs, R	252.5
	Smason, S	222.5
	Scalzitti, J	2175
	X0.0	
	Simon, T	297 5
	Dicicco, T	287 5
	Vexander, M	265 0
	Collorn, B	262.5
	Velch, L	262.5
	rosper, C	257.5
	lross, J	255 0
	00 Internal	
	Iolmes, C	342.5
The second	faddox, J	312.5

as Kruszynski, J	292 5
as Kniszyński, J for Robbins, M as Anstey, J 't 125.0	267.5
as Anstey, J	242.5
st Reeves, M	2427
Rowie D	327.5 297.5
ts Gaffigan, L Mooney, T Le UNL	297.3 295.0
d Mooney, T	275.0
e UNL	213.0
o Mafuli, V	340.0
rt Ufford, K	337.5
MEN'S LIFETIME	
o Mafuli, V tt Ufford, K e MEN'S LIFETIME p 560 c Snell, K n Madigan, M	
e Snell, K	200.0
ni Madigan, M	170.0
e 60.0-Clemens, K n 75.0	195.0
Brent, B	255.2
Krockenberger G	265.0
Krockenberger, G Perine, R Mhoon, M	255.0 247.5
Mhoon M	235.0
, Barnett, J	187.5
, Barnett, J 82.5 Mason, K	107.2
Mason, K	315.0
Smason, S Scalzitti, J	222.5
Scalzitti, J	217.5
Piper, 1	205.0
90.0	
Terry, C	327.5
Simon, T	287.5
Ricker, M	287.5
Cross, J	255.0
Grant, L	250.0
100.0	
Holmes, C	342.5
Sample, L Johnson, N	297.5
Anguish, D	295.0
110.0	275,0
Beatty, V	277.5
Corum, S	255.0
Anstey, J	242.5
Smith, S	225.0
125-Lee, L	235.0
UNL-Vance, K	332.5
MEN'S COLLEGIATE	334.3
82.5-Taylor, C	190.0
90.0-Cross, J	255.0
110-Garris, D	282.5
UNL-Werges, M	297.5
MEN'S JUNIOR	
75.0-Barnett, J	187.5
82.5-Taylor, C	190.0
100.0-Cahill, J	290.0
110-Garris, D	282.5
UNL-Vaughn, T	260.0
MEN'S SUB-MASTERS	
56.0	
Snell, K	200.0
Madigan, M	170.0
60.0-Clemens, K	195.0
67.5-Horton, D 75.0-Krockenberger, G	190.0
82 S-Lee, H	255.0
90 0	245.0
Trosper, C	267.6
Grant, L	257.5 250.0
100.0	2 70.0
Tyring, P	305.0
Hanlon, M	282.5
10.0	202)
Anstey, J	242 5
Smith, S	225 0
25.0	44.7 Q
Bowie, D	297 5
farnscher, B	267 5
JNL-Vance, K	332.5
MEN'S POLICE & FIRE	
6.0-Madigan, M	170.0
7 5-Gengo, J	215.0
5.0	***
Vedding, D	232 5
tanley, B	190.0
amett, J	187 5

ham. D 215 525 345 390 1300 1980. J 435 285 900 1220 1980. J 435 285 900 1220 1980. J 435 285 900 1220 1980. S 40 300 355 45 1435 2080. R 40 300 300 1220 2080. R 40 300 900 1220 2080. R 50 1280 2080. R 50 1280 2080. R 50 1280 2080. R 50 1280 2080. R 7 1 205 15 15 55 10 100 2080. R 7 1 205 200 430 1220 2080. R 7 1 205 200 430 1220 2080. R 7 1 205 200 430 1220 2080. R 40 1200 2080. R	282.5 330.0 292.5 267.5 242.5 327.5 297.5	16-17 100.0-Cummi 18-19 90.0-Cross, J MEN'S MASTERS 67.5-Thomas, M	2	217.5 255.0
special, B 5 00 150 190 130 815 190 190 190 190 190 190 190 190 190 190	292 5 267.5 242.5 327.5	MEN'S MASTERS 67.5-Thomas, M		?33.0
Section 1	267.5 242.5 327.5	67.5-Thomas, M		•
abella, B 50 330 352 1435 come, R 40 300 355 665 1906 ris, K 470 300 925 1906 ris, A 440 290 910 1220	242.5 327.5			205.0
some, R. 880 3 35 465 1930 mrs, S. 49 300 1920 mrs, A. 40 300 1921 1925 mrs, A. 40 300 1901 1920 mrs, B. 42 5 300 151 540 mrs, D. 50 100 152 53 455 450 1500 mrs, D. 50 100 151 540 mrs, D. 50 100 150 1901 mrs, A. 40 100 1901 1901 mrs, A. 40 100	327.5	75.0-Jones, J 82.5	2	!45.0
s, K. 40 300 \$25 1295 1295 1295 1295 1295 1295 1295 12		King, D	,	55.0
spidon, D. 445 340 435 120 Net. J. 405 250 435 100 Net. J. 5 315 55 150 Net. J. 5 30 515 1240 Net. J. 5 30 51		Scalzitti, J		17.5
specific part of the ADFPA Lifetime Drug Free Naturals, and Mooney, T. Part of the ADFPA Lifetime Drug Free Naturals, and Mooney, T. Part of the ADFPA Mars S. Open Nationals in July. We wish to Mafalt, V. Part of the ADFPA Mars S. Open Nationals in July. We wish to Mafalt, V. Part of the Mars S. Open Nationals in July. We wish to Mafalt, V. Part of Mars S. Open Nationals in July. We wish to Mafalt. Mars S. Open Nationals in July. We wish to Mafalt. Mars S. Open Nationals in July. We wish to	297.5 295.0	90.0 Jeurink, J		
sma, P	275.0	Rosenberg, S		35.0 27.5
thank the entire Pro Fitness crow for a great team effort Ufford, K		100 0	***	0
in making this meet a success. Bill Clayton did the MRN's LIFER (1997), pp. 1575-315-650, 1540 pingles, certifying the weights, and supervising the Sofiel, K (2004), pp. 1570-1580, pp. 1	340.0 337.5	Sample, L Johnson, N		97.5
sen, B 425 300 315 1240 315 12	пме	110.0-Foster, D		95.0 72.5
sovez, J. 445 280 480 1205 feep, D. 420 300		125.0-Olesen, B		32.5
Lorsello, Favis Little, Anthony Rivano, Mike Johnson, Description of the programment of the complement of the programment of th	200.0 170.0	45-49 90.0	**	
souvelos, F. 565 410 500 1475 min, D. 525 345 490 1360 min, D. 525 345 595 1385 sks, T. 659 400 650 1700 miss, S. 659 475 575 1700 miss, S. 659 475 475 475 475 475 475 475 475 475 475	K 195.0	Delong, A 100.0- Smith, S		90.0 75.0
Jam. D. 503 als 400 1300 prinsibility. Spin 304 1360 prinsibility. Spin 305 als 400 1360 prinsibility. Spin 305 als 400 150 1800 prinsibility. Spin 305 als 400 prinsibility. Spin 30		50-54 75.0		J. u
Brunskill, K. 575 385 625 1385 sks. T. 650 40 650 1706 sis. S. 65 9475 55 1700 TLIFTERS SO-Mirabella, B. 19P-Lawliss, S. 1600 flored in Mount Admignon, N.J. Although the sides at the rear. Charle Schroeder and Mane Borillo, Although the sides in the search of the lefter search of the lables and the lefter search of the lables and the lefter search of the lefter se	265.0 ; G 255.0	Zbornik, B		12.5
sks.T 650 400 650 1700 siss,S 650 417 575 1700 sits,S 670 417 417 417 417 417 417 417 417 417 417	247.5	90.0-O'Neil, T 110.0-Litzsinger, G		15.0 17.5
Six 6 of 37 of 375 1700 Six 6 of 473 s. 75 1700 Six 75	235.0	125.0-Obermark, I		2.5
Clayton did a great job judgang. Polygraphing was done by Bill Cowan. Do percent of the lifters was prize to see hum and his two buddes Roberts. See John Michael B. B. BP-Lawliss, S. to be medical for the original program of the professional way in which the was conducted. Much thanks is due hum and his femaly. He and many positive comments from the was conducted. Much thanks is due hum and his femaly. He and many positive comments from the was conducted. Much thanks is due hum and his femaly. He and many positive comments from the was conducted. Much thanks is due hum and his femaly. He and many positive comments from the was conducted. Much thanks is due hum and his femaly. He and the search of the comments from the was conducted. Much thanks is due hum and his femaly. He and the warm pulprement to the rophies, everything was first. Complementary energizer drinks and Gatorade handed out during the meet, a complementary buffet was available, free meet T-shirts were to all contestants, and other drinks, snacks, and grear could be purchased in the contest room in on, there were four national officials on hand for a certification purposes. Dave Abramson, with help from Mane Borillo, did a great job many as the seek of the special Olympies division, with a great 351. In the special Olympies division, was great to see hum and his two buddies Robert and Walton Lynons having such as good time. Dias, who was on hand to coach, is to be medical first the was that he does work that he does work that he does was the Stankardzal, whose in the earth with 300 bettempt-tor bad for a folympies division, in the part of the proper in the Bench with 300 bettempt-tor bad for a folympies with signature facility. Genzo had an excellent day in the 148 class, and in the Bench with 300 bettempt-tor bad for a possible of the meet by formula. He also had the best with 360 on the dead tift. Genzo had an excellent day in the 148 class, and possible of the meet by formula and competing the handon of the meet by formula and competing to the	187.5	55-59 75.0		
per jos ADFPA North Aumencans were held at the aton Hotel in Mount Artingston, NJ. Although the ton Hotel in Mount Artingston, NJ. Although the Mount In Mount Artingston, NJ. Although the Mount In Mount Artingston, NJ. Although the Mount In	315.0	Brent, B 100.0-Mobley, G		5.0 0.0
to 1995 ADFPA North Aumencans were held at the aton Hotel in Mount Arlington, NJ Although the put was not as large as expected, due to sensition in the advertising, the meet was plionally well run by Pro Fitness, is to be mended for the professional way in which the was conducted. Much thanks is due hum and his fee family. I heard many positive comments from the sac conducted. Much thanks is due hum and his fee family. I heard many positive comments from these, and not one negative one. From the warm jumpment to the trophies, everything was first. Complementary energizer drinks and Gatorach handed out during the meet, a complementary of all contestants, and other drinks, snacks, and gear could be purchased in the contest room. In on, there were four national officials on hand for 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. 1 certification purposes. Dave Abramson, with help from Man	222.5	65-69 75.0	260	2.0
ation Hotel in Mount Artingston, NJ. Although the put was not as large as expected, due to some usion in the advertising, the meet was pitionally well nut by Pro Eimess of Rockaway, Joe Morreale, the owner of Pro Fitness, is to be mended for the professional way in which the was conducted. Much thanks is due hum and his efamily. I heard many positive comments from flers, and not one negative one. From the warn jupiment to the trophies, everything was first. Complementary energuze drinks and Gatorabe handed out during the meet, a complementary buffer was available, free meet T-shirts were to all contestants, and other drinks, snacks, and grear could be putchased in the contest froom. In on, there were four national officials on hand for 1 certification purposes. Dave Abramson, with help from Marie Borillo, did a great job meinig. are Davis, fresh from her victory at the Women's also are cord in the squat and American masters is in the deadlift agid total. all DECamp won the Special Olympics division, was great to see him and his two buddies Robert and Walton Lynons having such a good time. Dias, who was on hand to coach, is to be ended for the work that he does with this group to effect of the work that he does with this group. In the Bench with a 2000 la attempt not had for a for years old! Jules Pelegrino set three states and an American record in the Bench with a 2000 la attempt not had for a for years old! Jules Pelegrino set three states and an American record in the Bench with a 2000 la attempt not had for a for years old! Jules Pelegrino set three states and an American record in the Bench with a 2000 la attempt not had for a for years old! Jules Pelegrino set three states and an American record in the Bench with a 2000 la attempt not had for a for years old! Jules Pelegrino set three states and an American record in the Bench with a 2000 la attempt not had for a for years old! Jules Pelegrino set three states and an American record in the Bench with a 2000 la attempt not had for a for year of years old	217.5	Westling, P	152	2.5
sis on in the advertising, the meet was putenally well nut by the Pritters is to be mended for the professional way in which the was conducted. Much thanks is due hurn adhis e family. I heard many positive comments from the res, and not one negative one. From the warm jumment to the trophies, everything was first. Complementary energizer drinks and Gatorade handed out during the meet, a complementary touries and advertising and the contest room. In on, there were four national officials on hand for a certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. It is a contest record in the square and the contest room. In on, there were four national officials on hand for a certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. It is a contest room. In on, there were four national officials on hand for a certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. It is a contest room in on, there were four national officials on hand for a certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. It is a contest room. In on, there were four national officials on hand for a certification purposes. Dave Abramson, with help from Mane Borillo, did a great job meng. It is a contest room in the plant of the work of a certification purposes. Dave Abramson, with the plant of the plant of the work of a certification purposes. Dave Abramson, with a great 855 to in the deadlift agid total. 116 WOMEN'S OPEN 127. Fox. L. 145.0 128. Jaylor, C. 207.5 129. Pesher, T. 31, 129. 33.5 129. Pesher, T. 31, 129. 33.5 120. Davis, J. 150. 167.5 121. Salvason, T. 150. 167.5 122. Salvason, T. 150. 167.5 123. Davis, J. 150. 167.5 123. Davis, J. 150. 167.5 124. Salvason, T. 150. 167.5 125. Salvason, T. 150. 167.5 126. Corona, S. 207.5 129. Pesher, T. 31, 129. 35.5 120. Rover, J. 167.5 121. Salvason, T. 160. 167.5 121. Salvason, T. 160. 167.5 122. Salvason, T. 160. 167.5 123. Davis, J. 167.5 124. Sa	205.0	BEST LIFTERS: WOMEN'S OPEN-	C. Carona	р
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Gengo had an excellent day in the 148 class, gl 1220 lbs. He and his training partner Jackie G7 5 gl 1220 lbs. He and his training partner Jackie G7 5 Gilley, D 200 0 Trosper, C Grant, L 100, D 100,		198	242	
g 1220 lbs. He and his training partner Jackie believe in training hard and competing the believe in training hard and competing filley. D 220 0 Trosper, C Grant, L 100.0 Trosper, C Grant, L 100.0 Trosper, C Grant, L 100.0 Tyring, P Las of the meet by formula. He also had the best with 560. Ron Falcone had a PR total and strated his fine benching ability with a 355 in second. In this tough class, Kenny Davis took 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in second. In this tough class, Kenny Davis took 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in second. In this tough class, Kenny Davis took 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class, Kenny Davis took 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class, Kenny Davis took 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class with 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class with 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class with 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class with 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class with 110.0 Wedding, D 232.5 Anstey, J Santaed his fine benching ability with a 355 in Second. In this tough class with 110.0 Wedding, D 255.0 Hamscher, B Second. In this tough class with 110.0 Wedding, D 255.0 Weddin	245.0	Dowling, M	380	
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the than to train with John. 55. Bryan Mirabella won with a 1435 total, the laid of the meet by formula. He also had the best with 560. Ron Falcone had a PR total and strated his fine benching ability with a 355 in Wedding, D 232.5 Anstey, J Samth, S second. In this tough class, Kenny Davis took Adam Divine of Pro Fitness took fifth, but was ornewhat conservative, as he qualified for the lationals. Even being conservative be got a PR of 490. Although Jeff Walker did not place, it or realized that this was the toughest class of the ition, and Jeff hit PR's in every lift. 181s, Peter Catina took first wigh a 500 squat 10 deadlift Vic Piacente was second. 250 Trying, P Hanlon, M 110.0 Wedding, D 232.5 Anstey, J Smith, S 125.0 Bowie, D Harnscher, B Long, D 255.0 Harnscher, B 255.0	250.0	e-rimonani, J	520	
55, Bryan Mirabella won with a 1435 total, the laid of the meet by formula. He also had the best with 560. Ron Falcone had a PR total and strated his fine benching ability with a 355 in second. In this tough class, Kenny Davis took Adam Divine of Pro Fitness took fifth, but was comewhat conservative, as he qualified for the nationals. Even being conservative he got a PR of 490. Although leff Walker did not place, it renaized that this was the toughest class of the ition, and Jeff hit PR's in every hift. 1815, Peter Catina took first wigh a 500 squat 00 deadlift. Vic Piacente was second. 255 0 Hanlon, M. 100.0 Anstey, J. Smith, S. 125.0 Bowie, D. 125.0 Bowie, D		NEW MEXI	ICO STATE	PL
hal of the meet by formula. He also had the best with 560. Ron Falcone had a PR total and Wedding, D 232.5 Smith, S 200	305 0 282 5	MAY 27, 1995		
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Adam Divine of Pro Fitness took fifth, but was ornewhat conservative, as he qualified for the hathonals. Even being conservative he got a PR to 490. Although leff Walker did not place, it is realized that this was the toughest class of the litton, and Jeff hit PR's in every lift. 181s, Peter Catina took first wigh a 500 squat old deadlift. Vic Piacente was second. ar old Fred Rice won the open 198 class with a 198 class with	225 0	139-Yardman, C 235	145 185	535
hationals Even being conservative he got a PR of 490. Although Jeff Walker (id not place, it of 490. Although Jeff Walker (id not place, it of 490. Although Jeff Walker (id not place, it of 490. Although Jeff Walker (id not place, it of 490. Although Jeff Walker (id not place, it of 490. Although Jeff Walker (id not place, it of 490. Scalzitti, J 2175	297 5	154-Lester, A 205 MEN	105 175	475
of 490. Although Jeff Walker did not place, it smason, S 222.5 transier, K 222.5 tra	267.5	132		ļ
realized that this was the toughest class of the Scalzitti, J 2175 56.0-Madigan, M 90.0 56.0-Madigan, M 90.0 56.0-Madigan, M 97.5-Gengo, J 97.	332.5	Vigil, B 245	220 300	700
stiton, and Jeff hit PR's in every lift. 181s, Peter Catina took first wigh a 500 squat 30 deadlift Vic Piacente was second. 297 5 297 5 20		Maez, D 375 148	235 425	1035
75.0 Dicicco, T 2875 at old Fred Rice won the open 198 class with Alexander M 165.0 Wedding, D	170.0 215.0	Darras, D 425	235 500	1160
at old Fred Rice won the open 198 class with Alexander M 265 A	ALC: SI	Davis, J 300	190 405	930
	232 5	Macz, M 350	235 450	1035
id masters state records in every lift and was Colling R 262 5	190.0 187.5	165 Martinez, R. 300	210 430	940
t's best deadlifter. Bill Craven, who is making. Welch, L. 202.5 [00.0-Anguish D.	1875 2750	Salgado, O 225	210 430	680
	267 5	181		
and Dean Durbin, a masters lifter who has been 100	337.5	Williams, T 520 Gonzales, S 405	340 550	1410
ing only a short time but is making rapid. Holmes, C. 342.5 14-15-52.0-Mathews		Gonzales, S 405 Gonzales, M 420	245 505 315 465	1155
k was second. Maddox, J 312.5 14-15-56.0-Logsdon	n, JR 850	Gallego's, T 400	300 435	1135
one at 242, but put up some good member, 1 yring, P 305.0 16-17 56.0-Wynn, N	M 182.5	Kirchner, W 390	235 400	1025
Johnson, N 2950	em, R 145 0	Manzanares, D 315	175 370	860

																	CHRONOSONO	***************************************	age '
198										220 TEENAGE	18-19				Holodick, R	490.50	319.50	473.50	1281.50
Beam, H	505 28			1295	220		10.5			Greene, T	F 40	280			198	(0/ p0	412.00	con ro	1.790.00
Rino, D Rodniguez, J	525 32 400 21			1360 980	LeBlanc, E Henchey, TJ		425 375			220 MASTER 4 Albano, L	3-49	335			Ulvang, J Beekley, B		413.00 319.50		1639.00
220	-100 21	5 50.		700	DEADLIFT OP	en wor				220 MASTER 5	5-59	333			Farley, K		391.00		1419.00
Sanchez, L	500 37	0 49	0 1	1360	Cintron, S			260		Carter, J		270			Kirkham, J	523.50	358.00		1380.50
Barnette, B	485 29	5 51:	5	1295	TEENAGE 132	16-17				Нодап, В		240			220				
			DWY T. T		Czupil, J	415. A A		325		242 SPECIAL C					Bell, J Wyman, J	611.50 627.50	473.50 363.50		1710.50 1534.50
	LLAM B				MASTERS 181 - Krukowski, R	45-44		400		Lyons, B 'Tug I 242 SUBMAST		120			Nelson, C		336.00		1474.00
August 5, 19			I BA	Y, WA	242 50-54			100		Klinger, B		460			242				
	ION KR	AUSE			Dusenbury, J			500		242 OUT OF ST	ATE				Jacobs, J		490.50	705.00	1941.50
148 Bonderant	325 31	5 40	n i	1040	MEN OPEN 181			100		Orlando, G	0.44	525			Milligan, J	600.50	424.00	622.50	1644.50
Meas	400 19			940	Carioti, J 220-LeBlanc, E			475 525		242 MASTER 4 Cease, D	U-44	385			Eiring, J Young, B	622.50 567.50	380.00 380.00	622.50 551.00	1622.50 1496.00
181-Brown	415 34		Û I	1255	275-Sargent, H			710		242 MASTER 4	5-49	305			Arthurs, L		473.50		1413.50
198										Coopman, E		330			275				
Leclere	530 30 210 18			1330 305	NORTH	WEST	POL	CE &	FIRE	242 MASTER 6	0-64				Reeves, M	804.50	540.00	722.00	2062.50
Anderson (68) 220	Z1V 10	U 41.) (50.5		G_{ℓ}	AMES			Blevy, S 275 MASTER 4	0.44	265			Moretti, R UNL	132.00	132.00	688.50	953.00
	475 26	0 500	0 1	1335	AUG 27,	95-BE	LLIN	GHAN	I, WA	Dini, F	0-44	520			Mahoney, T	744.00	468.00	694.00	1903.00
	525 47			1580	то	NY PI	ECHT	HOLT		275 OPEN					Jahn, J		534.50	694.00	1903.00
242-Groves	500 39	0 634	0 1	1500	WOMEN					Doyle, C		400			Crowley, D		424.00	639.00	1886.50
275 Pankey	500				176-Stone, P	305	115	320	740	UNL OPEN		500			Moore, B		611.50	253.50	997.50
	500 685 36	5			MEN 165-Ferrera, R	240	175	345	760	Tolve, D		500			MEN NOVICE ! Wright, G		341.50	523.50	1281.00
165-Stith	400 26	0			181	240	1/3	343	700	¥.	LORII	A ST	ATE		Fuller, T		270.00		1014.00
BEST LIFTER: C	ROSSEN				Fox, F	475	290	475	1240	AUG 20				RT	181				
X48.4#	ARAKITA -	AR TUN	TE'1		Rojelio, L	450	265	445	1160	TOM 8					Rhoton, H		374.50		1430.00
	AMER (Wilkenson, T	425	260	470	1155 990	WOMEN III	- 2./2./E	ALT ENG	U V UIL	. 4.8.6	Hollodick, R Mickenberg, S		319.50 319.50	473.50 485.00	1281.50 1265.00
	2, 1995		^		Bozeman, C 198	360	245	385	730	Arthurs, S			286.50		Almirantes, C		314.00	485.00	1199.00
	EAN CU	LNAN			Cicero, P	435	330	450	1215	Strickland, G			253.50		Griffin, B	374.50	314.00	490.50	1177.00
WOMEN Open 154					Vierra, G	375	250	475	1100	116-Lombari, R	253.50	137 50	336.00	727.50	Green, K	407.50	225.50	429.50	1061.50
Cintron, S	14	5 260) 4	105	O'Connor, F	350	300	375	1020	122 Gay, L	253 50	121.00	275.50	650.00	198 Longs M	551 AA	334 00	551.00	1/25 50
Loughboraugh, S	11			380	Eller, K 220	345	220	400	965	Zima, I			297.50		Lopez, M Sarvis, C	551.00 523.50	336.00 325.00	551.00 518.00	1435.50 1364.00
JNL					Smith, K	600	375	620	1595	139					Smith, J	402.00	380.00		1276.00
Hagrear, M	10	0 265	5 3	365	Fay, P	405	255	455	1115	Trafton, D				782.50	O'Shaughnessy!		286.50		1149.50
MASTERS 122 4	5-49				Devlen, G	350	275	405	1030	Gross, L		165.00	303.00	716.00	220	een	~~~	promote	
McCallion, S	»4;y 80	220) 3	300	242 Factor C	car	40.5	ene	1425	Vailancourt, L-4 Ritchey, K	181.50	181.50 99.00	303.00 198.00	694.00 479.50	Tyson, G Solowsky, G		325.00		1446.50 1320.00
TEENAGE 114 I	I-15				Foster, C Williams, J	625 575	425 375	575 600	1625 1550	154-Martin, M				716.00	Solowsky, G 242	JV1.JU	J41.JV	479,30	1320.00
Guzewski, M	80	180) 2	260	Peratrovich, L	405	300	500	1205	UNL-Dean, K-5	6 220			661.00	Flowers, G	485.00	358.00	518.00	1325.50
148 18-19 Eischer E	10	5 380	, .	575	Minshew, R	325	305	435	1065	WOMEN MAS		150	77 00	202.50	Thomas, B	501.50	275.50	534.50	1309.00
Fischer, F 165 18-19	19		, .	113	275					O'Brien, P 41-1:		159.50	77.00	292.00	Vause, J	479.50	330.50	485.00	1292.50
Sheldon, R	25	5 415	5 6	570	Hudgen, K	575	375	575	1525	Vailancourt, L 4		181 50	303.00	694.00	275 Pisanti, R	<u> የህ</u> ድ ሀህ	391.00	656.50	1551.00
242 18-19					Billesbach, B James, D	575 540	350 300	575 550	1525 1390	Watkins, H 55-1		101.50	505.00	024.00	Hall, B				1485.00
Davis, M	36	550) 9	10	MASTERS	340	300	330	1390			126.50	286.50	677.50	UNL-Dogg, J				1512.50
MASTERS 165 4					Billesbach, B	575	350	575	1525	Dean, K. 56-UN		148.50	292.00	661.00	Well, we had				
Cerutti, J 198 40-44	32	390) ;	710	James, D	540	300	550	1390	MEN TEENAG		1.40.50	241.50	016.60	changed location				
Bigrow, R.	28) 440) 7	720	Peratovich, L	405	300	500	1205	Houk, T 16-122 Carrion, E 16-21			341.50 496.00	1369.50	Western Inn, and				
220 55-59					Fay, P Bozeman, C	405 360	325 245	455 385	1115 990	Harris, C 17-198					very helpful. The kept up with fro				
Brown, E	30	375	5 6	575	Bozeman, C	300	243	363	930	Stevens, J 15-19				1221.00	juice, both days.				
SPECIAL OLYM		0 8.44			ED	THE	NVIL	LE BP		Esposito, J 16-1					drawback was th	e warm-ı	ip room	and it was	s small. B
114-Vooys, C 165-Willard, M	10 15			245 120	AUG 5, 19				'N NV	s.c. corporation	303.00	236.50	347.00	886.50	the lifters aga	in were	helpfu	1 by w	arming u
181-Godbay, J	26			80			VK DL		7.49.7.2	MASTERS Griffin, B 46-18	374.50	314.00	490.50	117700	accordingly. It have some of the				
MEN OPEN					WOMEN	E. 247.F!	* # W . # P # .	CARIO		Whitney, D 51-		21-100	450.50	1177.00	nave some of the cooperative. To				
123-Coon, W	20			545	116-Davis, J		170				424	225.50	507.00	1155.00	good "workout"				
148-White, C	18.	5 385	5 .5	570	122-Cane, D		170			Brogan, J 52-16		242.50	462.50	1144.00	made a very hear	/y 132 sq	uat and a	very, ver	y heavy D
181 Butera, R	34.	5 525	ς ς	170	139		100			Umberger, R 50		170 80	241 50	833 00	of 253.50 with h				
Funaro, A	35.			330	Antonovich, H Manfredonia, V		150 105			Harding, B 57-1		170.00	341.50	032.00	of the Best Drug the world. Tom				
198					Mantredoma, V 154-Rasmussen,	L	150			# :100 U.S. D J / * 1		248 00	385.50	1008.50	the world. Tom the win - Great I				
Hart, M	35:			355	MEN	*				Everett, C	325.00		424.00		shoulders straig				
Ray, B (GL) 220	35	62.5	> 9	80	148					Crowley, D 44-l				100	improvement of	John Sta	evens and	d great lif	fling by or
zeBlanc, E	42:	5 52.5	5 0	150	Crain, M		285			Mailion 1 46 3		424.00	639.00	1886.50	old timers Calv				
famington, D	35:			95	Gengo, J Lynch, K		270 245			Milligan, J 46-24		424.00	622.50	1644 50	Frudell, not to fo				
Regan, J	300	450) 7	50	TEENAGE-16		243			Nelson, C 41-22			589.50		Larry Arthurs. A Our Women we				
142-DeLaVega, R	350			75	Burton, D		155			Vause, J 44-242	479.50	330 50	485.00	1292.50	was given roses				
175-Sargent, H	440	710) 1	150	165 Teenage-19					Arthurs, L 51-24		473.50	501.50	1413.50	a birthday on th	ne 26th,	the first	day of li	fting and
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29 14-15-Sarris, 1					165 SPECIAL O					Remley, B 65-19		Z7 / 30	451.50	1490.30	Ellen and I had				
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MASTERS					MASTERS 45-49	}				Conyers, T			628.00		always seem to s	ave the	lay. The	y are alw	ays there
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181 Mitsopoulus, J	350	ı			Manouvelos, F		385			Richardson, R		374.50		1397 00	sponsors. Judy	Markey I	or worki	ng the tal	ble and als
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POWERLIFTING & The MILITARY

As an officer in the World's Greatest Army, I am often misunderstood by my fellow officers for participating in the sport of powerlifting. You see, the term powerlifter conjures to mind a slovenly, overweight, steroid abuser by those not "in the know" of our sports' benefits. This is the same impression civilians often have, but it means a little more in an occupation where your career is controlled so heavily by others. As a civilian, you hear such things, ignore it, and drive on with your next set of squats till your eyes bleed. Doing so in the military could have you sent to your first Arctic command.

It wasn't always like this (so I am told). In fact, powerlifting used to be a recognized military sport. In the Army, if you were a good lifter and won your weight class at the All-Army Championships, you made the All-Army Team, you were financially supported and you were given time to prepare for the Armed Forces Championships, the Nationals, and the Worlds. I remember being a lifter for the Army Team at West Point (the to win the use will continue. collegiate level), hoping to make the All-Army team one year. Well, that was never meant to be. For unknown reasons (perhaps rampant steroid use or a typical lack of military funding) Armed Forces Powerlifting was dropped the year before I graduated.

Well, about a year ago, I saw that the American Drug Free Powerlifting Association was having a Military Nationals. What a great medium to re-recognize powerlifting to this nations' Warriors. It presented a drug free meet to challenge the Military Point brothers of Team MENOWAR, we decided to take the team to the meet. With over 100 lifters (Army, Navy, Marines, and Air Force) and some legitimate National level totals, it appears that ambassadors for the organization whenever and wherever powerlifting in the military is being reborn.

And why not? I know almost every member of Team MENOWAR trains solely for powerlifting, yet makes excellent scores on the Army's Physical Fitness Test (which includes a twomile run; something we never train for). Standing side by side, the Warriors of MENOWAR look like a state level bodybuilding contest. Also, to the casual observer, powerlifting would appear to be an individual sport. However, much like the military, individual success is impossible without the support of the team. And although we are often misunderstood, I have yet to meet a soldier who was not impressed with great feats of strength. It is in every Warrior's blood. What an outstanding fringe benefit for those in the military. Not only is powerlifting healthy (most times), not only do you become physically powerful with an impressive physique, but it aids in gaining the respect of both subordinates and peers.

I hope that in the future, powerlifting will once again become recognized and funded by each Armed Force. Powerlifters are exactly the kind of people the public wants to guard our country and our way of life. Confidence in an Armed Forces' fighting capabilities has never been built around how thin and aerobically fit its soldiers were, but rather the appearance of physical strength and endurance in its Warriors; both of which are by-products of a powerlifter's way of life.

Presented by 1Lt Michael "Bubba" Stokes US Army

DRUGS DO NOT BELONG

by CYNDI REGAN, Chair Drug Education Committee

More than a decade ago, the ADFPA became a major organization in powerlifting. WHY? The premise behind the organization was fair play, and no strength enhancing help.

As the war on drugs was taking place in the 80's, it became necessary to remind some people that steroids were also drugs and their use was unethical in the athletic arena. Since there always seems to be those who find it okay to bend the rules in their favor, the need to test to show the organization wasn't just giving the public lip service was necessary. Many lifters then and now were out-raged by the thought that one's word could not be trusted. It was even hard to imagine by some, that lifters would even consider using something to cheat their way to a trophy or a name in the sport. Unfortunately that was, and still is a reality WHY? As long as one can rationalize that cheating is okay or that he/she isn't cheating but merely being smart and creating an edge

Many people have and are making a living from powerlifting. The majority have been on the up and up, but unfortunatly there has been a number that have cheated, lied, and even tried to entice others to follow suit. The testing in the ADFPA has kept the public aware that this organization is trying to be fair. When one person, who has been either in the lime-light or has spoken about powerlifting to the masses is either caught using or selling or in some cases endorsing a product that can not Forces strongest athletes. After contacting some of my West prove its merit the whole organization and membership is scrutinized.

The membership of the ADFPA needs to be its own possible. As many of you already have feelings and information at your finger-tips about the use of steroids and other drugs in sports you need to share that information. Don't just keep it in a file or drawer for a maybe-share it.

The fastest growing segment in powerlifting is the teenage division. This group is the most easily led and swayed group. Many of the teens are looking to the adults they see in the sport for guidance. It is also our responsibility to set an example.

The FACT IS: young people need not just lip service but to see adults working hard in the gym. They need to see and hear the natural athlete talk about programs, testing, cheating, fair play and other not so easy topics. The ADFPA is not just a place to show off ones abilities, it is also a place to live those abilities. The message should be given anytime, and any place to John Q. Public, and as many times as it takes for it to sink in. "DRUG-FREE LIFTING IS NOT A QUESTION-DRUGS DO NOT BELONG IN SPORTS-ATHLETES DO!"

The Education element in powerlifting is a vital one to fair play. Information from research results must be handled in a factual manner. People, interested in 1) Education to youth, 2) Education to adults, or 3) putting on workshops, can obtain an information packet by contacting: Cyndi Regan at 108 Airway Drive, Marion, IL 62959 or by calling (618)997-3919.

Finally, if you have information that can be shared and it is not in the packet, send Cyndi a copy. The more information that can be massed, the more one can share with others.

ADFPA COMING EVENTS

14 OCT ADFPA East Coast BP, Oct I Deadline, David Roderick, 51 Whirlaway Place, Pawtucket, RI 02861, 401-724-8714

14,15 OCT ADFPA Ironman/Ironwoman P/L(Open/master/sub/teen/junior/teen/women) J Thomas, YMCA Franklin/Northhampton Sts, W-B, PA 18701, 717-823-2191

14,15 OCT ADFPA Central USA PL/BP (open, women, novice, teen, masters) Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225

21 OCT ADFPA Gold's Gym of Manchester Bench Press Classic Wayne Mackert, 89 Dow Street, Manchester, NH 03101 508-546-2344

21,22 OCT ADFPA New Jersey State, Joe Morreale, Profitness, 350 Route 46, Rockaway, NJ 07866, 201-627-9156

21,22 OCT WDFPF World Bench Press, (Open, jr, teen, women, submaster, master) Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d)

28 OCT ADFPA Law Enforcement/Firefighters Nationals, Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727

28 OCT ADFPA Indiana State Bench Press, Sonny Runyon, 1804 E 19th Street, Muncie, IN 47302 317-282-2152

28,29 OCT WDFPF Open Worlds (Sussex, England) Ken Smith, FAX 011-44-734-757-996

29 OCT ADFPA Bench Press Nationals, Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727

4 NOV ADFPA High School All Comers BP (fresh, soph, jr,sr-Silver Creek HS) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95122 800-484-9879 code MEME

5 NOV ADFPA Connecticut Push & Pull, Lloyd Weinstein, Stamford YMCA, 909 Washington Blvd, Stamford, CT, 06901, 203-854-4700

11 NOV ADFPA OMNI 41 Classic, Chris Elkins, 2215 S Rt 41, Sheverville, IN 46375 219-985-7823

11 NOV ADFPA 300 LB+ Basho (women, men, teen, novice, jr sub, master) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95122, 800-484-9879 code MEME

11,12 NOV ADFPA National Masters, Andrea Sortwell, 11360 W 84th Place, Arvada CO 80005, 303-425-7075

18 NOV ADFPA Kansas State PL & BP(Open, men, women, Masters, 2-man DL) Scott Panter, 1009 Helen, August, KS 67010 316-755-0185 or 316-554-1300

18 NOV ADFPA East Carbon Championship, Steve Sims, PO Box 145 East Carbon, UTAH, 84520 801-888-2413

18 NOV ADFPA New York State Bench Press, Joe Straub, RR 2 Box 12, Chester, NY10918 914-469-2043

18 NOV ADFPA National Squat Championships (100) (All divisions) Bob Gaynor, 19 Sunrise Drive Mountaintop PA 18707, 717-474-6111, 717-823-6994

18 NOV ADFPA Illinois State Bench Press, Dennis Brady 5920 N Ridge, Chicago IL 312-561-9692

19 NOV ADFPA All American BP (All division, classes & wt grps)Bob Gaynor 19 Sunrise Drive Mountaintop PA 18707, 717-474-6111, 717-823-6994

2 DEC ADFPA Omaha Open, John Jones, 402-572-7325

2 DEC ADFPA Senior Regional (St Paul, MN-women, men, teen, master, qualifying required) Dennis Green, Box 147, New Market, MN, 55054, 612-461-3007

2 DEC ADFPA Kentucky State/Blue Grass Open PL/BP, Steve Corum, 520 S Main Street, Henderson, KY 42420, 502-826-8354 or 835-7865

2 DEC ADFPA Colorado State PL & Bench Press (at USAF Academy) Cpt Lisa Hummler, 512 N Institute, Colorado Springs, CO 80903 719-472-4070 days

2,3 DEC ADFPA Eastern States/Mass State PL BP (men/master/women/jr/teen)G Kostas Bx 483 Whitman, MA 02382, 617-447-6714 8-10PM

9 DEC ADFPA Maine Holiday Classic, John Mathieu, 4260 Fairfield Street, PO Box 225, Oakland, ME 04963 207-465-7102

9 DEC ADFPA East Coast BP Craig Safran, PO Box 4065, Bayside, NY 11360 516-733-0078

9,10 DEC ADFPA Virginia State (open women, teen and masters) John Shifflet 804-985-3932 after 7PM; Will Morris 804-985-6858 after 9PM

10 DEC ADFPA East Coast PL Craig Safran, PO Box 4065, Bayside, NY 11360 516-733-0078

16 DEC ADFPA King of the Hill BP (Brooks AFB), Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964/536-2340 1996

FEBRUARY

13 JAN ADFPA Deadliest DL/BP in AL, Ted Butler, 1429 2nd Ave NW, Fayette, AL 35555, 205-932-5365

13,14 JAN ADFPA West Open/BP Tom Giordani, 54 Phillip Way, Sharon, PA 16146 412-342-2525

20 JAN ADFPA Dr King Memorial BP(all weight groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME 20,21 JAN WDFPF(ADFPA) North American/World Record Breakers & BP, Bob/Geri Gaynor, 19 Sunrise Dr, Mountaintop, PA 18707, 717-823-6994 or 474-6111

17 FEB ADFPA CA State DL (all weight groups and classes) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95112 800-484-9879 ID MEMED

17-18 FEB ADFPA Lifetime Drug Free Nationals, Ed or Frank King, 24748 Aurora Road, Bedford Heights, OH 44146, 216-439-5464

24,25 MAR ADFPA Minnesota State PL/BP, Dennis Green, PO Box 147, New Market, MN 55054 612-461-3007

2,3 MAR ADFPA Connecticut Open PL, Lloyd Weinstein, Stamford YMCA, 909 Washington, Blvd, Stamford, CT 06901, 203-854-4700

9 MAR ADFPA Red River Open, Ann DeGroot, 2501 Villa Drive #204, Fargo, ND 701-225-7391

9,10 MAR ADFPA National Military Championships (Ft Hood) J Graham, 1706 Shoemaker Dr., Kileen, TX 76543, 817-526-0779 after 8pm CST/AV 737-3352 16 MAR ADFPA Mass. State Open High School PL (Boy & Girls) H Waldron, Coyle & Cassidy HS, 2 Hamilton St., Taunton, MA 02780, 508-823-6164 Ext 680

23,24 MAR ADFPA Collegiate Nationals, (Fort Hood) MSGT J Graham, 1706 Shoemaker Dr., Kileen, TX 76543, 817-526-0779 after 8pm CST

30,31 MAR ADFPA High School Nationals, Dennis Brady, 5920 N Ridge, Chicago, IL 60660, 312-561-9692 APRIL

20,21 APR ADFPA Women's Nationals, Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111 or 717-823-6994

4 MAY ADFPA C Chavez BP (all weight groups and classes) Manuel Villarrell, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME 18 MAY ADFPA Texas State PL & BP (Brooks AFB), Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964/536-2342 HINE

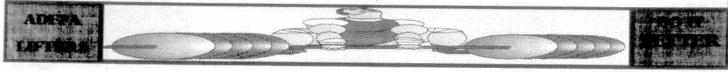
15,16 JUN ADFPA Men Nationals, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d) JULY

13,14 JUL ADFPA Men Teenage/Junior Nationals, James Hart, PO Box 82264, Lincoln, NE 68524, 402-470-3672

20 JUL ADFPA CA State BP (all weights groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME SEPTEMBER

21,22 SEP ADFPA Bench Press Nationals, Michael Cissell, 15 Lakeside Drive, Lake St Louis MO 63367, 314-625-1225

2,3 NOV ADFPA Police and Firefighters Nationals, James Hart, Lincoln, NE 68524, 402-470-3672



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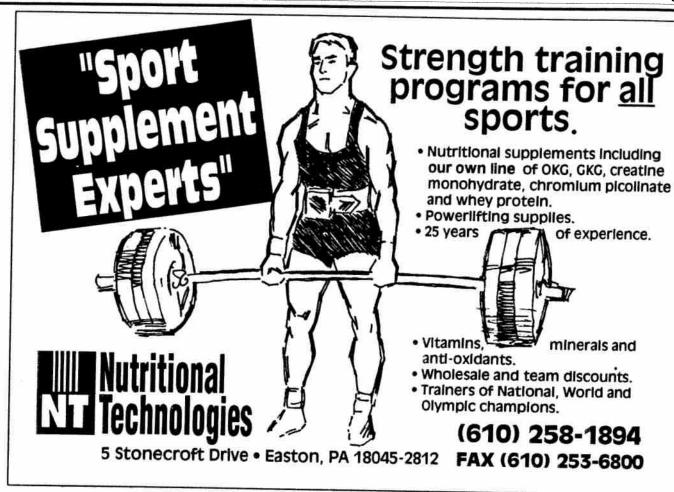
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Most workouts feel good to its user, but this one made some sense to me - so I shared my thoughts with you. For further information contact Walter Thomas at 1-800-289-9385 PIN # 0172 or write to PO Box 45510, Oklahoma City, OK 73145

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617 Stiverson, A 7/95	451 Hodde, J 4/95	580 Harrison, W 5/95	1554 Stiverson, A 7/95	159 Gumm, M 4/95	83 Gamm, M 5/95	220 Harton, K 10/94	440 Chastain, J 3/95
600 CsaszarD 4/95	415 Brooks, R 11/94	567 Stiverson, A 7/95	1520 Harrison, W 5/95	155 Chustum, J 3/95	80 Chastain, J 3/95	220 Gamm, M 5/95	410 Harton, K 10/94
		562 Hoode, J 4/95	1466 Schuldt, K 4/95	143 Butler, A 3/95	77 Butler, A 3/95	200 Gervais, A 4/95	374 Butler, A 3/95
600 Harrison, W 5/95	385 Schuldt, K 4/95				77 Angie R 4/95	159 Angie R 4/95	363 Angie R 4/95
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540 Schow, A 11/94 (M)	358 McCown 4/95	525 Price, J 2/95	1421 Mudge, B 4/95	1			E
540 Isbeil, J 4/95	355 Steinspring, T 5/95	523 Serra, T 4/95	1405 Anderson, G 3/95	122 LBS SQUAT	122 LBS BENCH	122 LBS DEADLIFT	122 LBS TOTAL
529 Schuldt, K 4/95	347 Serra, T 4/95	523 Davis, M 6/95	1360 Steinspring, T 5/95	281 Sarris, M 5/95	132 Sarris, M 5/95	315 Brnckett, C 12/94	716 Sams, M 5/95
			1355 Csaszar, D 4/95	236 McCallion, A 5/95	117 McCallion, A 8/95	310 Sams, M 8/95	622 McCallion, A 5/95
525 Chmielecki, T 3/95	340 Harrison, W 5/95	505 Schow, A 11/94 (M)			115 Dutzmann, A 5/95	270 McCallion, A 5/95	605 Brackett, C 12/94
518 Bower, J 7/95	336 Davis, M 6/95	505 Steinspring, T 5/95	1345 Isbell, I 4/95	231 Dutzmann, A 5/95			
				220 Herman, N 3/95	110 Tereault, C 4/95	255 Tereault, C 4/95	595 Dutzmann, A 5/95
512 Butler, J 7/95	325 Mielkle, J 3/95	501 McCown 4/95	1320 Chmielecki, T 3/95	220 Bolen, B 5/95	105 Brackett, C 12/94	253 Dutzmann, A 8/95	573 Herman, N 3/95
510 Campbell, M 3/95	320 Chmielecki, T 3/95	500 Campbell, M 3/95	1317 McCown 4/95	210 McHugh, P 3/95	105 McHugh, P 3/95	245 McHugh, P 3/95	570 Tereault, C 4/95
501 Cozine, C 4/95	319 Butler, J 7/95	500 Vandriberg, T 3/95	1295 Campbell, M 3/95	205 Terenult, C 4/95	100 Freeman, M 3/95	242 Herman, N 3/95	560 McHugh, P 3/95
			1295 Butler, J 7/95	200 Freeman, M 3/95	99 Weisenberger, I 1/95	240 Freeman, M 3/95	545 Bolen, B 5/95
500 Elswick, S 2/95	319 Kemo, B 7/95	500 Mielkle, 7 3/95			95 Milhaupt, S 3/95	240 Milhaupt, S 3/95	540 Freeman, M 3/95
500 Murabito, S 3/95	315 Anderson, G 3/95	500 Konned, J 3/95	1280 Price, J 2/95	200 Milhaupt, S 3/95			35 Milhaupt, S 3/95
500 Steinspring, T 5/95	515 Seabrook, S 3/95	490 Seabrook, S 2/95	1265 Murabito, S 3/95	185 Brackett, C 12/94	94 Morgan, J 5/95	240 Bolen, B 5/95	рээ миницрі, 8 3/93
485 Russell, E 6/95	315 Murabito, S 3/95	490 Isbell, J 4/95	1255 Vanderberg, T 3/95			HOUSE ST. VINES	
475 Vandenberg, T 3/95	315 Isbell, J 4/95	474 Chmielecki, T 3/95	1240 Mielkle, Jm 3/95	176 Skirvin, A 4/95	85 Bolen, B 5/95	214 Weisenberger, 11/95	479 Weisenberger, 1 1/95
			1235 Seabrook, S 3/95	165 Weisenberger, 1 1/95	77 Skirvin, A 5/95	210 Johanners, J 10/94	446 Skirvin, A 4/95
462 Davis, M 6/95	314 Miller, R. 4/95	468 Kerno, M 6/95			75 Johansen, J 10/94	203 Skirvin, A 5/95	435 Johansen, J 10/94
460 Price, J 2/95	308 Kemo, M 6/95	468 Butler, J 8/95	1223 Bower, J 7/95	154 Morgan, J 5/95	7.5 JUHARISCH, 3 10/34		
a page				150 Johansen, 1 10-94		187 Morgan, J 5/95	435 Morgan, J 5/95
275 LBS SQUAT	275 LBS BENCHPRESS	275 LBS DEADLIFT	275 LBS TOTAL				l.
655 Davis, W 7/95	G5 Davis, W 7/95	600 Davis, W 7/95	1692 Davis, W 7/95	129 LBS SQUAT	129 LBS BENCH	129 LBS DEADLIFT	129 LBS TOTAL
		573 Chase, B 3/95	1570 Chase, B 3/95	255 Nitecki, G 3/95	135 Nitecki, G 3/95	290 Nitecki, G 3/95	680 Nitecki, G 3/95
639 Contreras, R 8/95	407 Tuitaoi, S 12/94						617 Corder, A 7/95
606 Chase, B 3/95	402 Coutrearas, R 3/95	556 Tuitnoi, S 12/94	1565 Coutreans, R. 7/95	242 Corder, A 7/95	120 Bergh, N 3/95	265 Bergh, N 3/95	
556 Bowe, J 7/95	395 Sinnott, W 4/95	556 Coutreuras, R 3/95	1504 Tuitaci, S 12/94	230 Bergh, N 3/95	110 Behling, J 3/95	264 Corder, A. 7/95	615 Bergh, N 3/95
550 Sinnott, W 4/95	391 Chase, B 3/95	545 Steger, M 1/95	1420 Sinnott, W 4/95	225 Behling, J 3/95	110 Guimond, N 4/95	260 Behling, J 3/95	595 Behling, J 3/95
540 Tuitaoi, S 12/94	374 Carrion, E 8/95	501 Brann, B 4/95	1375 Steger, M 1/95	210 Guimond, N 4/95	110 Corder, A 7/95	259 Emerson, T 1/95	555 Guimond, N 4/95
		500 Colon, O 10/94		200 Smithers, R 3/95	105 Emerson, T 12/94	240 Zom, W 6/95	540 Emerson, T 1/95
515 Brown, J 2/95	350 Steger, M 1/95		1369 Carrion, E 8/95		100 Zorn, W 6/95	235 Guimond, N 4/95	540 Zorn, W 6/95
501 Carrion, E 8/95	350 Lowther, D 5/95	500 Costello, S 4/95	1320 DeGroot, J 3/95	200 Zotn, W 6/95			
500 Bentley, C 5/95	350 Costello, S 4/95	500 Bentley, C 5/95	1295 Brann, B 4/95	185 Emerson, T 12/94	95 Smithers, R 3/95	210 Smithers, M 3/95	505 Smithers, R 3/95
485 Robertson, D 4/95	340 Engel, B 3/95	496 Gividen, M 4/95	1295 Bowe, J 7/95	185 Sprangers, M 3/95	95 Smith, J 3/95	205 Smith, J 3/95	470 Sprangers, M 3/95
703 1000010011, 25 130	7 to 21.g.u., 2 5 7 7		7.57	170 Smith, J 3/95	85 Sprangers, M 3/95	200 Sprangers, M 3/95	470 Smith, J 3/95
150 1 0 1004	0.570	496 Carrion, E 8/95	1275 Bentley, C 5/95	11.0.0000000000000000000000000000000000		THE SAME THE STREET OF T	
475 Colon, O 10/94	315 Trantham, C 5/95			1.600 (0.10) 11.70 (0.00)	93 Callia 31 3/05	192 Morgan, J 4/95	418 Gallie, N 3/95
475 Doughty, J 4/95	314 Reese, J 4/95	485 Lowther, D 5/95	1270 Engel, B 3/95	159 Gallie, N 3/95	83 Gallie, N 3/95		
480 Steger, M 1/95	310 DeGroot, J 3/95	485 Kump, E 5895	1255 Kump, E 5/95	143 Morgan, J 4/95	83 Morgan, J 4/95	176 Gallie, N 3/95	418 Morgan, J 4/95
475 Engel, B 3/95	303 Kotwis J 2/95	480 Agostine, J 3/95	1250 Lowther, D 5/95				
475 Kump, E 5/95	303 Brann, B 4/95	475 Bowe, J 3/95	1230 Costello, S 4/95	139 LBS SQUAT	139 LBS BENCH	139 LBS DEADLIFT	139 LBS TOTAL
		475 Becher, T 3/95	1225 Colon, O 10/94	303 Klein, J 5/95	132 Klein, C 5/95	303 Flora, S 4/95	727 Klein, C 5/95
473 Kotwis, J 2/95	300 Williams, K. 5/94				126 Chapman, C 5/95	303 Reagan, C 5/95	688 Reagan, C 5/95
470 Iacono, M 3/95	295 Kump, E 5/95	475 Iacono, M 3/95	1207 Kotwis, J 2/95	281 Flora, S 4/95			
451 Brann, B 4/95	286 Robertson, D 4/95	475 Sumott, W 4/95	1200 Brown, J 2/95	259 Reagan, M S/95	126 Reagan, M 5/95	295 Lepke, J 3/95	683 Flora, S 4/95
450 Langreck, C 3/95	286 Bowe, J 7/95	460 DeGroot, J 3/95	1195 lacono, M 3/95	242 Groon, N 11/94	121 Green, N 11/94	292 Klein, C 5/95	628 Green, N 11/94
		455 Engel, B 3/95	1190 Robertson, D 4/95	240 Lepke, J 3/95	115 Fosnoe, C 2/95	264 Green, N 11/94	625 Lepke, J 3/95
440 Kesecker, B 2/95	285 Tauer, J 3/95	433 Engut, 15 3/23	1190 goodetson, D493		115 Pischke, A 3/95	260 Hill, N 10/94	605 Pischke, A 3/95
				240 Pischke, A 3/95			
UNL SQUAT	UNL BENCHPRESS	UNL DEADLIFT	UNL TOTAL	225 Chapman, C 5/95	105 Ament, J 3/95	250 Pischke, A 3/95	595 Chapman, C 5/95
660 Webster, S 3/95	473 Hulslander, D 8/95	600 Hulslander, D 8/95	1653 Hulslander, D 8/95	220 Hulbert, M 4/95	104 Thrush, K 1/95	242 Chapman, C 5/95	562 Hulbert, M 4/95
		567 Stone, A 7/95	1625 Stone, A 7/95	187 Fosnoe, C 2/95	104 Hulbert, M 4/95	235 Hulbert, M 4/95	529 Fosnoe, C 2/95
	412 Stomet EC 6/05						
650 Stone, A 7/95	113 Stumpt, EC 6/95				■ 104 Parking M 7/95	335 America 1 3/05	525 Hill. N 10/94
650 Stone, A 7/95 617 Hulslander, D 7/95	407 Stone, A 7/95	550 Ricafrente, D 2/95	1560 Webster, S 3/95	180 Ament, J 3/95	104 Parkins, M 7/95	235 Amest, J 3/95	525 Hill, N 10/94
650 Stone, A 7/95	407 Stone, A 7/95 375 Webster, S 3/95	550 Ricafrente, D 2/95 525 Webster, S 3/95	1488 Stumpt, EC 6/95				
650 Stone, A 7/95 617 Hulslander, D 7/95	407 Stone, A 7/95	550 Ricafrente, D 2/95		176 Parkins, M 7/95	100 Hill, N 10/94	220 Fosnoc, C 2/95	520 Ament, J 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricafrente, D 2/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95	550 Ricaffente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95		100 Hill, N 10/94 99 Flora, S 4/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95	520 Ament, J 3/95 485 Parkins, M 7/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricafrente, D 2/95 550 DeGroot, J 3/95	107 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95 175 Richardson, J 4/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stampt, EC 6/95 473 Thick, J 4/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95	176 Parkins, M 7/95 159 Fegur, S 3/95	100 Hill, N 10/94 99 Flora, S 4/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95	520 Ament, J 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95 175 Richardson, J 4/95 259 Donlin, T 4/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stampt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95	1488 Shumpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1095 Riley, J 2/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95	520 Ament, J 3/95 485 Parkins, M 7/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95	550 Ricaffente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95	1488 Stumpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 175 Richardson, J 4/95 259 Donlin, T 4/95 248 Thiek, J 4/95 235 Riley, J 2/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Shampt, EC 6/95 473 Thuck, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 405 Riley, J 2/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Henrd, E 11/94	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 83 Robb, M 6/95 83 Feger, S 3/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95	550 Ricaffente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95	1488 Stumpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 175 Richardson, J 4/95 259 Donlin, T 4/95 248 Thiek, J 4/95 235 Riley, J 2/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Shampt, EC 6/95 473 Thuck, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 405 Riley, J 2/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 1/70 Robb, M 6/95 145 Heard, E 11/94	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 345 Heard, E 11/94
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeCroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95 775 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Shampt, EC 6/95 473 Thuck, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 405 Riley, J 2/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Henrd, E 11/94	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 83 Robb, M 6/95 83 Feger, S 3/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 345 Heard, E 11/94
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaftente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 175 Richardson, J 4/95 259 Donlin, T 4/95 248 Thiek, J 4/95 235 Riley, J 2/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curningham, E 3/95 405 Riley, J 2/95 400 Cline, R 5/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richurdson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cunningham, E 3/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 1/70 Robb, M 6/95 145 Heard, E 11/94	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 345 Heard, E 11/94
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeCroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95 775 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curningham, E 3/95 405 Riley, J 2/95 400 Cline, R 5/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richurdson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cunningham, E 3/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazzk, K 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 306 Thrush, K 1/95 345 Heard, E 11/94 154 LBS TOTAL
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffrente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 405 Ridey, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95	1488 Shimpt, EC 6/95 1420 Risafrente, D 2/95 1100 Risafrente, D 2/95 1008 Richurdson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Lonlin, T 4/95 892 Cunningham, E 3/95 RSS Cline, R 5/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazak, K 3/95	520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 345 Heard, E 11/94 154 LBS TOTAL 654 Kazik, K 3/95 617 Remley, B 11/94
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffrente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 405 Ridey, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95	1488 Shimpt, EC 6/95 1420 Risafrente, D 2/95 1100 Risafrente, D 2/95 1008 Richurdson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Lonlin, T 4/95 892 Cunningham, E 3/95 RSS Cline, R 5/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remiley, B 11/94 220 Singleton, R 10/94	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remiley, B 11/94	20 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 306 Thrush, K 1/95 345 Heard, E 11/94 154 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 300 Singleton, R 10/94
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafrente, D 2/95 775 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 405 Ridey, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95	1488 Shimpt, EC 6/95 1420 Risafrente, D 2/95 1100 Risafrente, D 2/95 1008 Richurdson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Lonlin, T 4/95 892 Cunningham, E 3/95 RSS Cline, R 5/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 233 Remley, B 11/94 220 Singleton, R 10/94 200 Wansenski, J 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenki, J 3/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 305 Thrush, K 1/95 345 Heard, E 11/94 154 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 33 Wanserski, J 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 325 Richardson, J 4/95 325 Dontin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 348 Cunningham, E 3/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95	1488 Shumpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1005 Riley, J 2/95 1074 Thick, J 4/95 942 Dontlin, T 4/95 892 Cunningham, E 3/95 RSS Cline, R 5/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remiley, B 11/94 220 Singleton, R 10/94	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remiley, B 11/94 240 Wansernki, J 3/95 240 Malnery, T 3/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 396 Thrush, K 1/95 397 Heard, E 11/94 454 LBS TOTAL 454 Kazik, K 3/95 517 Remley, B 11/94 500 Singleton, R 10/94 335 Wanserski, J 3/95 305 Malnory, T 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafente, D 2/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Shampt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 405 Ridey, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT	1488 Shimpt, EC 6/95 1420 Risaffente, D 2/95 1100 Richindson, J 4/95 1093 Riley, J 2/95 1074 Thick, J 4/95 942 Doulin, T 4/95 892 Cunningham, E 3/95 RSS Cline, R 5/93	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 233 Remley, B 11/94 220 Singleton, R 10/94 200 Wansenski, J 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenki, J 3/95	520 Ament, J 3/95 435 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 305 Thrush, K 1/95 435 Heard, E 11/94 54 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 335 Wanserski, J 3/95 65 Mahory, T 3/95 70 Mitchell, H 10/94
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 325 Richardson, J 4/95 325 Dontin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 348 Cunningham, E 3/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95	1488 Shumpt, EC 6/95 1420 Risaffrente, D 2/95 1100 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Doullin, T 4/95 9892 Cummingham, E 3/95 RSS Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LRS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wansemki, J 3/95 195 Malnoy, T 3/95 190 Mitchell, H 10/94	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazak, K 3/95 264 Remley, B 11/94 240 Warnsenski, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94	20 Ament, J 3/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 396 Thrush, K 1/95 397 Heard, E 11/94 454 LBS TOTAL 454 Kazik, K 3/95 517 Remley, B 11/94 500 Singleton, R 10/94 335 Wanserski, J 3/95 305 Malnory, T 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaftente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 270 Lindberg, C 4/95	1488 Shimpt, EC 6/95 1420 Risaffente, D 2/95 1100 Richindson, J 4/95 1093 Riley, J 2/95 1074 Thick, J 4/95 942 Doulin, T 4/95 892 Cunningham, E 3/95 RSS Cline, R 5/93	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wansenski, J 3/95 195 Malhory, T 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remiley, B 11/94 240 Wansernki, J 3/95 240 Malnery, T 3/95	520 Ament, J 3/95 435 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 305 Thrush, K 1/95 435 Heard, E 11/94 54 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 335 Wanserski, J 3/95 65 Mahory, T 3/95 70 Mitchell, H 10/94
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeCroot, J 3/95 455 Riley, J 2/95 350 Cline, R 5/95 310 Cline, R 5/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 104 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 325 Richardson, J 4/95 325 Riley, J 4/95 325 Riley, J 2/95 326 Cline, R 5/95 327 Cline, R 5/95 328 Riley, J 2/95 329 Cline, R 5/95 329 Cline, R 5/95 320 Cline, R 5/95 320 Cline, R 5/95 320 Cline, R 5/95	550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Shampt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Currengham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 770 Lindberg, C 4/95 220 Okley, M 11/94	1488 Shumpt, EC 6/95 1420 Risafrente, D 2/95 1100 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Dontlin, T 4/95 892 Cumrungham, E 3/95 RSS Cline, R 5/95 **TERS** 104 LBS TOTAL 611 Lindberg, C 4/95 523 Okley, M 11/94	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Henrd, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wansemik, J 3/95 195 Malmory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Warnsensk, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 500 Thrush, K 1/95 505 Heard, E 11/94 505 Heard, E 11/94 505 Magnery, B 11/94 505 Singleton, R 10/94 505 Wanserski, J 3/95 505 Malnory, T 3/95 70 Mitchell, H 10/94 505 Snowden, J 6/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafente, D 2/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 285 Donlin, T 4/95 284 Thiek, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindbern, C 4/95 94 Chley, M 11/94	550 Ricafrente, D 2/95 525 Webster, S 395 501 Shumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curmingham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Oldey, M 11/94 176 Tolles, T 2/95	1488 Shimpt, EC 6/95 1420 Risaffente, D 2/95 1100 Richindson, J 4/95 1093 Riley, J 2/95 1074 Thick, J 4/95 942 Doulin, T 4/95 892 Cunningham, E 3/95 RSS Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Oldey, M 11/94 440 Tolles, T 2/95	176 Parkins, M 7/95 159 Fogur, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LRS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Wansemid, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Warseensk, J 3/95 240 Malnesy, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 306 Thrush, K 1/95 306 Thrush, K 1/95 307 Heard, E 11/94 41 Kazik, K 3/95 517 Remley, B 11/94 505 Singleton, R 10/94 505 Malnory, T 3/95 570 Mitchell, H 10/94 505 Snowden, J 6/95 176 LBS TOTAL
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaftente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 164 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 288 Thick, J 4/95 288 Thick, J 4/95 287 Riley, J 2/95 288 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindburg, C 4/95 94 Okley, M 11/94 94 James, J 4/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stampt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 405 Ridey, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95	1488 Shimpt, EC 6/95 1420 Risaffrente, D 2/95 1100 Richardsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Doullin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95 523 Oldey, M 11/94 440 Tolles, T 2/95 447 Gestchen F 4/95	176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Henrd, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wansemik, J 3/95 195 Malmory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazzk, K 3/95 264 Remley, B 11/94 240 Warsenki, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Peger, S 3/95 60 Robb, M 6/95 96 Thrush, K 1/95 35 Heard, E 11/94 154 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 535 Wanserski, J 3/95 60 Malnory, T 3/95 70 Mitchell, H 10/94 60 Snowden, J 6/95 176 LBS TOTAL 60 Eisenberg, E 1/95
650 Stone, A 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 285 Dontin, T 4/95 287 Thick, J 4/95 285 Riley, J 2/95 285 Cline, R 5/95 205 Cline, R	550 Ricafiente, D 2/95 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 184 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 1/26 Tollies, T 2/95 1/70 Gretchen F 4/95 1/95 Eggleston, L 11/94	1488 Shimpt, EC 6/95 1470 Risaffrente, D 2/95 1100 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Doullin, T 4/95 8892 Cummingham, E 3/95 R55 Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95 523 Okley, M 11/94 440 Tolles, T 2/95 407 Getchen F 4/95 385 James, J 4/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remiley, B 11/94 220 Singleton, R 10/94 200 Wansenki, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 170 Robb, M 6/95 175 Hond, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Warnsensk, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 3/95 325 Fredrick, T 5/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 500 Thrush, K 1/95 501 Thrush, K 1/95 501 Heard, E 11/94 502 Singleton, R 1/94 503 Wanserski, J 3/95 505 Malnory, T 3/95 70 Mitchell, H 10/94 505 Snowden, J 6/95 505 Total 505 Eisenberg, E 1/95 506 Predrick, T 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeCiroot, J 3/95 455 Riley, J 2/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richtardson, J 4/95 220 Cunningham, E 3/95 104 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 288 Thick, J 4/95 288 Thick, J 4/95 287 Riley, J 2/95 288 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindburg, C 4/95 94 Okley, M 11/94 94 James, J 4/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stampt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 405 Ridey, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95	1488 Shimpt, EC 6/95 1420 Risaffrente, D 2/95 1100 Richardsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Doullin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95 523 Oldey, M 11/94 440 Tolles, T 2/95 447 Gestchen F 4/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remiley, B 11/94 220 Singleton, R 10/94 220 Wansenski, J 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Einemberg, E 5/95 575 Frednick, T 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Mainory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 170 Robb, M 6/95 175 Hond, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Warnsensk, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 3/95 325 Fredrick, T 5/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 500 Thrush, K 1/95 505 Heard, E 11/94 505 Heard, E 11/94 505 Singleton, R 10/94 505 Singleton, R 10/94 505 Wanserski, J 3/95 505 Malnory, T 3/95 70 Mitchell, H 10/94 505 Snowden, J 6/95 505 LBS TOTAL 505 Eisenberg, E 1/95 506 Prednick, T 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaftente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 164 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 285 Dontin, T 4/95 287 Thick, J 4/95 285 Riley, J 2/95 285 Cline, R 5/95 205 Cline, R	550 Ricafiente, D 2/95 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 184 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 1/26 Tollies, T 2/95 1/70 Gretchen F 4/95 1/95 Eggleston, L 11/94	1488 Shimpt, EC 6/95 1470 Risaffrente, D 2/95 1100 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Doullin, T 4/95 8892 Cummingham, E 3/95 R55 Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95 523 Okley, M 11/94 440 Tolles, T 2/95 407 Getchen F 4/95 385 James, J 4/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Wansenski, J 3/95 195 Mahnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eistenberg, E 5/95 325 Fredrick, T 3/95 292 Limdsley, J 5/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Mingleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eissenberg, E 5/95 176 Fredrick, T 5/95 137 Lindsley, J 5/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansernki, J 3/95 240 Malnery, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guckenberger, C 3/95	520 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 486 Peger, S 3/95 480 Robb, M 6/95 396 Thrush, K 1/95 485 Heard, E 11/94 486 E 11/94 487 E 11/94 487 E 11/94 498 Singleton, R 10/94 598 Singleton, R 10/94 598 Singleton, R 10/94 598 Manserski, J 3/95 598 Manory, T 3/95 470 Mitchell, H 10/94 598 Rowden, J 6/95 486 E 1/95 486 Fredrick, T 3/95 586 Guckenberger, C 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 104 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tofles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafente, D 2/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 285 Donlin, T 4/95 288 Thick, J 4/95 235 Riley, J 1/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindburg, C 4/95 94 Chiley, M 11/94 94 Jumes, J 4/95 83 Gretchen F 4/95 60 Eggleston, L 11/94	550 Ricafrente, D 2/95 525 Webster, S 395 501 Shumpt, EC 6/95 473 Thuck, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Oldey, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95	1488 Shimpt, EC 6/95 1420 Risaffrente, D 2/95 1100 Richigrafson, J 4/95 1093 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Olikley, M 11/94 440 Tolles, T 2/95 407 Gertichen F 4/95 385 James, J 4/95 315 Eggleston, L 11/94	176 Parkins, M 7/95 159 Foger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wansenki, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Einenberg, E 5/95 315 Fredrick, T 3/95 292 Lindsley, J 5/95 240 Ginckenberger, C 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Warnsenki, J 3/95 240 Malnorty, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 3/95 325 Fredrick, T 5/95 305 Guckenberger, C 3/95 207 Lindsley, J 5/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Peger, S 3/95 60 Robb, M 6/95 96 Thrush, K 1/95 485 Heard, E 11/94 154 LBS TOTAL 484 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 535 Wanserski, J 3/95 60 Malnory, T 3/95 40 Fredrick, T 3/95 40 Fredrick, T 3/95 40 Guckenberger, C 3/95 60 Guckenberger, C 3/95 60 Guckenberger, C 3/95 60 Guckenberger, C 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeCiroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 104 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindberg, C 4/95 94 Okley, M 11/94 94 James, J 4/95 83 Gretchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 405 Ricky, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 184 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT	1488 Shimpt, EC 6/95 1470 Risaffrente, D 2/95 1100 Richardsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 942 Cumingham, E 3/95 R55 Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95 523 Olkley, M 11/94 440 Tolles, T 2/95 447 Gertichen F 4/95 385 James, J 4/95 315 Eggleston, L 11/94 111 LBS TOTAL	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Singleton, R 10/94 220 Singleton, R 10/94 230 Wansenski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisernberg, E 3/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Wanserski, W 3/95 90 Mainory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 121 Scott, M 5/95 120 Lastsch, R 3/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenki, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 3/95 305 Guckenberger, C 3/95 297 Lindsley, J 3/95 270 Christensen, K 3/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 505 Thrush, K 1/95 515 Heard, E 11/94 54 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 505 Singleton, R 10/94 535 Wanserski, J 3/95 540 Malnory, T 3/95 570 Mitchell, H 10/94 55 Snowden, J 6/95 76 LBS TOTAL 76 Eisenberg, E 1/95 740 Fredrick, T 3/95 600 Guckenberger, C 3/95 625 Christensen, K 3/95 620 Laatsch, R 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffrente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95	407 Stone, A 7/95 375 Webster, S 3/95 376 Webster, S 3/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 248 Thick, J 4/95 248 Cunningham, E 3/95 205 Cline, R 5/95 205 Cline,	550 Ricafrente, D 2/95 525 Webster, S 395 501 Shumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Churringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tollies, T 2/95 170 Gretchen F 4/95 190 Eggleston, L 11/94 143 Jannes, J 4/95 111 LBS DEADLIFT 264 Oden, B 6/95	1488 Shumpt, EC 6/95 1420 Risafrente, D 2/95 1100 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cummingham, E 3/95 855 Chine, R 5/95 104 LBS TOTAL 611 Lindburg, C 4/95 523 Oldey, M 11/94 440 Tolles, T 2/95 407 Gretchen F 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodiak, M 5/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Singleton, R 10/94 220 Singleton, R 10/94 230 Wansenski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisernberg, E 3/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Warnsenki, J 3/95 240 Malnorty, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 3/95 325 Fredrick, T 5/95 305 Guckenberger, C 3/95 207 Lindsley, J 5/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Peger, S 3/95 60 Robb, M 6/95 96 Thrush, K 1/95 485 Heard, E 11/94 154 LBS TOTAL 484 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 535 Wanserski, J 3/95 60 Malnory, T 3/95 40 Fredrick, T 3/95 40 Fredrick, T 3/95 40 Guckenberger, C 3/95 60 Guckenberger, C 3/95 60 Guckenberger, C 3/95 60 Guckenberger, C 3/95
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650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 104 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 248 Thick, J 4/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindberg, C 4/95 94 Childy, M 11/94 94 James, J 4/95 83 Grutchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH 115 Bodlak, M 5/95 105 Popp, N 3/95	550 Ricafrente, D 2/95 525 Webster, S 395 525 Webster, S 395 501 Stumpt, EC 6/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 424 Cunningham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretichen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 151 LBS DEADLIFT 264 Oden, B 6/95 255 Bodlak, M 5/95	1488 Shimpt, EC 6/95 1420 Risafrente, D 2/95 1420 Risafrente, D 2/95 1109 Richiurdson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cumningham, E 3/95 855 Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Olidey, M 11/94 440 Tolles, T 2/95 407 Geetchen F 4/95 385 James, J 4/95 315 Egglesson, L 11/94 111 LBS TOTAL 615 Bodflak, M 5/95 562 Dodge, M 5/95	176 Parkins, M 7/95 179 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Wansenski, J 3/95 195 Mahnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Essemberg, E 5/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Lamber, R 3/95 231 Bookbart, A 7/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 120 Steinacker, M 3/95 120 Steinacker, M 3/95 115 Christensen, K	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazzk, K 3/95 264 Remley, B 11/94 240 Wansernki, J 3/95 240 Malnery, T 3/95 185 Mitchell, H 10/94 185 Showden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guckenberger, C 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 260 Lautsch, R 3/95 260 Loutsch, R 3/95 259 Bookhart, A 7/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 50 Thrush, K 1/95 535 Heard, E 11/94 54 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 590 Singleton, R 10/94 535 Wanserski, J 3/95 505 Malnory, T 3/95 700 Mitchell, H 10/94 505 Snowden, J 6/95 76 LBS TOTAL 76 Eisenberg, E 1/95 740 Fredrick, T 3/95 606 Guckenberger, C 3/95 625 Christensen, K 3/95 620 Laatsoh, R 3/95
650 Storie, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricafrente, D 2/95 550 DeCroot, J 3/95 455 Riley, J 2/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Cline, R 5/95 314 Donlin, T 4/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 220 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 209 Oden, B 8/95	407 Stone, A 7/95 375 Webster, S 3/95 376 Webster, S 3/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 287 Donlin, T 4/95 288 Thick, J 4/95 287 Riley, J 2/95 288 Cunningham, E 3/95 205 Cline, R 5/95 205 Cline,	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curningham, E 3/95 405 Ricky, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT 264 Oden, B 6/95 255 Bodlak, M 5/95 253 Dodge, M 5/95	1488 Shimpt, EC 6/95 1470 Ricafrente, D 2/95 1470 Ricafrente, D 2/95 1109 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donllin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 184 LBS TOTAL 611 Lindberg, C 4/95 523 Olkley, M 11/94 440 Tolles, T 2/95 440 Tolles, T 2/95 447 Gerüchen F 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodfak, M 5/95 562 Dodge, M 5/95 562 Dodge, M 5/95 562 Olen, B 6/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 200 Wansenski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christenberge, C 3/95 240 Christenberge, C 3/95 240 Christenberge, K 3/95 241 Bookhart, A 7/95 220 Scott, M 5/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Miggleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95 120 Laatsch, R 3/95 120 Steinacker, M 3/95 115 Christensen, K	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 176 Thrush, K 1/95 176 Robb, M 6/95 145 Heartl, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenbi, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guckenberger, C 3/95 270 Christonsen, K 3/95 270 Christonsen, K 3/95 279 Bookhart, A 7/95 253 Scott, M 5/95	520 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 495 Robb, M 6/95 396 Thrush, K 1/95 396 Thrush, K 1/95 397 Thrush, K 1/95 397 Heard, E 11/94 498 Singleton, R 10/94 498 Singleton, R 10/94 598 Wanserski, J 3/95 598 Malnory, T 3/95 498 Malnory, T 3/95 498 Malnory, T 3/95 499 Tredrick, T 3/95 499 Guckenberger, C 3/95 499 Guckenberger, C 3/95 499 Guckenberger, C 3/95 499 Bookhart, A 7/95
650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffrente, D 2/95 550 DeCroot, J 3/95 455 Riley, J 2/95 350 Cline, R 5/95 310 Richardson, J 4/95 210 Cunningham, E 3/95 210 Cunningham, E 3/95 220 Cunningham, E 3/95 221 Lindberg, C 5/95 222 Lindberg, C 5/95 223 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 219 Oden, B 8/95 181 Maxwell, E 5/95	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 259 Dontin, T 4/95 248 Thick, J 4/95 248 Thick, J 4/95 248 Cunningham, E 3/95 205 Cline, R 5/95 205 Cline, R 5/95 205 Cline, R 5/95 205 Cline, T 2/95 315 Lindburg, C 4/95 34 Okley, M 11/94 34 James, J 4/95 36 Gretchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH 115 Bodlak, M 5/95 105 Oden, B 6/95 105 Oden, B 6/95 105 Oden, B 6/95 106 Melhygh, A 3/95	550 Ricafrente, D 2/95 525 Webster, S 395 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 184 LBS DEADLIFT 770 Lindberg, C 4/95 220 Okley, M 11/94 176 Tollies, T 2/95 170 Gretichen F 4/95 170 Gretichen F 4/95 170 Gretichen F 4/95 170 Gretichen F 4/95 170 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT 264 Odem, B 6/95 255 Bodfak, M 5/95 255 Bodfak, M 5/95 225 McFlogh, A 3/95	1488 Shimpt, EC 6/95 1470 Ricafrente, D 2/95 1100 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Doullin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95 523 Okley, M 11/94 440 Tolles, T 2/95 440 Tolles, T 2/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodlak, M 5/95 562 Dodge, M 5/95 501 Micowell, E 5/95	176 Parkins, M 7/95 179 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Wansenski, J 3/95 195 Mahnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Essemberg, E 5/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Lamber, R 3/95 231 Bookbart, A 7/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 120 Steinacker, M 3/95 120 Steinacker, M 3/95 115 Christensen, K	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazzk, K 3/95 264 Remley, B 11/94 240 Wansernki, J 3/95 240 Malnery, T 3/95 185 Mitchell, H 10/94 185 Showden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guckenberger, C 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 260 Lautsch, R 3/95 260 Loutsch, R 3/95 259 Bookhart, A 7/95	520 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 495 Robb, M 6/95 396 Thrush, K 1/95 395 Thrush, K 1/95 395 Heard, E 11/94 154 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 595 Singleton, R 10/94 595 Singleton, R 10/94 595 Malnory, T 3/95 70 Mitchell, H 10/94 405 Snowden, J 6/95 176 LBS TOTAL The Eisenberg, E 1/95 406 Guckenberger, C 3/95 620 Cautsensen, K 3/95 620 Laatsoh, R 3/95 620 Laatsoh, R 3/95 640 Bookhart, A 7/95
650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 144 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 209 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindberg, C 4/95 94 Chiley, M 11/94 94 James, J 4/95 83 Gratcher, F 4/95 83 Gratcher, F 4/95 60 Eggleston, L 11/94 111 Bodlak, M 5/95 105 Popp, N 3/95 105 Cden, B 6/95 100 McHugh, A 3/95 94 Dodge, M 5/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Shumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curmingham, E 3/95 424 Curmingham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 104 LBS DEADLIFT 270 Limdberg, C 4/95 220 Oldey, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT 264 Oden, B 6/95 255 Bodlak, M 5/95 255 Bodlak, M 5/95 253 Dodge, M 5/95 253 Dodge, M 5/95 253 McHogh, A 3/95 225 Popp, N 3/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1420 Ricafrente, D 2/95 1109 Richiurdson, J 4/95 1093 Riley, J 2/95 1074 Thick, J 4/95 942 Ebullin, T 4/95 892 Cunningham, E 3/95 855 Cline, R 5/95 855 Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Oldey, M 11/94 440 Tolles, T 2/95 407 Gretchen F 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 611 LBS TOTAL 611 LBS TOTAL 611 LBS TOTAL 611 Bodflak, M 5/95 502 Oden, B 6/95 502 Oden, B 6/95 502 Oden, B 6/95 502 Oden, B 6/95 503 Microwell, E 5/95 495 McHught, A 3/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 200 Wansenski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christenberge, C 3/95 240 Christenberge, C 3/95 240 Christenberge, K 3/95 241 Bookhart, A 7/95 220 Scott, M 5/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Miggleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95 120 Laatsch, R 3/95 120 Steinacker, M 3/95 115 Christensen, K	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 176 Thrush, K 1/95 176 Robb, M 6/95 145 Heartl, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenbi, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guckenberger, C 3/95 270 Christonsen, K 3/95 270 Christonsen, K 3/95 279 Bookhart, A 7/95 253 Scott, M 5/95	520 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 495 Feger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 396 Thrush, K 1/95 397 Heard, E 11/94 498 Singleton, R 10/94 598 Singleton, R 10/94 598 Singleton, R 10/94 599 Manserski, J 3/95 599 Malnory, T 3/95 470 Mitchell, H 10/94 405 Snowden, J 6/95 476 LBS TOTAL 576 Eisemberg, E 1/95 576 Guckenberger, C 3/95 576 Cuckenberger, C 3/95 576 Cuckenberger, C 3/95 577 Steinacker, M 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffrente, D 2/95 550 DeCroot, J 3/95 455 Riley, J 2/95 350 Cline, R 5/95 310 Richardson, J 4/95 210 Cunningham, E 3/95 210 Cunningham, E 3/95 220 Cunningham, E 3/95 221 Lindberg, C 5/95 222 Lindberg, C 5/95 223 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 219 Oden, B 8/95 181 Maxwell, E 5/95	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 259 Dontin, T 4/95 248 Thick, J 4/95 248 Thick, J 4/95 248 Cunningham, E 3/95 205 Cline, R 5/95 205 Cline, R 5/95 205 Cline, R 5/95 205 Cline, T 2/95 315 Lindburg, C 4/95 34 Okley, M 11/94 34 James, J 4/95 36 Gretchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH 115 Bodlak, M 5/95 105 Oden, B 6/95 105 Oden, B 6/95 105 Oden, B 6/95 106 Melhygh, A 3/95	550 Ricafrente, D 2/95 525 Webster, S 395 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 184 LBS DEADLIFT 770 Lindberg, C 4/95 220 Okley, M 11/94 176 Tollies, T 2/95 170 Gretichen F 4/95 170 Gretichen F 4/95 170 Gretichen F 4/95 170 Gretichen F 4/95 170 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT 264 Odem, B 6/95 255 Bodfak, M 5/95 255 Bodfak, M 5/95 225 McFlogh, A 3/95	1488 Shimpt, EC 6/95 1470 Ricafrente, D 2/95 1100 Richurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Doullin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 TERS 104 LBS TOTAL 611 Lindberg, C 4/95 523 Okley, M 11/94 440 Tolles, T 2/95 440 Tolles, T 2/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodlak, M 5/95 562 Dodge, M 5/95 501 Micowell, E 5/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wanserski, J 3/95 195 Mahnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95 325 Fredrick, T 3/95 292 Limdsley, J 5/95 240 Christenser, K 3/95 240 Christenser, K 3/95 240 Lastsch, R 3/95 231 Bookhart, A 7/95 220 Scott, M 5/95 160 Stemacker, M 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisemberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95 120 Laatsch, R 3/95 120 Steimacker, M 3/95 115 Christensen, K 115 Guckemberger, C 3/95 94 Bookhart, A 7/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazak, K 3/95 264 Remley, B 11/94 240 Warnsernki, J 3/95 240 Malnery, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guekenberger, C 3/95 276 Lindsley, J 5/95 270 Christonsen, K 3/95 259 Bookhart, A 7/95 253 Scott, M 5/95 190 Steinacker, M 3/95	520 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 480 Robb, M 6/95 380 Thrush, K 1/95 381 Heard, E 11/94 485 TOTAL 584 Kazik, K 3/95 5817 Remley, B 11/94 580 Singleton, R 10/94 585 Wanserski, J 3/95 585 Malnory, T 3/95 470 Mitchell, H 10/94 685 TOTAL 586 Eisenberg, E 1/95 586 Guckenberger, C 3/95 686 Guckenberger, C 3/95 686 Cuckenberger, C 3/95 687 Cuckenberger, C 3/95 688 Cuckenberger, C 3/
650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 618 Ricaffente, D 2/95 550 Ricaffente, D 2/95 550 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 220 Culter, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 209 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95 166 Popp, M 3/95	407 Stone, A 7/95 375 Webster, S 3/95 310 Ricafente, D 2/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 285 Donlin, T 4/95 288 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindberg, C 4/95 94 Chidey, M 11/94 94 James, J 4/95 83 Gretchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH 115 Bodlak, M 5/95 105 Oden, B 6/95 105 Oden, B 6/95 105 Oden, B 6/95 94 Mauswell, E 5/95 94 Mauswell, E 5/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stampt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 424 Cunningham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Oldey, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT 264 Oden, B 6/95 255 Bodfak, M 5/95 255 Bodfak, M 5/95 225 McHogh, A 3/95 225 McHogh, A 3/95 225 McHogh, A 3/95 225 McHogh, E 5/95	1488 Shimpt, EC 6/95 1420 Ricafrente, D 2/95 1420 Ricafrente, D 2/95 1109 Richiurdson, J 4/95 1093 Riley, J 2/95 1074 Thick, J 4/95 942 Ebullin, T 4/95 892 Cunningham, E 3/95 855 Cline, R 5/95 855 Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Oldey, M 11/94 440 Tolles, T 2/95 407 Gretchen F 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 611 LBS TOTAL 611 LBS TOTAL 611 LBS TOTAL 611 Bodflak, M 5/95 502 Oden, B 6/95 502 Oden, B 6/95 502 Oden, B 6/95 502 Oden, B 6/95 503 Microwell, E 5/95 495 McHught, A 3/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 220 Singleton, R 10/94 220 Singleton, R 10/94 220 Singleton, R 10/94 220 Singleton, R 10/94 230 Wansenski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95 325 Fredrick, T 3/95 292 Limdsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Scott, M 5/95 160 Stemacker, M 3/95 UNL LBS SQUAT	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 3/95 137 Lindsley, J 5/95 121 Scott, M 5/95 120 Caatsch, R 3/95 120 Steinacker, M 3/95 150 Christensen, K 115 Guckenberger, C 3/95 94 Bookhart, A 7/95 UNL LBS BENCH	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 176 Thrush, K 1/95 176 Robb, M 6/95 145 Heartl, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenki, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberge, C 3/95 205 Chuckenberger, C 3/95 276 Christensen, K 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 295 Bookhart, A 7/95 253 Scott, M 5/95 190 Steimacker, M 3/95 UNL LBS DEADLIFT	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 305 Thrush, K 1/95 345 Heard, E 11/94 154 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 535 Wanserski, J 3/95 540 Malnory, T 3/95 540 Malnory, T 3/95 540 Snowden, J 6/95 176 LBS TOTAL 56 Eisenberg, E 1/95 740 Fredrick, T 3/95 540 Fredrick, T 3/95 540 Guckenberger, C 3/95 540 Christensen, K 3/95 540 Bookhart, A 7/95 541 Steinacker, M 3/95 542 Usatsch, R 3/95 543 Steinacker, M 3/95 544 UNL LBS TOTAL
650 Stone, A 7/95 617 Hulslander, D 7/95 617 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 144 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 209 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricafente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindberg, C 4/95 94 Chiley, M 11/94 94 James, J 4/95 83 Gratcher, F 4/95 83 Gratcher, F 4/95 60 Eggleston, L 11/94 111 Bodlak, M 5/95 105 Popp, N 3/95 105 Cden, B 6/95 100 McHugh, A 3/95 94 Dodge, M 5/95	550 Ricafrente, D 2/95 525 Webster, S 395 501 Shumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curmingham, E 3/95 424 Curmingham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 104 LBS DEADLIFT 270 Limdberg, C 4/95 220 Oldey, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT 264 Oden, B 6/95 255 Bodlak, M 5/95 255 Bodlak, M 5/95 253 Dodge, M 5/95 253 Dodge, M 5/95 253 McHogh, A 3/95 225 Popp, N 3/95	1488 Shumpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richiurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 942 Cummingham, E 3/95 852 Cummingham, E 3/95 855 Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Olikley, M 11/94 440 Totles, T 2/95 407 Gestchen F 4/95 385 James, J 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodiak, M 5/95 562 Dodge, M 5/95 502 Oden, B 6/95 501 Micswell, E 5/95 495 McHugh, A 3/95 495 McHugh, A 3/95 495 McHugh, A 3/95 490 Popp, N 3/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Singleton, R 10/94 220 Wansenski, J 3/95 195 Malmory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Einemberg, E 5/95 325 Frednick, T 3/95 240 Christennen, K 3/95 240 Christennen, K 3/95 241 Bookhart, A 7/95 220 Scott, M 5/95 160 Stemacker, M 3/95 UNL LBS SQUAT 315 Krinski, L 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 121 Scott, M 5/95 121 Scott, M 5/95 120 Laatsch, R 3/95 125 Christensen, R 115 Guckenberger, C 3/95 94 Bookhart, A 7/95 UNL LBS BENCH 170 Kiriaki, L 3/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wanserski, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Einenberge, E 3/95 325 Fredrick, T 5/95 305 Giuckenberger, C 3/95 297 Lindsley, J 5/95 270 Christensen, K 3/95 298 Bookhart, A 7/95 253 Scott, M 5/95 190 Steinacker, M 3/95 UNL LBS DEADLIFT 325 Kiriaki, L 3/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 505 Thrush, K 1/95 545 Heard, E 11/94 54 LBS TOTAL 54 Kazik, K 3/95 617 Remley, B 11/94 505 Singleton, R 10/94 505 Walnory, T 3/95 570 Mitchell, H 10/94 505 Rowden, J 6/95 576 LBS TOTAL 576 Bisenberg, E 1/95 576 Guckenberger, C 3/95 576 Cuckenberger, C 3/95 577 Steinacker, M 3/95 578 Bookhart, A 7/95 579 Steinacker, M 3/95 570 Int. LBS TOTAL 570 Steinacker, M 3/95 570 Steinacker, M 3/95 571 LBS TOTAL 570 Steinacker, M 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffrente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 224 Lindberg, C 5/95 229 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 165 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 229 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95 160 Popp, M 3/95 159 Mead, T 1/95	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 215 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 248 Thick, J 4/95 248 Cunningham, E 3/95 205 Cline, R 5/95 205 Cline, R 5/95 205 Cline, R 5/95 205 Cline, R 5/95 205 Cline, R 1/94 205 Cline, T 2/95 205 Cline, T 2/95 205 Cline, T 1/95 205 Cline,	550 Ricafrente, D 2/95 525 Webster, S 395 525 Webster, S 395 501 Shumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curriningham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LI 184 LBS DEADLIFT 270 Limberg, C 4/95 220 Okley, M 11/94 176 Tollies, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 Jannes, J 4/95 111 LBS DEADLIFT 264 Oden, B 6/95 255 Bodlak, M 5/95 255 Bodlak, M 5/95 255 McGody, A 3/95 225 McGody, A 3/95 225 McGody, N 3/95 225 McGody, N 3/95 225 Masswell, E 5/95 192 Mead, T 1/95	1488 Stumpt, EC 6/95 1420 Ricafrente, D 2/95 1420 Ricafrente, D 2/95 1109 Richiurdson, J 4/95 1093 Riley, J 2/95 1074 Thick, J 4/95 942 Doulin, T 4/95 892 Cunningham, E 3/95 855 Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Oldey, M 11/94 440 Tolles, T 2/95 407 Gestichen F 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodfale, M 5/95 562 Dodge, M 5/95 562 Oden, B 6/95 501 Microwell, E 5/95 495 McHnigh, A 3/95 490 Popp, N 3/95 440 Mead, T 1/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazak, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wansenski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowiten, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Cantach, R 3/95 250 Scott, M 5/95 160 Stemacker, M 3/95 UNL LBS SQUAT 315 Kinaki, L 3/95 255 Hang, B 6/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisemberg, E 5/95 177 Fredrick, T 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95 120 Laatsch, R 3/95 120 Steinacker, M 3/95 115 Christensen, K 115 Guckenberger, C 3/95 94 Bookhart, A 7/95 UNL LBS BENCH 170 Kiriaki, L 3/95 135 Haag, B 6/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 170 Robb, M 6/95 175 Horney, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazak, K 3/95 264 Remley, B 11/94 240 Warnsensk, J 3/95 240 Malmory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guckenberger, C 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 259 Bootchurt, A 7/95 253 Scott, M 5/95 190 Steimacker, M 3/95 190 Steimacker, M 3/95 190 Steimacker, M 3/95 280 Hang, B 6/95	520 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 396 Thrush, K 1/95 397 Hursh, K 1/95 41 BS TOTAL 484 Kazik, K 3/95 617 Remley, B 11/94 490 Singleton, R 10/94 535 Wanserski, J 3/95 50 Malnory, T 3/95 70 Mitchell, H 10/94 405 Snowden, J 6/95 76 LBS TOTAL 470 Eisenberg, E 1/95 406 Fredrick, T 3/95 607 Guckenberger, C 3/95 607 Guckenb
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 618 Ricaffente, D 2/95 550 Ricaffente, D 2/95 550 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 330 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 220 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 209 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95 160 Popp, M 3/95 159 Mead, T 1/95 116 LBS SQUAT	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricafente, D 2/95 215 Richardson, J 4/95 259 Dorlin, T 4/95 248 Thick, J 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindburg, C 4/95 94 Chiley, M 11/94 94 Jumes, J 4/95 83 Gretchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH 115 Bodlak, M 5/95 105 Popp, N 3/95 105 Cden, B 6/95 100 McHugh, A 3/95 94 Dodge, M 5/93 94 Muxwell, E 5/95 88 Mead, T 1/95 116 LBS BENCH	550 Ricafrente, D 2/95 525 Webster, S 395 525 Webster, S 395 501 Shumpt, EC 6/95 423 Thuck, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 424 Cunningham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 151 LBS DEADLIFT 264 Oden, B 6/95 255 Bodhak, M 5/95 255 Bodhak, M 5/95 255 MeHogh, A 3/95 225 MeHogh, A 3/95 225 Maxwell, E 5/95 192 Mead, T 1/95 116 LBS DEADLIFT	1488 Shumpt, EC 6/95 1420 Riscafrente, D 2/95 1420 Riscafrente, D 2/95 1109 Richiurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 855 Cline, R 5/95 855 Cline, R 5/95 1104 LBS TOTAL 611 Lindberg, C 4/95 523 Olikley, M 11/94 440 Tolles, T 2/95 407 Gretichen F 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodlak, M 5/95 562 Dodge, M 5/95 563 Microwell, E 5/95 564 Dodge, M 5/95 564 Dodge, M 5/95 565 McHught, A 3/95 440 Mead, T 1/95 116 LBS TOTAL	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Singleton, R 10/94 220 Wansenski, J 3/95 195 Malmory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Einemberg, E 5/95 325 Frednick, T 3/95 240 Christennen, K 3/95 240 Christennen, K 3/95 241 Bookhart, A 7/95 220 Scott, M 5/95 160 Stemacker, M 3/95 UNL LBS SQUAT 315 Krinski, L 3/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 120 Steinacker, M 3/95 120 Steinacker, M 3/95 120 Chastenberger, C 3/95 94 Bookhart, A 7/95 UNL LBS BENCH 170 Kiriaki, L 3/95 135 Haag, B 6/95 121 McCall, J 7/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 176 Robb, M 6/95 145 Heartl, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenbi, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Gruckenberger, C 3/95 276 Lindsley, J 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 270 Specification, T 3/95 275 Scott, M 5/95 190 Steimacker, M 3/95 UNL LBS DEADLIFT 325 Kiriaki, L 3/95 280 Hang, B 6/95 260 Coesen, A 3/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 60 Robb, M 6/95 90 Thrush, K 1/95 485 Heard, E 11/94 154 LBS TOTAL 486 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 33 Wanserski, J 3/95 50 Malnory, T 3/95 70 Mitchell, H 10/94 05 Snowden, J 6/95 176 LBS TOTAL 18 Eisenberg, E 1/95 176 Predrick, T 3/95 176 Guckenberger, C 3/95 176 Couckenberger, C 3/95 176 Bookhart, A 7/95 170 Steinacker, M 3/95 170 Lastsch, R 3/95 170 Lastsch, R 3/95 170 Kiriski, L 3/95 170 Haag, B 6/95 170 Medal, J 7/95
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 573 Stumpt, EC 6/95 560 Ricaffente, D 2/95 550 DeCroot, J 3/95 455 Riley, J 2/95 350 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 221 Lindberg, C 5/95 220 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 220 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95 160 Popp, M 3/95 159 Mead, T 1/95	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricaffente, D 2/95 275 Richardson, J 4/95 285 Dontin, T 4/95 285 Riley, J 2/95 285 Riley, J 2/95 285 Riley, J 2/95 285 Cline, R 5/95 205 Cline, B 6/95 205 Cline, C 10/94	550 Ricafrente, D 2/95 525 Webster, S 395 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Curringham, E 3/95 424 Curringham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 70 Lindberg, C 4/95 220 Okley, M 11/94 1/26 Tollies, T 2/95 1/10 Gretchen F 4/95 1/26 Geggleston, L 11/94 1/26 Tollies, T 2/95 1/27 Gretchen F 4/95 1/27	1488 Shumpt, EC 6/95 1470 Ricafrente, D 2/95 1100 Richardsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 942 Donlin, T 4/95 942 Cummingham, E 3/95 855 Cline, R 5/95 104 LBS TOTAL 611 Lindberg, C 4/95 523 Olkley, M 11/94 440 Tolles, T 2/95 440 Tolles, T 2/95 440 Tolles, T 2/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodfak, M 5/95 562 Dodge, M 5/95 562 Dodge, M 5/95 590 Microwell, E 5/95 495 McHugh, A 3/95 490 Popp, N 3/95 440 Mead, T 1/95 116 LBS TOTAL 560 Dentzine, J 3/95	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazak, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 220 Wansenski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowiten, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95 325 Frednick, T 3/95 292 Limdsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Cantach, R 3/95 250 Scott, M 5/95 160 Stemacker, M 3/95 UNL LBS SQUAT 315 Kinaki, L 3/95 255 Hang, B 6/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisemberg, E 5/95 177 Fredrick, T 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95 120 Laatsch, R 3/95 120 Steinacker, M 3/95 115 Christensen, K 115 Guckenberger, C 3/95 94 Bookhart, A 7/95 UNL LBS BENCH 170 Kiriaki, L 3/95 135 Haag, B 6/95	220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/93 176 Thrush, K 1/95 170 Robb, M 6/95 170 Robb, M 6/95 175 Horney, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazak, K 3/95 264 Remley, B 11/94 240 Warnsensk, J 3/95 240 Malmory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Guckenberger, C 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 259 Bootchurt, A 7/95 253 Scott, M 5/95 190 Steimacker, M 3/95 190 Steimacker, M 3/95 190 Steimacker, M 3/95 280 Hang, B 6/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 400 Robb, M 6/95 505 Thrush, K 1/95 485 Heard, E 11/94 154 LBS TOTAL 484 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 935 Wanserski, J 3/95 95 Malnory, T 3/95 970 Mitchell, H 10/94 95 Snowden, J 6/95 176 LBS TOTAL 78 Eisenberg, E 1/95 740 Fredrick, T 3/95 960 Guckenberger, C 3/95 972 Christensen, K 3/95 973 Hase, B 6/95 974 Bookhart, A 7/95 975 Steinacker, M 3/95 976 Hase, B 6/95 977 McCall, J 7/95 978 Coenen, A 3/95
650 Stone, A 7/95 617 Hulslander, D 7/95 618 Hulslander, D 7/95 618 Ricaffente, D 2/95 550 Ricaffente, D 2/95 550 Ricaffente, D 2/95 550 DeGroot, J 3/95 455 Riley, J 2/95 352 Thick, J 4/95 330 Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 220 Cunningham, E 3/95 220 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 209 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95 160 Popp, M 3/95 159 Mead, T 1/95 116 LBS SQUAT	407 Stone, A 7/95 375 Webster, S 3/95 375 Webster, S 3/95 310 Ricafente, D 2/95 215 Richardson, J 4/95 259 Dorlin, T 4/95 248 Thick, J 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95 104 LBS BENCH 110 Tolles, T 2/95 115 Lindburg, C 4/95 94 Chiley, M 11/94 94 Jumes, J 4/95 83 Gretchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH 115 Bodlak, M 5/95 105 Popp, N 3/95 105 Cden, B 6/95 100 McHugh, A 3/95 94 Dodge, M 5/93 94 Muxwell, E 5/95 88 Mead, T 1/95 116 LBS BENCH	550 Ricafrente, D 2/95 525 Webster, S 395 525 Webster, S 395 501 Shumpt, EC 6/95 423 Thuck, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 424 Cunningham, E 3/95 400 Cline, R 5/95 369 Donlin, T 4/95 TOP LII 104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 151 LBS DEADLIFT 264 Oden, B 6/95 255 Bodhak, M 5/95 255 Bodhak, M 5/95 255 MeHogh, A 3/95 225 MeHogh, A 3/95 225 Maxwell, E 5/95 192 Mead, T 1/95 116 LBS DEADLIFT	1488 Shumpt, EC 6/95 1420 Riscafrente, D 2/95 1420 Riscafrente, D 2/95 1109 Richiurdsom, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cummingham, E 3/95 855 Cline, R 5/95 855 Cline, R 5/95 855 Cline, R 5/95 1104 LBS TOTAL 611 Lindberg, C 4/95 523 Olikley, M 11/94 440 Tolles, T 2/95 407 Gretichen F 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodlak, M 5/95 562 Dodge, M 5/95 563 Microwell, E 5/95 564 Dodge, M 5/95 564 Dodge, M 5/95 565 McHught, A 3/95 440 Mead, T 1/95 116 LBS TOTAL	176 Parkins, M 7/95 199 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 220 Singleton, R 10/94 230 Wansenki, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisemberg, E 5/95 325 Prednick, T 3/95 292 Lundsley, J 5/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Christensen, K 3/95 240 Scott, M 5/95 160 Stemacker, M 3/95 UNL LBS SQUAT 315 Kirnaki, L 3/95 255 Hang, B 6/95 253 McCall, J 7/95	100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, W 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 120 Steinacker, M 3/95 120 Steinacker, M 3/95 120 Chastenberger, C 3/95 94 Bookhart, A 7/95 UNL LBS BENCH 170 Kiriaki, L 3/95 135 Haag, B 6/95 121 McCall, J 7/95	220 Fosnoc, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 176 Robb, M 6/95 145 Heartl, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 264 Remley, B 11/94 240 Wansenbi, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 305 Gruckenberger, C 3/95 276 Lindsley, J 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 270 Christensen, K 3/95 270 Specification, T 3/95 275 Scott, M 5/95 190 Steimacker, M 3/95 UNL LBS DEADLIFT 325 Kiriaki, L 3/95 280 Hang, B 6/95 260 Coesen, A 3/95	20 Ament, J 3/95 485 Parkins, M 7/95 485 Parkins, M 7/95 485 Peger, S 3/95 60 Robb, M 6/95 90 Thrush, K 1/95 485 Heard, E 11/94 154 LBS TOTAL 484 Kazik, K 3/95 617 Remley, B 11/94 90 Singleton, R 10/94 335 Wanserski, J 3/95 505 Malnory, T 3/95 700 Mitchell, H 10/94 605 Snowden, J 6/95 176 LBS TOTAL 178 Eisenberg, E 1/95 1786 Guckenberger, C 3/95 1786 Guckenberger, C 3/95 1786 Guckenberger, C 3/95 1787 Guckenberger, C 3/95 1787 Steinacker, M 3/95 1788 Bookhart, A 7/95 1788 TOTAL 1888 TOTAL

EAST COAST CHAMPIONSHIP - 4 YEARS STRONG

Start gearing up for the 4th annual East Coast Championship this December 9 and 10 in White Plains, New York. Run by Meet Director and Executive Committee Member Craig Safran, this annual event has had World and National Champions like Steve Scialpi, James Morton, Rob Wagner, Troy and Laddie Gibson, Linda Jo Belsito, Jackie Davis, Michelle DeGennaro and Ron Walsh lift some of their best attempts ever. This year, there is the inclusion of a separate bench contest. Lifters of all levels are invited to join in what promises to be a power-packed extravaganza!

TEEN MEN TOP LIFTERS

114 LBS SQUAT 420 Tran, V 2/95 285 Riddick, B 5/95 250 Nilo, R 3/95 250 Mejia, C 3/95 240 Kinnard, A 3/95 236 Maple, D 3/94 220 Maffei, G 3/95 195 Miules, A 6/95 175 Troung, T 6/95 150 Waechsman J 5/95

150 Walvoord, G 6/95 140 Cauthan, C 2/95 110 Carev, J 10/94 85 Simpson, M 5/95

123 LBS SQUAT

380 Jackson 4/95 352 Wynn, M 7/95 335 Vang, K 3/95 330 Snyder, B 4/94 325 Pankonin, J 5/94 320 Houk, T 3/95 310 Bohn, P 3/95 303 Savard 4/95 280 Morrow, J 3/95 270 Siddons, J 11/94

259 Hoover, B 7/95 248 Keeran, K 6/95 236 Fumagalli, M 3/95 231 Scarabaggio, M 6/95 225 Verhalen, J 3/95 220 Zyzik, B 3/95 220 Macik, K 4/95 209 Hyder, C 4/95 190 Puyleart, S 3/95 155 Brandon, G 5/95

132 LBS SQUAT

370 Schmidt, T 3/95 369 O'Connell, B 4/95 360 Walvoord, B 5/95 336 Arthur, M 4/95 330 Pfund, R 3/95 325 Bronson, T 3/95 315 Muich, E 12/94 305 Kahng, T 3/95 303 Oliveira, J 3/95 303 Lombardi, C 3/95

303 Thomason, J 4/95 300 Ricker, M 3/95 310 Safford, M 5/95 297 Potter, T 7/95 292 Steinberg, M 6/95 285 Xiong, P 3/95 281 Lyon, J 4/95 280 Rausch, J 3/95 275 Erickhorn, R 3/95 275 Pazurek, P 3/95

148 LBS SOUAT

520 Jackson, J 5/95 479 Taylor, D 7/95 462 Zwiers, J 4/95 424 Geemaert, S 3/95 418 Salentine, B 4/95 415 Cecil, 1 4/95 411 Martin, A 6/95 407 Llewellyn, S 7/95 405 Fite: C 12/94 405 Stuckey, J 7/95

400 Politino, C 2/95 396 Ballard, R. 3/95 391 Koch, R 7/95 390 Schurman, J 5/95 390 Scheiling, S 6/95 385 Jackson, W 5/95 380 Hutchins, B 10/94 380 McMillan, A 4/95 370 Albers (* \$/95 369 Musch, E 4/95

114 LBS BENCHPRESS 215 Riddick, B 5/95

180 Cauthan, C 2/95 160 Nilo, R 3/95 150 Kinnard, A 3/95 150 Troung, T 6/95 125 Mena, C 3/95 110 Maffei, G 3/95 105 Walvoord, G 6/95 100 Carey, J 10/94

95 Miles, A 6/95 90 Simpson, M 5/95 85 Waechsman, J 6/95

123 LBS BENCHPRESS

253 Jackson, 4/95 195 Morrow, J 3/95 190 Bohn, P 3/95 181 Wynn, M 7/95 170 Hoover, B 7/95 160 Vang, K 3/95 159 Hyder, C 4/95 159 Scarabaggio, M 6/95 155 Verhalen, J 3/95 130 Zyzik, B 3/95

132 Macik, K 4/95 126 Savard 4/95 125 Siddons, J 11/94 121 Keeran, K 6/95 120 Houk, T 3/95 120 Brandon, G 5/95 99 Furnagalli, M 3/95

132 LBS BENCHPRESS 280 Roy, J 3/95 245 Potter, T 11/94 225 Arthur, M 4/95 209 Steinberg, M 6/95 200 Muich, E 12/94 200 Rausch, J 3/95 200 Schmidt, T 1/95 190 Pfund, R 3/95 190 Xiong, P 3/95 190 Kahang, T 3/95

187 Walvoord, B 4/95 185 Enckhorn, R 3/95 185 Jacques, M 3/95 181 Nguyen 4/95 181 O'Connell, B 495 180 Ricker, M 3/95 170 Martineau, K 4/95 170 Thomason, J 4/95 170 Browning, B 5/95 165 Semrow, C 3/95

148 LBS BENCHPRESS

300 Jackson, 1 5/95 276 Martin, A 6/95 275 Salentine, B 4/95 275 Politino, C 7/95 270 Zwiers, J 3/95 264 Geemacrt, S 3/95 259 Taylor, D 6/95 255 Jackson, W 5/95 253 Koch, R 7795 245 Fischer, T 1/95

242 Liewellyn, S 7/95 242 Conldin, L 7/95 235 Mangin, D 3/95 231 Campbell, R 3/95 230 Schuman, 1 5/95 225 Albers, C 6/95 225 Stuckey, 1 7/95 214 Musch, E 4/95 210 Cecil J 4/95 209 Pasiakos, G 3/95

114 LBS DEADLIFT 340 Ndo, R. 395 315 Riddick, B 5/95

285 Мена, С 3/95 275 Troung, T 6/95 242 Maffet, G 3/95 240 Cauthan, C 2/95 230 Kinnard, A 3/95 225 Miles, A 6/95 210 Walvoord, G 6/95 185 Waechsman, J 5/95

135 Sampson, M 5/95 440 Waechsman, J 5/95 310 Simpson, M 5/95

114 LBS TOTAL

155 Tran, V 2/95

50 Nilo, R 3/95

660 Mejia, C 3/95

620 Kirmard, A 3/95

600 Troung, T 6/95

573 Maffei, G 3/95

515 Miles, A 6/95

123 LBS TOTAL

1003 Jackson 4/95

903 Wynn, M 7/95 875 Bohn, P 3/95

870 Vang, K 3/95

770 Houk, T 3/95

722 Hoover, B 7/95

694 Savard 4/95

700 Verhalen, J 3/95

685 Siddons, J 11/94

50 Macik, K 4/95

639 Hyder, C 4/95

630 Zvzik, B 3/95

500 Keeran, K 6/95

590 Puyleart, S 3/95

589 Furnagalli, M 3/95

510 Brandon, G 5/95

132 LBS TOTAL

959 Arthur, M 4/95

931 O'Connell, B 495

920 Walvoord, B 5/95

885 Schmidt, T 3/95

885 Roy, J 4/95

876 Potter, T 7/95

860 Pfund R 3/95

855 Muich, E 12/94

850 Roy, J 3/95

850 Xiong, T 3/95

850 Kahng, T 3/95 825 Bronson, T 3/95

820 Ricker, M 3/95

800 Rausch, J 3/95

795 Safford, M 5/95

793 Oliveira, J 3/95

788 Mills, J 4/05

793 Thomason, 1 4/95

815 Steinberg, M 6/95

855 Erickhorn, R 3/95

88 Scarabaggio, M 6/95

75 Morrow, J 3/95

560 Cauthan, C 2/95

465 Walvoord, G 6/95

123 LBS DEADLIFT

380 Honk, T 3/95 375 Vang K 3/95 375 Bohn, P 3/95 369 Jackson 4/95 369 Wynn, M 7/95 320 Verhalen, J 3/95 300 Morrow, J 3/95 297 Macik, K 4/95 297 Scarabaggio, M 6/95 292 Savard 4/95

292 Hoover, B 7/95 285 Siddons, J 11/94 280 Zvzik, B 3/95 270 Hyder, C 4/95 265 Puyleart, S 3/95 253 Fumagaili, M 3/95 235 Brandon, G 5/95 231 Keeran, K 6/95

132 LBS DEADLIFT

440 Drake, J 8/94 396 Arthur, M 4/95 395 Enekhorn, R 3/95 380 O'Connell, B 4/95 375 Xiong, P 3/95 375 Walvoord, B 5/95 355 Kahng, T 3/95 355 Bronson, T 3/95 350 Roy, J 4/95 341 Mills, J 4/95

340 Minch F 12/94 340 Pfund, R 3/95 340 Ricker, M 3/95 336 Potter, T 7/95 330 Saxton, J 3/95 325 Oliveira, J 3/95 325 Lombardi, C 3/95 325 Lvon, J. 4/95 320 Rausch, J 3/95 320 Safford, M 5/95

148 LBS DEADLIFT

500 Jackson, J 5/95 485 Taylor, D 7/95 473 Salentine, B 4/95 473 Llewellyn, 5 7/95 465 Scheihing, S 6/95 460 Zwiers, J 3/95 457 Geemaert, S 3/95 424 Koch, R 7/95 242 Conklin 1, 7/95 421 Martin, A 6/95

420 Jackson W Srbs 418 Miller, M 4/95 415 Cool, J 4/95 407 McMillan, A 4/95 405 Fite. C 12/95 405 Politino, C 2/95 405 Jeske, J 3/95 405 Welstrad, B 5/95 402 Minch, E 4/95

402 Schumman, J 4/95

622 Turner, C. 7/94 575 Harger, B 2/95 556 Johns, C 7/95 534 Owen, S 1/95 523 Thomas, E 7/95 815 Ruddick, B 5/95

165 LBS SQUAT

501 Rhen, J 7/95 496 Wolter, J 7/95 496 Walter, J 6/95 490 Lungsford, R 3/95 485 Walters, J 3/95

> 475 Bohne, C 3/95 473 Waters, J 4/95 451 Rhodes, C 7/95 445 Lofgren, A 5/95 435 Harrison, TJ 4/95 429 Polson, B 4/95 429 Smyth, C 6/95 425 Nesset, J 3/95

479 Butcher 1 7/95

124 Decker, 1 7/95 181 LBS SQUAT 600 Baumgart, J 7/95

584 Francese, S 7/95 525 Dhein, J 3/95 505 Titel, 1, 3/95 501 Zsido, R 7/95 500 Servant, B 11/94 496 Richardson, K 7/95 490 McClaren, J 3/95 485 Rhodes, C 1/95 480 Kabat, H 3/95

479 Steiner, E 7/95 465 Verboomen, J 3/95 460 Butler, D 5/95 451 Alvorado, C 1/95 450 Guerrieri, S 12/94 450 Crumrine, T 5/95 445 Sparhawk, M 3/95 440 Beshore, G 12/94 430 Searcy, B 11/94

198 LB SQUAT

633 Balis, M 7/95 585 Weseman, K 6/95 584 Mann, S 7/95 551 Avilla, K 3/95 540 Gagliardi, T 3/95 540 Follansbee, D 7/95 534 Searles, R 7/95 529 Kenny, C 7/95 523 Smalls, F 7/95 515 Marso, G 3/95

505 Ward, D 11/94 501 Mythre, R 4/95 501 Rivano, A 7/95 500 Kosene, A 4/95 490 Day . G 12/94 490 Kielblack, K. 3/95 485 Eaves, A 7/95 485 Searcy, B 7/95 473 Bara, L 8/94

460 Cross, J 4/95

220 LBS SQUAT

622 Coulter, M

611 Cahill, 17/95

606 O'Donnell, M 4/95

584 Davenport, C 7/95

530 Domyancic, M 12/94

560 Searles, R 3/95

550 Wellard, K 6/95

540 Meier, M 1/95

515 Cooper, S 3/95 512 Rolli, M 3/95

507 Koo, E 8/95

507 Altschuler, A 7/95

500 Laliberte, M 4/95

490 Iacono, A 3/95

490 Ricker S 3/95

490 Medas, C 7/95

479 Martinez, D 3/95

470 Cardoza, B 3/95

470 Bohn, D 3/95

468 Medas, C 3/95

148 LBS TOTAL 320 Jackson, J 5/95

1218 Taylor, D 7/95 1190 Zwiers, J 3/95 1168 Salentine, B 4/95 146 Geemaert, S 3/95 1124 Llewellyn, S 7/95 1108 Martin, A 6/95 069 Koch, R 7/95 1060 Jackson, W 5/95 1055 Scheihing, S 6/95

1047 Drake, J 10/94 1040 Coal 1 4/95 1036 Conklim, L. 7/95 1035 Politino, C 2/95 1030 Stuckey, J 7/95 1020 Schurman, J 5/95 1000 Fite, C 12/94 975 Musch, E 4/95 970 Ballard, R 3/95 970 Albers, C 4/95

165 LB BENCHPRESS 374 Turner, C 7/9 347 Rhen, J 7/95

341 John, C 7/95 336 Wolter, J 7/95 330 Butchar, J 7/95 315 Lungsford, R 3/95 314 Waters, J 4/95 308 Walter, J 7/95 300 Monfredi, J 10/94 286 Lentini, J 1/95

280 Jantszen, D 3/95 275 Horr, C 4/95 275 Lamneck, S 4/95 275 Foran, S 4/95 275 Martin, A 7/95 270 Harger, B 2/95 270 Baker, D 4/95 270 Thomas, E 7/95 264 Cox, J 4/95 264 Decker, J 7/95

181 LBS BENCHPRESS

391 Baumgart, J 7/9. 363 Francese, S 7/95 345 Crumine, T 5/95 320 Guerrieri, S 12/94 319 Zsido, R. 7/95 300 Servant, B 11/94 300 McClaren, J 3/95 297 Beshore, G 12/94 297 Montalbano, A 4/95 292 Dhein, J 7/95

290 Searcy, B 11/94 290 DeQuick, G 3/95 290 Hanson, K 3/95 286 Alvorado, C 1/95 286 Richardson, K 7/95 285 Leaver, Z 3/95 281 Mohror, T 4/95 280 Soucy, S 4/95 275 Lutz. H 11/94 275 Butler, D 3/95

198 LBS BENCHPRESS

435 Wilson, P 4/95 413 Cavanaugh, S 1/95 402 Balis, M 7/95 402 Rivano, A 7/95 380 Smalls, F 7/95 370 Weseman, K 6/95 358 Searles, R 7/95 347 Mann, S 7/95 340 Schaeffer, C 2/95 340 Marso, G 3/95

335 Malphrus, K 2/95 330 Fillion, F 3/95 325 Gurley, C 6/95 320 Ward, D 11/94 319 Eaves, A 7/95 305 Gessert, D 3/95 300 Cross, J 4/95 300 Wilson, A 5/95 297 Avilla, K. 7/95 295 Buss, R 3/95

220 LB BENCHPRESS

462 Coulter, M 7/95 402 Davenport, C 7/95 374 Cahill, J 7/95 370 Searles, R 3/95 358 Clark, T 4/95 358 Bulmer, B 3/95 350 Meier, M 4/95 341 O'Dormell, M 4/95 341 Debernardo, G 6/95 330 Laliberte M 4/05

330 Altschuler, A 7/95 320 Cooper, S 3/95 320 Wellard, K 6/95 305 Wallace, W 2/95 305 Cardoza, B 3/95 303 Praudk R 3/95 303 Koo, E 7/95 295 Verstagen, S 3/95 285 Webb, C 12/94 285 Domyancie, M 12/94

165 LBS DEADLIFT 22 Turner, C

578 Thomas, E 7/95 562 Butchar, J 7/95 551 Owen, \$ 1/95 551 John, C 7/95 529 Waters, J 4/95 507 Walters, J 6/95 505 Bohne, C 3/95 490 Rhen, J 7/95 485 Zak, J 3/95

483 Collins, M 3/95 473 Smyth, C 6/95 468 Wolter, J 7/95 465 Harger, B 2/95 465 Nesset, J 3/95 455 Lungsford, R 3/95 451 Lentini, J 1/95 451 Napolitano, J 7/95 451 Farmer, B 7/95 450 Unterreiner, D 4/95

181 LBS DEADLIFT

565 Titel, L 3/95 551 Baumgart, J 7/95 551 Francese S 7/95 550 Lutz, H 11/94 550 Kabat, H 3/95 520 Laatsch S 3/95 501 Steiner, E 7/95 500 Guerrieri, S 12/94 496 Zsido, R 7/95 495 DeQuick, G 3/95

490 Bassett, C 1/95 485 Alvorado, C 1/95 485 Dhein, J 3/95 475 Leaver, Z 3/95 475 Stills, R 3/95 475 Crumnine, T 5/95 473 Beshore, G 11/94 470 Sparhawk, M 3/95 470 Servant, B 11/94 470 Kohl P 3/95

198 LBS DEADLIFT 633 Balis, M 8/95

556 Kenny, C 7/95 550 Cross, J 4/95 550 Cosene, A 4/95 540 Mann, S 7/95 540 Rivano, A 7/95 534 Mythre, R 4/95 534 Smalls, F 7/95 534 Searles, R 7/95 525 Wilson, P 4/95

523 Follansbee, D 7/95 520 Ward, D 11/94 515 Malphrus, J 2/95 512 Day, G 12/94 507 Gagliardi, T 3/95 505 Weseman, K 6/95 501 Koo E 3/95 501 Soliman, D 4/95 500 Dixon, D 5/95 496 Avilla K 7/95

220 LBS DEADLIFT

644 Cahill, J 7/95 633 Clark, T 4/95 611 Coulter, M 7/95 600 Domvancic, M 12/94 584 Davenport, C 7/95 575 Thumser, M 5/95 567 O'Donnell, M 4/95 551 Koo F 8/95 550 Searles, R 3/95 535 Meier, M 5/95

518 Altschuler, A 7/95 515 lacono, A 3/95 515 Mueller, B 3/95 505 Verstagen, S 3/95 500 Wallace, W 2/95 485 Bohrt, D 3/95 485 Dodge, J 3/95 485 Kuntson, B 3/95 485 Kelley, D 7/95 480 Laliberte, M 4/95

** ** ** ** **

165LBS TOTAL

1620 Turner, C 7/95 1449 John, C 7/95 1372 Thomas, E 7/95 1372 Butchar, J 7/95 1339 Rhen, J 7/95 1311 Owen, S 1/95 1311 Walters, J 6/95 1310 Harger, B 2/95 1300 Wolter, J 7/95 1260 Lungsford, R 3/95

1235 Bohne, C 3/95 1146 Smyth, C 6/95 1135 Decker, J 7/95 1125 Nesset, J 3/95 1115 Harrison TI 4/95 1110 Horr, C 4/95 1102 Lofgren, A 7/95 1085 Lentini, J 1/95 1085 Rhodes, C 7/95 1075 Conti, S 7/95

181 LBS TOTAL 1543 Baurngart, J 7/95

1499 Francese, S 7/95 1345 Lutz, H 11/94 1340 Titel, L 3/95 1317 Zsido, R. 7/95 1285 Dhein, J 3/95 1270 Guerrieri, S 12/94 1270 Servant, B 11/94 1270 Kabat, H 3/95 1270 Crumrine, T 5/95

1235 McClaren, J 3/95 1229 Steiner, E 7/95 1223 Alvorado, C 1/95 1223 Richardson, K7/95 1210 Beshore, G 12/94 1195 DeQuick, G 3/95 1190 Leaver, Z 3/95 1190 Butler, D 5/95 1165 Laatsch, S 3/95 1160 Sparhawk, M 3/95

198 LBS TOTAL 1664 Balis, M 7/95

1471 Mann, S 7/95 1460 Weseman, K 6/95 1444 Rivano, A 7/95 1438 Smalls, F 7/95 1427 Searles, R 7/95 1355 Kenny, C 7/95 1345 Ward, D 11/94 1345 Wilson, P 4/95 1339 Follansbee, D 7/95

1335 Marson, G 3/95 1322 Gagliardi, T 3/95 1320 Cosene, A 4/95 1317 Avilla, K 7/95 1311 Mythre, R 4/95 1310 Cross, J 4/95 1295 Day, G 12/94 1262 Fillion, F 3/95 1245 Eaves, A 7/95 1215 Malphrus, J 2/95

220 LBS TOTAL 1697 Coulter, M 7/95

1631 Cahill, J 7/95 1570 Davenport, C 7/95 1515 O'Donnell,M 4/95 480 Searles, R. 3/95 1449 Clark T 4/95 1425 Meier, M 4/95 1415 DomyancicM12/94 1355 Altschuler, A 7/95 1325 Wellard, K 6/95

1310 Cooper, S 3/95 1310 Laliberte, M 4/95 1295 Koo, E 8/95 1265 Verstagen, S 3/95 1260 lacono, A 3/95 1256 Deberrando, G 6/95 1245 Ricker, S 3/95 1245 Cardoza, B 3/95 1235 Wallace, W 2/95 1179 Martinez, D 3/95

(23 EB) (25 EB)

Gatorade "Life Is A Sport; Drink It Up."

Search Finds Local Power Lifting, Champ, Helps Achieve Dream

CHICAGO-August 8, 1995 - Matthew Balis, two-time U.S. Junior Powerlifting Champion, will compete in the 1995 WDFPF Junior World Championships in Horsham, England, August 19, thanks to the Gatorade "Life Is A Sport. Drink It Up." Search. He hopes to achieve a life-long dream by winning the championship. As a Junior competitor, Balis has been a National Champ in three weight classes and at age 19 set World Records while competing in the WDFPF North American Championships, with a Squat of 633; Bench Press - 407; Deadlift - 578; and a total of 1618 at the body weight of 242 lbs. "I'm 23 and this is my last chance at the Junior Worlds," said Balis. "Last year I made the World Team, but was unable to go to the finals because of financial reasons. After this, I want to win the Collegiate Nationals next March and then win the Men's National and Open World Championships in "96".

This determined college student attributes his success to remaining drug-free, understanding nutrition and knowing how his body works, as well as, his intense training regimen. "In this sport, many competitors take drugs, but I am a life-long, drug free power lifter and I believe that success in sports and in life comes from determination, mental discipline and hard work," he said. "My experience with power lifting has taught me values that I'll use for the rest of my life."

Balis is an outstanding young person who throughout his life has been determined to succeed. While training to win the National Championship title, he worked his way through college and is scheduled to graduate from Northern Illinois University this fall with a degree in Health Sciences and Physical Education. He also is a graduate of Lane Technical High School in Chicago.

After college graduation, Balis hopes to become a coach and athletic trainer at the high school level. He also aspires to become the head strength coach at the collegiate level. "Being a drug-free power lifter allows me to practice what I preach, which is important when dealing with young people," said Balis. "Most kids want the short cut, but I want to teach them achievement by knowing their bodies and proper training, which is the key to any athletic achievement."

"We're pleased to help an outstanding young person like Matt reach for his goals," said Sue Wellington, Vice President, Marketing, The Gatorade Company. "Matt is very focused on his goals and has made tremendous achievements in powerlifting. The goal of the Gatorade "Life Is A Sport. Drink It Up." search is to find and recognize individuals who exemplify the meaning of "Life Is A Sport. Drink It Up".



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KANSAS STATE

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MENS/WOMENS/JUNIORS
TEENS/MASTERS

DECEMBER 9 AND 10

Contact Craig Safran (516)733-0078 or send SASE to PO Box 4065, Bayside, NY 11360

"How to Use Your Suit"

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In this day and age most lifters have either used or are familiar with supportive squat suits. However, the question most often asked of me is, "How do I know if I've got the right fit?" There is no one set answer, but with a little education you can begin to learn what best meets your needs.

First of all, we have to examine the mechanics behind how a suit works. The principle is the same as the one behind the hooking a rubber band on a doorknob, pulling it down and then releasing it. Just as in the rubber band example the suit will shoot you back up to the top. However, just as in the rubber band example there are variables that determine how MUCH energy can be stored and returned. In the case of the rubber band, size is a major factor as well as how far down you pull it. Likewise in a use and how deep you squat.

get down to below parallel. If you can work a finger under the leg of the suit and the straps don't have you hunched over, the fit is fine. What you need is more weight to get down. Whatever extra amount of weight you have to add to the bar to get to legal depth is the amount of weight you'll improve your squat by. This is a leap of faith but trust me on this one. You shouldn't be able to easily make depth with a suit on. A suit is designed for partner to put them up, but you should be able to stand up straight, MAXIMUM attempts. That is, it's designed to give protective not hunched over. And you should be able to maintain an arch in support plus add to the amount that can be lifted. They are not designed to enhance the handling of average weights, the key here is MAXIMUM attempts.

When it comes to fit, the general rule of thumb is, the tighter the fit the more support you'll get. While generally speaking this is true there are other considerations that have to be taken into account. For example, if a suit leg is too small to the point of cutting off circulation, the lifter could be in danger of you squat, that is chest up, butt out. serious injury. Why? Well, the human body is a living organism One last piece of advice. Don't just go out and ask for the tightest that is dependent on blood supply to remain alive and healthy. efficiency, strength and overall health of the muscle can be endangered. Ever cut off circulation to your foot by crossing your legs for too long? Remember that tingling, numb feeling you get? That condition is definitely not conducive to running a 100 yard dash! The same goes for suits.

How should you wear a suit? Let's divide lifters into 2 groups, heavy and light. For illustrative purposes I'll classify everyone over 220 lbs as heavy and everyone under as light. Experience and our own research has shown that, on the average, lighter classes can and do use a tighter suit (proportionately) than heavier classes. As a matter of fact, our tests have shown that the majority of heavies who try to use suits as tight as the lighter classes usually meet with negative results. Why? Consider this: the more mass that is put on a frame (especially lean muscle mass) the more leverage that body will benefit from. With more mass it is easier to maintain ideal squat form. The less mass on a body the more the body will strain to maintain proper form and the

greater the possibility that less than optimal form will have to be used to move the weight. For example, consider 2 lifters at 275 lbs body weight. Keeping all other variables equal, if one lifter is 6'3" (hard muscle) and the other is 5'8" (hard muscle) the shorter lifter will have the greater benefit of leverage as well as center of gravity and most likely be the better squatter. Because it is a more natural movement for the more massive lifter (shorter stroke), too tight a suit can often throw them out of the groove. That's why you'll often see larger lifters using a relatively looser suit than rubber band. Just as in a rubber band, a suit stores energy as it is lighter lifters. As for lighter lifters they oftentimes don't have the forced into the seated or "squat" position of the lift. Imagine leverage and center of gravity advantages of the heavier classes. That's where tighter suits make up the difference. What nature doesn't give, technology makes up for.

A critical area that often perplexes lifters is how tight a suit should be. Here are some general rules of thumb. If you have natural leverages and your squat form is very good without any gear then you'll probably benefit from a mid to tight fit on the hips suit, the size is a major variable as well as how much weight you and legs. Tight straps could be a pitfall however. Too much tightness in this area could easily kick you out of the groove. The most common mistake made by new lifters is Now, if you don't have natural leverages and you're like the assuming that a suit is not the right size simply because they can't majority of lifters then you'll have to use your gear to the fullest extent possible to make up for any shortcomings. If you tend to use your back when you're in trouble or if you use a lot of back all of the time, then a tighter fit through the hips and legs could be a big help. A very tight fit in the hips and legs can make a tremendous difference. The key here is to make sure the straps are tight, but not TOO tight. How can you tell? You should need a your back as you squat.

> Keep in mind that the above advice is general. There are always exceptions to the rules. However, regardless of how tight you wear your suit these basic principles will always apply:

- 1-Never cut off circulation to your quads
- 2-Make sure your straps do not hunch you over and
- 3-Be sure that you can maintain an arch in your back as

fit a lifter of your size has ever gotten into. Odds are you won't be Cut circulation off to a major group such as the quads and the able to get into it. If you decide to try the road to tighter fits remember that you have to slowly work into them for 2 reasons:

1-If you've never worn a tight suit before, you'll need to learn HOW to get them on and adjust to the discomfort level and

2-You'll need to learn HOW to squat with your tighter fit. Tighter fits will always affect your groove sometimes in subtle, other times in significant, ways.

Until next time. Train hard and train drug free.



SHORT SUBJECTS & NOTICES

++ STATE CHAIRS ++

Annual Reimbursement: On November 1st, all of the state chair of the current rule book as it reads: reimbursements will be calculated for payment. The required 6. Lifters must maintain their balance during the downward membership, maintain and submitted state records for the year dumping of the bar would result in disqualification of the lift. covering teens, open and master (male and female). The records, once updated for this membership year should be sent to the disqualification of the lifter as outlined on page 29, item N, could Secretary/Treasurer Office. No reimbursement payments will be be applied in cases of extreme non-compliance following the made until these records are in.

++ OFFICE HOURS ++

Overdeer would like all of you to know the hours that he is Referee Committee) available to directly answer your personal calls on matters that pertain to his office. The telephone is manned from 9 AM to 9 PM on Monday-Wednesday-Friday, on Tuesday and Thursday the hours are 9 AM to 5 PM. The dedicated FAX is open all the time.

For administrative questions regarding the submission of meet data, level of lifting records or membership cards, the caller should address their questions to Ned or Mary Cramer in the Secretary/Treasurer Office. Their FAX is also dedicated and open all the time. Whenever possible, it is easier to work from a FAX returned.

Never forget your State Chair, these dedicated people are your closest official and in most cases very helpful.

++ MEET ADMINISTRATION ++

PAPER FLOW: President Overdeer has made some minor Sec/Treas Ofc. Likewise, when the meet is complete ALL of the New Market, MN 55054-0147. documentation will be sent to the Secretary/Treasurer so that a faster meet reimbursement can be prepared and paid to the meet director. Questions should be addressed to the appropriate office.

++ CLUB/TEAM PRESIDENTS ++

CLUB REGISTRATION: In order to have a team compete for a trophy, it must be registered annually with the ADFPA. When a team is re-registered at the beginning of the membership year, November 1, the registration is then valid until the following December 31st and it gives time for the team name to be placed upon the members cards. Consider registering your teams early and get the Team name on the cards.

++ Rule Clarification ++

DEADLIFT: Item 7 of Causes for disqualification is straightforward enough but lacks clarity on what consitutes 'control". As we know, referees tend to apply their own interpretation of this term, either with too much permissiveness which frequently results in damage to either (or both) the bar or the platform or to excessive strictness (the noise factor) which

frustrates the competitiors. Until an adequate (and enforceable) description of "control" is forthcoming, I recommend that the following be added to Item 6 - "Rules of Performance" on page 22

actions that must have been met within the last year are: Held a portion of the lift and lower the bar by such a method that it three-lift meet (preferably a state championship), have a current does not bounce on the platform. Any intentional dropping or

As I point out during my clinics, the rule for required prior warning by the Chief Referee. Destruction of the bar and/or the platform certainly does discredit the sport and could ADFPA PRESIDENT AND NATIONAL OFFICE: Michael result in loss of the venue for the future. (Don Haley Chair,

SHARE AN IDEA



This past July, I was honored to be elected to the ADFPA Executive Committee. During the next two years I will work hard to ensure that our organization moves forward with the type of policy that reflects the ideals of the drug free lifter.

I have heard from several of you during this past month that our drug testing policies need to be improved and clarified. I will send a list of recommendations to the Drug Testing Committee when something has to be looked up and then a call will be shortly. You also mentioned we need to define ways to attract more new meet directors, referees and young lifters to our sport. Without new blood, our numbers will diminish to the point of ineffectivity. I will work to encourage new leadership at all levels of the organization as they will eventually take our places.

This newly elected Executive Committee, which I am one of changes in the routing of documentation in regards to nine individuals, will work together as a team and look to the powerlifting meets. All meet sanction request when signed by the future for answers while not forgetting our history, which made respective State Chair will be forwarded to the National Office. the ADFPA the premier powerlifting organization in this country. The Approval Sanction will be sent back to the individual meet As we go through the next two years, I want to assure that I will director with copies to the supporting State Chair and the make myself available to hear your concerns. You may write me, Secretary/Treasurer Office. The mailout labels, meet packets, talk to me at the meets or give me a call at any reasonable hour. I urine kits and other supporting materials will be sent from the am here to listen to your concerns. Dennis Green, PO Box 147,

> ATTN: NEW DATE

FASTERN STATES/MASS STATE PL/BP

DECEMBER 2-3, 1995

Men: Open, Teen, Jr, Master, Submaster, Grandmaster Women: Open, Teen, Master

Contact: Greg Kostas PO Box 483 Whitman, MA 02382 617-447-6714 between 8-10 PM

'WORLD" NORTH AMERICAN

World Records are Waiting to be Broken

WE HAVE SOME EXCITING NEWS!!

For the first time since 1992 lifters from the USA and Canada will have the opportunity to break some world records without having to qualify at a National Competition!

On January 20 and 21, 1996, Bob Gaynor will host the W.D.F.P.F. North American Powerlifting, Bench Press and World Record Breaker's Meet in Wilkes-Barre, PA. Of Course, American and North American Meet records can also be broken at this meet. This is a great chance for all of us to set up our training schedules so we could take advantage of this rare opportunity.

Since this is a World competition, please keep in mind that no bench or support shirts of any kind will be allowed and the signal when bench pressing will be a hand clap rather than a "PRESS" signal.

Drug Testing Will be done by urine screen such as those used by the International Olympic Committee which tests for a broad spectrum, as well as, Steroids.

The deadline for entries to this fantastic event is January 12, 1996, and is limited to **65** entries per day, so be sure to send for an application as soon as possible to Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 Tele: 717-823-6994 {days} or 717-474-6111 {nights}.

The competition at this contest will be great! Let's bring down those records! We work hard and we deserve it, so let's DO IT!

As a special NOTE: Anyone interested in taking their National or International Referee test and performance exams should start their preparations now. Contact your state Chair, fill out the resume' and if you need either an ADFPA or World Rulebook contact the Secretary/Treasurer Office 413-256-8177. Good Luck.

FLORIDA STATE (cont from page 7) photos for the paper she works for. These people are all like family. Marion James and her family, they work the door, sell t-shirts and drinks and help clean up. The youngest son, 13 years old also spotted all day Saturday. Stanley, for spotting, Stacy Arthurs for the score table, and her husband Dave also loaded on Saturday, but did not tell me that he wasn't lifting on Sunday or he would not have gotten a break. My Referees: Rick Vaillancourt is like a brother to me, has been for years. Ken Snell, Steve Soukup, Carl Trevorah, Mitch Halbrook, Stacy Arthurs, Helen Watkins, and a surprise visit from Bob Levy of Indiana. My Wife Ellen who is taking over the title of "Red Light Ellen" from Rick V. These are the people who keep me and Ellen keep pushing in lieu of all the negative things, as I have been thinking of stopping all of my involvement in the sport, but the next meet is just around the corner and our state meet next year will be here before we know it, I only wish I could get to lift. Oh well, I used to. We will be holding a Bench and Deadlift meet at this location in late November or early December so watch for the date. We love you all. Tom and Ellen Trevorah.



WDFPF/ADFPA



NORTH AMERICAN

JANUARY 20-21, 1996

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Certificates to document your placement on the ADFPA TOP 20 LIFER LIST. Include a photo-copy of the listing highlighting your name & placement.

The cost is \$5.00 per certificate. Send orders to the ADFPA Secretary/Treasurer 29 S Orchard Drive, Amherst, MA 01002-3038

ADFPA STATE REFEREE PATCHES:

An organizational patch indicating the ranking of STATE REFEREE is now available for \$5.00. All new State Referees after March 1, 1995 will be awarded this patch without cost.

ADFPA CLASSIFICATION PATCHES:

Class I, International Elite, Class II, Elite, Class III, Master, Class IV: The cost is \$5.00 per patch. Include a photocopy of the meet results or published ranking.

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(July/	August)					TO E	E SET				

Bench Press World Championships

Open World Championship (late October/early November)

WDFPF RECORDS: Our World Records package has been updated with the results of the 1995 Teenage, Juniors & Masters World Championships and the North American Records. For a copy of the complete records package send \$1.50 worth of stamps with your request to the address given below. For records of only I weight class, send your request with a stamped, self-addressed business sized envelope to:

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Place, Arvada, CO, 80005, 303-425-7075 NOVEMBER 18, 1995, ADFPA Squat National, Bob Gaynor, 19 Sunrise Dr.

Mountaintop, PA 18707, 717-474-6111 FEBRUARY 17-18, 1996 ADFPA Lifetime National, Ed or Frank King, 24748 Aurora Rd. Bedford Heights, OH 44146 216-439-5464

MARCH 9-10, 1996 ADFPA Military National, Johnny Graham, 1706 Shoe-maker Drive, Killeen TX 76543, 815-526-0779

MARCH 23-24, 1996 ADFPA Collegiate National, Johnny Graham, 1706 Shoemaker Drive, Killeen TX 76543, 815-526-0779

MARCH 30-31, 1996 ADFPA High School National, Dennis Brady, 5920 N Ridge, Chicago, IL 60660 312-561-9692

APRIL 20-21, 1996 ADFPA Women's National, Bob Gaynor, 19 Sunrise Dr. Mountaintop PA 18707, 717-474-6111

JUNE 15-16, 1996 ADFPA Men National, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225

JULY 13-14, 1996, MEN TEENAGE/ JUNIOR NATIONAL, James Hart, PO Box 82264, Lincoln, NE 68501, 402-470-3672

SEPTEMBER 21-22, 1996 ADFPA Bench Press National, Michael Cissell, 15 Lakeside Dr. Lake St Louis, MO 63367 314-625-1225

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