

Colorado Spring Fling

The Colorado Spring Fling went smoothly, and we had fun celebrating St Patrick's Day with some All-Round weightlifting. Jarod, Sanjiv, Nisha (new member), David, Tony and Nic (new member) competed at the host site in Lakewood. (7) records were set by these athletes in the Clean & Press and the Deadlift, 12" Base.

Clint, Randy, Patrick and Ashley competed remotely with a 3 official system including Ashley Stearns, Patrick Hadley and Clint Poore.

RJ, Crystal, Phoenix and Randy competed remotely without officials and are not eligible for records.

I was a little nervous waking up on meet day. Athletes started trickling in and it was great to see some old faces from Clark's Gym and meet some new faces that live in Colorado.

After getting the athletes weighed-in we started with rules briefing for the Clean & Press. We used a rising bar format which meant Nisha was following herself for the first three lifts. I think all the old men judging her lifts rattled her, but she still put up an impressive 35 pounds. Sanjiv, Tony and Dave were more evenly matched and could get more of a break between lifts. Tony had the top lift with 150 pounds.

The Deadlift, 12" Base was more of the same with the rising bar and Nisha taking her 3 lifts + an extra lift for a record. This lift was more in her wheelhouse. Tony again had the top lift at 360 pounds.

The records session was even more exciting. Jarod kicked things off with an impressive 83 pound dumbbell Turkish Get-up and then several of us wanted to give it a try. Then we all started making attempts on the Jefferson Lift, Fingers which was approved by USAWA in 2022. Jarod added an impressive Pullover & Press along with a Reverse Grip Bench Press. Sanjiv set records in a couple of Clean variations. Tony added records in Fulton Dumbbell Deadlifts. Nic arrived just before the records session and was anxious to give everything a try. He was able to set a record in the Jefferson Lift, Index Fingers, but did not break the existing record in other lifts he tried.

We finished the contested lifts and records session in about 4 hours.

Meet Results:

Colorado Spring Fling

March 17, 2024

High Country Vigour, Lakewood, CO

Meet Director: Sanjiv Gupta

Meet Scorekeeper: Sanjiv Gupta

Special thanks to Elijah for helping out with loading the bar.

Officials (3 official system): Sanjiv Gupta, David DeForest, Tony Lupo, Jarod Fobes (in training)

Lifts: Clean & Press, Deadlift – 12" Base

Junior Women

Lifter	Age	BWT	C&P	DL - 12"	TOT	PTS
Nisha Gupta	15	83	35	65	100	219.7

EXTRA FOR RECORDS:

Nisha Gupta – DL-12" – 75

Junior Men

Lifter	Age	BWT	C&P	DL - 12"	TOT	PTS
Phoenix Jackson*	9	75	30	66	96	296.6

Senior Women

Lifter	Age	BWT	C&P	DL - 12"	TOT	PTS
RJ Jackson*	62	107	71	166	237	407.6
Crystal Diggs*	37	164	71	166	237	238.2

Senior Men

Lifter	Age	BWT	C&P	DL - 12"	TOT	PTS
David DeForest	64	184	125	350	475	556.1
Randy Smith*	69	196	115	325	440	532.5
Tony Lupo	58	236	150	360	510	495.7
Sanjiv Gupta	52	203	130	325	455	455.2

Total Weight Lifted

1. Tony Lupo – 510
2. Dave DeForest – 475
3. Sanjiv Gupta – 455
4. Randy Smith – 440
5. RJ Jackson – 237
6. Crystal Diggs – 237
7. Nisha Gupta - 100
8. Phoenix Jackson - 96

Lynch Points

1. David DeForest – 444.9
2. Tony Lupo – 416.5
3. Sanjiv Gupta – 402.8
4. Randy Smith – 397.4
5. RJ Jackson – 331.4
6. Crystal Diggs – 238.2

7. Phoenix Jackson - 223.0
8. Nisha Gupta – 191.1

Age Adjusted Lynch Points

1. Dave DeForest – 556.1
2. Randy Smith – 532.5
3. Tony Lupo – 495.7
4. Sanjiv Gupta – 455.2
5. RJ Jackson – 407.6
6. Phoenix Jackson – 296.6
7. Crystal Diggs – 238.2
8. Nisha Gupta – 219.7

RECORD DAY LIFTS:

Clint Poore M 50-54 Age Group 115KG Class

Bench Press, Feet in Air – 375 pounds

Reeve's Deadlift – 405 pounds

Rim Lift – 315 pounds

Finger Lift, Left Middle – 162 pounds

Finge Lift, Right Middle – 156 pounds

Randy Ritchey M 60-64 Age Group 110KG Class

Anderson Squat – 505 pounds

Foot Press – 601 pounds

Rectangular Fix – 85 pounds

Rectangular Fix, Fulton Bar – 75 pounds

Patrick Hadley M 50-54 Age Group 95KG Class

Swing, 2 Dumbbells – 80 pounds

Swing, Dumbbell, Left – 40

Swing, Dumbbell, Right – 40

Foot Press - 600

Bench Press, Alternate Grip – 185 pounds

Ashley Stearns M 40-44 Age Group 90KG Class

People's Deadlift – 475 pounds

Reeves Deadlift – 355 pounds

Hackenschmidt Floor Press – 325 pounds

Deadlift, Fulton Bar – 275 pounds

Deadlift, 12" Base – 315 pounds

Crysal Diggs F OPEN Age Group 75KG Class*

Shoulder Drop – 40 pounds

Squat – Overhead – 40 pounds

James Lift – 40 pounds

Bent Press – Dumbbell, Right – 25 pounds

Bent Press – Dumbbell, Left – 20 pounds

RJ Jackson F 60-64 Age Group 50KG Class*

Shoulder Drop – 37 pounds

Squat – Overhead – 37 pounds

James Lift – 32 pounds

Bent Press – Dumbbell, Right – 15 pounds

Bent Press – Dumbbell, Left – 15 pounds

Phoenix Jackson M Under 13 Age Group 35KG Class*

Shoulder Drop – 5 pounds

Squat – Overhead – 5 pounds

James Lift – 5 pounds

Bent Press – Dumbbell, Right – 5 pounds

Bent Press – Dumbbell, Left – 5 pounds

Dave DeForest M 60-64 Age Group 85KG Class

Turkish Get-Up – 27 pounds

Jefferson Lift, Index Fingers – 115 pounds

Jefferson Lift, Middle Fingers – 125 pounds

Jefferson Lift, Ring Fingers – 115 pounds

Deadlift, Dumbbell, Left – 226 pounds

Jarrold Fobes M 45-49 Age Group 95KG Class

Turkish Get Up – 83 pounds

Jefferson Lift, Index Fingers – 135 pounds

Pullover & Press – 235 pounds

Bench Press, Reverse Grip – 215 pounds

Tony Lupo M 55-59 Age Group 110KG Class

Jefferson Lift, Index Fingers – 115 pounds

Jefferson Lift, Middle Fingers – 125 pounds

Jefferson Lift, Ring Fingers – 95 pounds

Deadlift, Fulton Dumbbell, Left – 116 pounds

Deadlift, Fulton Dumbbell, Right – 116 pounds

Sanjiv Gupta M 50-54 Age Group 95KG Class

Turkish Get Up – 53 pounds

Clean & Press, 12" Base – 115 pounds

Jefferson Lift, Index Fingers – 115 pounds

Jefferson Lift, Middle Fingers – 125 pounds

Clean & Press, On Knees – 115 pounds

Nic Davis-Diaz M OPEN Age Group 115KG Class

Jefferson Lift, Index Fingers – 135 pounds