

2024 USAWA YEAR IN REVIEW

Dear USAWA family,

In the spirit of what Al Myers had done since 2009, I am continuing the legacy of compiling the Year in Review. Nearly 200 contributions were made by nearly 20 different members. With the support of everyone, USAWA was able to complete its 37th year since its organization in 1987.

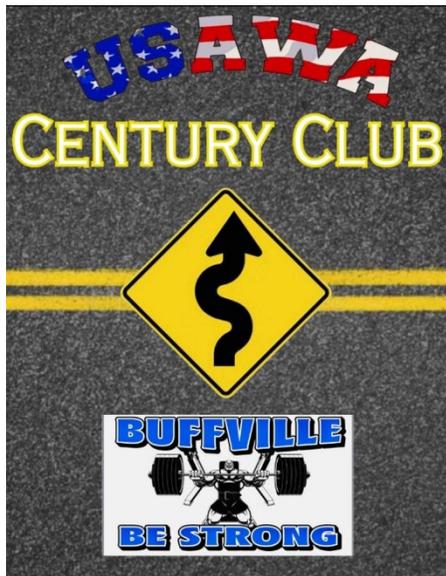
Thank you!

Sanjiv Gupta

BUFFVILLE'S ROAD TO CENTURY CLUB – RECORD DAY

January 4, 2024 KCSTRONGMAN

By Clint Poore



BUFFVILLE'S ROAD to the CENTURY CLUB – RECORD DAY

SATURDAY, FEBRUARY 10, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 10 AM – RECORD BREAKING BEGINS AT 10:30 AM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

USAWA 1st Quarter Postal

January 5, 2024 KCSTRONGMAN

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

LIFTS

Bench Press – Alternate Grip

Cheat Curl – 2 Dumbbells

Zercher

The basic rules for entering a USAWA Postal Meet are as follows:

Must be a CURRENT member of the USAWA

All lifts must be done on the same day

USAWA rules apply as outlined in Rule Book

3 attempts allowed with best attempt recorded

Bodyweight and Age apply as to the day of lifting

Must turn in official scoresheet by deadline

Record results on scoresheet in pounds

At least 1 certified official required for records

May enter with a non-certified judge but will not be eligible for records

Scoresheet must be fully filled out

No entry fee

USAWA 2nd Quarter Postal

January 5, 2024 KCSTRONGMAN

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

LIFTS

Push Press from Racks

Hack Lift – One Hand

Pullover – Bent Arm

The basic rules for entering a USAWA Postal Meet are as follows:

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All lifts must be done on the same day

USAWA rules apply as outlined in Rule Book

3 attempts allowed with best attempt recorded

Bodyweight and Age apply as to the day of lifting

Must turn in official scoresheet by deadline

Record results on scoresheet in pounds

At least 1 certified official required for records

May enter with a non-certified judge but will not be eligible for records

Scoresheet must be fully filled out

No entry fee

USAWA 3rd Quarter Postal

January 5, 2024 KCSTRONGMAN

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny

Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

LIFTS

Deadlift-Ciavattone – One Hand

Curl-Reverse

People's Deadlift

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All lifts must be done on the same day

USAWA rules apply as outlined in Rule Book

3 attempts allowed with best attempt recorded

Bodyweight and Age apply as to the day of lifting

Must turn in official scoresheet by deadline

Record results on scoresheet in pounds

At least 1 certified official required for records

May enter with a non-certified judge but will not be eligible for records

Scoresheet must be fully filled out

No entry fee

[USAWA 4th Quarter Postal](#)

[January 5, 2024 KCSTRONGMAN](#)

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

LIFTS

Press-Dumbbell – One Hand

Deadlift-Dumbbell – One Hand

Bent-over Row

The basic rules for entering a USAWA Postal Meet are as follows:

Must be a CURRENT member of the USAWA

All lifts must be done on the same day

USAWA rules apply as outlined in Rule Book

3 attempts allowed with best attempt recorded

Bodyweight and Age apply as to the day of lifting

Must turn in official scoresheet by deadline

Record results on scoresheet in pounds

At least 1 certified official required for records

May enter with a non-certified judge but will not be eligible for records

Scoresheet must be fully filled out

No entry fee

Bench Press Heptathlon

January 6, 2024 KCSTRONGMAN

By Bill Clark

Event: Bench Press Heptathlon + Record Day

Meet Director: Bill Clark

Date: April 6, 2024

Location: Clark's+ Gym, Columbia, MO

Weigh ins: 8:00 AM

Entry Fee: None

Awards: Certificates

Lifts Contested

Bench Press-Feet in Air

Bench Press-Feet on Floor

Bench Press- one hand- right

Bench Press- one hand- left

Bench Press-Alternate Grip

Bench Press-Reverse Grip

Bench Press-Hands together

Special Awards

Bench Press-Roman Chair

Bench Press-Rampage

There is no entry form for this event, but please let Bill know if you will be attending by April 2, 2024 or mail your letter postmarked by March 30th. You can reach him by email at yeoldclark@gmail.com; telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

Please note, this meet is hybrid. You can compete in person or remotely. If you compete remotely, you must have a certified official judge your lifts in order for them to be eligible for records. If you enter without a certified official, your results will be noted, but will not be eligible for records.

Colorado Spring Fling

January 8, 2024 KCSTRONGMAN

By Sanjiv Gupta

COLORADO SPRING FLING

SUNDAY, MARCH 17, 2024

HIGH COUNTRY VIGOUR in LAKEWOOD, COLORADO

ADDRESS: 4241 S YARROW CT, LAKEWOOD, COLORADO

WEIGH-INS: 9:30 AM, LIFTING BEGINS AT 10 AM

THE LIFTS:

DEADLIFT – 12” Base

CLEAN AND PRESS

ENTRY DEADLINE: March 15, 2024. sanjiv_gupta@hotmail.com or by phone at 720-938-2029

ENTRY FEE: FREE

MEET DIRECTOR

Sanjiv Gupta

USAWA MEMBERSHIP REQUIRED: Registration will be available at the meet, but it is preferred that you purchase your USAWA membership prior to the meet day at USAWA.com

AWARDS: None

RECORD SESSION: Following the competition, each lifter can perform up to 5 record attempts if equipment is available. Please let us know what records you will be attempting so that we can determine if lift can be performed.

Hybrid: You may lift in the competition in your own gym and your lifts will be included in the final standings. If you compete remotely, you must have a certified official judge your lifts in order for them to be eligible for records. We assume you will be honest concerning your bodyweight and your correct lifts. Video is appreciated if you lift remotely, but not required.

2024 Grip Championships

[January 12, 2024 Al Myers](#)

By Al Myers

MEET ANNOUNCEMENT – 2024 USAWA GRIP CHAMPIONSHIPS

The new year is now upon us and with that comes the announcement for the annual Grip Championships! The Grip Championships have always been the first Championship event in the USAWA every year.

This competition has been a popular one in the USAWA throughout the years. At times it has been one of the largest events attended for the year in the USAWA. I always try to “mix things up” with the chosen lifts, but have always kept them to official lifts of the USAWA.

MEET DETAILS:

Meet Director: Al Myers email: amyers@usawa.com
Meet Date: Saturday, February 17th, 2024 1:00 PM – 5:00 PM
Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410
Sanction: USAWA – Membership required
Weigh-ins: 12:00-1:00 PM the day of the meet
Divisions: Juniors, Women, Masters, and Open
Awards: None

Entry: None – But please give advance notification if attending

Lifts:

Pinch Grip – Strict

Vertical Bar Deadlift – 1 Bar, 1", One Hand

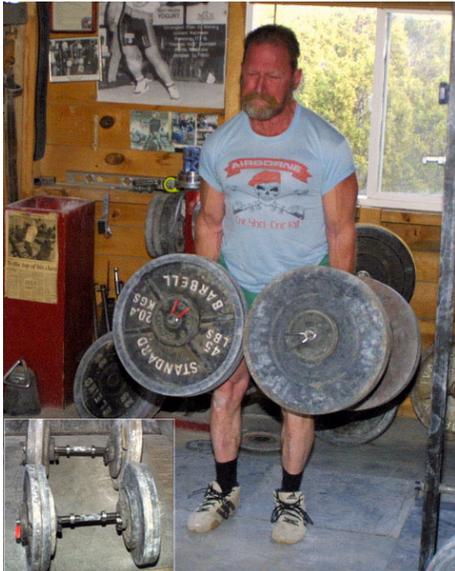
Deadlift – Fingers, Index

Deadlift – Fulton Bar, Ciavattone Grip

Rim Lift

2023 4TH QUARTER POSTAL

January 13, 2024 Denny Habecker



Dan Wagman's 503-pound deadlift—2 dumbbells sets a new all-time USAWA record in the 80 kg class. He repeated that all-time record-breaking feat in the other two contested lifts as well.

This quarter postal had it's largest number of entries yet. We had 28 men and 10 women compete in this meet. Dan Wagman led the men's division, while Kasey Cicero topped the hotly contested women's division.

October 1 thru December 31, 2023

The Lifts -Snatch from Hang, Deadlift-2 Dumbbells, Pullover and Press All lifts are in pounds – Records are marked with an*

[4th-Quarter-Postal-Sheet1Download](#)

LIFTERS WITH 3 OFFICIALS – Steve Jury, Everett Todd, Kasey Cicero, Lilly Todd, Stacy Todd, and Phoebe Todd. -LIFTERS WITH 2 OFFICIALS – Barry Bryan, Eric Todd, Dan Jones, Denny Habecker, Spencer Wenzel, Frank Ciavattone, Nils Larson, Chris Todd, Wade Marchand, Carl Puzin, Lance Foster, Leroy Todd, Allison Lupo, LIFTERS WITH ONE OFFICIAL – Dan Wagman, Dave DeForest, Tony Hose, Anthony Lupo, Jeff Wenzel, John Carter, Aaron Luther, Wyatt Sawyer, Bill Clark, and Janet Thompson. LIFTERS WITH NO CERTIFIED OFFICIAL – Abe Smith, Randy Smith, Dave Hahn, Barry Pensyl, Sanjiv Gupta, Beth Skwarecki, R.J. Jackson, Sylvia Stockall, and Kim Van Wagner.

[2023 Postal Championships](#)

[January 14, 2024 KCSTRONGMAN](#)

By Eric Todd

Lilly Todd completes a Deadlift-2 dumbbells on way to earning the designation of a GRAND SLAM WINNER in this year's postal championship.



The 2022 Postal series had great participation again! Over the 4 Postals we had 36 men and 12 women that competed in at least one postal. This year, the results of the postal series was done differently. The name of the last postal was changed from the Postal Championship to the fourth quarter postal. The championship was determined by total points from all four postal competitions. The overall placing in the meet determines your points. I.E.- if three lifters compete, lifter number one gets 3 points, lifter number 2 gets 2 points and lifter number three gets 1 point. Obviously then, as more lifters enter, more points can be earned for winning and all lifters earn points regardless of where they place

overall. Just entering will earn points toward the Postal Series Ranking. While in the past the last postal was deemed the championship and was worth double points, this year it was scored the same as all of the others.

Several lifters that competed in all the Postal meets last year and they deserve to be recognized. These lifters are the GRAND SLAM WINNERS: Beth Skwarecki, R.J. Jackson, Stacy Todd, Kim Van Wagner, Lilly Todd, Phoebe Todd, Janet Thompson, Dan Wagman, Abe Smith, Randy Smith, Dave Deforest, Barry Bryan, Dave Hahn, John Carter, Tony Hose, Denny Habecker, Tony Lupo, Jeff Wenzel, Wyatt Sawyer, Travis Luther, Barry Pensyl, Chris Todd, Sanjiv Gupta, Bill Clark, Leroy Todd, and Everett Todd. that is a pretty stout group of Grand Slam lifters!

Now for the overall ranking for the 2022 USAWA Postal Series!

[Postal-Championship-Sheet1-1Download](#)

[USAWA Articles and Forum](#)

[January 24, 2024 KCSTRONGMAN](#)

By Sanjiv Gupta

USAWA Articles and Forum The USAWA has been publishing meet results and interesting stories on the website since 2009.

The “new” forum has messages going back to 2010. Before that, there was a weightlifting newsletter and “The Strength Journal” published by Bill Clark. I am sure there were plenty of emails and maybe letters as well.

As a newcomer to All-Round Weightlifting, this treasure trove is both awe inspiring and overwhelming. There is no way to summarize or give credit to all the passionate athletes, authors and historians who voluntarily gave their time to help others and promote All-Round Weightlifting.

Most often, I am curious about a lift and will search for “Leg Press” and find “The Unsupported Leg Press” by Thom Van Vleck featuring a picture of Ed Zercher. Sometimes I browse the articles by searching for something very generic like “Clean” and am greeted by “The Hub Lift Clean & Press” by Al Myers. Sometimes I will just click go back to an old page and on page 452 (as of the time of this writing) there is an article by George Jowett on “Barrel Pressing.”

The forum is even harder to navigate, but with modern technology, I can enter “usawa forum hip belt” into a search engine and find a discussion on homemade, IronMind and Rogue hip belts from 2014.

Some interesting discussions also take place on the Facebook page.

None of these outlets are as much fun as having conversations at live meets, but those opportunities are fewer and further apart.

The following is a short list of articles I have come across that represent the breadth of information on the website:

Al Myers on his homemade equipment, new lifts and historic references.

<https://www.usawa.com/roman-chair/>

<https://www.usawa.com/spec-equipment-dumbbell-walk-handle/>

Thom Van Vleck historic notes including The Infamous Weightlifter's Weekend 1979 are just fun to read.

<https://www.usawa.com/the-infamous-weightlifters-weekend-1979/>

Athlete profiles, like John McKean's article on Art Montini

<https://www.usawa.com/powerlifting-saved-this-mans-life/>

Meet reports by countless athletes including Ben Edwards on the 2009 National Championships.

<https://www.usawa.com/national-championships/>

Dan Wagman's well reference articles always challenge my thinking.

<https://www.usawa.com/aging-and-strong-part-i/>

My motivation for this article was to give something back to an organization that has renewed my inspiration to try new things, stay engaged in strength sports and to preserve the history of the original forms of weightlifting.

As important and entertaining as the meet announcements and reports are for the membership, the personal notes and hidden gems are some of my favorite articles on the website.

Clark's Gym Record Day

[January 24, 2024 KCSTRONGMAN](#)

By Bill Clark

CLARK'S GYM RECORD DAY

Weekend of February 24-25, 2024

Clark's Gym, Columbia, Missouri

ENTRY FEE – None.

AWARDS – None.

Must be a USAWA member. Memberships will be available at Clark's Gym on meet weekend.

MEET DETAILS:

1 – This record day is being held hybrid.

2 – The remote lifters must have their records approved by a certified USAWA official.

3 – The meet director requires that remote lifters enter the weekend by either telephone (573-474- 4510) or by e-mail (yeoldclark@gmail.com) by Thursday, February 22.

4 – The meet director requires that all approved results be returned to the director not later than Tuesday, February 27 – with lifter's name, birth date/year, bodyweight, and the printed name of the attending official(s).

5 – Do not send the results directly to the secretary or the record keeper. They must come through the meet director first.

6 – All lifts must be on the USAWA list of approved lifts.

7 – Lifts may be done either day of the approved weekend.

8 – All remote results must be listed in pounds and transmitted by e-mail to the email address above.

9 – Lifters joining from other IAWA nations may set records according to the rules of their various national codes since membership in the USAWA is also membership in the IAWA and vice-versa.

10 – Enjoy the weekend.

Omega Force Strength Extravaganza

January 29, 2024 KCSTRONGMAN

By Clint Poore

OMEGA FORCE STRENGTH EXTRAVAGANZA - JANUARY 27, 2024										
NAME	AGE	BODYWEIGHT	WEIGHT CLASS	HACKENSCHMIDT	HAND & THIGH	INCH DUMBBELL		TOTAL LBS	TOTAL POINTS	PLACE
				FLOOR PRESS	LIFT	DEADLIFT				
ASHLEY STEARNS	43	84.8	85 KG	315	1025	130 RIGHT HAND		1470	1419.79	1
JARROD GADDIS	46	133.8	125+ KG	426	900	120 RIGHT HAND		1446	1132.1	2
CLINT POORE	50	110.8	115 KG	405	700	120 LEFT HAND		1225	1091.74	3
PATRICK HADLEY	52	97.2	100 KG	275	650	120 RIGHT HAND		1045	1015.76	4
RICKY DICKERSON	66	81.8	85 KG	225	500	80 RIGHT HAND		805	977.33	5
BRIAN GUFFEY	37	54.2	55 KG	205	430	70 RIGHT HAND		705	885.26	6
4th ATTEMPTS										
RICKY DICKERSON	HAND & THIGH LIFT - 520 LBS									
LOCATION: BODYMAX GYM in SCOTTSVILLE, KENTUCKY										
MEET DIRECTORS: RANDY RICHEY & CLINT POORE										
REFEREES: PATRICK HADLEY, ASHLEY STEARNS, CLINT POORE (3 Official System Used)										
ALL LIFTS RECORDED IN POUNDS- ALL BODYWEIGHTS IN KILOS										
OMEGA FORCE STRENGTH EXTRAVAGANZA - RECORD DAY										
ASHLEY STEARNS - 43 YEARS OLD - 85 KILO WEIGHT CLASS										
BENCH PRESS, FULTON BAR				300 LBS						
RICKY DICKERSON - 66 YEARS OLD - 85 KILO WEIGHT CLASS										
PEOPLES DEADLIFT				355 LBS						
RECTANGULAR FIX, FULTON BAR				55 LBS						
PATRICK HADLEY - 52 YEARS OLD - 100 KILO WEIGHT CLASS										
RECTANGULAR FIX, FULTON BAR				45 LBS						
BENCH PRESS, FULTON BAR				225 LBS						
SWING, DUMBBELL, RIGHT				55 LBS						
SWING, DUMBBELL, LEFT				45 LBS						
DEADLIFT, INCH DUMBBELL, LEFT				100 LBS						
CLINT POORE - 50 YEARS OLD - 115 KILO WEIGHT CLASS										
RECTANGULAR FIX, FULTON BAR				45 LBS						
BENCH PRESS, FULTON BAR				350 LBS						
PEOPLES DEADLIFT				435 LBS						
CURL, CHEAT, 2 DUMBBELLS				104 LBS						
DEADLIFT, INCH DUMBBELL, RIGHT				120 LBS						

[Dino Gym Challenge](#)

[January 31, 2024 Al Myers](#)



Dean Ross competing in the 2019 IAWA World Championships in Abilene, Kansas.

This year the Dino Gym Challenge will be dedicated to a long time Dino Gym club member, Dean Ross. Dean passed away last year on March 9th, at the age of 80 so this competition will mark one year since his death.

Dean was liked by everyone. He attended almost every event at the Dino Gym and always had plenty of interesting stories to tell. He traveled to USAWA events all over the country, and always drove. He often would finish a comp and then get in his truck to drive overnight home to Tulsa.

Dean loved all the lifts, and broke many records in a wide array of different lifts. For this memorial meet I picked these lifts for a reason as they were some of his favorites as he performed them in Gold Cups or Presidential Cups.

MEET DETAILS:

Meet Director: Al Myers – Email: amyers@usawa.com

Meet Date: Saturday, March 9th, 1:00 PM – 5:00 PM

Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410

Sanction: U.S.A.W.A Memberships cards can be purchased on meet day

Weigh-ins: 12:00 – 1:00 PM the day of the meet

Divisions: Depends who shows up

Awards: Don't expect one

Entry Fee: None – but please notify me in advance if you plan to attend

Lifts:

Bench Press – Hands Together

Swing – 1 Dumbbell

Curl – Cheat

Trap Bar Deadlift

The lifts will be done in this order.

Nationals 2024

February 5, 2024 KCSTRONGMAN

By Bill Clark



Beth Skwarecki-multiple time national champion

2024 USAWA NATIONAL CHAMPIONSHIPS

Meet Director: Bill Clark

Dates – June 29-30, 2024

Location – American Legion Hall, Columbia, Mo.

Daily Weigh-ins – 8:00 – 9:00 A.M.

Daily rules meetings – 9:45 am.

EVENTS:

Day One – Two-hands Clean and Press with Fulton Bar – Pullover and Press – Hack Lift.

Day Two – Deadlift-Fulton Bar-Ciavattone Grip – One-arm Snatch with Barbell – Zercher Lift.

SPECIAL EVENT – No entry fee.

The Weaver Stick.

ENTRY FEE – \$50.00 – LIFTING ONLY

Dinner fee – \$25.00. Optional. Both fees may be paid by a single check – payable to Clark’s Gym.

ENTRY DEADLINE – 5:00 P.M., Tuesday, June 18, 2024.

CONTACT:

BILL CLARK, 3906 Grace Ellen Drive, Columba, Mo. 65202.

Telephone: 573-474-4510

E-mail: yeoldclark@gmail.com

BUFFVILLE’S ROAD to the CENTURY CLUB 2 – RECORD DAY

February 5, 2024 KCSTRONGMAN

By Clint Poore



BUFFVILLE’S ROAD to the CENTURY CLUB 2 – RECORD DAY

SATURDAY, MARCH 9, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 9 AM – RECORD BREAKING BEGINS AT 10 AM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

Zercher Strength Classic

February 7, 2024 KCSTRONGMAN

By Bill Clark

Phil Marlin, normally a strongman contestant and power lifter, has found a new adventure in the odd lifts and came up with his first major win in the USAWA, topping a field of seven in the Zercher Strength Classic in the dingy dungeon of Clark's Gym.

He continues to amaze with his flexibility in the Hack lift, handling 565 with ease (and a red face above his thick black beard).

The meet was interesting in its makeup and a twist or two of fate. It was offered remote (no one set records off-site), but two lifters without officials made the day worthwhile – and an injury to the leading man with five lifts to go turned a tight battle into an easy victory.

RJ Jackson, lifting on a crude set-up which allowed her to do all 12 lifts, e-mailed her results to take the women's title. She sent along her thanks for being allowed to be a part of this meet from Corpus Christi, Texas. (I hope the USAWA board is reading this).

From Iowa came the results remote from Joe Garcia, who had no official, though he is the head official of the USAWA. Joe used his bodyweight and age to slip past Columbia's Jeff Wenzel to take second place. Age made the difference here. Joe was 30 pounds lighter and 22 years older than Wenzel. Joe has "only" 1,350 pounds of weight in his Iowa home gym and that limited him in his two best lifts – the hip and the harness.

For John Carter – it was a bittersweet day. After seven events, he was leading the pack and seemed to be on his way to another Zercher Meet win – an annual event that has been happening for the past quarter of a century.

Ironically, he suffered a left hip injury doing the lift that has made him famous – the hip lift. He struggled to do a bench press and retired with five lifts remaining, leaving Philip an easy road to the title.

Lifts: Zercher Lift; Steinborn Lift; Clean and Press-Heels together; 2 hand Clean and Jerk; Leg Press; Hand and Thigh; Bench Press-Feet in air; Deadlift-heels together; Hack Lift; Harness Lift; Hip Lift; One Hand Deadlift

The three official system was used. Officials are as follows: Bill Clark, Dave DeForest, Tony Lupo

Official results are as follows:

2024 Zercher Strength Classic - January 27, 2024

Lifters marked with an asterisk (*) are not eligible for records. Leg Press and Clean and Jerk are not official lifts, thus not eligible for records

		<u>Leg</u>				
WOMEN		<u>AGE</u>	<u>BWT</u>	<u>Press</u>	<u>Harness</u>	<u>Hip</u>
*RJ	Jackson	62	105	136	446	366
MEN						
Philip	Marlin	28	275	700	2005	1370
*Joe	Garcia	70	203	0	1350	1350
Jeff	Wenzel	48	235	660	1605	1105
Tony	Lupo	57	240	500	1415	1155
Toby	Ortega	43	152.5	600	1000	875
John	Carter	65	198	400	1800	1400
		<u>Bench</u>				
		<u>DLHeels</u>	<u>Hack</u>	<u>1H DL *</u>	<u>FIA</u>	<u>Steinborn</u>
WOMEN						
*RJ	Jackson	156	146	126-R	96	66
MEN						
Philip	Marlin	505	565	350-L	315	305
*Joe	Garcia	255	255	155-R	155	100
Jeff	Wenzel	355	365	225-L	300	165
Tony	Lupo	355	155	245-R	280	170
Toby	Ortega	275	275	205-L	165	110
John	Carter	355	315	255-R	155	0

		<u>H&T</u>	<u>Zercher</u>	<u>Press</u> <u>HT</u>	<u>C&J</u>
WOMEN					
RJ	Jackson	276	66	76	76
MEN					
Philip	Marlin	745	365	225	215
Joe	Garcia	750	150	120	100
Jeff	Wenzel	805	225	165	135
Tony	Lupo	520	160	150	150
Toby	Ortega	445	185	115	155
John	Carter	0	0	0	0
		<u>Total</u>	<u>Bwt -</u>		
		<u>lbs.</u>	<u>Adj.</u>	<u>Age -Adj.</u>	

WOMEN				
RJ	Jackson	2032	2845	2845
MEN				
Philip	Marlin	7665	5795.51	5795.51
Joe	Garcia	4740	4189.69	5490.17
Jeff	Wenzel	6110	4994.93	5444.47
Tony	Lupo	5270	4267.12	5035.2
Toby	Ortega	4375	4615.65	4754.16
John	Carter	4680	Injured	

Record Portion

TRAVIS	LUTHER	age 31	bwt -
Harness	Lift	2010	174

PHILIP	MARLIN	Age - 28	Bwt -
Jerk from rack behind neck		225	275

TONY	LUPO	Age - 57	Bwt -
Rim Lift		300	240
Phumchano Lift		910	
Thor's Hammer		36	
Clean and press-dumbbells		100	
Clean and press -dumbbells- heels together		120	

DAVE	DeFOREST	Age - 63	Bwt -
Bear	Hug	130	187
Pinch grip DL		277	
Pinch grip DL strict			
Right		43	
Pinch grip DL strict left		43	
Weaver	Stick	3	

JEFF	WENZEL	Age - 48	Bwt -
Anderson	squat	600	230
Good	morning	235	
Bench press -1 arm-right		115	
Bench press - 1 arm-left		125	
Roman chair situp		135	

USAWA Getting Involved

February 8, 2024 KCSTRONGMAN

By Sanjiv Gupta

In going back through some of the athlete's biographies on the website and the majority of USAWA athletes were introduced to All-Round Weightlifting by existing members who also competed in Olympic Weightlifting, Powerlifting, Strongman and/or Scottish Highland

Games. No small number of athletes were related to an existing member by blood or marriage.

There are rare occasions when folks like me come across the USAWA via an article in a mainstream publication like The CrossFit Journal or looking up “Bent Press” in an internet search engine.

However, we should keep in mind that these rare occasions are what led to the founding of IAWA and USAWA. Folks wanted to continue the long-standing tradition of old-time weightlifters and preserve the history of the original forms of weightlifting.

I feel like anybody can compete in All-Round Weightlifting. In fact, of the (219) lifts in the records list, (161) do not require any special equipment, another (14) require an easily sourced Fulton Bar and another (10) require an easily sourced ring for finger lifts. The only difficult lifts to train are the (10) requiring a heavy bar and harnesses, Foot Press, and Back Lift.

I started out just doing the Postal Meets and having a lot of fun with it. \$25/year membership was reasonable, and I started experimenting with lifts I had never dreamed of. My turning point came when I went to the 2023 National Championships and got to meet all the lifters, hear the stories, and find out what has gone on behind the scenes to keep the USAWA alive and relevant.

Now, I want to help grow the USAWA. The first but not necessarily easiest step is to trick my spouse and children into competing. A part of that will be securing my status as a Level 1 Official. This is a somewhat easier task of taking a written exam and completing (3) practical training sessions. Some of the sessions can be virtual, but at least one should be under the supervision of an existing Level 2 Official. Finally, I need to rope some of my friends into participating through the Postals, a formal sanctioned meet or an informal throwdown. You never know when a picture on social media will spark the fire of the next generation of All-Round Weightlifters.

BUFFVILLE’S ROAD TO THE CENTURY CLUB

February 14, 2024 KCSTRONGMAN

By Clint Poore

BUFFVILLE'S ROAD TO THE CENTURY CLUB - RECORD DAY - February 10, 2024

LOCATION: BUFFVILLE GYM in ALBANY, KY

MEET DIRECTOR: CLINT POORE

REFEREES: ASHLEY STEARNS, PATRICK HADLEY, CLINT POORE (3 OFFICIAL SYSTEM USED)

All lifts recorded in lbs & body weights in kilos

ASHLEY STEARNS - 43 YEARS OLD - BODY WEIGHT (84.8 KILOS) - 85 KG CLASS

BENCH PRESS, REVERSE GRIP 300 LBS

BENCH PRESS, FULTON BAR 325 LBS

FINGER LIFT, RIGHT MIDDLE 101 LBS

FINGER LIFT, LEFT MIDDLE 101 LBS

DEADLIFT, INCH DUMBBELL, RIGHT 141 LBS

PATRICK HADLEY - 52 YEARS OLD - BODY WEIGHT (96.6 KILOS) - 100 KG CLASS

FINGER LIFT, RIGHT RING 101 LBS

BENCH PRESS, ROMAN CHAIR 65 LBS

ABDOMINAL RAISE 38 LBS

ABDOMINAL RAISE, ROMAN CHAIR 18 LBS

ALLEN LIFT 18 LBS

CLINT POORE - 50 YEARS OLD - BODY WEIGHT (108.6 KILOS) - 110 KG CLASS

BENCH PRESS, FULTON BAR 365 LBS

BENCH PRESS, ROMAN CHAIR 155 LBS

ALLEN LIFT 25 LBS

DEADLIFT, INCH DUMBBELL, RIGHT 115 LBS

DEADLIFT, INCH DUMBBELL, LEFT 115 LBS

BUFFVILLE'S ROAD TO THE CENTURY CLUB 3

February 14, 2024 KCSTRONGMAN

By Clint Poore



BUFFVILLE'S ROAD to the CENTURY CLUB 3 – RECORD DAY

SUNDAY, APRIL 7, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 1 PM – RECORD BREAKING BEGINS AT 2 PM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

BUFFVILLE'S ROAD TO THE CENTURY CLUB 4

February 14, 2024 KCSTRONGMAN

By Clint Poore



BUFFVILLE'S ROAD to the CENTURY CLUB 4 – RECORD DAY

SUNDAY, MAY 5, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 1 PM – RECORD BREAKING BEGINS AT 2 PM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

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RECORD SESSION – Each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

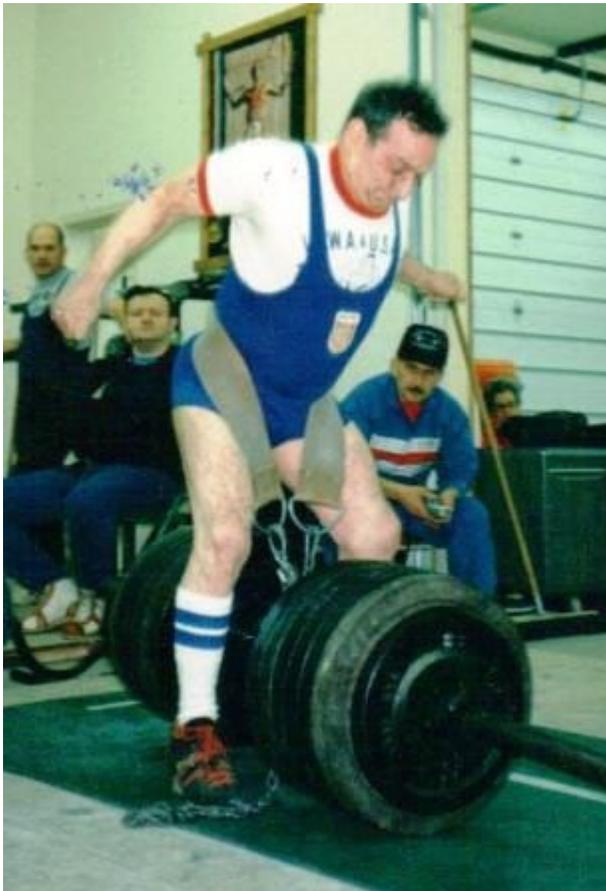
Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

Heavy Lift championship

February 16, 2024 KCSTRONGMAN

By Mark Raymond



The late, great Art Montini executing a hip lift

2024 USAWA HEAVY LIFT CHAMPIONSHIPS

Saturday May 18, 2024 – 10:00 a.m. Weigh in – 9:00 a.m.

Meet Sponsored by Franks Barbell Club

LOCATION:

Don Ventorosa's USA Weightlifting Gym
1080 Pleasant Street
Norwood, MA 02033

Meet Director:

Mark Raymond

Email: owdmr@aol.com Cell: 781-801-0947

Sanctioned by: USAWA (Membership Required)

Lifts: Neck Lift, Hand & Thigh, Hip Lift

Divisions: Juniors, Women, Masters, Seniors & Open

Entry Fee: \$75.00

Awards: 1st, 2nd, & 3rd in each weight class and age division for Masters, Juniors, and Women, based on total poundage lifted. Best Lifter Awards for each age group in Masters, Juniors, Seniors(20-39), and Women by formula.

Cookout after the meet - \$25.00 per person

Walpole Sportsman Club
499 Lincoln Road
Walpole, MA 02081

[Entry Deadline – April 18 2024](#)

[IAWA Gold Cup](#)

[February 19, 2024 KCSTRONGMAN](#)



UPDATE: Due to a phenomenal response and confirmed number of lifters participating the Gold Cup scheduled for November 2nd, 2024 – Frank’s Barbell Club has updated the meet location to the Balch Elementary School, 1170 Washington St. Norwood MA 02062.



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2024 IAWA Gold Cup

MEET DETAILS:

Meet sponsored by Franks Barbell Club

781-801-0947 – owdmr@aol.com

Saturday, November 2, 2024 11:00 a.m.

LOCATION:

Don Ventorosa's USA Weightlifting Gym
1080 Pleasant Street
Norwood, MA 02033
USA

SANCTION:

USAWA/IAWA Membership Required to participate.

WEIGH-INS:

9:00am – 10:00am the day of the meet.

Divisions:

Juniors, Women, Masters & Open

Entry Deadline October 2, 2024

Buffville Cup

February 21, 2024 KCSTRONGMAN

By Clint Poore

BUFFVILLE CUP 1

SUNDAY, APRIL 7, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 9 AM – RECORD BREAKING BEGINS AT 10 AM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

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USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform 1 record attempt. Please let me know what record you will be attempting so that I can be sure I have the appropriate equipment.

USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

[Buffville Cup II](#)

[February 21, 2024 KCSTRONGMAN](#)

By Clint Poore

BUFFVILLE CUP 2

SUNDAY, MAY 5, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 9 AM – RECORD BREAKING BEGINS AT 10 AM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform 1 record attempt. Please let me know what record you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

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Phone: (606) 387-7238

USAWA Contested Lifts

[February 22, 2024 KCSTRONGMAN Edit Post](#)

By Sanjiv Gupta



Sanjiv completing a curl-strict, reverse grip

I have been trying to research the history of all the lifts contested by the USAWA. It has been a daunting task. There are 187 lifts in the 11th Edition of the USAWA Rulebook. For many of these records are kept by left/right hand and in some cases index, little, middle, and ring fingers.

The website does mention that the USAWA started with 110 lifts, but I am not sure which lifts those were.

In researching the National Meeting Minutes I have found the following additions:

1. Chin Up (2010)
2. Pull Up (2010)
3. Foot Press (2010)
4. Turkish Get-Up (2010)
5. Bent-Over Row (2010)
6. Apollon's Lift (2011)
7. Cyr Press (2011)
8. Saxon Snatch (2011)

9. Dinnie Lift (2011)
10. Goerner Stroll (2011)
11. Jackson Press (2011)
12. People's Deadlift (2012)
13. Anderson Press (2012)
14. Anderson Squat (2012)
15. Dumbbell to Shoulder (2012)
16. Bench Press – Fulton Bar (2012)
17. Curl – Reverse Grip (2012)
18. Deadlift – No Thumbs, Overhand Grip (2012)
19. Total Poundage (2012)
20. Thor's Hammer (2014)
21. Kennedy Lift (2014)
22. Reg Park Bench Press (2016)
23. Lurich Lift (2018)
24. Habecker Lift (2018)
25. Rim Lift (2021)
26. Jefferson Lift – Fingers, Index (2022)
27. Jefferson Lift – Fingers, Little (2022)
28. Jefferson Lift – Fingers, Middle (2022)
29. Jefferson Lift – Fingers, Ring (2022)

Prior to 2010 there do not appear to be any conveniently accessible archives to understand how the USAWA went from 110 to 162 lifts. If anybody has any recollections, please get in touch.

If you have a new lift, consider sending it in as an agenda item for the national meeting. There are no official criteria for a new lift, however some suggestions include:

1. Is it a new, novel lift?

2. Does it represent an old time All-Round Weightlifting movement?
3. Can it be performed by the majority of our members?

The lifts in the rulebook are variations of the classic movements including Presses, Snatches, Clean & Jerks, Deadlifts and Squats. There are variations that perform these lifts with dumbbells and Fulton barbells.

Interestingly, aside from the Hackenschmidt Floor Press, all of the Old-Time Strongman Lifts have been introduced since 2010 (Editors Note-The Old Time Strongman category was introduced in 2011 at the Dino Gym Challenge. The Hackenschmidt Floor Press was first introduced in January of 2013 at the Dino Gym Challenge).

The heavy lifts will always have a place near and dear to the hearts of All-Round Weightlifters. In reviewing the records, the heavy lifts have some of the longest standing records in the books.

Grip Championships

February 27, 2024 Al Myers

By Sanjiv Gupta

2024 USAWA Grip Championships



Group picture from the 2024

USAWA Grip Championships

Ten USAWA masters athletes took the platform to contest the 2024 USAWA Grip Championships held at Dino Gym in Abilene KS. Weigh-ins and rules briefings were conducted, and the meet was contested using three officials, Chad Ullom, Randy Smith

and in training was Sanjiv Gupta. We started with the Pinch Grip, Strict and conservative openers were taking as lifting got underway. Being a grip event, the texture of the plates makes a big difference. The best competition lifts were between 80 and 120 pounds with Jason taking the top spot. We started with 25 pound plates, then 35 pound plates and finally 45 pound plates as the center plates and evenly loaded change plates on either side.

Next was the Vertical Bar, 1 Bar, 1" and hand declarations were made as this can be contested with the left or right hand. The range on this was more extreme with best competition lifts between 115 and 225 pounds. Ben had the top spot and did not even open until everyone else was done. Then came the Deadlift, Fingers, Index. This lift is as much about finger strength as it is about pain tolerance. The range on this was pretty extreme (95-225 pounds) with some lifters just taking a single attempt. Chad had the top spot. Chad opened along with Ben at 205 pounds after the rest of us were done.

Then came the Deadlift, Fulton, Ciavattone Grip. This lift is tough as hand size is as much a factor as raw grip strength. The range of lifts were from 173 to 318 pounds. Chad had the best lift at 318 pounds and took a successful extra attempt for a record at 323 pounds. Finally, we contested the Rim Lift. This is a relatively new lift that we contested on a bar with 20-inch collar to collar spacing. While straddle, hack or conventional deadlift is acceptable, we had one straddle lifter and everybody else pulled conventional. We used plates with a shallow rim depth for my liking. The range of lifts was tight with lifts between 180 and 290 pounds. Chad again had the top spot at 290 pounds.

A fun time was had by all.

MEET RESULTS:

2024 USAWA Grip Championships

February 17th, 2024

Dino Gym

Holland, KS

Meet Director: LaVerne Myers

Meet Scorekeeper: Sanjiv Gupta

Officials (3 official system used): LaVerne Myers, Chad Ullom, Dave Glasgow, Sanjiv Gupta, Lance Foster

Lifts: Pinch Grip – Strict, Vertical Bar Lift 1 Bar 1" One Hand, Deadlift Index Fingers, Deadlift Fulton Bar Ciavattone Grip, Rim Lift

WOMENS DIVISION

LIFTER	AGE	BWT	PIN	VB1	DLIF	DLFB	RIM	TOT	PTS
Stacy Todd	41	195	80	180L	150	173	180	763	705.1

MEN DIVISION

LIFTER	AGE	BWT	PIN	VB1	DLIF	DLFB	RIM	TOT	PTS
LaVerne Myers	79	216	100	160R	160	263	270	953	1142.6
Randy Smith	69	196	110	180R	120	263	235	908	1065.5
Chad Ullom	52	230	105	185R	225	318	290	1123	1051.3
Ben Edwards	48	230	100	225L	205	283	250	1063	959.9
Sanjiv Gupta	52	200	100	160L	125	243	250	878	886.6
Dave Glasgow	70	260	90	115R	120	233	235	793	807.3
Jason Payne	58	286	120	160R	95	253	260	888	784.8
Lance Foster	58	236	90	170R	160	173	210	803	781.1
Chris Todd	44	278	110	170R	160	223	250	913	721.7

NOTES: BWT recorded in pounds. All weights listed in pounds. R and L designate right and left. TOT is total pounds lifted. PTS are overall adjusted points corrected for bodyweight and age.

EXTRA ATTEMPTS FOR RECORDS:

Chris Todd Pinch Grip Strict 125

Stacy Todd VB1bar1" 200

Chris Todd VB1bar1" 180

Sanjiv Gupta VB1bar1" 170

Chad Ullom VB1bar1" 200

Lance Foster DL Index Fingers 170

Sanjiv Gupta DL FB CG 253

Chad Ullom DL FB CG 323

Randy Smith DL FB CG 273

Dave Glasgow DL FB CG 243

Record List Updated

February 29, 2024 KCSTRONGMAN

By Eric Todd

Thank you to Johnny and Sanjiv for their thankless and tireless work on this!

Record List – USAWA

Ben Edwards's Grip Championship

March 1, 2024 KCSTRONGMAN

By Ben Edwards

The 2024 USAWA Grip Champs contest was a lot of fun. It was nice seeing a bunch of familiar faces and a few new ones. My write-up lists everyone in alphabetical order. Except for me, I'll mention myself last. My wife Carrie and daughter Josie came to the contest and stayed around for the first two events and then drove into Abilene to get in some shopping and sight-seeing. Josie told me she wants to compete in next year's Grip Champs. I'm excited about that!

-LANCE FOSTER

I hadn't seen Lance since the last Grip Champs I attended in 2020. I knew he was much lighter in bodyweight, but seeing the difference in person is a lot different than seeing pictures. Very impressive, because he seemed at least as strong at his lighter bodyweight and possibly even stronger on a few of the lifts. Lift that most impressed me: his 170lb Index Fingers Deadlift.

-DAVE GLASGOW

The last time I saw Dave was also at the 2020 Grip Champs. I always enjoy talking with him about various topics. I teased him about how much he hates the finger lifts. He may or may not have copped a feel on my backside right before the group photo. At my age, beggars can't be choosers. Lift that most impressed me: 120lb Index Fingers Deadlift. Because he HATES the finger lifts.

-SANJIV GUPTA

It was nice to finally meet Sanjiv in person. He exuded great energy all day at the contest. He also had some big PRs. Lift that most impressed me: 253lb Fulton Bar Ciavattone Grip. It was very smooth and looked like he had quite a bit more in him.

-LAVERNE MYERS

It's always a pleasure to spend time with LaVerne! I missed seeing Al and I hope he's doing much better. LaVerne was on fire even more than usual. He did some huge lifts and locked up 1st place rather handily (pun intended). Lift that most impressed me: 263lb Fulton Bar Ciavattone Grip. Looked like he had more in the tank.

-JASON PAYNE

Jason and I go way back. He is just an all around great guy. His son Jared has also competed in the past, and is now a titanic college football player. Also a great kid. Jason won the first event, Strict Pinch. He wasn't in top form due to still recovering from an illness. But I don't think anybody noticed, because he looked very strong as usual. Lift that most impressed me: 253lb Fulton Bar Ciavattone Grip. He also looked like he had more in the tank.

-RANDY SMITH

I think the last time I saw Randy was back in 2009 at the USAWA Nationals at The Dino Gym. We had a good time chatting throughout the day. He had very balanced lifts and scored 2nd place. Lift that most impressed me: 273lb Fulton Bar Ciavattone Grip. Very smooth lift that was 73lbs over his bodyweight.

-CHRIS TODD

Last time I saw Chris was at the 2019 Lift For Leroy Record Breaker at Eric Todd's training facility. Chris did some strong lifting. Lift that most impressed me: 180lb 1" Vertical Bar. If I remember right, he failed on this weight and then came back to make a strong lift on it. I believe he dialed in his hook grip and the rest was history.

-STACY TODD

There was a comical exchange between Stacy and me during the 1" vertical bar event. I walked over to her (without thinking how my question was going to sound when spoken out loud) and asked her, "Are you a hooker?" Which I immediately realized sounded pretty rude. But of course she knew I was talking about hook gripping. And yes, she IS a hook gripper. She hit some HUGE lifts throughout the contest. But I was most impressed with her 200lb 1" Vertical Bar. She is a vertical bar wiz and I appreciate the thought that goes into a perfect set up on the vertical bar event.

-CHAD ULLOM

I last saw Chad at the 2020 Grip Champs. We are usually pretty close to each other in total poundage on the grip lifts. This year he ran away from me in the total poundage by 60lbs. He beat me in every event except the 1" vertical bar. And that was only because he dialed in his hook after his attempts were over. Otherwise he lifted 230lbs with ease, and I failed to

pause it at lockout on my final attempt. Lift that most impressed me: 323lb Fulton Bar Ciavattone Grip. I know he has had shoulder surgery and to recover from that and pull good numbers on the FBCG is a good thing.

-ME

First off, I'm delighted that my back held up. I felt a slight twinge a few times during the contest, and each time I shut my further attempts down to stay uninjured. Five months ago I had a slipped disc in my lower back. It was very bad and I thought at the time it would probably take surgery to fix it. But I lucked out, and time and rest was all I needed. A week before my back injury, I did a contest-legal 360lbs Fulton Bar, Ciavattone Grip deadlift in my garage. I didn't know this was going to be part of the contest, but I had been working on it at that point again for a few months. At the contest I only pulled 283lbs. I had a lot more left in the hands, but didn't want to stress my back. I'll go over the events one by one.

Strict Pinch. Ugh. This was the worst pinch result by far that I've ever had. I'm notorious for having a weak pinch already. Luckily, I lowered my first call by 20lbs. I only got 100lbs for a legal lift. 120lbs went up twice, but not high enough, and not paused. I only made my opener in this event.

1" Vertical Bar. Oh how time takes its toll on us all. In 2009 I did 315lbs lefty at Bill Clark's gym. And held it (no joke) for probably 5 seconds at lockout. No hook. I got the top lift at this contest with 225lbs and then missed 230lbs because I couldn't pause it at lockout. If I work on my hook grip, I'd gain around 100lbs on this lift. But hooking on this hurts my hand from multiple work-related (mostly) hand injuries over the 18 years I spent working in the jail. I trained this maybe a half dozen times in my garage leading up to the contest. The bar I used is the IronMind standard loading pin. Not ideal, but the texture felt about the same and the max poundage I pulled turned out to be exactly the same as in training. I opened at 205lbs. Then went to 225lbs. Then missed 230lbs.

Index Fingers Deadlift. I trained this a few times in my garage before the contest. I believe that nobody really gets "stronger" when training the finger lifts. But you do develop a bit more pain tolerance over a few sessions. I pulled 205lbs in the contest as an opener. It went up easily, but lightly tore a bunch of skin on my fingers. So I set aside my goal of at least 225lbs and declined both remaining attempts. 205lbs is exactly what I ended up with in my training in the garage. The bar we used at the Grip Champs was so much sharper and grippier, and I do kick myself a bit for not going heavier.

Deadlift Fulton Bar Ciavattone Grip. I have already mentioned that I hit a much higher number about 5 months ago on this lift. I still consider it a win that I didn't injure my back again at the contest. So, pulling 80lbs less is not disappointing when framed like that. I

opened at 268lbs. Went to 283lbs. And passed on 300lbs. I haven't touched the Fulton Bar since hurting my back. Don't plan to ever train it again, to be honest.

Rim Lift. I only pulled 250lbs in this lift. My back really did not like the upright narrow stance. I tried a split stance in the warmups and that was just too weird with the narrow plate setup for me to get over. I didn't train for this event, but I did expect to lift about 50lbs more. I think I opened at 200lbs. Then went to 250lbs. Then missed 260lbs.

Strength Musings #1

March 5, 2024 KCSTRONGMAN

By Clint Poore

“If you don't like change, you're going to like irrelevance a lot less”

– Sonny Beck, Owner of Beck's Hybrids

As time marches on, its fellow irrefutable constant companion is CHANGE!

As much as humans like consistency, life is constantly changing. I was witness to tremendous personal change in 2023, dying on the operating table, overcoming multiple surgeries & starting a new business, but with constant change comes the opportunity to overcome and better ourselves. Change can be good, but it's often a challenge to see the light at the end of the tunnel. We are part of an amazing organization, the USAWA, that has unlimited potential, but to continue to grow, we must adapt to the current strength world and embrace the future.

John Maxwell said, “Change is inevitable. Growth is optional.”

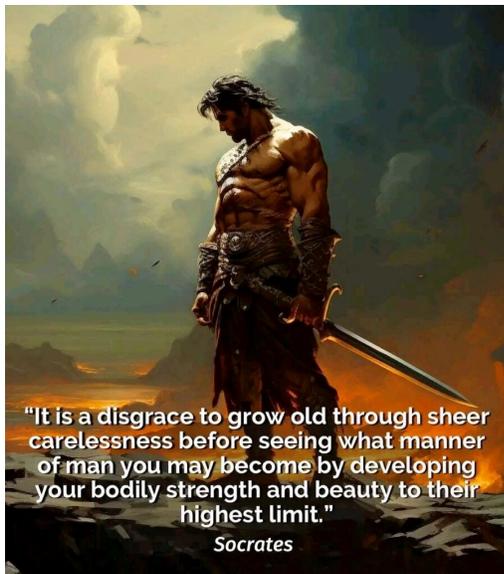
Tomorrow is coming and let's embrace a glorious future!

BE STRONG!

Strength Musings #2

March 7, 2024 KCSTRONGMAN

By Clint Poore



What a magnificent quote by Socrates, it almost seems like something Arnold Schwarzenegger would have said in Pumping Iron! Pushing the human body to its limits is a feeling unlike any other. The satisfaction that comes with reaching a goal only achieved through hard work over the course of many years. Recently, I saw one of my training partners rise to the occasion and achieve a massive goal. He eclipsed 315 lbs on the Bench Press for the first time in his life. It was a glorious moment, that I was honored to be there for. The same feeling can be true for all of us in our own training, when we see a lofty goal and set our minds to achieve it. This is one of the magnificent things the USAWA offers people who lift with us. The resplendent opportunity to focus on a National Record and make it your own! Whether it is the Dinnie Deadlift, the Allen Lift, the Barbell Bent Press or any of the other over 200 lifts that are available to set records in the USAWA! Now go the gym and train with vivacious vigor & break some records in the USAWA!

Remember the feeling and

Embrace the Iron, Feel the Cold, Hard Steel & Know the Glory that comes from BEING STRONG!

[USAWA Comparing Performances](#)

[March 8, 2024 KCSTRONGMAN](#)

By Sanjiv Gupta

USAWA Comparing Performances The USAWA is a very welcoming organization. Athletes can compete and compare themselves in separate Men's and Women's fields and four different age categories. The Open division is a combination of the Senior and Master's division, more on that later.

- Junior – 19 and under
- Senior – 20 to 39
- Open – Over 20
- Master – 40 and Over (subdivided into 5 year age groups)

Olympic Weightlifting and Powerlifting both have a long history of comparing athletes in different weight classes to determine an overall winner. The scientific basis is that more bodyweight = more muscle cross section = heavier lifts. The actual math is based on coefficients and the power law. For the layperson, bodyweight is entered, and the formula generates a correction factor. The correction factor is multiplied by the total weight lifted to get a corrected weight lifted.

“Aging and Strong” is a series of articles by Dan Wagman that present the scientific case for a decline in athletic performance with age. For the layperson, a person develops more muscle mass as their bodies grow and develop to a peak in muscle mass, followed by an inevitable decline as a person ages. Greater lean muscle mass = heavier lifts.

The USAWA correction factors have made it a lot of fun for the men’s field to compare themselves to determine an overall male winner. A 12 year old 35 kg boy can battle it out with a 25 year old 90kg man and an 85 year old 75 kg man. The women’s field is significantly smaller, often with no entrants or a single entrant.

The origin and evolution of corrections is a whole series of articles that I hope to write on. At this first pass, I will only offer that the weight corrections are often based on world class athletes and world records for federation weight classes. Age corrections assume a peak performance age and apply a bonus to lifters below that age and above that age. None of the statistics are perfect.

Returning to the Open age class. If an Open class is offered and an athlete chooses to compete in it, the athlete will not receive an age correction to their lifts. They will still receive a weight correction.

Women could be compared to men with a correction factor. The correction should account for women physiologically having a greater body fat percentage than men. It should also correct for women physiologically having less upper body muscle cross sections than men of the same bodyweight.

Lifts could also be compared to other lifts to determine if a given Bench Press – Feet in Air is more impressive than a given Clean & Press, 12 Inch Base. This becomes infinitely more complicated due to the large number of lifts contested in the USAWA and the less direct scientific basis for records being higher in certain lifts.

The mission of the USAWA is to preserve the history of the original forms of weightlifting. The age and weight corrections seem to attract and maintain engagement from athletes of all ages and sizes. The USAWA is a strength organization, but we are not truly contesting maximum muscular strength in any given sanctioned event.

BUFFVILLE'S ROAD TO THE CENTURY CLUB 2 – RECORD DAY

March 10, 2024 KCSTRONGMAN

By Clint Poore

BUFFVILLE'S ROAD TO THE CENTURY CLUB 2 - RECORD DAY - MARCH 9, 2024	
LOCATION:	BUFFVILLE GYM in ALBANY, KENTUCKY
MEET DIRECTOR:	CLINT POORE
REFEREES:	ASHLEY STEARNS, PATRICK HADLEY, CLINT POORE (3 OFFICIAL SYSTEM USED)
ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS	
ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (84.6 KILOS) - 85 KILO WEIGHT CLASS	
PEOPLES DEADLIFT	475 LBS
REEVES DEADLIFT	355 LBS
HACKENSCHMIDT FLOOR PRESS	325 LBS
FULTON BAR DEADLIFT	275 LBS
STRICT CURL	120 LBS
PATRICK HADLEY - 52 YEARS OLD - BODYWEIGHT (94.8 KILOS) - 95 KILO WEIGHT CLASS	
FULTON BAR BENCH PRESS	225 LBS
ABDOMINAL RAISE ROMAN CHAIR	18 LBS
BENCH PRESS HANDS TOGETHER	135 LBS
BENCH PRESS REVERSE GRIP	135 LBS
HACKENSCHMIDT FLOOR PRESS	301 LBS
RANDY RICHEY - 62 YEARS OLD - BODYWEIGHT (104.0 KILOS) - 105 KILO WEIGHT CLASS	
ANDERSON SQUAT	505 LBS
FOOT PRESS	601 LBS
RECTANGULAR FIX	85 LBS
RECTANGULAR FIX FULTON BAR	75 LBS
CLINT POORE - 50 YEARS OLD - BODYWEIGHT (109.6 KILOS) - 110 KILO WEIGHT CLASS	
BENCH PRESS FEET IN AIR	375 LBS
REEVES DEADLIFT	405 LBS
RIM LIFT	315 LBS
FINGER LIFT, LEFT MIDDLE	162 LBS
FINGER LIFT, RIGHT MIDDLE	156 LBS

New England Grip Classic

March 11, 2024 KCSTRONGMAN

By Mark Raymond

2024 New England Grip Classic

Saturday April 20, 2024 – 10:00 a.m. Weigh in – 9:00 a.m.

Meet Sponsored by Franks Barbell Club

LOCATION:

Don Ventorosa's USA Weightlifting Gym
1080 Pleasant Street
Norwood, MA 02033

Meet Director:

Mark Raymond

Email: owdmr@aol.com Cell: 781-801-0947

Sanctioned by: USAWA (Membership Required)

Lifts:

Deadlift - No Thumb, One Arm
Deadlift - Fulton Bar, Civatone Grip
Vertical Bar - 1 Bar, 2 inch
Pinch Grip - 1 Hand
Finger Lift - Ring Finger

Divisions:

Juniors, Women, Masters, Seniors & Open

Entry Fee:

\$20.00

Awards:

1st, 2nd, & 3rd in each weight class and age division for Masters, Juniors, and Women, based on total poundage lifted. Best Lifter Awards for each age group in Masters, Juniors, Seniors(20-39), and Women by formula.

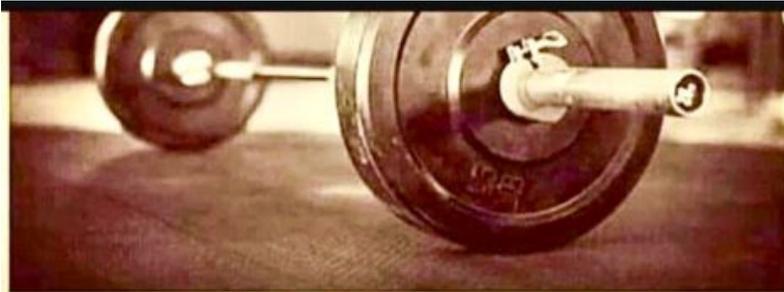
[Strength Musings #3](#)

[March 11, 2024 KCSTRONGMAN](#)

By Clint Poore

Embrace the Iron, Feel the Cold Hard Steel and know the Glory the comes from Being Strong!!!!

Enough said just Listen to the Barbells!



Listen to Barbells

The barbell teaches you a different lesson. The barbell holds the opportunities for getting stronger, changing your body, and building resolve. But (and this is the important bit) the barbell also doesn't give a shit about you.

You pick it up and you get positive, life-changing results.... or you don't and you get nothing. The bar doesn't care one way or another. It looks you right in the face and says, "This is going to be hard and it's going to take a lot of work but the payoff is awesome. Take it or leave it."

In today's society, it's a lesson many need to learn. Life is a barbell. The opportunities are right there. You just have to pick them up and start grinding. It's all on you. Always has been. Always will be

Clark's Gym Record Day

March 12, 2024 KCSTRONGMAN

RECORD DAY

Clark's Gym, Columbia, Mo.

DATES – April 13-14 2024

USAWA MEMBERSHIP REQUIRED. Registration will be available at Clark's Gym if you are not already a USAWA member. Membership fee is \$25 annually.

ENTRY FEE – None. AWARDS – None (other than the entry in the record book.

TO ENTER:

The meet is open to any IAWA/USAWA member kin the world. If you are lifting remotely (not at Clark's Gym) you must let Clark know in advance and file your results with the date and the name of the official (or three officials for IAWA records) in pounds via e-mail with Clark at yeoldclark@gmail.com by 5 p.m. Tuesday following the meet. DO NOT send the results direct to the secretary or the record keeper. They will be processed thru Clark's Gym and sent as a collection from various venues.

Only lifts currently in the USAWA record book will be accepted.

The weekend sanction allows leeway in your personal schedule, rather than a one-day designation. Lifts can be done on both days, but only five lifts total.

Clark's Gym Record Day #2

March 12, 2024 KCSTRONGMAN

RECORD DAY

Clark's Gym, Columbia, Mo.

DATES may 11-12, 2024

USAWA MEMBERSHIP REQUIRED. Registration will be available at Clark's Gym if you are not already a USAWA member. Membership fee is \$25 annually.

ENTRY FEE – None. AWARDS – None (other than the entry in the record book.

TO ENTER:

The meet is open to any IAWA/USAWA member kin the world. If you are lifting remotely (not at Clark's Gym) you must let Clark know in advance and file your results with the date and the name of the official (or three officials for IAWA records) in pounds via e-mail with Clark at yeoldclark@gmail.com by 5 p.m. Tuesday following the meet. DO NOT send the results direct to the secretary or the record keeper. They will be processed thru Clark's Gym and sent as a collection from various venues.

Only lifts currently in the USAWA record book will be accepted.

The weekend sanction allows leeway in your personal schedule, rather than a one-day designation. Lifts can be done on both days, but only five lifts total.

Clark's Gym Record Day #3

March 12, 2024 KCSTRONGMAN

RECORD DAY

Clark's Gym, Columbia, Mo.

DATES June 8-9, 2024

USAWA MEMBERSHIP REQUIRED. Registration will be available at Clark's Gym if you are not already a USAWA member. Membership fee is \$25 annually.

ENTRY FEE – None. AWARDS – None (other than the entry in the record book.

TO ENTER:

The meet is open to any IAWA/USAWA member kin the world. If you are lifting remotely (not at Clark's Gym) you must let Clark know in advance and file your results with the date and the name of the official (or three officials for IAWA records) in pounds via e-mail with Clark at yeoldclark@gmail.com by 5 p.m. Tuesday following the meet. DO NOT send the results direct to the secretary or the record keeper. They will be processed thru Clark's Gym and sent as a collection from various venues.

Only lifts currently in the USAWA record book will be accepted.

The weekend sanction allows leeway in your personal schedule, rather than a one-day designation. Lifts can be done on both days, but only five lifts total.

Clark's Gym Record Day #4

March 12, 2024 KCSTRONGMAN

RECORD DAY

Clark's Gym, Columbia, Mo.

DATES August 3-4, 2024

USAWA MEMBERSHIP REQUIRED. Registration will be available at Clark's Gym if you are not already a USAWA member. Membership fee is \$25 annually.

ENTRY FEE – None. AWARDS – None (other than the entry in the record book.

TO ENTER:

The meet is open to any IAWA/USAWA member kin the world. If you are lifting remotely (not at Clark's Gym) you must let Clark know in advance and file your results with the date and the name of the official (or three officials for IAWA records) in pounds via e-mail with Clark at yeoldclark@gmail.com by 5 p.m. Tuesday following the meet. DO NOT send the results direct to the secretary or the record keeper. They will be processed thru Clark's Gym and sent as a collection from various venues.

Only lifts currently in the USAWA record book will be accepted.

The weekend sanction allows leeway in your personal schedule, rather than a one-day designation. Lifts can be done on both days, but only five lifts total.

Diamond Jubilee

March 12, 2024 KCSTRONGMAN

CLARK'S GYM – COLUMBIA, MO.

DATE – Weekend of April 27-28. 2024

USAWA MEMBERSHIP REQUIRED. Memberships will be available at Clark's Gym. Membership fee is \$25.00.

ENTRY FEE: None. AWARDS – Certificates.

ENTRY DEADLINE – April 3. 2024. To enter – contact yeoldclark@gmail.com or use USPS to him at 3906 Grace Ellen Drive,. Columbia, Mo. 65202

WEIGH-INS (EACH DAY) – From 8-9:30 a.m.

ELIGIBILITY – Only lifters who have reached age 75 on April 6 are eligible.

COMPETITION FORMAT: Lifting will be done on-site (Clark's Gym) or remote. Either way – the entry deadline is April 3. If done remote, with officials, records can be established and/or broken. If no officials are available, the lifts will become a part of the contest and eligible for the awards, but not records.

REPORTING – From remote sites – the results must reach Clark's Gym not later than 5 p.m., Tuesday, April 9. Lifts reported from countries using the metric system are free to use kilograms. U. S. results are to be reported in pounds. Remote results are to be sent to yeoldclark@gmail.com.

THE LIFTS

Two-inch bar straddle lift.

Two-inch bar thumbless grip deadlift

One-inch bar heels together deadlift.

Bench press – reverse grip.

Bench press – hands together.

Two-hand seated press from rack.

Enjoy.

Defending champion – LaVern Myers. Runner-up – Tony Cook, England.

Strength Musing #4

March 13, 2024 KCSTRONGMAN

By Clint Poore

WHAT IS BEST IN LIFE?

According to Conan the Barbarian it is

to “Crush Your Enemies, See Them

Driven Before You & Hear The Lamentations Of Their Women!”

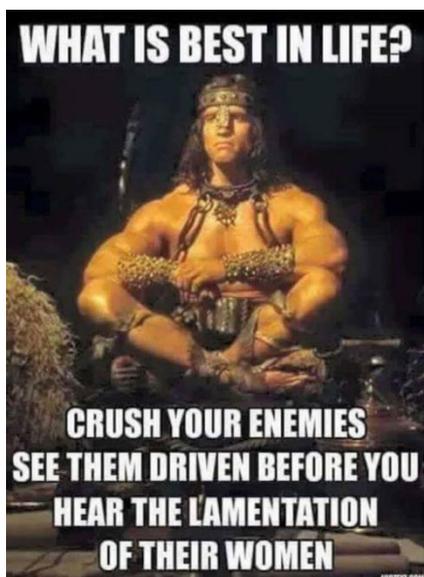
As bold and daunting as Conan’s quote is, it really needs a little more verboseness

“Then Lift Heavy Weights and Set Glorious Records!”

When lifting in the USAWA you have the majestic opportunity to set astounding National & World Records in more than 200 different lifts!!! Every person can easily become a record conquering King & Queen by making the strength affirming choice of joining the USAWA! Go enter a meet or Record Day ASAP! It is what is “Best in Life!”

Then Lift Heavy Weights & Set Glorious Records! Conan the Barbarian will be proud of you!

Embrace the Iron, Feel the Cold Hard Steel and know the Glory the comes from Being Strong!!!!



COMPARING PERFORMANCES: A RESEARCH-BASED REBUTTAL

March 16, 2024 KCSTRONGMAN

By Dan Wagman

COMPARING PERFORMANCES: A RESEARCH-BASED REBUTTAL By Dan Wagman, PhD, CSCS I was recently contacted by several people who alerted me that one of Sanjiv Gupta's blogs referred to my work and that I should check it out. Since I have not been following the blog for quite a while, I decided to catch up. While Sanjiv's blog appears to have been well-intentioned and fueled by his passion for all-round, it contains misrepresentations that deserve attention.

Age Correction

In addressing USAWA's age corrections, Sanjiv claims that my 2020 6-part blog series titled Aging and Strong presents, "the scientific case for a decline in athletic performance with age." That is misleading because, a) the series did not talk about athletic performance but specifically muscle strength, b) it does not recognize that the age at which strength production actually starts taking a hit is around 65 to 70, and c) it can be interpreted to mean that USAWA's approach of giving a 1% age correction for every year starting at 40 and double that starting at 66 not only enjoys scientific support but also my endorsement. Nothing could be farther from the truth. First, as a scientist I do not endorse anything, I only look at the evidence to support or refute a concept or belief. Here my research review revealed that chronological age will only start to impact a healthy person who trains based on scientific principles at about 65, the earliest. Second, the series clarified that losses in strength prior to 65 are due to implementing unscientific training practices and not aging. I invite you to learn more via these links: [Part I](#), [Part II](#), [Part III](#), [Part IV](#), [Part V](#), and [Part VI](#).

Body Weight Correction

You have to understand that at its foundation, body weight correction formulas aim to answer an imaginary question: Who is the best lifter regardless of body weight? To some, this is important because it appears that the heavier the person, the more weight can be lifted. However, even a cursory review of USAWA's Record List challenges that. While the List demonstrates many instances of heavier lifters holding records of higher weight than lighter ones, there are also many instances displaying the opposite. In addition, several lifters hold records in a lift in multiple weight classes while having lifted more weight in a lower weight class. And yes, here, too, are instances of the opposite. What all this indicates is that the concept of more body weight resulting in heavier weights lifted lacks reliability in allround.

Research into body weight formulas also found lack of validity. And if you think about it, it's rather obvious why. You see, a person's strength is not predicated upon body weight alone. Besides, just because one lifter is heavier than another, that does not mean he/she has more muscle. Instead, strength performance also depends on technical proficiency (which varies in importance depending on the lift), ability to generate high rates of impulse and/or force (differing levels of contribution depend on type of lift), biomechanical considerations (advantages for one set of lifts can be disadvantages for another set), flexibility, the type of programming a person applies in training, to include and not limited to various mental considerations highlighted in the sport psychology literature. Clearly, simply looking at how much a lifter weighs and trying to apply a weight correction for comparison purposes is far too simplistic. ...as a scientist I do not endorse anything, I only look at the evidence to support or refute a concept or belief.

Sanjiv mentions that some "weight corrections are...based on...world records." That practice is prevalent in weightlifting but is not a "weight correction" per se. It's termed Robi points, where a lifter is assigned points depending on the percentage of the world record in his/her weight class. So two lifters in two different weight classes who both lift 89% of the respective world record garner the same points. There are, however, documented problems with that approach in the scientific literature. Perhaps that's why weightlifting also allows for the use of the Sinclair formula. It relies on a quadratic regression model and log-transformed data to correct for body weight. Either way, weightlifting does not place lifters in competition based on the Sinclair or Robi but rather on total weight lifted in each weight class.

Also worth noting is that the majority of body weight correction formulas have been developed for weightlifting's snatch, clean and jerk, and total. That means even the most highly advanced formula, such as the Q-points formula, only applies to those three categories in that sport. As the type and number of lifts change, so must the mathematics, which still does not mean it ends up being a perfect and fair comparison. As an example, research on powerlifting's Wilks formula found it to only be applicable to the squat, bench press, and total in men, and bench press and total in women. The good news is that in an effort to be progressive and increase fairness, the International Powerlifting Federation no longer uses the Wilks formula. The bad news is that the new GL coefficients did not undergo peer review and still lack validity. But that may not be a major issue as these coefficients are only to be used "in certain cases" for the purpose of a "relative evaluation" of performance (The IPF GL Coefficients for Relative Scoring, May 2020).

This brings me to the final consideration: None of these formulas should be implemented in all-round, including the Lynch that USAWA uses. This, because no formula exists that

addresses the complexity, varying number and type of lifts in competition, and huge total number of contested lifts found in allround. And in light of the concept of body weight correction lacking validity, considering including a sex correction only adds to an already unfair situation because sex differences are infinitely more complex than what Sanjiv would have you believe. As but one example related to body weight corrections in weightlifting, researchers have found that body mass holds less of an impact in female lifters compared to male lifters.

Bottom Line:

Because fairness in competition is paramount, USAWA's approach requires a reset. Fairness cannot be attained by employing body weight corrections because in general the concept lacks validity and specific to all-round it's also unreliable.

Courage

Sanjiv's closing statement, that "we are not truly contesting maximum muscular strength in any given sanctioned event," is sadly true and should therefore give all of us pause...for obvious reasons. Clint Poore stated in his March 5, 2024 blog entry, "change can be good, but it's often a challenge to see the light at the end of the tunnel." Indeed, change is good—if it's based on evidence. But such change also requires courage. Can USAWA muster the courage to meet the challenge of increasing competition fairness?

Suggested Body Weight Correction Readings

1. Batterham A and George K. Allometric modeling does not determine a dimensionless power function ratio for maximal muscular function. *J Appl Physiol.* 1997;83(6):2158–66. None of these formulas should be implemented in all-round, including the Lynch that USAWA uses.
2. Hester D, et al. Bridging the gap—practical application: review and evaluation of relative strength handicapping models. *Strength Cond J.* 1990;12(1):54.
3. Huebner M, et al. Comparison of Olympic-Style Weightlifting Performances of Elite Athletes: Scaling Models Account for Body Mass. *Med. Sci. Sports Exerc.*, 2023;55(12):2281-89.
4. Kauhanen H, et al. Standardization and validation of the body weight adjustment regression equations in Olympic weightlifting. *J Strength Cond Res.* 2002;16(1):58–74.
5. Marković G and Sekulić D. Modeling the influence of body size on weightlifting and powerlifting performance. *Coll Antropol.* 2006;30(3):607–13.

6. Perperoglou A and Huebner M. Quantile foliation for modeling performance across body mass and life span in Olympic weightlifting. Stat Model. 2021;21(6):546–63.

7. Sauerbrei W, et al. State of the art in selection of variables and functional forms in multivariable analysis—outstanding issues. Diagn Progn Res. 2020;4:3.

8. Vanderburgh P and Batterham M Validation of the Wilks powerlifting formula. Med. Sci. Sports Exerc. 1999;31(12):1869–75.

Dino Gym Challenge

March 16, 2024 Al Myers

By Al Myers

It was a great day for the Dino Gym Challenge – a day we honored the longtime USAWA and Dino Gym member Dean Ross who passed away a year ago.

Larry Traub made his return to the USAWA lifting platform and put on an outstanding performance. Larry’s last trap bar deadlift of 500 pounds is one I will remember. He won the outstanding lifter award for his great lifting.

Chad Ullom provided a stellar performance as well – highlighted by his 105 pound swing with his new shoulder!

Amber Elder was the only women’s lifter and lifted great. She finished her day with a big 215 pound trap bar deadlift.

Denny once again made the long trek from Lebanon, PA to attend a meet at the Dino Gym. He had a good battle with my dad LaVerne all day long and just edged him out in total points. I was very impressed with my dad when he lifted 303 pounds in the Trap Bar Deadlift for a new record.

I want to truly thank everyone for attending the Dino Gym Challenge. I also want to thank the lifters who participated unofficially who could not attend as I know there were several.

Meet Results:

Dino Gym Challenge

March 9th, 2024

Dino Gym, Abilene, KS

Meet Director: Al Myers

Meet Scorekeeper: Al Myers

Officials (1 official system): Al Myers, Dave Glasgow, Chad Ullom, Denny Habecker, LaVerne Myers

Lifts: Bench Press – Hands Together, Swing 1 Dumbbell, Cheat Curl, Trap Bar Deadlift

WOMENS DIVISION

LIFTER	AGE	BWT	BP	Sw1	Cr1	DL	TOT	PTS
Amber Elder	45	155	100	55R	100	207	462	509.4

EXTRA FOR RECORDS:

Amber Elder Trap Bar DL 215

MENS DIVISION

LIFTER	AGE	BWT	BP	Sw1	Cr1	DL	TOT	PTS
Larry Traub	70	196	225	80R	145	500	950	1165.5
Chad Ullom	52	234	220	105R	190	460	975	904.2
Dave Glasgow	70	259	180	65L	127	330	702	744.2
Denny Habecker	81	172	110	50R	80	235	475	732.6
LaVerne Myers	79	215	105	40L	105	280	530	700.9
Jason Payne	58	278	95	80L	145	315	635	568.9

EXTRA FOR RECORDS:

LaVerne Myers Trap Bar Deadlift 303

Denny Habecker Trap Bar Deadlift 250

RECORD DAY LIFTS:

LaVerne Myers 75-79 Age Group, 100KG Class

Finger Lift – Left Little 46#

Finger Lift – Left Ring 56#

Finger Lift – Left Index 76#

Finger Lift – Left Middle 86#

Finger Lift – Right Middle 86#

Denny Habecker 80-84 Age Group, 80 KG Class

Finger Lift – Right Little 46#

Finger Lift – Right Ring 51#

Finger Lift – Right Index 66#

Finger Lift – Right Middle 76#

Finger Lift – Left Middle 76#

Colorado Spring Fling

March 18, 2024 KCSTRONGMAN

By Sanjiv Gupta



Colorado Spring Fling

The Colorado Spring Fling went smoothly, and we had fun celebrating St Patrick's Day with some AllRound 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 Richey 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



Buffville Cup III

March 20, 2024 KCSTRONGMAN

By Clint Poore

SUNDAY, APRIL 14, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 2 PM – RECORD BREAKING BEGINS AT 2:30 PM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform 1 record attempt. Please let me know what record you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

Buffville Cup IV

March 20, 2024 KCSTRONGMAN

By Clint Poore

SUNDAY, MAY 12, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 2 PM – RECORD BREAKING BEGINS AT 2:30 PM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform 1 record attempt. Please let me know what record you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

Hackendinnie Cup

March 20, 2024 KCSTRONGMAN

By Clint Poore

HACKENDINNIE CUP

SUNDAY, JUNE 2, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 8 AM – 9:30 AM, LIFTING BEGINS AT 10:00 AM

The HACKENDINNIE CUP will follow the HackenDinnie Classic II and Record Day

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform 1 record attempt. Please let me know what record you will be attempting so that I can be sure I have the appropriate equipment.

USAWA National Records can be set at this meet, if we have 3 referees present
IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

IRON PALACES STRONGEST MAN – RECORD DAY RESULTS

March 22, 2024 KCSTRONGMAN



Alexandria McDonald – DANE of the IRON PALACE

IRON PALACE'S STRONGEST MAN: THE TRIAL OF KINGS. - MARCH, 16, 2024									
NAME	AGE	BODYWEIGHT	WEIGHT CLASS	DINNIE LIFT	APOLLONS LIFT	ZERCHER LIFT	TOTAL LBS	TOTAL POINTS	PLACE
ALEXANDRIA MCDONALD	17	51.4 KG	55 KG	204	57	121	382	525.8	1ST WOMENS DIVISION
JACOB TRAXLER	28	83.6 KG	85 KG	586	215	347	1148	1074.99	1ST MENS DIVISION
NOAH DABBS	41	122.8 KG	125 KG	652	200	226	1078	838.63	2ND MENS DIVISION
ALLEN FAGG	45	146.8 KG	125+ KG	527	215	379	1122	833.36	3RD MENS DIVISION
BRANDON SCOURTAS	29	134.00 KG	125+ KG	527	215	242	984	719.5	4TH MENS DIVISION
4th ATTEMPT FOR A RECORD									
ALEXANDRIA MCDONALD	DINNIE LIFT - 311 LBS - IAWA OPEN & AGE WORLD RECORD								
LOCATION:	GET FIT MARYVILLE GYM in MARYVILLE, TENNESSEE								
MEET DIRECTORS:	CALEB DAY & CLINT POORE								
REFEREES:	HOLLAND MILLSAPS & CLINT POORE (3 OFFICIAL SYSTEM USED)								
ALL LIFTS RECORDED IN POUNDS & ALL BODYWEIGHTS IN KILOS									



Jacob Traxler – KNIGHT of the IRON PALACE

IRON PALACES STRONGEST MAN - RECORD DAY - MARCH 16, 2024

LOCATION: GET FIT MARYVILLE in MARYVILLE, TENNESSEE
MEET DIRECTOR: CALEB DAY & CLINT POORE
REFREES: HOLLAND MILLSAPS & CLINT POORE (3 OFFICIAL SYSTEM USED)

ALL LIFTS RECORDED IN POUNDS AND BODYWEIGHTS IN KILOS

ALEXANDRIA MCDONALD - 17 YEARS OLD - BODYWEIGHT (51.4 KILOS) - 55 KILO WEIGHT CLASS

SNATCH ON KNEES	34 LBS
ZIEGLER CLEAN	34 LBS
BENCH PRESS, FEET IN AIR	54 LBS
CURL, CHEAT	54 LBS
LANO LIFT	44 LBS

JACOB TRAXLER - 28 YEARS OLD - BODYWEIGHT (83.6 KILOS) - 85 KILO WEIGHT CLASS

ALLEN LIFT	27 LBS
ZIEGLER CLEAN	95 LBS

NOAH DABBS - 41 YEARS OLD - BODYWEIGHT (122.8 KILOS) - 125 KILO WEIGHT CLASS

DEADLIFT, NO THUMBS	402.3 LBS
DEADLIFT, NO THUMBS, OVERHAND GRIP	363.8 LBS
DEADLIFT, STIFF LEGGED	275 LBS
DEADLIFT, FULTON DUMBBELL, RIGHT	146 LBS
DEADLIFT, INCH DUMBBELL, RIGHT	110 LBS

ALLEN FAGG - 45 YEARS OLD - BODYWEIGHT (146.8 KILOS) - 125+ KILO WEIGHT CLASS

RIM LIFT	263 LBS
DEADLIFT, TRAP BAR	405 LBS

BRANDON SCOURTAS - 29 YEARS OLD - BODYWEIGHT (134.0 KILOS) - 125+ KILO WEIGHT CLASS

LANO LIFT	105 LBS
DEADLIFT, INCH DUMBBELL, LEFT	110 LBS

HOLLAND MILLSAPS - 43 YEARS OLD - BODYWEIGHT (123.6 KILOS) - 125 KG WEIGHT CLASS

DEADLIFT, INCH DUMBBELL, RIGHT	130 LBS	
DEADLIFT, INCH DUMBBELL, LEFT	110 LBS	
TEAM DEADLIFT (with CALEB DAY)	1102.3 LBS - 500 KILOS	125 KG WEIGHT CLASS & ALL DIVISION for the TEAM RECORD

CALEB DAY - 30 YEARS OLD - BODYWEIGHT (119.2 KILOS) - 120 KILO WEIGHT CLASS

DEADLIFT, INCH DUMBBELL, RIGHT	160 LBS	
DEADLIFT, INCH DUMBBELL, LEFT	160 LBS	
TEAM DEADLIFT (with HOLLAND MILLSAPS)	1102.3 LBS - 500 KILOS	125 KG WEIGHT CLASS & ALL DIVISION for the TEAM RECORD

CLINT POORE - 50 YEARS OLD - BODYWEIGHT (111.2 KILOS) - 115 KILO WEIGHT CLASS

DEADLIFT, FULTON DUMBBELL, LEFT	146 LBS
DEADLIFT, FULTON DUMBBELL, RIGHT	146 LBS
DEADLIFT, FULTON DUMBBELLS	232 LBS
PRESS, DUMBBELL, RIGHT	80 LBS
PRESS, DUMBBELL, LEFT	70 LBS

Strength Musings #5

March 30, 2024 [KCSTRONGMAN](#)

by Clint Poore



A TRIBUTE TO THOSE WHO HAVE GONE BEFORE.....DEAN ROSS!

As I set here typing the results of The Iron Palace's Strongest Man – Record Day, with tears rolling down my face. I see a record that has been broken & held by a fellow lifter who is now training at the big gym in heaven! His name is Dean Ross and he currently holds over 400 USAWA National Records! Dean was a man I got the honor to meet on 2 occasions & had a few sublime conversations with, but more on that in a moment.

Al Myers recently said in an article on the USAWA website, “It was a great day for the Dino Gym Challenge – a day we honored the longtime USAWA and Dino Gym member Dean Ross who passed away a year ago.”

As I was typing the results of the most recent meet, I saw that my good friend & USAWA referee, Holland Millsaps had broken Dean Ross' record in the Deadlift, Inch Dumbbell, Right and Left Hand. My heart felt very heavy at that moment when I realized I was sending in a result that meant someone who is no longer with us would lose his record. Tears rolled down my face, not for the loss of Dean's record but in memory of him and how much of an absolute joy it was to meet him. I first met Dean at the 2021 Old Time Strongman National Championships in Turney, Missouri. Dean lifted in the 95 kilo weight class at 75 years young! His lifts on this day were: 34 lb Cyr Press, 135 lb Habecker lift, 135 lb Hackenschmidt Floor Press & a 205 lb Kennedy lift! I was utterly amazed at how strong and resilient Dean was at 75 years old and was honored to watch his glorious lifting. He was a World Class Gentleman and Athlete! Thank you Dean for sharing the platform with me.

A few months later, I met Dean again at the 2022 Dino Gym challenge. It was great pleasure to watch him and LaVerne Myers lift at 75 years young. These men are well

accomplished lifters, that even though I only spent a small amount of time with them, it was worth its weight in gold to see their achievements!

Records are meant to be broken & one of the real treasures of the USAWA is having the opportunity to set records and know the names of some of the great men who have gone before us. On this day, as I was typing up the results, the weight of history fell on my shoulders and I realized how blessed we are to share the platform with men like Dean Ross, Denny Habecker, Laverne Myers, Al Myers, Thom Van Vleck, and many others who have blazed the trail to this very day. When the records of legendary men are broken may we cherish the opportunity to have walked in their shoes and lifted heavy weights in their honor!

In closing, after wiping away tears numerous times, refocusing on finishing the meet results & a moment of silence in memory of the legendary Dean Ross. I want to say THANK YOU DEAN & may we lift heavy weights together again soon!



[USAWA \(Age Adjusted\) Lynch Factor – Part I](#)

[April 6, 2024 KCSTRONGMAN](#)

By Sanjiv Gupta

This article originally set out to ask whether age and body weight corrections are correlated and whether we are creating a super multiplier. It was also going to propose a means for women to compete with men. It has taken another turn.

Scoring Systems, Weight Classes, Age Classes in Strength Sports:

Beyond all-round, I participate in foot races where an overall male and female winner is determined by fastest time and male and female age group winners are determined by fastest time. All athletes run the same course. There is no factor in determining an overall winner. Unscientifically, gaining 1% of body fat, slows a runner down about 0.5%. Similarly, a runner can expect about a 0.5% decrease in performance per year from ages 40-70, accelerating after age 70 and accelerating even more after age 90.

I also participated in Highland Games in Colorado. Here we use a decathlon style scoring system with Pro, Amateur, Lightweight, Master and Master 65+ categories for men and women. An athlete could fall into multiple categories but will register and compete in only one category. Men and women in different classes use implements of different weights.

North American Grip Sport Organization uses percentage based scoring with the top score getting 100 points and then dividing a lifter's score by the top score and multiplying that by 100 points. Weight classes are set up for men and women with a masters class starting for athletes 50 and older.

Another scoring system to consider is strongman (or reverse strongman scoring) with lightweight, heavyweight, masters classes for men and women. Given the unique implements it would be impractical for women to compete with men.

I have never competed in a sanctioned weightlifting or powerlifting contests, but those competitions have been documented extensively elsewhere.

Age Factors:

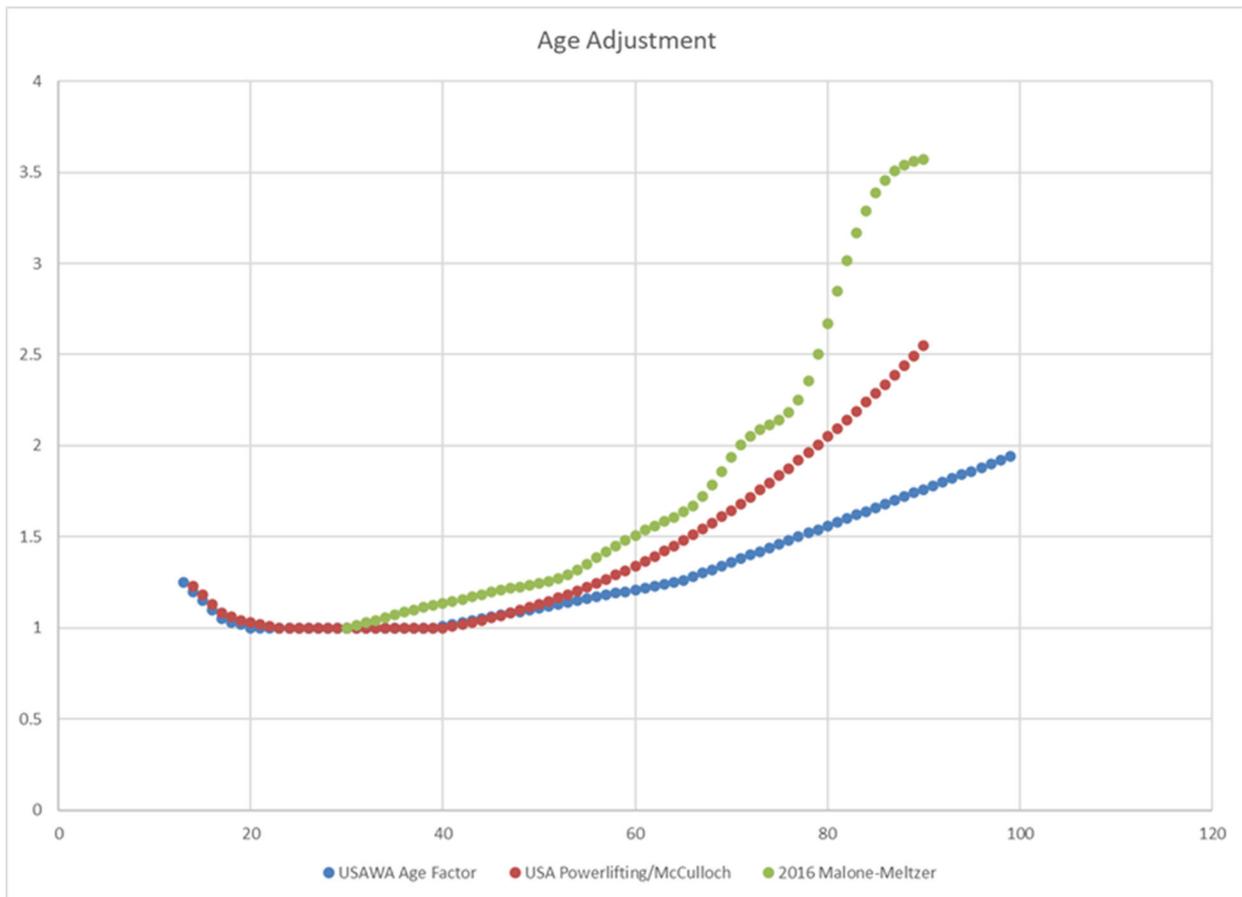
USAWA Age Adjustment – Not sure of the history prior to 2009, but the website mentions a cumulative system with 1%/year starting at 36 or 40 years of age and 2%/year starting at 66 years of age in IAWA.UK and USAWA.

McCulloch – Not sure about the origin, but articles reference New Zealand and Minnesota Powerlifting

Malone-Meltzer – Developed in 1992 (based on weightlifting)

Meltzer-Fabor – Updated from Malone-Meltzer in 2015 (based on weightlifting)

Huebner-Meltzer-Faber (HMF) – Introduced in 2019 and added factors for women, which show a larger decline in performance for women than men as they age.



The chart shows that the USAWA age adjustments for all-round indicate a smaller decline with age that McCulloch in powerlifting and Malone-Meltzer in Olympic weightlifting.

A USAWA records review of Denny Habecker and Bill Clark (two athletes with decades of all-round experience) is scattershot with improvement over 5 or 10 years of aging (experience) and then decline at a certain point.

Personally, my lifts have gone down with age, but that is due more to deviation from training to peak performance than due to age related decline. When I throw in a bench press cycle, my bench improves dramatically. However, I do not recover from training sessions as quickly and have other responsibilities that detract from training to peak performance.

I would propose the official scoring does not include an age correction factor for an overall award. However, meet directors should continue to use an age correction factor to improve turnout and engagement from younger and older lifters.

Part I sets a stage and a look at age correction models. Part II will look at body weight correction.

Editors notes:

1) If we get rid of age and weight adjustments, we will be operating outside of how our world org operates. Not sure how this affects our participation in the world org, but I intend on running a few things by them. (ie, video submissions counting for records, knee sleeves)

2) I have run meets where we recognized best lifter by correction as well as by straight weight lifted. Ironically, it maybe was slightly different on one occasion (like the 3rd and 4th place lifters flip flopped once). Because of that, I did away with doing it both ways because it seemed like the correction was doing a good enough job

3) The formulas are what allows us to compete head to head. Everett Todd can compete against Abe Smith who can compete against Bill Clark. Abe will always win, but it evens the playing field a little. With an org as small as ours, without us all being able to compete head to head, we will just all be champions in our own age/weight class.)

Lebanon Valley Record Day

April 7, 2024 KCSTRONGMAN

By Denny Habecker

Where: Habecker's Gym, Lebanon, PA

When: May 25, 2024

Weigh Ins: 10:00AM

Pick up to 5 lifts you would like to set or break records in.

Just let Denny know if you plan on attending: liftingliar@comcast.net

Buffville Cup

April 10, 2024 KCSTRONGMAN

By Clint Poore



BUFFVILLE CUP - APRIL 7, 2024	
LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY	
MEET DIRECTOR: CLINT POORE	
REFEREES: ASHLEY STEARNS, PATRICK HADLEY, CLINT POORE (3 OFFICIAL SYSTEM USED)	
ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS	
ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (85.75 KILOS) - 90 KILO WEIGHT CLASS	
THOR'S HAMMER	42 LBS
PATRICK HADLEY - 52 YEARS OLD - BODYWEIGHT (102.30 KILOS) - 105 KILO WEIGHT CLASS	
HACKENSCHMIDT FLOOR PRESS	275 LBS
STEPHEN SANTANGELO - 71 YEARS OLD - BODYWEIGHT (73.65 KILOS) - 75 KILO WEIGHT CLASS	
TEETH LIFT	85 LBS
CLINT POORE - 50 YEARS OLD - BODYWEIGHT (110.90 KILOS) - 115 KILO WEIGHT CLASS	
FOOT PRESS	1040 LBS

Record day update

April 12, 2024 [KCSTRONGMAN](#)

TO: POSSIBLE RECORD DAY ENTRANTS

FROM: BILL CLARK

Here's the story for the weekend – if you are interested in joining others in the Clark's Gym Record Day.

Ol'Clark will be at the gym for locals from 8-10 a.m. Saturday and can also be there in the evening after 4 p.m. but prefers to keep a non-lifting scheduled event on the schedule – so Saturday evening out of necessity, please.

I am free all day Sunday. You must let me know when you plan to be there. Lupo and DeForest will also be on hand at various times so we should have at least one official on call. Neither is available Saturday evening.

If you are lifting remote – I need your results not later than Tuesday evening. You can lift any time Friday thru Monday if you are remote. I will need your age, your bodyweight, and the names of the attending officials.

And – all five lifts must be done on the same day.

I'm relying on the USAWA to pass this message along to those not on my e-mail list – which is a majority of the USAWA membership.

The choice of lifts is strictly up to the lifter, but it must be a certified USAWA lift.

Ans – send your results direct to the e-mail address on this contact e-mail. Just in case – it is yeoldclark@gmail.com. DO NOT send your results direct to the secretary or the record keeper.

I look forward to being overwhelmed. The bench meet last week drew over 20 lifters and many did record lifts as well – several were remote. It is a good feeling to see the numbers on the rise and twice 20 would be a good deal this weekend,

We have five more record days scheduled in the gym – and that does not include the record days that go with the sanctioned competitions.

There is no entry fee – and your only reward is your name in the record book.

Let me know if you are to be an entrant. That way, I'll wait for your results. And – if you decide to lift and you are not a USAWA member, please go to the USAWA website and register – NOW! If you are on site at Clark's Gym and not registered, we'll do so for you. Bring a check for \$25 payable to USAWA.

Once again – lifting on site in Columbia – 8-10 a.m. for sure on Saturday morning (the 13th) and all day on Sunday. Remote – from the time you get this e-mail thru Monday.

All results by e-mail – please.

And – FYI – Clark's Gym is the sponsor for the Diamond Jubilee meet on the weekend of April 27-28 – and a record day goes with that competition. The competition is limited to

those 75 or older. The record day is open to one and all. Once again, you must let me know in advance and the rules here apply then.

Have a great weekend.

BILL CLARK

BUFFVILLE'S ROAD TO THE CENTURY CLUB 3

April 12, 2024 [KCSTRONGMAN](#)

By Clint Poore



BUFFVILLE'S ROAD TO THE CENTURY CLUB 3 - APRIL 7, 2024

LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY

MEET DIRECTOR: CLINT POORE

REFEREES: ASHLEY STEARNS, PATRICK HADLEY, CLINT POORE (3 OFFICIAL SYSTEM USED)

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (85.75 KILOS) - 90 KILO WEIGHT CLASS

PEOPLES DEADLIFT 500 LBS
BENT OVER ROW 357 LBS
DUMBBELL TO SHOULDER 200 LBS
SWING, 2 DUMBBELLS 130 LBS

PATRICK HADLEY - 52 YEARS OLD - BODYWEIGHT (102.30 KILOS) - 105 KILO WEIGHT CLASS

FOOT PRESS 450 LBS
BENCH PRESS, ALTERNATE GRIP 277 LBS
BENCH PRESS, FULTON BAR 307 LBS
ABDOMINAL RAISE, ROMAN CHAIR 18 LBS
LEG PRESS, UNSUPPORTED 135 LBS

STEPHEN SANTANGELO - 71 YEARS OLD - BODYWEIGHT (73.65 KILOS) - 75 KILO WEIGHT CLASS

ABDOMINAL RAISE 5 LBS
ZIEGLER CLEAN 30 LBS
LATERAL RAISE, LYING 11 LBS
ABDOMINAL RAISE, ROMAN CHAIR 5 LBS

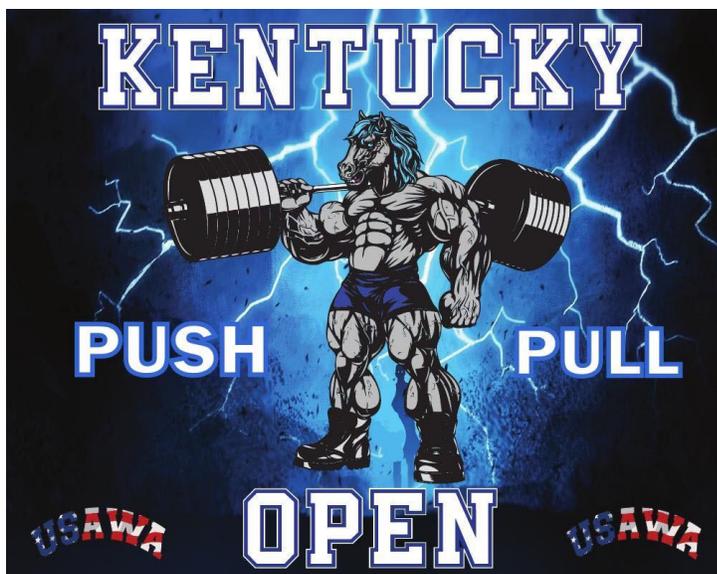
CLINT POORE - 50 YEARS OLD - BODYWEIGHT (110.90 KILOS) - 115 KILO WEIGHT CLASS

BENCH PRESS, ROMAN CHAIR 205 LBS
SWING, 2 DUMBBELLS 80 LBS
SNATCH, DUMBBELL, RIGHT 80 LBS
SNATCH, DUMBBELL, LEFT 60 LBS
DEADLIFT, TRAP BAR 445 LBS

[Kentucky Open](#)

[April 12, 2024 KCSTRONGMAN](#)

By Clint Poore



2024 USAWA KENTUCKY OPEN PUSH/PULL

SATURDAY, AUGUST 17, 2024

LOCATION :

THE CENTER FOR RURAL DEVELOPMENT & CONVENTION CENTER

2292 S HWY 27 #300

SOMERSET, KY 42501

WEIGH-INS: 8 AM – 9 AM , LIFTING BEGINS AT 9:30 AM (EASTERN STANDARD TIME)

THE LIFTS: HACKENSCHMIDT FLOOR PRESS & PEOPLE'S DEADLIFT.

ENTRY DEADLINE –. AUGUST 15, 2024 – email clintpoore@hotmail.com or phone 606-688-2600.

ENTRY FEE: No Entry Fee, but you will have to pay 15 dollars to get into the Kentucky Open Expo

USAWA MEMBERSHIP REQUIRED: Memberships are required for all participants prior to the meet. Please go USAWA.COM to purchase your memberships prior to the meet.

AWARDS: BEST LIFTER AWARD to the overall champion & medals for all lifters. Each lifter will receive a competition T-shirt to be worn during the KY Open Push/Pull & Record Day. I must know your shirt size two weeks prior to meet, we will have a few extra as well.

RECORD DAY SESSION – will follow the Ky Open Push/Pull competition, the Bavarian Deadlift & Saxon Deadlift will be setting all new USAWA Nationals Records. Keep in mind

this is an Expo & you must let me know what Record lifts you want to perform prior to the meet. Only approved Record Day lifts, based on time & space in the Expo will be allowed. All Record Day lifts are time permitting & at the discretion of the meet director. All lifters may perform Record attempts on the Bavarian Deadlift and Saxon Deadlift.

HOTEL – There are many hotels to choose from in Somerset. There is no specific meet hotel, but a quick online search will find plenty of great options.

KENTUCKY OPEN PUSH/PULL SCHEDULE

ALL TIMES ARE EASTERN STANDARD TIME

You may check in the night before, by coming to the Convention Center until approximately/before 6 PM

WEIGH-INS BEGIN	8 AM – 9 AM
LIFTING BEGINS	9:30 AM – 12:30 PM
IRON PALACE PODCAST	12:30 PM – 2:00 PM
RECORD DAY	2:00 PM – 4:30 PM
CLEAN UP & LOAD TRUCK	4:30 PM – 6:00 PM

Please keep in mind the schedule may change depending on how long each segment lasts.

This will be a very exciting event with Music, Laser Lights, Banners, & Heavy Weights being lifted.

This is a great opportunity for the USAWA and I hope you will join us at the
2024 USAWA KENTUCKY OPEN PUSH/PULL & EXPO!

Kentucky Open Meet Roster:

Clint Poore	Lifter & Referee
James Hall	
Patrick Hadley	Lifter & Referee
Ashley Stearns	Lifter & Referee
Caleb Day	
Holland Millsaps	Lifter & Referee
David Corbin	

Jarrold Gaddis Lifter & Referee

Randy Richey

Ricky Dickerson

Denny Habecker Lifter, Referee & USAWA President

Allen Fagg

Alexandria McDonald

Stephen Santangelo Referee

Chip Hultquist Meet Staff & IPF Referee

Sarah Waites

David Paul

Tim Paul

Tobias Ortaga

Jerry Wilson

Jacob Traxler

Donnie Haste

Mindy Haste

Greg Cooper

Train Hard & BE STRONG!!!!

Buffville cup III

April 16, 2024 KCSTRONGMAN



BUFFVILLE CUP III - APRIL 14, 2024

LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY
MEET DIRECTOR: CLINT POORE
REFEREES: ASHLEY STEARNS, CLINT POORE (1 OFFICIAL SYSTEM USED)

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

STEPHEN SANTANGELO - 71 YEARS OLD - BODYWEIGHT (73.70 KILOS) - 75 KILO WEIGHT CLASS
DUMBBELL TO SHOULDER 75 LBS

ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (85.25 KILOS) - 90 KILO WEIGHT CLASS
TWO HANDS ANYHOW 170 LBS

CLINT POORE - 50 YEARS OLD - BODYWEIGHT (112.15 KILOS) - 115 KILO WEIGHT CLASS
BEARHUG 155 LBS

Bench Press Heptathlon

[April 16, 2024 KCSTRONGMAN Edit Post](#)

By Bill Clark

OFFICIALS				
At Clark's Gym – Bill Clark, Tony Lupo, Dave DeForest, Abe Smith.				
For Everett Todd – Eric Todd.				

WOMEN							
Sylvia	Stockall-Douglas**	115	115	145	35	35	
RJ	Jackson**	96	95	82	45	45	
Kim	Van Wagner	85	80	75	35	30	
Janet	Thompson	60	55	60	10	10	
Allison	Lupo	55	65	50	22	10	
Nisha	Gupta	35	35	30	0	15	
			Actual		Adjusted		
			Total		Points		
Tony	Hose	1695		1680.87			
Abe	Smth	1610		1565.11			
Nic	Davis-Diaz	1815		1485.94			
Jeff	Wenzel	1620		1476.38			
Tony	Lupo	1420		1384.79			
Spencer	Wenzel	785		1042.76			
Randy	Smith**	885		1039.25			
Toby	Ortega	925		1033.96			
Tony	Cook**	622		982.95			
Dave	DeForest	785		926.69			
Sanjiv	Gupta	750		746.9			
Everett	Todd	320		638.4			
Bill	Clark	339		470.06			
Jarrold	Fobes	285		267.21			
WOMEN							
Sylvia	Stockall-Douglas**	745		1004.84			
RJ	Jackson**	560		865.59			
Kim	Van Wagner	490		689.1			
Janet	thompson	340		394.46			
Allison	Lupo	307		332.96			
Nisha	Gupta	190		298.03			
** means those lifters had no official in attendance.							
Note: The bench press with feet on floor is not an official USAWA lift.							
THE RAMPAGE							
MEN							
			weight	reps	total	Adjusted	
						points	
Tony	Hose		100	69	6,900	6850.62	
Jeff	Wenzel		100	63	6,300	5741.5	
Nic	Davis-Diaz		95	64	6,080	4977.9	
Abe	Smith		115	42	4,830	4695.31	
Tony	Lupo		100	40	4,000	3900.82	

Spencer	Wenzel			65	44	2,860	3800.21
Dave	DeForest			50	58	2,900	3423.42
Randy	Smith			45	61	2,745	3198.63
Toby	Ortega			65	40	2,600	2906.26
Sanjiv	Gupta			95	25	2,375	2365.19
Bill	Clark			45	15	675	928.88
WOMEN							
Sylvia	Stockall-Dougkas			70	50	3,500	4734.81
Kim	Van Wagner			65	17	1,105	1553.99
Allison	Lupo			10	39	390	422.98
ROMAN CHAIR							
MEN							
					Adusted		
				Weight	Points		
Jeff	Wenzel			200	182.27		
Abe	Smith			165	164.1		
Tony	Hose			145	143.97		
Spencer	Wenzel			75	100.1		
Randy	Smith **			85	99.05		
Toby	Ortega			65	72.65		
Bill	Clark			25	34.44		
WOMEN							
Sylvia	Stockall-Dougkas **			35	47.35		
Allison	Lupo			10	10.85		

RECORD DAY	All lifts recorded in pounds			
KIM VAN WAGNER		AGE - 57	WT - 125.4	
Turkish get-up - 44 bs.				
NISHA GUPTA		AGE 15	WT - 83.2	
Deadlift - Ciavattone Grip - 65 lbs.				
Deadlift - no thumbs - 65 lbs.				
SANJIV GUPTA		AGE 52	WT - 204.7	
Snatch from Hang - 105 lbs.				
Jefferson Lift, Fulton Bar - 255 lba.				
Deadift, Fulton Bar - 275 lbs.				
JARROD FOBES		AGE 46	WT - 208.6	
Clean and Press - Middle Fingers - 105 lbs.				
Chin up - 60 lbs.				
Crucifix - 81 lbs.				
Deadlift - Fulton - left - 115 lbs.				
Deadlift - Fulton - right - 125 lbs.				
JEFF WENZEL		AGE 48	WT - 226.	
Rim lift - 365.				
Vertical bar deadift - one inch right hand - 202.				
Vertical bar deadift one-inch two hands - 354				
Lateral raise - lying - 90.				
Lateral raise - standing - 80.				
SPENCER WENZEL		AGE 16	WT - 126	
Lateral raise - lying - 40.				
Bear hug - 132.				
Rim lift - 225.				
Peoples deadlift - 325.				
Kennedy deadlift - 405.				
ABE SMITH		AGE 42	WT - 180	
Rim lift - 415.				
Kennedy lift - 635.				
Peoples deadift - 635.				
Clean and press - dmbbell right - 115.				
Cleand and jerk - two dmbbells - 190.				
TOBY	ORTEGA	AGE 43	WT - 148	

Side press - left - 50.				
Side press - right - 50.				
Bent press - left - 70.				
Bent press - right - 60.				
Leg press unsupported - 165.				
ALLISON LUPO		AGE 58	WT - 189	
Rim lift - 160.				
Deadlift - three-inch bar - 135.				
Habecker lift - 130.				
Lurich lift - 150.				
Kennedy lift - 230.				
TONY LUPO		AGE 58	WT - 235	
Allen lift - 30				
Jerk from rack - 120				
Sit-up - Roman Chair - 45.				
Deadlift - finger - left index - 90				
Deadlift - finger - eight index - 90.				
BILL CLARK		AGE 91	BWT - 197	
Rim lift - 135.				
Kennedy lift - 295.				
Lurich lift - 265				
Peoples deadlift - 205.				
Deadlift - three-inch bar - 135.				
DAN WAGMAN		AGE - 20-39	WT - 176	
Rim Lift - 365				
Deadlift - index fingers - 216.				
Deadlift - middle fingers - 316.				
Jefferson lift - index fingers - 211.				
Jefferson lift - middle fingers - 301.				

USAWA (Age Adjusted) Lynch Factor – Part II

April 20, 2024 [KCSTRONGMAN](#)

By Sanjiv Gupta

USAWA (Age Adjusted) Lynch Factor – Part II

Bodyweight Factors:

Hoffman – 1930’s Bob Hoffman, based on 2/3 power law favored heavier athletes

Austin – Updated Hoffman with allometric 3/4 power law

O’Carroll – Developed by Mike O’Carroll utilizing bodyweight, normalizing to 75kg = 1.000 and a non-lean mass of 35kg.

Lynch – Based on O'Carroll, but modified non-lean mass to a formula of $39.53 - (300/W) - (3000/W^2)$ to correct for lighter lifters.

Sinclair – Developed in 1978 from the performance of top-level weightlifters

Schwartz – Developed by Lyle H. Schwartz for powerlifting in the 1970's, introduction of the bench press made formulas used for weightlifting less fair

Wilks – Developed by Robert Wilks, the CEO of Australian Powerlifting

Robi – Developed by Former IWF Technology Director Robert Nagy, the points are calculated on the actual world records in the category and the point value of a result equal to a World Record is the same (1000) in all bodyweight categories.

The point of this walk down memory lane is to emphasize that for nearly the past 100 years we have sought to compare heavier and lighter athletes, with varying degrees of success. With larger sample sizes the statistical analysis gets better. With new lifts (powerlifting vs weightlifting), a new comparison model needed to be developed for fairness. Prior to standardization of the lifts, 19th century showman compared themselves on theatrical performance.

As the USAWA has gone from 110 lifts in 1987 to 221 in 2022, we have likely pushed the boundaries of the lifts that can reasonably be compared with the Lynch model. However, lacking an alternative, how are we to proceed? We could use different adjustments for different classes of lifts. We could get rid of the adjustment entirely and reason that any advantage heavier athletes have in the bench press will be offset by a disadvantage in the Inman mile or Pull-up.

It would be reasonable to argue that a 100 pound athlete could not be fairly compared to a 225 athlete in the hip lift. However, Warren Lincoln Travis and other old-time weightlifters whose memories we strive to keep alive did not modify their challenges for heavier and lighter athletes.

Personally, I have gone from the 90kg class to the 95kg class due to an increase in body fat and not an increase in lean muscle mass.

I prefer getting rid of the adjustment entirely. Given the breadth of athletes I have met in the last year, I would argue that heavier athletes are just as likely to be burdened by body fat as they are to have additional lean muscle mass. This is also more in line with the USAWA Mission Statement.

This article and the previous article are focused on an overall comparison/winner. Records should still be kept by age and bodyweight class. Male and Female, Junior, Senior and Master champions should be recognized in sanctioned events.

New England Grip Classic

April 20, 2024 KCSTRONGMAN

Frank's Barbell Club

2024 New England Grip Classic

Results are as follows:

2024 New England Grip Classic

Don Ventorosa's Gym, Norwood, Massachusetts

April 20th, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

All lifts recorded in pounds and kilos

Dan Jones	Age: 40	Weight: 200#	Male	90Kg Class	40+ Masters
Wade Marchand	Age: 54	Weight: 165#	Male	75Kg Class	50+ Masters
Frank Ciavattone	Age: 69	Weight: 280#	Male	125Kg+ Class	65+ Masters
Nils Larson	Age: 64	Weight: 248#	Male	115Kg Class	60+ Masters
Maverick O'Neil-Butters	Age: 17	Weight: 140#	Male	65Kg Class	16-17 Juniors
Mason O'Neil-Butters	Age: 17	Weight: 140#	Male	65Kg Class	16-17 Juniors
Lexi Ordonez	Age: 16	Weight: 140#	Female	65Kg Class	16-17 Juniors

Lifter	Lift	#	Kg
Dan Jones	Deadlift - Fulton Bar, Ciavattone Grip	236	107
	Vertical Bar - 1 Bar, 2 Inch, Right	209	95
	Deadlift - No Thumb, One Arm, Right	171	78
	Pinch Grip - One Hand, Right	71	32
	Deadlift - Fingers, Ring	170	77
Wade Marchand	Deadlift - Fulton Bar, Ciavattone Grip	192	87
	Vertical Bar - 1 Bar, 2 Inch, Right	121	55
	Deadlift - No Thumb, One Arm, Right	99	45
	Pinch Grip - One Hand, Right	55	24.9
	Deadlift - Fingers, Ring	83	37.6
Frank Ciavattone	Deadlift - Fulton Bar, Ciavattone Grip	325	147.4
	Vertical Bar - 1 Bar, 2 Inch, Right	176	79.8
	Deadlift - No Thumb, One Arm, Right	198	89.8
	Pinch Grip - One Hand, Right	89	85.7
	Deadlift - Fingers, Ring	132	59.9
Nils Larson	Deadlift - Fulton Bar, Ciavattone Grip	110	49.9

	Vertical Bar - 1 Bar, 2 Inch, Right	44	19.9
	Deadlift - No Thumb, One Arm, Right	55	24.9
	Pinch Grip - One Hand, Right	49	22.2
	Deadlift - Fingers, Ring	55	24.9
Maverick O'Neil-Butters	Deadlift - Fulton Bar, Ciavattone Grip	187	84.8
	Vertical Bar - 1 Bar, 2 Inch, Right	132	59.9
	Deadlift - No Thumb, One Arm, Right	127	57.6
	Pinch Grip - One Hand, Right	44	19.9
	Deadlift - Fingers, Ring	77	34.9
Mason O'Neil-Butters	Deadlift - Fulton Bar, Ciavattone Grip	132	59.9
	Vertical Bar - 1 Bar, 2 Inch, Right	121	55.3
	Deadlift - No Thumb, One Arm, Right	127	57.6
	Pinch Grip - One Hand, Right	50	22.7
	Deadlift - Fingers, Ring	83	37.6
Lexi Ordonez	Deadlift - Fulton Bar, Ciavattone Grip	99	44.9
	Vertical Bar - 1 Bar, 2 Inch, Right	66	29.9
	Deadlift - No Thumb, One Arm, Right	66	29.9
	Pinch Grip - One Hand, Right	30	13.6
	Deadlift - Fingers, Ring	66	29.9

Record Day Lifts

Lifter	Lift	#	Kg
Nils Larson	Hip Lift	1800	816.5
	Deadlift - Fingers, Middle	165	74.8

Presidential cup

April 21, 2024 KCSTRONGMAN

By Denny Habecker

Where: Habecker's Gym, Lebanon, PA

When: August 10, 2024

Weigh Ins: 10:00AM

The Presidential Cup will follow along some of the same guidelines as the Gold Cup, which is the IAWA meet which recognizes outstanding performances by lifters in the lift/lifts of their choosing. The Gold Cup started in 1991 under the direction of then-IAWA President Howard Prechtel. However there will be some differences in the guidelines of the USAWA Presidential Cup:

- *The Presidential Cup is hosted annually by the USAWA President only.*
- *Must be a USAWA member to participate.*

- *A lifter may choose any official USAWA lift/lifts (up to a maximum of 5 lifts) to set a USAWA record/records in.*
- *The lifter must open at a USAWA Record Poundage on first attempt.*
- *The top performance record lift of the entire record day, which will be chosen by the President, will be awarded the PRESIDENTIAL CUP.*

Just let Denny know if you plan on attending: liftingliar@comcast.net

Stars of Tomorrow on Parade

April 21, 2024 KCSTRONGMAN

By Bill Clark

DATE: The weekend of June 8-9.

LOCATION: Clark's Gym, Columbia, Mo. and hybrid.

MEMBERSHIP – All entrants must be USAWA members.

ELIGIBILITY: Entrants must not have reached their 20th birthday anniversary on the day they compete.

AWARDS: Certificates to all.

ENTRY FEE: None.

ENTRY DEADLINE: June 3. Contact Bill Clark at 573-474-4510 or via e-mail at yeoldclark@gmail.com.

PARENTAL PERMISSION: USAWA membership is parental permission. Liability is the responsibility of each venue.

THE LIFTS: Bench press, feet in air. Two hand-clean and press with heels together; two-hand deadlift with heels together; Anderson squat; jerk from rack.

RECORD DAY; The date is also a record day for lifters of all ages who are USAWA members and may be done remote with proper officials.

A REMINDER: All entrants are eligible for awards, regardless of venue. They are eligible for records only if they are certified by approved officials. Remote entries must be transmitted by e-mail to yeoldclark@gmail.com and received by Tuesday, June 11. The filing deadline also applies to those doing only record lifts.

Record Day

[April 22, 2024 KCSTRONGMAN](#)

March 2, 2024

A RECORD DAY FOR THE WORLD – BUT WHY BOTHER?

For the fourth consecutive meet in Clark's Gym, we have welcomed the world to join us – either with or without officials, live or remote, and see your results a part of the meet results – and at no cost.

Only three non-gym lifters have taken advantage and one of them was Tony Cook in England, the head of the British Strength Athletes Guild, but also an IAWA-UK member. The others were Vern Myers and RJ Jackson.

We have bent over backwards to offer our schedule to the world and evidently no one really gives a damn. We have just sanctioned six more meets and/or record days and all will be open to the world – open for record consideration if you have local officials and for awards if you don't have officials.

And only the USAWA Nationals will have an entry fee and must be competition on-site. Every other meet is for the world to use – free.

The IAWA/USAWA does not grow if competition is ignored. A national or a world meet is damned hollow if no one shows. The same applies to record days, etc.

Once the secretary has certified the upcoming dates, we'll get back to everyone – and we hope to see every other meet promotor open their meets to the world. If all do, maybe we'll get some growth in a dying organization.

DAVE DEFOREST. AGE 64. BWT 185

Vertical bar deadlift - one bar – 2-inch – right – 131.

Rim lift – 275.

Deadlift – Fulton bar – 330.

Swing – dumbbell – right – 65.

Ziegler clean – 75.

TONY HOSE. AGE 54. BWT – 224.

Bench press - alternate grip – 255.

Bench press – feet in air – 280.

Hackenschmidt press – 280.

Deadlift – right – 200.

Lateral raise – lying – 2x55 – 110.

JEFF WENZEL. AGE 48. BWT – 226.

Anderson press – 205.

Anderson squat – 550.

Hackenschmidt press – 280.

Vertical bar deadlift – one bar, one inch – left – 192.

Good morning – 225.

SPENCER WENZEL. AGE 16. Bwt – 125.

Anderson press – 115.

Hackenschmidt press – 170.

Vertical bar deadlift – 1 bar – 2-inch – right – 125

Vertical bar deadlift – 1 bar – 2 inch – left – 116.

Vertical bar deadlift – 2 bars – 2 x 115 – 230.

TONY LUPO. AGE 57. BWT – 234.

Goerner stroll – 2 x 150 – 300.

Deadlift – two dumbbells – 335.

Pullover – stiff arm – 70.

Pullover – bent arm – 125.

Rectangular fix – 65.

JANET THOMPSON. AGE 66. B WT – 163.

Vertical bar deadlift – one bar – 2 inch – right – 50.

Vertical bar deadlift – one bar – 2 inch – left – 50.

Vertical bar deadlift – two bars – 2 inch – 2 x 60 - 120.

Vertical bar deadlift - one bar – 1 inch – right – 87.

Vertical bar deadlift – two bars – 1 inch – 2 x 77 – 154.

BILL CLARK. AGE 91. BWT – 202.

Dumbbell walk – 40.

Deadlift – dumbbell right – 110.

Deadlift – dumbbell left – 105.

Hip lift – 545.

Weaver stick (forward – right) – 2 ½ lbs.

Officials for the lifts above – Bill Clark, Tony Lupo, Dave DeForest.

The following lifter had no official but sent along her results for the fun of being involved. We are always glad to have input from:

RJ JACKSON. AGE 62. BWT – 107.

Finger lift – thumb right – 33.

Finger lift – thumb left – 30.

Rim lift – 153.

Zercher – One arm – left – 81.

Vertical bar deadlift – 1 bar – 1 inch – right – 130.

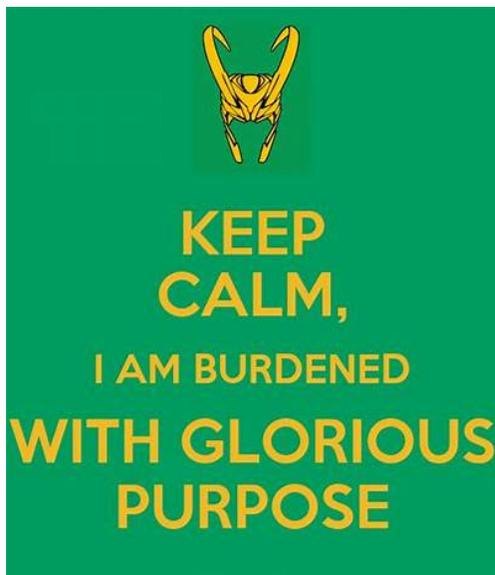
NOTE: There was no official. None of these are records, but they are damned fine lifts.

All those from Clark's appreciated her participation.

Strength Musings #6

April 22, 2024 [KCSTRONGMAN](#)

By Clint Poore



YOU ARE BURDENED WITH GLORIOUS PURPOSE

The title is a very true sentiment. The mere notion that you are willing to set yourself apart from the norms of society and achieve a heroic level of strength is to be commended. Take a few moments and look around, outside of the strength world, & you will see that because you chase lofty and honorable goals of strength makes you unique among all others. A very few people will ever have the fortitude to accomplish the glorious might that you have.

Remember when you were a child & the older men and women told resplendent stories of some of the strongest & mightiest individuals in your family's history. **YOU ARE NOW THAT**

PERSON! The erudite choice you have made to learn & become a person of noble strength is that of legend!

You are the person future generations will mention in the same breath as Samson & Hercules! The Feats of Strength you accomplish by crushing USAWA records will be shared for generations to come.

When you set USAWA & IAWA records you are now embracing Legendary Status!

YOU ARE NOW BURDENED WITH GLORIOUS PURPOSE OF STRENGTH!

Go forward and set a multitude of magnificent records!

1st Quarter postal

April 23, 2024 KCSTRONGMAN

By Dennis Habecker

2024 1ST QUARTER POSTAL

We had great participation again with this year's first postal with 23 men and 9 women taking part. Abe Smith topped the men and Sylvia Stockall led the women this Quarter.

Thank you to all that participated.

MEET DETAILS:

January 1 thru March 31, 2024

Lifts are recorded in pounds.

Records are marked with an*.

Bwt: body weight

Wt. Cl.: weight class in Kilograms

Lifts (3): Bench Press—Alternate Grip, Curl—Cheat, 2 Dumbbells, Zercher.

MEET RESULTS:

Men's Division:

Name	Age	Bwt	Wt. Cl.	BP Alt	Curl Ch. 2 dbs	Zercher	Total Lifted	Total Adj. Pts
Abe Smith	42	183 lbs.	85 kg	290*	170*	350	810	784.57
Anthony Hose	54	225 lbs.	105 kg	290*	170*	290	750	723.03
Barry Bryan	66	191 lbs.	90 kg	220*	100	265	585	681.65
Travis Luther	31	170 lbs.	80 kg	225	140	320	685	673.35
Randy Smith	69	194 lbs.	90 kg	135	130*	275	540	657.82
Jeff Wenzel	49	228 lbs.	105 kg	255	160*	300	715	654.52
Nicholas Frieders	23	161 lbs.	75 kg	165	120*	350	635	645.92
Dan Jones	40	200 lbs.	95 kg	209*	134*	303	646	583.07
John Carter	65	185 lbs.	85 kg	130*	90*	250	470	553.41
Anthony R. Lupo	58	233 lbs.	110 kg	260*	110*	160	530	519.13
Spencer Wenzel	16	125 lbs.	60 kg	135*	80*	165	380	506.78
Denny Habecker	81	173 lbs.	80 kg	110*	70*	176*	356	491.04
Dave Hahn	86	139 lbs.	65 kg	105	70	120	295	486.75
Nils T. Larson	64	248 lbs.	115 kg	209*	110*	143	462	460.09
Sanjiv Gupta	52	203 lbs.	95 kg	145	80*	225	450	450.84
LaVerne Myers	79	217 lbs.	100 kg	85*	80*	150	315	414.52
Wade Marchand	54	165 lbs.	75 kg	154	55*	143*	352	405.49
Eric Todd	49	274 lbs.	125 kg	285	170	0	455	379.63
Frank Ciavattone	69	277 lbs.	125+kg	132*	100*	154	386	378.50
Clint Poore	50	240 lbs.	110 kg	275*	110	0	385	346.37
Everett Todd	11	97 lbs.	45 kg	55	40*	75	170	341.23
Bill Clark	91	203 lbs.	95 kg	75	40	65	180	284.06
Phoenix Jackson	9	75 lbs.	35 kg	34*	20*	33	87	231.06
Jarrold Fobes	46	209 lbs.	95 kg	225*	0	0	225	205.93

Women's Division:

Sylvia Stockall	66	150 lbs.	70 kg	135	90	121	346	468.07
Lilly Todd	14	150 lbs.	70 kg	105*	76*	170	351	448.66
RJ Jackson	62	105.4 lbs.	50 kg	101	80	66	247	423.84
Stacy Todd	41	191 lbs.	90 kg	130*	111*	200*	441	412.71
Amber Elder	45	155 lbs.	75 kg	112.5*	80*	160*	352.5	389.42
Phoebe Todd	13	134 lbs.	65 kg	55*	60*	111*	226	325.61
Kim Van Wagner	56	126.3 lbs.	60 kg	70	40	115	225	317.05
Allison Lupo	57	188 lbs.	90 kg	70*	50*	75*	195	212.96
Janet Thompson	66	160 lbs.	75 kg	50*	40*	65*	155	202.68

OFFICIALS:

Lifters with 3 Officials: AnthonyHose, Travis Luther, Dan Jones, Sanjiv Gupta, Jarrod Fobes, Nils Larson, and Frank Ciavattone.

Lifters with 2 Officials: Abe Smith, Wade Marchand, Allison Lupo, Janet Thompson.

Lifters with 1 Official: Barry Bryan, Randy Smith, Jeff Wenzel, Nicholas Frieders, John Carter, Anthony Lupo, Spencer Wenzel, Denny Habecker, LaVerne Myers, Clint Poore, Everett Todd, Lilly Todd, Stacy Todd, Amber Elder, Phoebe Todd, and Phoenix Jackson.

Lifters with no certified Official: Dave Hahn, Eric Todd, Bill Clark, Sylvia Stockall, RJ Jackson, and Kim Van Wagner.

Clark's Gym Record Day #1

April 27, 2024 [KCSTRONGMAN](#)

By Bill Clark

RECORD DAY

CLARK'S GYM AND REMOTE

Weekend of April 13-14, 2024

At Clark's Gym.

Jeff Wenzel. Age - 49. BWT - 233.5 lbs.

Anderson squat - 605.

Rim lift - 355.

Good morning - 235.

Sit up - Roman Chair - 145.

Bench press - left arm - 125.

Spencer Wenzel. Age - 16. Bwt. - 128.

Chin-up - 45.

Anderson squat - 325.

Crucifix - 40.

Deadlift - Fulton bar - right - 95.

Deadlift - Fulton bar - left - 95.

Bill Clark. Age - 91. Bwt - 197.5

Deadlift - dumbbell - left - 90.

Deadlift - Fulton bar - left - 45.

Deadlift - Fulton bar - right - 45.

Deadlift - Inch dumbbell - left - 57.

Deadlift - Inch dumbbell - right - 57.

Dave DeForest. Age - 64. Bwt - 181.

Deadlift - Inch bar - both - 2x67 - 134.

Clean and press - dumbbell - left - 50.

Clean and Press (heels together) - dumbbells - 2x50 - 100.

Clean and seated press - two dumbbells - 2 x 35 - 70.

Curl - wrist - 115.

Tony Lupo. Age 58. Bwt. – 236

Curl -wrist – 115.

Clean and press – middle fingers – 75.

Sit-up – Roman Chair – 55.

Good morning – 135.

Deadlift – index fingers – 175.

Allison Lupo. Age – 58. Bwt. – 194.

Clean and press – two dumbbells – 2x15 – 30.

Deadlift – right hand – 85.

Deadlift – left hand – 100.

Deadlift – middle fingers – 45.

Deadlift – index fingers – 45.

Officials at Clark's Gym

Bill Clark.

Dave DeForest.

Tony Lupo.

AT TODD'S GYM

Everett Todd. Age – 11. Bwt – 96.4 lbs.

Jackson press – 40.

Crucifix – 24.

Lateral raise – lying – 16.

Dumbbell press – right – 20.

Dumbbell press – left – 20.

Official – Eric Todd.

BUFFVILLE GYM – KENTUCKY

Clint Poore. Age – 50. Bwt. – 112.15 kg.

Bench press, alternate grip – 285.

Dumbbell walk – 73.

Swing, dumbbell – right – 70.

Two hand anyhow – 110.

Snatch – two dumbbells – 80

Ashley Stearns. Age – 43. Bwt. 85.25 kg.

Dumbbell walk – 123.

Bench press – feet in air – 300.

Bench press – hands together – 275.

Press – dumbbell – left – 85.

Teeth lift – 13.

Stephen Santangelo. Age – 71. Bwt. – 73.7 kg.

Piper squat – 30.

Scott lift – 30.

Lurich lift – 135.

Bear hug – 155.

Bench dip – 30.

Officials were:

Clint Poore.

Ashley Stearns.

HIGH COUNTRY VIGOR GYM – COLORADO

Kim Van Wagner. Age – 57. Bwt. – 127.3

Thor's Hammer – 25.

Clean and jerk – one arm – left – 25.

Deadlift – dumbbell left – 92.

Vertical bar – 1 bar, one inch – left – 96.

Vertical bar – 1 bar, one inch – right – 101.

Sanjiv Gupta. Age – 52. Bwt. – 205.9

Deanna lift – 340.

Rectangular fix – 70.

Pullover – straight-arm – 44.

Rectangular fix – Fulton bar – 55.

Good morning – 75.

Jarrold Fobes. Age – 47. Bwt. – 208.9

Pull-up – 45.

Rectangular fix – 75.

Pullover – straight arm – 67.

Rectangular fix – Fulton bar – 66.

Deadlift – no thumbs – 355.

Officials in Colorado:

Sanjiv Gupta.

Jarrold Fobes.

2024 Yearly Awards

May 1, 2024 Al Myers

by Al Myers

It's that time of the year again to nominate deserving lifters for the yearly awards! The USAWA award program was started in 2009 to honor those individuals that displays outstanding achievements throughout the year in different categories. I have been the USAWA Awards Director that entire time and was the one who started the USAWA Awards Program. Part of the USAWA budget goes to these awards, which means that part of your membership dues support this program. These awards are awarded at the Annual General Meeting of the USAWA, which occurs at the same time as the National Championships. Usually the USAWA Awards are “yearly” – meaning they are for the previous year’s accomplishments. I would consider “yearly” as being the time since (and including) last years National Championships. Now for a little “overview” of the rules for nominations:

- You must be a USAWA member to make a nomination or cast a vote
- Nominated individuals must be a USAWA members to be eligible
- Only one individual may be nominated per person per award
- Two nominations for each award may be submitted, one for your choice of the Winner and one for your choice of the runner-up.
- The awards are for the accomplishments since last June
- An individual may be nominated for more than one award

These are the different awards for which you should chose your nominations for:

Athlete of the Year – This award is for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should figure in high. Also, participation in other Championship Competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation in elite IAWA events such as the Gold Cup should make an influence on earning this award as well.

Leadership Award – This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.

Sportsmanship Award – This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by an specific example of exceptional sportsmanship.

Courage Award – This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.

Newcomer Award– This award goes to an individual who is new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.

As stated earlier in the rules, I would like you to submit your choice for the WINNER and your choice for the RUNNER UP for each award. I will score it this way: for each nomination per award I will give 2 points for the nominated winner and 1 point for the nominated runner up. I will then add up all the points from all nominations with the person receiving the most points declared the winner and the one with the second most points the runner up. So you can see that the Award Winners are chosen by YOU THE MEMBERSHIP! That's the way it should be done.

Please email me at amyers@usawa.com with your nominations. The deadline for nominations is May 15th. That's giving everyone a couple weeks to make their decisions. My experience with this is that if a person does not make their nominations

shortly after reading this announcement, it never gets done. So make it easy on yourself (and me!) and turn your nominations in today!!!!

[USAWA Hip Belt](#)

[May 2, 2024 KCSTRONGMAN](#)

By Sanjiv Gupta



I was first exposed to the heavy lifts at the 2023 National Championships. While somewhat leery, I eventually managed to put up 650 pounds in the Hip Lift.

Since then, I have been researching how to set up to train heavy lifts at home. I have enough weight to load up to 1000 pounds, but past that I would have to borrow plates from friends.

As there are over 200 lifts in the USAWA rulebook, setting up for heavy lifts could wait as I have only attempted/trained 106 of the lifts in the book so far.

The tipping point came when a fellow all-rounder let me borrow their heavy lift bar, hand & thigh bar, hip belt and neck harness. The hip belt did not fit me quite right, so I pursued making one.

I had already done some homework. None of the commercial options I looked at would meet the specifications and be strong enough, so fabrication was the only option. I reviewed the USAWA forums which had threads in 2011 and 2014. I reached out to several USAWA athletes who were kind enough to send me pictures and specifications. I considered leather, tow strap and agricultural belting. All seemed to have pros and cons.

Leather would be riveted. Tow strap would likely be stitched. Agricultural belting is usually assembled with carriage bolts.

Finally, I came across an old flat drive leather belt on Facebook Marketplace and the decision was somewhat made for me. Next was ordering some D-rings online that were large enough for a 4-inch-thick belt. Then it was time for fabrication which included a couple of trips to Tandy Leather to trim, condition and finally rivet the belt together.

After that it was a run to the hardware store. I opted for 3 feet of 5/16" chain, grab hook and quick link and then was ready to go.

I just tested the set up to 590 pounds and everything felt comfortable and secure.

https://www.youtube.com/shorts/kw_OBuC5pci

For the neck lift, I will probably stick with an Ironmind Harness that I tested up to 170 pounds and felt fine.

I am not sure if I will pursue the harness for a harness lift. This is truly the next level in terms of fabrication and having enough weight to make it interesting.

As far as the heavy lift bar and hand & thigh bar, there is a commercial option that I may pursue down the road. If I am ever in a position to break records, I would have to get something fabricated from solid 1-15/16" steel.

Two Fisted Challenge

May 3, 2024 KCSTRONGMAN

By Bill Clark

TWO-FISTED CHALLENGE AND RECORD DAY

DATE: Weekend of August 10-11.

LOCATION: Clark's Gym and hybrid.

ELGIBILITY – All entrants must be USAWA members. Membership will be available at Clark's Gym on meet day.

ENTRY FEE – None.

AWARDS: – Certificates.

ENTRY DEADLINE: August 7.

THE LIFTS: Individual lifts for four fingers and the thumb on each hand – and the two-hand deadlift using the fingers of each hand, but not the thumbs,

RECORD DAY – Is open to the world.

As always – Clark’s Gym meets are open to the IAWA world. Entries are eligible for awards, but records maybe set only with certified officials. All remote entries, including record day, must be e-mailed to

yeoldclark@gmail.com not later than the Tuesday following the meet.

Buffville’s Road to the Century Club 4

May 6, 2024 KCSTRONGMAN

By Clint Poore



BUFFVILLE'S ROAD TO THE CENTURY CLUB 4 - RECORD DAY - MAY 5, 2024	
LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY	
MEET DIRECTOR: CLINT POORE	
REFEREES: STEPHEN SANTANGELO, ASHLEY STEARNS, CLINT POORE (3 OFFICIAL SYSTEM USED)	
ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS	
LORI SANTANGELO - 74 YEARS OLD - BODYWEIGHT (64.15 KILOS) - 65 KILO WEIGHT CLASS	
DEADLIFT, 12" BASE	69 LBS
DEADLIFT, CIAVATONNE GRIP	69 LBS
REEVES DEADLIFT	70 LBS
DEADLIFT, HEELS TOGETHER	69 LBS
DEADLIFT, STIFF LEGGED	70 LBS
ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (86.45 KILOS) - 90 KILO WEIGHT CLASS	
PINCH GRIP DEADLIFT, LEFT	165 LBS
PINCH GRIP DEADLIFT	460 LBS
CLINT POORE - 50 YEARS OLD - BODYWEIGHT (112.05 KILOS) - 115 KILO WEIGHT CLASS	
BENCH PRESS, ONE ARM, LEFT	75 LBS
PINCH GRIP DEADLIFT	405 LBS
PINCH GRIP DEADLIFT, RIGHT	165 LBS
PINCH GRIP DEADLIFT, LEFT	185 LBS

Buffville Cup II

May 6, 2024 KCSTRONGMAN

By Clint Poore

BUFFVILLE CUP II - MAY 5, 2024	
LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY	
MEET DIRECTOR: CLINT POORE	
REFEREES: ASHLEY STEARNS, CLINT POORE, STEPHEN SANTANGELO (3 OFFICIAL SYSTEM USED)	
STEPHEN SANTANGELO - 71 YEARS OLD - BODYWEIGHT (74.35 KILOS) - 75 KILO WEIGHT CLASS	
PULLOVER, BENT ARM	49 LBS
LORI SANTANGELO - 74 YEARS OLD - BODYWEIGHT (64.15 KILOS) - 65 KILO WEIGHT CLASS	
JEFFERSON LIFT	70 LBS
ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (86.45 KILOS) - 90 KILO WEIGHT CLASS	
PINCH GRIP DEADLIFT, RIGHT	200 LBS
CLINT POORE - 50 YEARS OLD - BODYWEIGHT (112.05 KILOS) - 115 KILO WEIGHT CLASS	
PINCH GRIP STRICT, LEFT	35 LBS

Diamond Jubilee

May 7, 2024 KCSTRONGMAN

By Bill Clark

Diamond Jubilee and Record Day - April 27-28, 2024

MEN Name		Age	Bwt #/kg	Jefferson Lift Fulton	Deadlift Fulton Ciavattone	Deadlift Heels Together	
Dave	Hahn	86	140 / 63.6	215	180	225	
Tony	Cook	87	183 / 83.2	189.5	179.75	242.5	
Denny	Habecker	81	177 / 80.5	214	220	242	
Bill	Clark	91	197 / 89.5	170	150	175	
			Bench Reverse Grip	Bench Hands Together	Seated Press - From Rack	Total	Points
Dave	Hahn	100	95	45	860	1612.69	
Tony	Cook	138.75	121.75	81.5	953.5	1494.73	
Denny	Habecker	88	110	66	940	1425.49	
Bill	Clark	45	45	22	607	981.46	

OFFICIALS

The only lifter with officials was Bill Clark. He was adjudicated by David Deforest and Tony Lupo. The three others were remote without officials.

RECORD DAY

	ALLISON	LUPO	AGE	Bwt #/kg
			58	189 / 85.9
Pinch Grip - Deadlift				151
Thor's hammer				12
Pinch Grip - Strict			right	20
Pinch Grip - Strict			left	20
Dumbbell walk				40
	TONY	LUPO	58	234/106.4
Pinch Grip Deadlift			Right	116
Pinch Grip Deadlift			Left	106
Pinch Grip Deadlift				301
Pinch Grip - Strict			Right	46
Pinch Grip - Strict			Left	46
	DAVE	DeFOREST	64	177.5/80.7
Jefferson Lift - little fingers				85
Thor's hammer				24
Zercher, One Arm, Right				140
Zercher, One Arm, Left				140
Swing - Two Dumbbells				80
	JEFF	WENZEL	49	229
Jackson Press				175
Press From Rack Behind Neck				150
Pinch Grip Deadlift				301
Lurich Lift				455
Kennedy Lift				455
	LISA	GORE	58	203.8/92.6
				233

Pinch Grip - Deadlift			
Thor's hammer			22
Pinch Grip Strict		Right	36
Lurich Lift			250
Kennedy Lift			250
Officials:	Bill	Clark	
	Dave	DeForest	
	Tony	Lupo	

World Championships

May 8, 2024 KCSTRONGMAN Edit Post

By Paul Barette

IAWA WORLD CHAMPIONSHIP

INFORMATION SHEET

5th & 6th OCTOBER 2024



Promoter: Paul Barette

Email: iawa@metamorfit.co.uk

Tel: +44(0)7710 659744

Sanctioned By: International All-Round Weightlifting Association (IAWA).

All participants **MUST** be members of an affiliated organisation.

(This will be a Drug Tested Event)

Entry Fee: £40 – see entry form for bank details and closing date.

Venue: The Main Hall (Auditorium)
The Turing School
Larkspur Drive
Langney
Eastbourne BN23 8EJ
'What 3 Words Precise Location' [///parade.trial.sentences](https://parade.trial.sentences)
<https://w3w.co/parade.trial.sentences>

Google Maps Location: <https://maps.app.goo.gl/etTDCf7cwoPzTxs8>

There is plenty of on-site car-parking and the pedestrian entrance will be signposted.

Weigh-In: Weigh-in will open at 8am with lifting starting at 10am (both days).

(You are only required to weigh-in on day 2 if attempting records).

Facilities: We will be providing basic refreshments (tea/coffee) and snacks to purchase like protein bars. Please bring lunch. Local shops are a short drive of no more than a couple of minutes.

Travel: The nearest train station is Hampden Park.
Buses are operated by 'Stagecoach'.
The area is well serviced by local taxi services.

Accommodation: The Premier Inn (Willingdon Drive) is within walking distance of the venue.
The Travel Lodge (Willingdon Drive) is within a short drive (2 mins) of the venue.
For in-town accommodation and tourist hotels please visit the local tourist information: <https://www.visiteastbourne.com/accommodation>

Banquet Information & Awards Presentations:

Sunday 6th October (arrive 7pm for 7.30pm dinner)

The Royal Sovereign Suite

Sovereign Harbour Yacht Club

3 Harbour Quay

Eastbourne

BN23 5QF

Parking – Free Parking available at the Waterfront Carpark – Post Code: BN23 5QB

Venue 'What 3 Words Precise Location' ///gifted.scarcely.stage <https://w3w.co/gifted.scarcely.stage>

Parking 'What 3 Words Precise Location' ///card.chip.danger <https://w3w.co/card.chip.danger>

Parking Google Maps Location: <https://maps.app.goo.gl/SBn3s3ZSszSRGxMCf9>



Cost: £38

Menu: A Three-course meal, with a bar open for purchasing drinks.

Menu options will be required by the closing date and will be shared soon.

Any dietary requirement not catered for, please contact the promoter for further information.

If required a children's menu can also be made available.

Buffville Cup IV

May 12, 2024 KCSTRONGMAN

BUFFVILLE CUP IV - MAY 11, 2024	
LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY	
MEET DIRECTOR: CLINT POORE	
REFEREES: PATRICK HADLEY, ASHLEY STEARNS, STEPHEN SANTANGELO, CLINT POORE (3 OFFICIAL SYSTEM USED)	
ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS	
LORI SANTANGELO - 74 YEARS OLD - BODYWEIGHT (64.05 KILOS) - 65 KILO WEIGHT CLASS	
CURL, CHEAT	30 LBS
STEPHEN SANTANGELO - 71 YEARS OLD - BODYWEIGHT (74.30 KILOS) - 75 KILO WEIGHT CLASS	
GOERNER STROLL	200 LBS
PATRICK HADLEY - 52 YEARS OLD - BODYWEIGHT (101.5 KILOS) - 105 KILO WEIGHT CLASS	
PULLOVER, BENT ARM	129 LBS
ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (86.65 KILOS) - 90 KILO WEIGHT CLASS	
PINCH GRIP DEADLIFT	495 LBS
CLINT POORE - 50 YEARS OLD - BODYWEIGHT (109.80 KILOS) - 110 KILO WEIGHT CLASS	
PULLOVER, BENT ARM	159 LBS

Straw Poll survey

May 13, 2024 KCSTRONGMAN

By Eric Todd

I have sent a survey out to all USAWA members. If you did not get it and would like to participate, please email me at SalGuimino@yahoo.com. The results of this straw poll will not be considered official in making any change. The official vote will be taken at the national meeting by those in attendance. These results will be used in discussion at that meeting. The items up for discussion at this point are as follows:

PROPOSAL 1 – Change Uniform rules

VI. Equipment

8. Braces or supports on any part of the body are not allowed. This would include neoprene elbow and knee sleeves. An exception to this rule may be made by the officials if the lifter has proof that it is medically necessary.

Change to

8. Braces or supports on any part of the body, except the knees are not allowed. This would include elbow sleeves. An exception to this rule may be made by the officials if the lifter has proof that it is medically necessary. Knee sleeves may be worn on the knees

provided the sleeves are no thicker than 7mm, single ply, no wider than 30 cm and can be pulled up by the lifter unassisted.

Editor's note-If approved, any lift done with knee sleeves would not be eligible for world records. Meet directors would be responsible for denoting which lifts were not eligible. Otherwise, this is a change that would need to take place at the world level.

Clint Poore's justification for allowing knee sleeves:

It is imperative for long term growth, that the USAWA begins allowing Knee Sleeves as described in the Knee Sleeves proposal. All strength organizations: Crossfit, Powerlifting, Strongman and Olympic Weightlifting all allow the use of Knee Sleeves. The proposed rule is simple and effective and allows for only Single Ply Knee Sleeves, 7 mm Thick, no more than 12 inches long. Plus, the lifter must be able to put them on their self. This is identical to the rule used in the IPF (Powerlifting). It maintains a strong standard for protecting the knees, without compromising the integrity of the sport with multiply knee sleeves. We must move forward as a sports organization and allow Knee Sleeves.

I am a USAWA meet director and the NUMBER 1 question and hesitation lifters have about competing with the USAWA is Knee Sleeves. I have been asked multiple times, "Can I wear my Knee Sleeves?" When I unfortunately have to respond with not currently, the lifters usual response is, "Let me think about it?" Which is a polite way of saying NO! We don't need to give lifters a reason to not lift in the USAWA, we need them to give a reason to lift with the USAWA by allowing Single Ply Knee Sleeves ASAP!

PROPOSAL 2 – Modify rules for Level 2 Certification

VII. Officials

9. There will be two levels of classification for Certified USAWA officials.

Level 2 – The official has passed the USAWA Rules Test and has completed the practical training sessions, and has the experience of officiating in 25 or more competitions or events.

Change to

Level 2 – The official has passed the USAWA Rules Test and has completed the practical training sessions, and has the experience of officiating in 25 or more competitions or events. An aspiring Level 2 official may substitute officiating experience in another federation for up to 15 competitions or events. It is the applicant's responsibility to certify substitute experience to the Officials Director. Federations can include USA Weightlifting, USA Powerlifting, United States Powerlifting Association, NASA Powerlifting, or others at the discretion of the Officials Director.

PROPOSAL 3 – Move Lift from one section to another

XIII. Individual Rules of the Lifts

Propose moving “Deadlift – 2 Inch Dumbbells” and “Deadlift – Inch Dumbbell, One Arm” from Section I. Special Equipment Lifts to Section H. Old-Time Strongman Lifts.

Secretary’s note: If this is approved, any record broken in this discipline would be done under looser conditions than the previous records.

PROPOSAL 4 – Clarify uniform rules

VI. Equipment

3. Upper body must be covered by a one piece suit, shirt or both. No tank tops are allowed. If a one piece suit is worn, the straps must be over the shoulders.

Change to

3. Upper body must be covered by a one piece suit, shirt or both. No tank tops are allowed. If a one piece suit is worn, the straps must be over the shoulders. Sleeves on the upper body covering must extend 1 inch past the base of the deltoid and must be at least 2 inches from the point of the elbow.

PROPOSAL 5 -Modify Lift rules

H13. Saxon Snatch

A wooden plank, of 3 inch thickness, will be used as the apparatus.

Change to

A wooden plank or metal rectangular bar of 3 inch thickness, will be used as the apparatus. The weight of the apparatus must be clearly marked.

PROPOSAL 6 – New Lift

XIII. Individual Rules of the Lifts

Curl – Cheat – Fulton Bar

The rules of the Curl – Cheat apply except a Fulton Bar is used.

PROPOSAL 7 – New Lift

XIII. Individual Rules of the Lifts

Bavarian Deadlift – The lift starts with a bar/handle no greater than 12 inches above an elevated platform and a T-bar is used for this lift. The lift begins at the lifter’s discretion, in their own time. The elevated platform design is at the meet director’s discretion. Weights are to be loaded onto a loading pin directly below the lifter. The T-bar may be a rigid connection or chain. The T-bar may be no more than 12 inches in length. The bar may not contain any knurling. The lifter must have the bar in front of the legs, as defined by the rules of the deadlift. The lifter’s legs must be outside the hands (SUMO STYLE). The outside of the hands should be no further than 12 inches apart. Lifting straps or any other gripping aid is not allowed. A one-minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is upright, legs straight and the weight motionless, an official will give a DOWN command to end the lift.

Century club

May 20, 2024 KCSTRONGMAN

By Eric Todd



We have 2 new worth members to the USAWA century club! Our two newest members have 60 years betwixt them. The first is Stephen Santangelo, at 71 years who comes in with 101 records. Stephen has been at this for around 10 years with his first records still recorded being in 2014.



The second is Everett Todd, who is 11 years old and comes in at 102 records. Everett has been at it about 3 years, with his first records coming in 2021. He surpasses his sister Phoebe as the youngest ever on the century club, who made it in at 12 years old. Congrats to both of these hard working gentlemen. Your efforts have paid off-well done!

[Proposal Confusion](#)

[May 27, 2024 KCSTRONGMAN](#)

PROPOSAL CONFUSION

By Dan Wagman, PhD, CSCS

I read through the proposals for the national meeting with great interest. There were, however, several that left me with a sense of confusion. Allow me to share those thoughts with you so that perhaps they will yield meaningful debate.

PROPOSAL 1: KNEE SLEEVES

This one confuses me on several levels. First consider that the International Weightlifting Federation (IWF), International Powerlifting Federation (IPF), and United States Powerlifting Federation—Raw (USAPL) technical rules on knee sleeves require them to, collectively, “allow free movement,” be “single ply,” be “non-supportive,” and not “provide any appreciable support or rebound.” So they basically offer nothing...other than maybe a fashion statement? In contrast USAWA’s rules under VI.8. considers elbow and knee sleeves “braces or supports.” To that end I contacted one of the major lifting gear manufacturers who wished to remain anonymous. The company offers different kinds of IPF approved knee sleeves. What I learned is that knee sleeves can increase lifting

strength—depending on their stiffness and tightness—by up to 50-some pounds. So despite the legal requirements set by the IWF, IPF, and USAPL they are in fact ergogenic. This renders USAWA's terminology of being a brace and offering support to the knees spot-on. In the event USAWA accepts this proposal, I wonder how it would reason that what has been considered illegal equipment is that no longer. Also confusing is the aspect of the proposal stating that knee sleeves must be able to be "pulled up by the lifter unassisted." Does this not imply two things: 1) The tighter the knee sleeves, the more of an ergogenic benefit? 2) The lifter with greater strength who can pull up a tighter and stiffer knee sleeve receives more benefit than one with less strength? Now we are not only in the realm of allowing artificial ergogenic devices but also the inherent unfairness of implementing it. So basically the amount of ergogenic aid a lifter gets for any number of lifts that require knee extension depends less on the actual knee sleeves but more on how tight and stiff of a pair he/she can crank over the knees. How is that fair? It seems to me that if the current rules set by other strength sports are such that knee sleeves must be constructed in a manner that does not artificially enhance strength, yet they do, then USAWA's decision tree should consider three branches: 1) The branch that does not allow ergogenic aids, 2) the branch that allows ergogenic aids, and 3) the branch that contemplates fairness in competition. If the organization chooses the second branch, then legitimate arguments can be made for additional ergogenic aids in the future. It might be wiser for USAWA to stick to its mission of contesting unadulterated muscular strength. To me, the ergogenic branch needs to be hacked off. Besides, does the hypothetical potential of a few new members justify changing the fundamentals of contesting strength this sport has enjoyed since its inception? And if USAWA allows knee sleeves in the future, the next line of reasoning would have to include in which lifts they should be allowed. Then, of course, all those lifts would require a new category for records.

PROPOSAL 4: UNIFORM

This is complicated and confusing. When the word "shirt" is used, by definition that means the sort of upper body garb that has a collar, sleeves, and an opening in the front. And while nobody I know—including me— has been competing in a shirt, thus violating USAWA law, the proposed rule change doesn't assuage any of the obvious concerns. The IWF, IPF, and USAPL make it simple by stating that only a "t-shirt" may be worn. Therefore it would be much easier for USAWA to simply add a "t-" before the word "shirt" and to avoid judges needing to measure sleeve length simply state that the elbows shall not be covered. Then there would also be no need to mention tank-tops. See IWF Technical Rule 4.7.2. for the cleanest and simplest language.

PROPOSAL 5: SAXON SNATCH

I have been under the impression that most of all-round is about keeping that which the old-time strongmen and strongwomen did alive. In the case of the Saxon snatch, that is based on Arthur Saxon snatching a wooden plank while pinch-gripping it during performances with the Ringling Brothers' Circus in 1909 through 1910. The membership should note, however, that there are already several differences in how USAWA contests that lift, likely because otherwise nobody could perform it. Saxon used a 15' wooden plank that was 10" wide, 3" thick, weighed 90 pounds...and snatched it with one arm! If USAWA ended up allowing a 3" rectangular steel plank to be used, then all that remains of Saxon's lift is 3". Would that not take it too far? Another consideration worth deliberating is that of making the Saxon snatch easily accessible to the membership. I went to the lumberyard to get a 3" plank, then the hardware store for floor flanges on either end, and two 1" bars to be screwed in to the flanges for the weights. All that cost me around 25 bucks. I can imagine having that out of steel to easily cost 10 times as much. Who would want to spend that much for just one lift? Also, steel would not offer the same sort of texture for gripping as wood, making steel also a poor investment decision. Finally, it might also be necessary to have two categories of Saxon snatch for purposes of records: wood and steel.

PROPOSAL 6: FULTON BAR

Why piecemeal this? The rulebook already lists many lifts that can be done with a barbell and a Fulton bar. So instead of every now-and-then adding another Fulton bar lift, why not simply go through the entire list of barbell lifts and place a superscript next to all that could be contested with a Fulton bar as well. Then at the end of the category a few words would explain the superscript.

PROPOSAL 7: BAVARIAN DEADLIFT

Here I am bewildered because there is no such thing as a Bavarian deadlift in Bavaria. What this proposal seems to be referring to is what in Bavarian dialect is called Stoaheba, which means stone lifting. Unlike deadlifting, in traditional Bavarian stone lifting the objective is to lift a set amount of a stone's weight for height; whoever lifts the stone the highest wins. One of the more famous old stones weighs 508 German pounds (a few modern-day competitions have been held with a T-bar on an adjustable weight stack). In order to perform this lift an elaborate platform is built high off the ground so that the lifter can straddle the tall stone/weight-stack that rests at ground level, lift it, and the platform registers the height of the lift. Some set-ups allow for starting height adjustments so that taller lifters do not have an advantage over shorter ones. Others require the stone/weight to be lifted from foot level. But regardless of starting position, it is the height of the lift that matters. You can see where the fundamental differences lie between traditional Bavarian

stone lifting and what is proposed, rendering the suggested name inaccurate on two counts.

I sincerely hope that the above is able to generate thoughtful and reason-based discussions before decisions are made.

[Lebanon Valley Record Day](#)

[May 30, 2024 KCSTRONGMAN](#)

By Denny Habecker



Lebanon Valley Record Day – May 25, 2024

Habecker's Gym- Lebanon, Pa.

The L.V. Record day was a great success, with 5 lifters, Lou Tortorelli, Steve Jury, Barry Bryan, Barry Pensyl, and Denny Habecker setting 22 records, followed by a delicious meal by Judy Habecker.

3 Official system used.

Officials- Barry Bryan, Denny Habecker, Barry Pensyl

Results:

Lou Tortorelli – 58 - 233 Lbs. - 110 Kg Class – 55-59
Curl – Strict – 105 Lbs.

Weaver Stick – Right Hand -3.5 Lbs.

Steve Jury - 58 - 242 Lbs. – 110 Kg. Class – 55-59
Anderson Press – 172 Lbs.

Bench Press- Alternate Grip – 209 Lbs.

Holdout – Lowered - 62 Lbs.

Front Squat - 227 Lbs.

Dumbbell Swing-Left Hand – 88 Lbs.

Barry Bryan – 66 - 185 Lbs. – 85 Kg. Class - 65-69

Bench Press- Alternate Grip - 209 Lbs.

Bench Press- Fulton Bar - 220 Lbs.

Bench Press- Hands Together – 165 Lbs.

Bench Press- Reverse Grip - 176 Lbs.

Clean & Press – 12” Base - 121 Lbs.

Barry Pensyl -76 - 133 Lbs. – 65 Kg. Class – 75- 79

Cheat Curl- Reverse Grip - 75 Lbs.

Crucifix - 40 Lbs.

Lateral Raise- Lying- 48 Lbs.

Weaver Stick – Right Hand – 2.5 Lbs.

Dumbbell Swing – 2-Hands – 50 Lbs.

Denny Habecker - 81 – 176 Lbs. - 80 Kg. Class – 80- 84

Bench Press – Alternate Grip – 116 Lbs.

Bench Press – Fulton Bar - 132 Lbs.

Deadlift – One Hand – Left - 154 Lbs.

Deadlift - One Hand- Right - 187 Lbs.

Weaver Stick- Right Hand - 3 Lbs.

Clark's Gym Record Day #2

May 30, 2024 KCSTRONGMAN

Sanctioned via hybrid by Clark's Gym, Columbia, Mo.

At Buffville Gym, Albany, Kentucky

Lori Santangelo Age 74. Bwt – 64.05 kg.

Deadlift – dumbbell – left – 30 lbs.

Deadlift – dumbbell – right – 30.

Curl, cheat, dumbbell left – 10.

Curl. Cheat, dumbbell right – 10.

Kennedy lift – 65.

Stephen Santangelo. Age – 71. Bwt – 74.3

Dumbbell walk – 65.

Weaver stick – 2 lbs.

Rim lift – 225.

Pullover – bent arm – 60.

Jefferson lift – index fingers – 105.

Patrick Hadley. Age – 52. Bwt – 100.0 kg.

Reg Parke bench press – 156.

Snatch – two dumbbells – 80.

Ashley Stearns. Age – 43. Bwt – 86.65 kg.

Pullover – bent arm - 170.

Goerner stroll – 300.

Clint Poore. Age – 50. Bwt – 109.8 kg.

Reg Parke bench press – 158.

Snatch – two dumbbells – 100.

Pinch grip deadlift – 385.

Pinch grip deadlift – left – 185.

Pinch grip deadlift – right – 185.

Officials: (Three officials system used.) Patrick Hadley, Ashley Stearns, Stephan Santangelo, Clint Poore.

HIGH COUNTRY VIGOR CLUB, COLORADO

Nisha Gutpa. Age – 15. Bwt. – 85.2 lbs.

Press from rack behind neck – 25.

Press from rack – 35.

Seated press – from rack – 35.

Curl – cheat – 30.

Official – Sanjiv Gupta.

NO CLUB AFFILIATION

Dan Wagman. Age – open. Bwt. – 176.2 lbs.

Curl – cheat – two dumbbells – 182.

Curl – strict – reverse grip – 161.

Jefferson lift – index fingers – 221.

Chin-up – 131.

Official: RJ Jackson.

CLARK'S GYM, COLUMBIA, MO.

Logan Wenzel. Age – 9. Bwt – 57 lbs.

Peoples Deadlift – 165.

Kennedy lift – 145.

Lurich lift – 115.

Deadlift – no thumbs - 85.

Straddle (Jefferson) lift – 85.

Spencer Wenzel. Age – 16. Bwt – 127.

Bench press - Fulton Bar. – 155.

Appolon lift – 95.

Pinch grip deadlift – 245.

Curl, cheat – reverse – 85.

Deadlift – Inch dumbbells – 90.

Lisa Gore. Age – 58. Bwt – 209.

Deadlift – two bars – 240.

Deadlift – dumbbell – left – 151.

Deadlift – dumbbell – right – 151.

Deadlift – right hand – 125.

Deadlift – left hand – 125.

Jeff Wenzel. Age – 48. Bwt. – 227.

Bench press – Fulton bar – 315.

Pinch grip deadlift – 370.

Curl – cheat – 165.

Appollon's Lift – 165.

Maxey press – 185.

Dave DeForest. Age – 64. Bwt – 170.

Deadlift – dumbbell – left – 221.

Deadlift – two dumbbells – 302.

Deadlift – no thumbs – left – 145.

Deadlift – no thumbs – right – 135.

Pinch grip deadlift – 300.

Tony Lupo. Age – 58. Bwt. – 233.

Appolon Lift – 145.

Pinch grip – two hands - 106.

Deadlift – dumbbell- left – 201.

Deadlift – middle fingers – 180.

Pinch grip deadlift – 320.

John Carter. Age 65. Bwt – 184 lbs.

Deadlift – dumbbell right – 231.

Deadlift – dumbbell left – 209.

Deadlift – no thumb – right – 145.

Deadlift – no thumb – left – 145.

Deadlift – pinch grip – 350.

Officials – Used a one-official system - Bill Clark, Dave DeForest, Tony Lupo.

Dolores Clark

June 1, 2024 KCSTRONGMAN

This is from Bill. Condolences to the entire Clark Family.

I'm sure most of you know that Dolores Clark died on Tuesday, May 14. Though many of you did not know her, I can assure you that she was a valuable member of the gym – and the weightlifting world - for the past 65 years.

When I became involved in lifting in 1959, we had been married four years and had already started a family. She made many of the meets during the first 40 years of my lifting involvement and allowed far too many dollars to be funneled from family needs to the lifting world and for the past 36 years to a gym that has yet to pay for itself in dollars and cents but has long been a leader in every aspect of the strength world.

She served the gym as the go-to person at the Show-Me State Games for over 30 years – until the pandemic stopped the Games for a year – for all matters not involving lifting a weight – but all the other problems that occur when you have a gym full of families, kids, etc.

The Show-Me Games folks have honored both Dolores and our daughter Kerry for their long involvement with the power meet.

It was she and John Carter who, in 1989, moved the gym from its original home on Range Line to its current location. Just the two of them. Ol' Clark was involved in pre-draft baseball meetings and not available.

I heard about that move for decades to come and rightfully so. But she made sure we got the gym moved – and the doors open for the next 35 years.

Dolores was a strong woman, physically, as well as mentally. No matter how much I tried to get her to lift in competition, the answer was always “No!!”

To honor the person who allowed Clark's Gym, the IAWA, and the USAWA to grow, Clark's Gym will present a Dolores Clark Award annually to a female member of the USAWA who has, like Dolores Clark, been a force in the history of the organization – and the lifting world, in general.

The first award will be presented at the 2024 USAWA championships.

Heavy Lift Championship

June 4, 2024 KCSTRONGMAN

By Mark Raymond

Frank's Barbell Club

2024 USAWA Heavy Lift Championship

Results are as follows:

2024 USAWA Heavy Lift Championship

Don Ventorosa's Gym, Norwood, Massachusetts

May 18th, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

All lifts recorded in pounds and kilos

Dan Jones	Age: 40	Weight: 200#	Male	90Kg Class	40+ Masters
Wade Marchand	Age: 54	Weight: 165#	Male	75Kg Class	50+ Masters
Frank Ciavattone	Age: 69	Weight: 275#	Male	125Kg Class	65+ Masters
Nils Larson	Age: 64	Weight: 248#	Male	115Kg Class	60+ Masters
Jessica Hopps	Age: 40	Weight: 205#	Female	95Kg Class	40+ Masters

Lifter	Lift	#	Kg
Dan Jones	Neck Lift	380	172.4
	Hand and Thigh Lift	800	362.8
	Hip Lift	1810	821
	Total Points		1356.2
	Total Points Adjusted		1243.2
Wade Marchand	Neck Lift	200	90.7
	Hand and Thigh Lift	555	251.7
	Hip Lift	1055	478.5
	Total Points		820.9
	Total Points Adjusted		937.4
Frank Ciavattone	Neck Lift	350	158.7
	Hand and Thigh Lift	850	385.5
	Hip Lift	1510	684.9
	Total Points		1229.1
	Total Points Adjusted		1145.3
Nils Larson	Neck Lift	400	181.4
	Hand and Thigh Lift	600	272.1
	Hip Lift	1565	709.8

Total Points	1163.3
Total Points Adjusted	1138.1

Jessica Hopps

Neck Lift	190	86.1
Hand and Thigh Lift	600	272.1
Hip Lift	964	437.3
Total Points		795.5
Total Points Adjusted		708.5

Hackendinnie Cup

June 5, 2024 KCSTRONGMAN



HACKENDINNIE CUP - JUNE 2, 2024

LOCATION: BUFFVILLE GYM, ALBANY, KENTUCKY

MEET DIRECTOR: CLINT POORE

REFEREES: CLINT POORE, PATRICK HADLEY, ASHLEY STEARNS, TONY LUPO, BETH SKWARECKI, CHRIS FRAPPIER, KYLE FRAPPIER, STEPHEN SANTANGELO, JARROD GADDIS, HOLLAND MILLSAPS

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

CLINT POORE - 50 YEARS OLD - BODYWEIGHT (109.90 KILOS) - 110 KILO WEIGHT CLASS

PULLOVER, STRAIGHT ARM 104 LBS

PATRICK HADLEY - 52 YEARS OLD - BODYWEIGHT (103.5 KILOS) - 105 KILO WEIGHT CLASS

BENCH PRESS, ALTERNATE GRIP 295 LBS

BETH SKWARECKI - 43 YEARS OLD - BODYWEIGHT (69.2 KILOS) - 70 KILO WEIGHT CLASS

SQUAT, 12" BASE 255 LBS

ALLEN FAGG - 45 YEARS OLD - BODYWEIGHT (146.0 KILOS) - 125+ KILO WEIGHT CLASS

FOOT PRESS 1000 LBS

HOLLAND MILLSAPS - 43 YEARS OLD - BODYWEIGHT (121.8 KILOS) - 125 KILO WEIGHT CLASS

RIM LIFT 354 LBS

TONY LUPO - 58 YEARS OLD - BODYWEIGHT (106.4 KILOS) - 110 KILO WEIGHT CLASS

FOOT PRESS 720 LBS

ASHLEY STEARNS - 43 YEARS OLD - BODYWEIGHT (83.2 KILOS) - 85 KILO WEIGHT CLASS

PINCH GRIP DEADLIFT 505 LBS

JARROD GADDIS - 46 YEARS OLD - BODYWEIGHT (130.4 KILOS) - 125+ KILO WEIGHT CLASS

PINCH GRIP DEADLIFT 409 LBS

ALEXANDRIA MCDONALD - 17 YEARS OLD - BODYWEIGHT (51.4 KILOS) - 55 KILO WEIGHT CLASS

FOOT PRESS 830 LBS

CHRIS FRAPPIER - 59 YEARS OLD - BODYWEIGHT (98.2 KILOS) - 100 KILO WEIGHT CLASS

DEADLIFT, DUMBBELL, RIGHT 175 LBS

Hackendinnie Classic

June 5, 2024 [KCSTRONGMAN](#)



HACKENDINNIE CLASSIC II - JUNE 2, 2024

LOCATION: BUFFVILLE GYM, ALBANY, KENTUCKY

MEET DIRECTOR: CLINT POORE

REFEREES: CLINT POORE, PATRICK HADLEY, ASHLEY STEARNS, TONY LUPO, BETH SKWARECKI, CHRIS FRAPPIER, KYLE FRAPPIER,
STEPHEN SANTANGELO, JARROD GADDIS, HOLLAND MILLSAPS

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

NAME	AGE	BODYWEIGHT	WEIGHT CLASS	HACKENSCHMIDT FLOOR PRESS	DINNIE LIFT	TOTAL LBS	TOTAL POINTS	PLACE
WOMEN'S DIVISION								
ALEXANDRIA MCDONALD	17	51.4 KG	55 KG	115	317	432	594.62	1ST
ALLISON LUPO	58	89.8 KG	90 KG	80	232	312	333.67	2ND
MEN'S DIVISION								
ASHLEY STEARNS	43	83.2 KG	85 KG	340	640	980	957.13	1ST
CALEB DAY	31	120.0 KG	120 KG	315	800	1115	860.11	2ND
JARROD GADDIS	46	130.4 KG	125+ KG	430	610	1040	824.36	3RD
HOLLAND MILLSAPS	43	121.8 KG	125 KG	385	650	1035	824.2	4TH
CHRIS FRAPPIER	59	98.2 KG	100 KG	275	500	775	795.62	5TH
RICKY DICKERSON	66	89.6 KG	90 KG	280	400	680	783.19	6TH
ALLEN FAGG	45	146 KG	125+ KG	315	607	922	686.57	7TH
BRIAN GUFFEY	39	56.2 KG	60 KG	200	362	562	686.03	8TH
TONY LUPO	58	106.4 KG	110 KG	320	380	700	682.98	9TH
DON GABER	56	111.8 KG	115 KG	230	440	670	626.57	10TH
RANDY RICHEY	62	104.6 KG	105 KG	205	372	577	587.07	11TH
KYLE FRAPPIER	20	99.2 KG	100 KG	160	0	160	136.13	12TH
CLINT POORE	50	108 KG	110 KG	405	184	589	531.92	13TH

HACKENDINNIE RECORD DAY - JUNE 2, 2024

LOCATION: BUFFVILLE GYM, ALBANY, KENTUCKY

MEET DIRECTOR: CLINT POORE

REFEREES: CLINT POORE, PATRICK HADLEY, ASHLEY STEARNS, TONY LUPO, BETH SKWARECKI, CHRIS FRAPPIER, KYLE FRAPPIER, STEPHEN SANTANGELO, JARROD GADDIS, HOLLAND MILLSAPS

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

CLINT POORE - 50 YEARS OLD - BODYWEIGHT (109.90 KILOS) - 110 KILO WEIGHT CLASS

LATERAL RAISE, STANDING 71 LBS
ANDERSON PRESS 205 LBS
CYR PRESS 85 LBS
CLEAN & JERK, DUMBBELL, RIGHT 70 LBS
CLEAN & JERK, DUMBBELL, LEFT 40 LBS

PATRICK HADLEY - 52 YEARS OLD - BODYWEIGHT (103.5 KILOS) - 105 KILO WEIGHT CLASS

ANDERSON PRESS 145 LBS
CYR PRESS 85 LBS
CLEAN & JERK, DUMBBELL, RIGHT 45 LBS
PULLOVER, STRAIGHT ARM 49 LBS

BETH SKWARECKI - 43 YEARS OLD - BODYWEIGHT (69.2 KILOS) - 70 KILO WEIGHT CLASS

ANDERSON SQUAT 365 LBS
SCOTT LIFT 155 LBS
PRESS, DUMBBELL, RIGHT 50 LBS
DEADLIFT, NO THUMBS 275 LBS
RIM LIFT 279 LBS

ALLEN FAGG - 45 YEARS OLD - BODYWEIGHT (146.0 KILOS) - 125+ KILO WEIGHT CLASS

RIM LIFT 416 LBS

TONY LUPO - 58 YEARS OLD - BODYWEIGHT (106.4 KILOS) - 110 KILO WEIGHT CLASS

LATERAL RAISE, STANDING 30 LBS
LATERAL RAISE, LYING 70 LBS
BENT OVER ROW 225 LBS
ANDERSON PRESS 175 LBS
SAXON SNATCH 55 LBS

JARROD GADDIS - 46 YEARS OLD - BODYWEIGHT (130.4 KILOS) - 125+ KILO WEIGHT CLASS

SAXON SNATCH 95 LBS
GOOD MORNING 175 LBS
BENT OVER ROW 225 LBS
NECK LIFT 355 LBS
BENCH PRESS, FULTON BAR 225 LBS

CHRIS FRAPPIER - 59 YEARS OLD - BODYWEIGHT (98.2 KILOS) - 100 KILO WEIGHT CLASS

DEADLIFT, DUMBBELL, LEFT 175 LBS
VERTICAL BAR, 2 BARS, 1" 260 LBS

TEAM LIFT RECORD LIFTS

CHRIS FRAPPIER & KYLE FRAPPIER - 100 KILO WEIGHT CLASS & OPEN/ALL DIVISION

TEAM DEADLIFT, ONE ARM, RIGHT 275 LBS
TEAM DEADLIFT, ONE ARM, LEFT 275 LBS

Colorado Springs Mini Meet

June 7, 2024 KCSTRONGMAN

MEET ANNOUNCEMENT

Mini meet
Colorado Springs CO
July 8th, 2024

I will be in the Springs for a few days. Since I have a short time to put on a meet, I am forced to limit the amount of lifters I have time to judge. Thus, this meet is open only to local lifters who otherwise don't have access to an official.

MEET DETAILS:

Director: RJ Jackson
Date: July 8, 2024
Officials: 1-official system used
Eligibility: For local USAWA lifters who don't have access to an official meet.
Age Group: Open
Sanction: USAWA (Membership is required for 2024 year)
Weigh-ins: begins at 7:00 AM morning of the meet
Deadline: June 13th (1 week). Contact RJ Jackson on USAWA FB for entry form and details.
Awards: Certificates.
Entry fee: It is the lifter's responsibility to gain entry into the facility by paying entry fees and agreeing to be personally bound by the facilities terms and conditions.
Lifts: Bench Press—Roman Chair, Side press-L&R, Anderson Press, Kennedy Lift.

Meet details & entry form: Contact RJ Jackson through the USAWA facebook messenger.

A record session will follow or be held on the next day depending on the amount and consensus of lifters.

TRUE NORTH TRUE STRENGTH RECORDS SESSION

[June 9, 2024 KCSTRONGMAN Edit Post](#)

By Chris Frappier

TRUE NORTH TRUE STRENGTH RECORDS SESSION A

Passports are required for all international travellers to enter Canada.

When: Sunday, August 25, 2024

Where: Anytime Fitness

[735 Tower Street South, Fergus, Ontario](#)

Weigh-ins: 8:30 a.m. to 10:00 a.m. Eastern Time

Lifting starts at 10:30 a.m. Eastern Time

Record Sessions: The TRUE NORTH TRUE STRENGTH RECORDS SESSION A will immediately follow the TRUE NORTH, TRUE STRENGTH 2024 OPEN competition. Each lifter

will be permitted up to three record attempts – includes USAWA National Records and IAWA World Records.

Note: Let me know which record lifts you will be attempting so we can try to ensure we have the necessary equipment. USAWA national records can be set at this meet. If we have three referees present, IAWA World Records can also be set.

Event Entry Fee: None, but you must complete both event registration steps to compete, then have fun lifting and breaking records!

Deadline to register: August 18, 2024—NO EXCEPTIONS

Event registration: Read carefully. Both steps must be completed in order to compete.

Step 1: Email Chris Frappier at stonedreams53@gmail.com with the following information.

Your first and last name

Women or Men division

Your age on August 25, 2024

Your bodyweight now or what you think you will weigh on August 25, 2024

Your T-shirt size

Your contact information (email and/or phone number) This will only be used to provide competitors with event details as the event approaches.

Step 2: USAWA membership required to compete.

Visit <http://usawa.com/forms-and-applications>

Follow the instructions to complete the USAWA membership application and pay the \$25 USD membership fee. **Paypal accepted.**

Questions: Contact Chris Frappier at stonedreams53@gmail.com or call or text 226-821-1740.

T-shirts: All competitors will receive a free t-shirt. I must know your t-shirt size two weeks prior to the event.

Awards: Awards will be added based on the number of competitors and the type of records set (USAWA National or IAWA World record).

[USAWA \(Age Adjusted\) Lynch Factor – Part III](#)

[June 11, 2024 KCSTRONGMAN](#)

By Sanjiv Gupta

USAWA (Age Adjusted) Lynch Factor – Part III

In Part I and Part II, I presented my understanding of Age and Weight correction history and boldly suggested that we do away with these corrections. That is not practical as it is not aligned with our international governing body the IAWA.

In Part III, I will be outlining the categories of lifts as broken down in the 11th Edition of the Rulebook and correlate those lifts with adjustment factor models.

Categories of Lifts:

Bar Lifts – Presses, Squat and Deadlift variations can be reasonably compared using Schwartz or Wilks.

Bar Lifts – Cleans and Snatches can be reasonably compared using Sinclair or Robi.

Bar Lifts – Misc is where things really fall apart. I have not found any basis for weight-based performance in curls, fixes or pullovers.

Dumbbell Lifts – Can likely be compared in a manner of the barbell equivalent. All-round is the only sports body contesting the crucifix, swing or side press is small.

Fulton Bar Lifts – Can likely be compared in a manner of the barbell equivalent, but athletes with larger hand size and/or grip strength will perform better.

Heavy Lifts – The oldest lifts in the USAWA based on existing records, but I am least familiar with these. As a layperson, it seems obvious that heavier lifters would do remarkably better on heavy lifts. The difference would be more dramatic than on the barbell lifts.

Old-Time Strongman Lifts – These are in a class of their own and have been contested for just over a decade. Any analysis is fraught with risk. Plate size, loading, fixed dumbbells could all have an impact on the performance of these lifts.

Special Equipment Lifts – I would argue that access to equipment and coaching plays a larger role in success in these lifts than age or weight.

In 2023 there were (27) sanctioned events in the results section. (7) were record only events. Of the remainder, the (5) postal events are true to all-round (excluding heavy lifts, old-time strongman and special equipment lifts). Of the remaining (15), (5) were balanced, (3) were OTSM focused, (3) were powerlifting focused, (2) were heavy lift focused, and (2) were grip focused.

Anecdotally, I have talked to several athletes who avoid overhead movement, deadlifts, squats or other lifts based on shoulder issues and back issues among other physical ailments. We are an all-volunteer, just-for-fun organization. No company will be sponsoring the best all-round weightlifter.

When using total poundage (age adjusted Lynch or not), performance in heavy lifts will dominate the results. To recognize winners by gender, junior, senior, master, I would prefer scoring based on the percentage of the lift relative to the maximum lift that event. For example:

Athlete A:

2000 pound Hip Lift, 5 pound Weaver, 180 pound Bench Press – Feet In Air

2000 is heaviest lift = 100 points; 5 is 91% of 5.5 = 91 points; 180 is 90% of 200 = 90 points

Total poundage 2185; score $100 + 91 + 90 = 281$

Athlete B:

1800 pound Hip Lift, 6 pound Weaver, 200 pound Bench Press – Feet in Air

Total poundage 2006; score $90 + 100 + 100 = 290$

Percentage of lift should be a stable comparison over time.

The IAWA currently uses a Blindt factor to compare different lifts. The Blindt factors have to be updated periodically (published in 2018, 2019 and 2021 by Chris Bass). I have not seen the math behind the development of the original Blindt factors.

[New England Heavy Lift Classic](#)

[June 12, 2024 KCSTRONGMAN](#)

2024 NEW ENGLAND HEAVY LIFT CLASSIC

Saturday August 3, 2024 – 8:00 a.m. Weigh in – 7:00 a.m.

Meet Sponsored by Franks Barbell Club

LOCATION:

Franks Barbell Club
204 East Street
East Walpole, MA 02032

Meet Director:

Mark Raymond

Email: owdmr@aol.com Cell: 781-801-0947

Sanctioned by: USAWA (Membership Required)

- Lifts:** Neck Lift, Hand & Thigh, Hip Lift
- Divisions:** Juniors, Women, Masters, Seniors & Open
- Entry Fee:** None
- Awards:** 1st, 2nd, & 3rd in each weight class and age division for Masters, Juniors, and Women, based on total poundage lifted. Best Lifter Awards for each age group in Masters, Juniors, Seniors(20-39), and Women by formula.

[Entry Deadline – July 19 2024](#)

[Video submission proposals](#)

[June 14, 2024 KCSTRONGMAN](#)

Here is the work the video submission committee did for the membership to consider moving forward.

USAWA Video Committee working draft: Eligibility guidelines for video submissions of records

How to submit records via video: Follow USAWA online video submission standards AND weigh all plates, bars, equipment either immediately before or immediately after the lift. Weights/equipment may not leave the frame between lifting and weighing.

Record submissions are only in consideration for online submissions. Here are some proposals for when video submissions might be allowable for record:

1. **Previous Number of Meets:** Participants looking to set a record through video submission may be required to have a certain number of previous meet participations as a criterion. This demonstrates experience and consistency in competition.
2. **Previous In-Person Competition:** A condition may be that participants have competed in in-person competitions before being eligible to set a record via video submission. This ensures that the lifter is accustomed to the pressures and conditions of an in-person meet. This ensures that a judge(s) and/or their peers have a reasonable standard of expectation for the capability of the lifter.
3. **Qualified Judge:** You must be a USAWA certified Level 1 or Level 2 official in order for your video submission to be considered for a record. This ensures that the lift meets official standards and that the lifter is familiar with the rules of competition. The general rules of review still apply.
4. **Recommendation:** Participants may need to be recommended by their peers or by experienced lifters within the USAWA community. Recommendations could be based on consistent good sportsmanship and performance.
5. **Weigh all weights:** All weights including the barbell must be weighed using the above weigh-in standards. This must be performed as part of the 'lift video'.

Pros of Video Submissions	Cons of Video Submissions
1. Increased meet attendance	1. Use of video editing and camera angles to obscure success/failure criteria
2. Accessibility for those who struggle to attend in-person meets	2. Concerns about judging integrity
3. Ability to make record books more authoritative by not excluding strong lifters who are unable to travel	3. Contestation of submitted videos
4. Opportunity to showcase proof for odd lifts and world records	4. Concerns about attendance in-person with availability of video submissions
5. Attraction of individuals from online platforms to apply for records	5. Enforcement of rules and setting records
6. Potential to grow the sport	6. Visibility of videos by other members or competitors
7. Provides flexibility in the time frames for competitions	7. Visibility of videos by other members or competitors
8. Potential for creating a stand-alone competition series for video submissions	8. Risk of inappropriate content from the internet
9. Consideration of weighing weights and eligibility as criteria for allowing records	9. Time commitment for judging and potential for additional attempts, encouraging cheating
10. Increased availability of video examples for referee training	

Concerns	Responses
1. Use of video editing to obscure criteria	<ul style="list-style-type: none"> ● Our guidelines offer several degrees of strictness that are intended to mitigate the use of technology to obscure a lift.
2. Integrity of judging	<ul style="list-style-type: none"> ● Videos available to other members. ● Maintain qualified and trained judges.
3. Contestation of submitted videos	<ul style="list-style-type: none"> ● Videos available to other members. ● Establish clear appeal and review procedures.
4. Attendance in-person with availability of video submissions	<ul style="list-style-type: none"> ● Encourage in-person participation and create engaging events. ● Video Submissions have their own trade-offs.
5. Enforcement of rules and setting records	<ul style="list-style-type: none"> ● Judges will enforce rules to the same standards of an in-person meet in addition to the video guidelines. ● Lifters may 'qualify' for video submissions ● Other barriers to entry and criteria for records
6. Visibility of videos by other members or competitors	<ul style="list-style-type: none"> ● Consider sharing videos online. ● Alternately, videos may be available on request, etc. ● Implement privacy and security measures if necessary.
7. Inappropriate content from the internet	<ul style="list-style-type: none"> ● Monitor submissions for inappropriate content.
8. Time commitment for judging	<ul style="list-style-type: none"> ● Create manageable judging schedules. Consider a limit to the number of lifts, or total submissions. ● Only the final attempt should be submitted for judging.
9. Potential for additional attempts	<ul style="list-style-type: none"> ● Potential to implement limits or monitor time stamps. ● Given the nature of our competitions, the lack of ability to monitor the number of attempts is not considered sufficient to discourage online

USAWA Video Committee working draft: Video submission standards

These proposed guidelines are intended to be used for remote participation in meets (at the discretion of the meet director) and for record submissions as detailed in the record submission guidelines. Note that record submissions have extra requirements beyond what is detailed here.

You will need:

- Digital scale, discussed below.
- Another device to show time on time.is
 - Alternatively an app such as 'time stamp camera' app may be used if the lifter only has access to one device.

Weigh-in video:

1. **Digital Scale:** The use of a digital scale is required for accurate weight measurement. If the scale is not a standard weight, it should be calibrated and approved for use.
 - A 'postal' scale is recommended. These have a durable top and an extension for digital readout.
 - Here is an example from Amazon by AccuTeck, costing \$45.00.
https://www.amazon.com/gp/product/B00LPUZP11/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1



-
2. **Verifiable Scale:** The digital scale used should be of a verifiable and approved type to prevent disputes.
3. **Weighing Attire:** Participants should weigh in wearing clothing which meets the USAWA attire guideline.
 - A 1-2 pound concession is proposed for clothing as lifters are expected to weigh in clothed.
4. **Time Stamp:** The video should clearly display a timestamp to confirm the date and time of the weigh-in.

- Show time on time.is or other similar app. Hold the device up to the camera long enough so that time and date can be read clearly and so that viewers can see the seconds tick by (ie not a screenshot).
 - Alternatively an app such as 'time stamp camera' app may be used if the lifter only has access to one device.
5. **Zero Verification:** Weigh-ins should include a step to show the scale's reading at zero before the weigh-in.
 6. **Clear Identification:** The participant and scale must be in full frame. The participant should state their name and the date at the start of the video.
 7. **Calibration:** Weigh a 45 pound plate (or similar). Show the label on the plate. Show that the scale reads the appropriate weight.
 8. **Weigh yourself.**

Lift video

1. **Time Stamp:** Similar to the weigh-in, the video must include a time stamp to verify the date and time of the lift.
2. **Lifter and Weights in Full Frame:** The lifter and all weights involved in the lift must remain in full frame throughout the video.
3. **Weight Plates Count:** All weight plates used in the lift should be counted and shown in the video.
4. **Plates Facing Outward:** Weight plates should be positioned with their labels facing outward for clear identification. If several large plates are loaded, the first should be positioned with label facing inward, so that it can also be read.
5. **Code Word Display [Optional]:** If a codeword is required, it should be visibly displayed during the lift to prevent any unauthorized or pre-recorded submissions.
6. **Verification Methods [Optional]:** Two methods of verification, such as the codeword and a time stamp, could be used to confirm the authenticity of the lift.
7. **Multiple Submissions:** If the lifts are submitted as multiple videos, each video must include a time stamp to link them.
8. **Multiple Attempts:** Submit only the best attempt of each lift. If a lift is in question, multiple attempts are acceptable. Further discretion is left to the head judge of the competition.
9. **Video Angle:** The angle of the video should be based on the respective lift. As a general rule, the camera may be placed at hip height and 45 degree angle from the front of the lifter. Lifters are highly encouraged to consider the angle of their lift prior to the meet.

Weigh-In Process: **[Make a script/ play-by-play?]**

Lift Considerations: **[Make a script/ play-by-play?]**

Record list housekeeping

June 14, 2024 John Strangeway

Over the coming weeks I plan to overhaul the record list data.

This is possible due to the outstanding help of Sanjiv working in the background to keep me

afloat. As I once did for Al when he was records director, Sanjiv has offered to assist, and so began taking on the worst part of the process; organizing the website data into a format that makes life easier.

We have some new gung-ho members promoting meets with guns blazing and Bill's Gym has had a mammoth resurgence on the meet/ records front no name a couple.

So, a big thank you to Sanjiv and his enthusiasm, he has made a big difference to keep me on top of the updates and this is now affording me time to make long wanted changes.

NOTES TAB

In the next update you will see a new tab added to the records excel; "NOTES".

The plan is to note any corrections here. It will contain a copy of the changed record, who requested and who changed it and why.

The initial notes list you will see contains some records which had to be removed because they were given in err. (The person who found the error is listed just for our ease of if future research is necessary, but if you do see a mistake/lift issue in the sheet and do not want your name listed please state in your correction email.)

Unfortunately, there will be more removals due to my early misunderstanding of an "out of meet lift at Nationals" counting as a NAT lift, my apologies.

MEET NAMING

I am reworking the meet names for some consistency.

Record days will have the pre-fix "Record Day -"

Major USAWA meets will be in CAPS; NATIONALS (yr) – name, POSTAL – 1st QUARTER/POSTAL 2nd QUARTER etc.

Recent example;

89 Nationals – Pl. Meet

1989 Nationals – Plymouth

1999 Nationals – Ambridge

99 USAWA Nationals – Amb

both meets changed to;

NATIONALS (89)- Plymouth (Day 1)

NATIONALS (89)- Plymouth (Day 2)

NATIONALS (99)- Ambridge (Day 1)

NATIONALS (99)- Ambridge (Day 2)

EDIT

I've noticed later two day meets are listed under one name using the final days date for all lifts.

I will begin grouping old meets with two dates to follow that trend. So the changes above will become NATIONALS (89)- Plymouth, NATIONALS (99)- Ambridge. SJ

WORKING ON

Tried a new layout to consolidate the lines in the excel workbook which took over 17000 lines to 13500 odd, but while testing with formulas I discovered some typos/date errors and inconsistencies which I am correcting.

This layout test removed the ALL and NAT individual lines while adding two columns after age group, so ALL and NAT could be listed in each next to the lifter who owns them. Note, no change to the layout is planned, this was a test of an idea to ponder but the process did help to find some hidden issues.

SJ

Record List/Century Club

June 19, 2024 KCSTRONGMAN

By Eric Todd



Tony Lupo at 2023 nationals

Thanks to the tireless work of our records director and his team, we have a new update to our records list and century club. They have been not only making updates, but also polishing things up by correcting errors and such. The most exciting thing is the additions to our century club. I already posted on the additions of Everett Todd and Stephen Santangelo recently. Well, we have a few more to mention. In the men's division, John Monk comes in at 140 records. Since he has not competed in the USAWA since around 2009, this was clearly an oversight on our part. Tony Lupo comes in at 107 records, while Dan Wagman sits at 100. The biggest movers in the men's side are both from Clark's Gym. Bill moves up two spots from #10 to #8 with an additional 34 records. Dave DeForest jumps up 6 spots from #21 to #15 with an additional 57 records. This brings the men's club up to 34 members.

In the Women's division we have a new Century Club member as well. Janet Thompson, of Clark's gym comes in at 101 records and makes the company of the women's club seven members. The biggest mover in the Women's club is Phoebe Todd moving up one spot to number 4 by way of twenty four additional records.

It is an honor to become a member of the century club. The Century Club was something that Al Myers came up with when he was Secretary/Treasurer to motivate lifters to participate lifters to have fun while participating in USAWA events. Congrats to all members, particularly this who just reached the 100 record milestone.

[Clark's Record day #3](#)

[June 19, 2024 KCSTRONGMAN](#)

By Bill Clark

Clark's Record Day No. 3 has come and gone and, once again, almost no one took advantage of the day – except in Clark's Gym, including its newest team member – Colorado's Dan Wagman.

Remember – you can do your records at home if you have a certified official on hand. Just send the results to Ol' Clark and he'll handle the paperwork for everyone.

Clark's Gym Record Day #3

June 8-9, 2024

DAN WAGMAN Age -ALL Bwt – 176 lbs. / 80 kg

Chin Up - 132,

Bench press - Fulton Bar - 350.

Holdout - lowered - 71.

Saxon Snatch - 100.

Official - RJ Jackson

ALLISON LUPO Age – 58 Bwt – 193 lbs / 87.7 kg.

Lateral Raise - Standing - 2x10 - 20 lbs.

Lateral Raise - Lying - 2x10 - 20 lbs.

Bent Over Row - 100.

Snatch - Two Dumbbells - 2 x 15 - 30 lbs.

Roman Chair Sit-up - 20.

TONY LUPO Age – 58 Bwt. – 234 lbs. / 106.4 kg

Anderson Press - 180.

Bear Hug - 160.

Snatch - Two Dumbbells - 2x35- 70 lbs.

Jefferson Lift Fulton bar 295.

DAVE DeFOREST Age – 64 Bwt – 176 lbs / 80 kg

Lurich Lift - 340.

Kennedy Lift - 420.

Snatch On Knees - 70.

Swing - Dumbbell Left - 61.

Swing - Dumbbell Right - 65.

SPENCER WENZEL Age 17 Bwt – 124 lbs / 56.4 kg

Maxey Press - 85.

Jackson Press 85

LOGAN WENZEL Age – 9 Bwt – 54 lbs / 24.5 kg

Deadlift - Dumbbell - Left - 45.

Deadlift - Dumbbell - Right - 45

Lateral Raise - Lying - 2x7 - 14 lbs.

Lateral Raise - Standing - 2x7 - 14 lbs.

Crucifix - 2x3 - 6 lbs.

JEFF WENZEL Age – 49 Bwt – 233 lbs. / 105.9 kg.

Maxey Press - 185.

Jackson Press - 175.

Curl Strict - 115.

Jefferson Lift - Middle Fingers - 215.

Jefferson Lift – Ring Fingers - 95.

Clark's Gym: Bill Clark, Dave DeForest, Tony Lupo

Stars of Tomorrow on Parade

June 19, 2024 KCSTRONGMAN

Clark's Gym - June 8-9, 2024

GIRLS	CLUB	AGE	BWT (kg)
Nisha Gupta	High Country Vigor	15	37.5
Diya Gupta	High Country Vigor	17	41.5

BOYS

Spencer Wenzel	Clark's Gym	17	56.0
Logan Wenzel	Clark's Gym	9	25.0
Elijah Conley	High Country Vigor	17	77.5

EVENTS

Name	Bench Press Feet in Air	Jerk From the Rack	Anderson Squat	Clean and Press Heels together
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GIRLS

Nisha Gupta	45	45	75	35
Diya Gupta	50	45	75	35

BOYS

Spencer Wenzel	135	85	335	85
Logan Wenzel	22	22	75	22
Elijah Conley	125	75	115	75

	Deadlift, Heels Together	Total	Adjusted Totals
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GIRLS

Nisha Gupta	85	285	491.63
Diya Gupta	75	280	411.60

BOYS

Spencer Wenzel	215	855	1098.65
Logan Wenzel	75	216	502.74
Elijah Conley	0	400	411.56

RECORD DAY - All lifts are in pounds.

JARROD FOBES Age - 47 Bwt. - 213.9 lbs / 97.2 kg

Hackenschmidt Floor Press - 265.

Weaver Stick - 3.5.

EIJAH CONLEY Age - 17 Bwt - 171 lbs / 77.7 kg

Weaver stick - 2.

Lateral raise - lying - 35.

SANJIV GUPTA Age - 53 Bwt - 207.5 lbs / 94.3 kg

Jerk from Rack - Behind Neck - 135.

Anderson squat - 275.

Hackenschmidt Floor Press - 185.

Zercher - One arm - Left - 85.

Zercher - One arm - Right - 85.

DAVE DeFOREST Age - 64 Bwt - 176 lbs / 80.0 kg

Vertical Bar - 1-bar, 1-inch - Left - 167.

Vertical Bar - 1-bar, 1-inch - Right - 167

Snatch - Dumbbell - Left - 56.

Snatch - Dumbbell - Right - 61

Vertical Bar - 2 bars - 1 inch - 2 x 145 - 290 lbs.

JEFF WENZEL Age – 49 Bwt – 233 lbs / 105.9 kg.

Bench Press - Hands Together - 255.

Bench Press – One Arm - Right - 125

Crucifix - 2x45- 90 lbs.

Lateral raise - lying - 2x55 - 110 lbs.

Lateral raise - standing - 2x40 - 80 lbs.

SPENCER WENZEL Age – 17 Bwt – 124 lbs / 56.4 kg.

Clean and Push Press, Dumbbells - 2x40 - 80 lbs.

Clean and Press, Dumbbells - 2x35 -70 lbs.

Clean and Press, Dumbbells - Heels together - 2x35 - 70 lbs.

Dead lift - Dumbbell Left - 155.

Deadlift - Dumbbell Right - 155.

LOGAN WENZEL Age – 9 Bwt - 54 lbs / 24.5 kg.

Bench Press, Reverse Grip - 22 lb.

Bench Press - Alternate Grip - 22 lbs.

Bench press - Hands Together - 22 lbs.

Bench Press - Feet in Air - 27 lbs.

Clean and Jerk - 22 lbs.

ALLISON LUPO Age - 58. Bwt – 193 lbs / 87.7 kg.

Deadlift Fulton Bar - Left Hand - 60.

Deadlift Fulton Bar - Right Hand - - 60

Deadlift Fulton Bar – Ciavattone Grip - 100.

Jefferson Fulton Bar - 160

TONY LUPO Age – 58 Bwt – 234 lbs / 106.4 kg.

Deadlift Fulton Bar - Left Hand - 110.

Deadlift Fulton Bar - Right Hand - 110.

TEAM LIFT

Allison Lupo and Tony Lupo, both age 58 / Category 110 kg

Deadlift - 375 lbs.

Husband and Wife (M/F)

OFFICIALS

Colorado - Sanjiv Gupta and Jarrod Fobes.

Missouri - Bill Clark, Tony Lupo and Dave DeForest

Kentucky Open Push/Pull

June 19, 2024 [KCSTRONGMAN](#) Edit Post

By Clint Poore



2024 USAWA Kentucky

A Mighty Day of Strength to you!

I hope you are doing well & feeling strong!

I am sending out information for the 2024 USAWA Kentucky Open Push/Pull at the Kentucky Open Sports Festival & Expo in Somerset, Ky on Saturday, August 17th.

This will be a fantastic meet and a lot of fun for everyone who competes. To my knowledge, this will be the first Expo the USAWA has ever participated in, so lets make it an instant Classic!

Here is the link to the meet information.

There will be a couple more updates about the meet as we get closer to the competition.

Here is the current tentative meet roster.

If you plan on lifting please let me know your tshirt size ASAP.

Meet Roster:

Clint Poore

Patrick Hadley

Ashley Stearns

Caleb Day

Holland Millsaps

David Corbin

Brian Gardner

Wendy Gardner

Jarrold Gaddis

Randy Richey

Brian Guffey

Ricky Dickerson

Chad Ullom

Denny Habecker

Allen Fagg

Alexandria McDonald

Tony Lupo

Allison Lupo

Stephen Santangelo

Lori Santangelo

Chip Hultquist

David Tompkins

Sarah Waites

Chris Lasure

Sam Lasure

David Paul

Tim Paul

James Hall

Tobias Ortaga

Sylvia Stockall

Train Hard &

BE STRONG!!!!

National Meeting Agenda

[June 20, 2024 KCSTRONGMAN Edit Post](#)

By Eric Todd

Here is the agenda for the national meeting. Hope to see you all there to have your voices heard.

- I. Meeting called to order by USAWA President Denny Habecker
- II. Roll Call by USAWA President Denny Habecker
- III. Reading of previous meeting minutes by USAWA Secretary Eric Todd
- IV. Report of financial status by USAWA Treasurer Eric Todd
- V. Report from Website Director Eric Todd
- VI. Report from Awards Director Al Myers
- VII. Report from Records Director John Strangeway
- VIII. Report from Drug Enforcement Director Chad Ullom
- IX. Report from Officials Director Joe Garcia
- X. Report from Postal Meet Director Denny Habecker
- XI. Report from IAWA Technical Committee Chairman on upcoming IAWA events and other technical issues that are being discussed by the IAWA Technical Committee
- XII. New Business
 1. Proposals from the Advisory committee
 - a. Discuss Changing uniform rules-equipment-knee sleeves
 - b. Discuss modifying Rules for level 2 certification
 - c. Discuss moving lift from one section to another-Deadlift-Inch Dumbbells
 - d. Discuss clarifying uniform rules-shirt
 - e. Discuss modifying lift rules-saxon snatch
 - f. Discuss adding lift-Bavarian Deadlift
 2. Discuss Proposal from the video committee
 3. Discussion increasing membership fee to \$35
 4. Discuss Proposal to add the IAWA gender adjustment to USAWA official scoring
 5. Discuss addition of Saxon Deadlift
 6. Discuss addition of Bench Press-2 dumbbells
- XIII. Discussion of New Business brought forth by the membership
- XIV. Discuss filling vacated officer positions
- XV. Accept Bids for the 2025 National Championships
- XVI. Meeting Adjourned

IAWA GOLD CUP Record List Standardization

[June 21, 2024 John Strangeway](#)

The past couple of weeks I have, somewhat randomly, been changing the names of meets for consistency, stopping when a name seems a little ambiguous and research is required. Today, I focused on the IAWA Gold Cup and I was able to update all.

I thought it may be fun to list a few stats as I filter through the data. Please comment in the

forum if this is something you would like posted for other yearly meets as I progress with the name changes. Note that in this first posting I have listed the old meet name before the updated one, just to give a visual of how I hope to standardize many of the meet names in the spreadsheet.

Currently, there are a total of 332 IAWA Gold Cup records standing.

The top 3 Lady record holders are;

Noi Phumchaona with 11 records

Judy Habecker with 8

Elizabeth Monk with 6

The top 3 Male holders are;

Denny Habecker with an impressive 37 records

Dennis Mitchell with 17

Art Montini with 15

Denny's **Fulton bar, Ciavattone grip deadlift** is the last lift standing on the board, from the 2019 Gold Cup in Perth.

The table below lists the current **IAWA Gold Cup** meets containing records in chronological order;

OLD NAME	NEW NAME	RECORDS STANDING
92 Gold Cup	IAWA GOLD CUP (1992) – Collegeville, PA	33
93 Gold Cup – Trenton, En	IAWA GOLD CUP (1993) – Burton upon Trent, UK	3
94 Gold Cup	IAWA GOLD CUP (1994) – East Lake, OH	25
95 Gold Cup – Leicester	IAWA GOLD CUP (1995) – Leicester, UK	2

96 Gold Cup – Valley Frg	IAWA GOLD CUP (1996) – Valley Forge, PA	35
98 Gold Cup – Cleveland	IAWA GOLD CUP (1998) – Cleveland, OH	23
2000 Gold Cup	IAWA GOLD CUP (2000) – Burton upon Trent, UK	4
2001 Gold Cup/2001 Gold Cup – Cleveland	IAWA GOLD CUP (2001) – Cleaveland, OH	18
2002 Gold Cup – Leicester	IAWA GOLD CUP (2002) – Leicester, UK	4
2003 Gold Cup – Lansdale	IAWA GOLD CUP (2003) – Lansdale, PA	29
2004 Gold Cup	IAWA GOLD CUP (2004) – Glasgow, UK	4
2005 Gold Cup – Hawaii	IAWA GOLD CUP (2005) – Maui, HI	9
2006 Gold Cup Lebanon, PA	IAWA GOLD CUP (2006) – Lebanon, PA	27
08 Gold Cup Lebanon, PA/ 2008 Gold Cup	IAWA GOLD CUP (2008) – Lebanon, PA	27
2009 Gold Cup	IAWA GOLD CUP (2009) – Glasgow, UK	2
2010 Gold Cup – Walpole, MA	IAWA GOLD CUP (2010) – Walpole, MA	16
2011 Gold Cup – England	IAWA GOLD CUP (2011) – Burton on Trent, UK	2
2012 Gold Cup – Glasgow	IAWA GOLD CUP (2012) – Glasgow, UK	2

2013 Gold Cup – Lebanon, PA	IAWA GOLD CUP (2013) – Lebanon, PA	17
2014 Gold Cup – Burton	IAWA GOLD CUP (2014) – Burton on Trent, UK	12
2015 Gold Cup – Perth Australia	IAWA GOLD CUP (2015) – Perth, AU	7
2016 Gold Cup – Abilene	IAWA GOLD CUP (2016) – Abilene, KS	17
2017 Gold Cup – Glasgow	IAWA GOLD CUP (2017) – Glasgow, UK	5
2018 Gold Cup – Eastbourne	IAWA GOLD CUP (2018) – Eastbourne, UK	2
2019 Gold Cup – Perth	IAWA GOLD CUP (2019) – Perth, AU	1
2022 IAWA GOLD CUP	IAWA GOLD CUP (2022) – Belfast, IE	4
IAWA Gold Cup	IAWA GOLD CUP (2023) – Eastbourne, UK	2

[Road to the Century Club 5](#)

[June 25, 2024 KCSTRONGMAN](#)



BUFFVILLE'S ROAD to the CENTURY CLUB 5 RECORD DAY

DATES: JULY 27, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 8 AM

RECORD BREAKING BEGINS AT 9 AM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

TO ENTER: The meet is open to any USAWA member. If you are lifting remotely (not at BUFFVILLE GYM) you must let me know in advance and file your results with the date and the name of the official (or three officials for IAWA records) in pounds via e-mail at clintpoore@hotmail.com by Tuesday following the meet. DO NOT send the results direct to the USAWA secretary or the USAWA record keeper. They will be processed by BUFFVILLE GYM and then sent in to the USAWA. Only lifts currently in the USAWA record book will be accepted. The weekend sanction allows for flexibility in your personal schedule. Record Day Lifts can be done on Saturday or Sunday, but only five lifts total with a certified USAWA official.

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

LOOKING FORWARD to a GLORIOUS FUTURE

June 26, 2024 KCSTRONGMAN

By Clint Poore



President Ronald Reagan said, “We need a Banner of BOLD COLORS and no pale pastels!”

I am excited and slightly anxious for the 2024 USAWA national meeting. We are on the cusp of growing into a prominent strength organization or shrinking & fading from existence. This weekend, we have a glorious opportunity to “Seize the Day” and move forward like never before. The USAWA is primed for unprecedented growth. We have more unique and cool lifts than any other strength organization period, with centuries of history behind many of these amazing feats of strength.

With all that said, I am prepared to bid for the 2025 USAWA Nationals to be held in Albany, Kentucky. I will gladly put more than 100 percent effort into making it an unforgettable nationals. My minimum goal is to have at least 40 lifters, but my vision is set

on a bigger prize of over 100 lifters for the 2025 USAWA Nationals! But to make this happen I need your help! We need to attract the younger lifters and members from other strength organizations. To do so, the USAWA needs the ability for all lifters to compete in their Knee Sleeves. A basic 7 mm thick, 12 inches long, Single Ply Knee Sleeves and you must be able to put them on by yourself is a minimum standard, that will put the USAWA in line with every other strength organization in the United States. Currently we are the only strength sport that does not allow Single Ply Knee Sleeves. This creates a significant barrier for the USAWA to overcome in attracting younger lifters and more members in general who have competed in other strength sports. I recently had a lifter say, "I thought the USAWA was for Masters lifters only." We need to be seen as more than a Masters Lifters only organization! As a meet director, I have had many younger lifters ask if they can wear their Knee Sleeves? When I tell them they can't currently wear them, they almost always respond with, "Let me think about it." Let me think about it means, they are simply not interested in the lifting in the USAWA without the option to wear Knee Sleeves. We need younger lifters and experienced lifters from other strength organizations. I implore you to help me as a meet director and the USAWA, as your choice of lifting organization, embrace the future boldly and not retreat into a turtle shell.

I AM ASKING FOR YOUR SUPPORT IN VOTING YES to the KNEE SLEEVES PROPOSAL!

Proverbs says, "Where there is no vision, the people perish"

In closing, Let us honor the past and embrace the future. The USAWA needs a vision for the future and I believe, together we can have a glorious USAWA for years to come. Always remember the car's rear view mirror is smaller than the front windshield, because we should always be looking towards the future, not dwelling in the past.

BE STRONG!

Clint Poore

Minutes from the 2024 National Meeting

July 3, 2024 KCSTRONGMAN

I. Meeting called to order by USAWA President Denny Habecker

II. Roll Call by USAWA President Denny Habecker. The following members were in attendance: Jeff Wenzel, John Carter, Tony Lupo, Allison Lupo, Bill Clark, Abe Smith, Beth Skwarecki, Sanjiv Gupta, Philip Marlin, Eric Todd, Chris Todd, Randy Smith, Dave DeForest, Lance Foster, Denny Habecker, and Clint Poore.

III. Reading of previous meeting minutes by USAWA Secretary Eric Todd: Sanjiv Gupta made a motion to waive the reading of the minutes in interest of time, since they have been available to the membership to peruse for some time. Beth Skwarecki made the second. Motion passed unanimously

IV. Report of financial status by USAWA Treasurer Eric Todd: *Amount in account: \$14,370.87. This is up \$2411.80 from 2023, when our account totaled \$11,959.07. Major expenses: Website update, USAWA Awards, MRO contract.* Sanjiv made the motion to accept the report; Beth made the second. Passed unanimously

V. Report from Website Director Eric Todd: *Website was updated and has some nice features. Still looking for Authors on the website.* Denny Habecker made a motion to accept the report. Philip Marlin made the second. Passed unanimously

VI. Report from Awards Director Al Myers: *The awards program provides awards to recognize outstanding performances and contributions within the USAWA. The big part of this award program is the annual awards presented every year at the National Championships. The awards given are the Athlete of the Year, the leadership award, the sportsmanship award, the courage award, the newcomer award, and the club of the year. These annual awards are chosen by the membership. It also includes any “special awards” given out on a selected basis. This year there were no special awards given out. It also includes funding for the Hall of Fame Awards. Money used for this program is budgeted from the USAWA treasury.*

I want to thank the membership for allowing me to be the Awards Director for the past 13 years, but I think it's time for me to step down and let someone else have the opportunity of this position. It's an enjoyable role, as it always made me feel good seeing the lifters receiving awards to recognize their contributions to the USAWA. Beth made a motion to accept the report; Allison Lupo made the second. Motion passed unanimously

VII. Report from Records Director John Strangeway: *To echo a post I did on the site last week, a big thank you to Sanjiv, he has done a phenomenal job of taking the website result data and cleaning it up for me.*

The meets are growing and so are the record updates.

Bill Clark's Gym holds the first inaugural Record Setting Award. I do not encourage any gyms to try and beat this record! lol

Bill holds the top 3 places with a total of 357 record updates from 4-7 to 5-14

In first place with an impressive 173 record updates in one day for his Bench Press heptathlon + record day meet.

Second and third place were taken by two of his record days, updating 94 and 90 records.

Honorable mention of 4th place for Sanjiv's Colorado Spring Fling with 54 updates.

Currently there are 17,689 record lines.

For every row added, 8 columns are needed. This isn't an issue currently while updating the sheet. But I have noticed it getting bogged down when I create extra columns for data checking or stat finding. One project I was doing slowed it down so much that every change to a cell had a 4-7 second delay. Food for thought as the list grows.

Future considerations

1) Move towards IAWA form of record keeping.

2) Remove location column, it's nice to have but non a necessity, especially if we end up switching to consideration 1, removal will free up some data space especially if you are wanting to manipulate the data.

2) Allow Weaver stick to be kept track in more fractions, maybe in 5ths, .20# jumps, or quarters .25# jumps.

3) Next one is a biggie....remove left and right hands designations.

My reasoning is that it should be one lift and the most dominant hand should hold the record, irrelevant of which.

I could see a point if only right handed people existed, this becomes a record for who can do the most with their "weak" hand. Currently a righty only has a lefty record because lefty's are in minority and haven't done that lift yet.

4) When I new lift is voted in, an old lift needs to be retired. If it's a historical lift, possibly we could have an exhibition lift section which are non eligible for records. I believe we currently

have too many lifts recorded for records, so maybe eliminate 2

Sanjiv made the motion to accept the report; Denny made the second. Motion passed unanimously

VIII. Report from Drug Enforcement Director Chad Ullom: Eric Todd made the presentation of the Drug Report: *We have conducted no drug tests since the last national meeting. The team has searched long and hard for a new supplier since our last one stopped doing them. We have had leads that resulted in dead ends. We now have an account with Abbott. We have a contract with an MRO (Medical Review Officer) to handle our positive tests. There was some discussion on other organizations and some discussion*

on other avenues. Sanjiv Gupta said that we trust our drug enforcement officer. Eric Todd said this was not the time for a discussion on our drug testing policies, but merely the report from what has been done. Clint Poore made a motion to accept the report; Phil Marlin made the second. Motion passed unanimously.

IX. Report from Officials Director Joe Garcia: *Turns out I won't be coming to the National competition. Hope everyone has a great time, wish I was there. Don't have a real big report about the officials, however, the state of the officials really took a nice bump this year. Starting out, we have 3 officials in training. At level 1, there are 9 officials who are either new or renewed their certifications and we also have 2 new Level 2 officials. Our new list of officials now also include a pair from Canada, so congrats to them. Exciting to see both our membership and officials expanding to different parts of the country and beyond.*

Clint made the motion to accept; Allison made the second. Motion passed unanimously

X. Report from Postal Meet Director Denny Habecker: No report given

XI. Report from IAWA Technical Committee Chairman on upcoming IAWA events and other technical issues that are being discussed by the IAWA Technical Committee: No report given

XII. New Business

1. Proposals from the Advisory committee

a. Discuss Changing uniform rules-equipment-knee sleeves:

8. Braces or supports on any part of the body are not allowed. This would include neoprene elbow and knee sleeves. An exception to this rule may be made by the officials if the lifter has proof that it is medically necessary.

Change to

8. Braces or supports on any part of the body, except the knees are not allowed. This would include elbow sleeves. An exception to this rule may be made by the officials if the lifter has proof that it is medically necessary. Knee sleeves may be worn on the knees provided the sleeves are no thicker than 7mm, single ply, no wider than 30 cm and can be pulled up by the lifter unassisted.

Lots of discussion on this one. Eric Todd spoke on the fact that Knee wraps are allowed on a few lifts, while knee sleeves are not, as well as the fact that knee sleeves are not currently allowed in the IAWA. Clint Poore spoke in favor, stating we are losing out on many new, younger lifters when we do not allow their use. Bill Clark said that the USAWA was built on

the idea of raw lifting and using equipment goes against the ideas it was founded upon. Beth Skwarecki said that meet directors already have to denote what lifts are eligible for IAWA records due to our discrepancy in the number of officials required. There was much discussion over whether or not they add poundage to lifts. There was discussion over allowing their use, but not the use of other equipment and where do we stop. Phil Marlin was asked his opinion as a younger lifter. He said the use of equipment was what pushed him away from strongman, and the lack of equipment drew him to all-round. Sanjiv Gupta made a motion to table the proposal. There was no second. Clint Poore made a motion to call the question. Sanjiv Made a second. A roll call vote was taken. The motion failed. There were 4 members voting in favor with 13 members voting against.

b. Discuss modifying Rules for level 2 certification:

9. There will be two levels of classification for Certified USAWA officials.

Level 2 – The official has passed the USAWA Rules Test and has completed the practical training sessions, and has the experience of officiating in 25 or more competitions or events.

Change to

Level 2 – The official has passed the USAWA Rules Test and has completed the practical training sessions, and has the experience of officiating in 25 or more competitions or events. An aspiring Level 2 official may substitute officiating experience in another federation for up to 15 competitions or events. It is the applicant's responsibility to certify substitute experience to the Officials

Some discussion here. The history was presented here where there was an outfit who passed the test, but they had no practical knowledge or experience in judging a weightlifting meets, so lifts were getting passed without commands and such. It was discussed that having practical experience in different federations gives you the foundation, and any respectable official in the USAWA is going to have to reference the rule book before officiating due to the sheer volume of lifts. Motion was made by Sanjiv; Randy Smith made the second. It passed unanimously.

c. Discuss moving lift from one section to another-Deadlift-Inch Dumbbells

Some discussion. Clint commented that the IAWA is working to make official the Old time strongman lifts, so he made a motion to table this item until they had ruled. Eric Todd made the second. Motion passed.

d. Discuss clarifying uniform rules-shirt

It was discussed that we had no rule prohibiting long sleeves currently. It was discussed that the English Language has evolved, and we have to allow the common understanding of the word shirt, including T-shirts. The rule was written very specifically, outlining exact dimensions. Through the course of the discussion, it was determined that such precise wording was not necessary. Beth reworked the rule to read as follows: “the upper body must be covered by a one piece suit, shirt, or both. If a one piece suit is worn, the straps must be over the shoulders. The elbows must be exposed. Eric Todd made the motion to accept the new rule as written. Bill Clark made the second. Motion passed.

e. Discuss modifying lift rules-saxon snatch

The proposal was to allow steel bars that are more readily available for purchase. A couple members spoke on their experience using the steel bar for this lift, and how it made the lift less safe then when using a wooden bar. Eric Todd called the question, and the motion failed.

f. Discuss adding lift-Bavarian Deadlift

The proposal was for a new lift. That lift is the Bavarian Deadlift, and the rules read as follows:

The lift starts with a bar/handle no greater than 12 inches above an elevated platform and a T-bar is used for this lift. The lift begins at the lifter’s discretion, in their own time. The elevated platform design is at the meet director’s discretion. Weights are to be loaded onto a loading pin directly below the lifter. The T-bar may be a rigid connection or chain. The T-bar shall be the same as that used in the Hand and Thigh Lift. The lifter must have the bar in front of the legs, as defined by the rules of the deadlift. The lifter’s legs must be outside the hands (SUMO STYLE). The outside of the hands should be no further than 12 inches apart. Lifting straps or any other gripping aid is not allowed. A one-minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is upright, legs straight and the weight motionless, an official will give a DOWN command to end the lift.

After just a little discussion on this one, Eric made the motion to accept the lift as written, Beth made the second, and the motion passes

2. Discuss Proposal from the video committee

Beth gave the presentation on what the committee had discussed, the pros, cons, and methods that we could use if we proceed with this in the future. At this time it was just being presented for the consideration of the membership. Eric made the motion to table the proposal; Chris made the second, and the membership voted to table the item.

3. Discussion increasing membership fee to \$35

Eric Todd explained the reason for the proposal. While our finances are currently stable, we are going to incur a significant cost in our contract with the MRO. We discussed how our dues have remained unchanged for many years, and compared them to the dues of other organizations. Bill made a motion to pass the item; Beth gave the second. Motion passed with one member dissenting.

4. Discuss Proposal to add the IAWA gender adjustment to USAWA official scoring

Beth presented a proposal that would allow the USAWA to utilize a gender adjustment that would allow females and males to compete against each other. Proposal is as follows:

Proposal to add the IAWA gender adjustment to USAWA official scoring

Presented by Beth Skwarecki

I propose that the USAWA Official Scoring adopt the IAWA's 33% adjustment for female lifters. This will allow men and women to be ranked together in overall scoring. This will encourage a more competitive experience for female members, and benefit USAWA's growth and development as an organization.

Rationale

This proposed rule change will benefit the USAWA and its members in several ways:

- **Offer a more competitive field for women:** Since women are in the minority in this organization, we often have few or no opponents at in-person meets. For example, if a meet draws 23 men and 2 women, the men have a competitive field of 23 people but the women only have a field of 2 people. This rule change would allow all lifters to compete in a field of 25 people.
- **Encourage turnout at in-person meets:** Women made up 25% of the participants in the 2023 postal series, yet typically make up a much smaller percentage of in-person meets. One likely reason is that women are more interested in competing when they know they will have meaningful competition!
- **Encourage growth of USAWA as an organization:** Several members have brought up the need to bring in more women as part of growing our sport. While the USAWA is welcoming to women, the disparity between the number of male and female lifters means that we currently provide a lesser competitive experience for women than we do for men. Incorporating a gender adjustment into our scoring will provide competitive opportunities for women that are more in line with what we currently are able to offer to men.
- **Encourage development of female lifters:** When all lifters are ranked together, each person can see where they stand and, if they choose, focus their training on climbing up the rankings. Male lifters in USAWA already have the ability to see where they stand with respect to most of the rest of the membership. It's time to bring this opportunity to all members of our organization.
- **Build on IAWA's experience with the same scoring formula.** This is not a new, untested idea; it has been part of IAWA's official scoring for many years. USAWA lifters already compete under this scoring when they participate in world events.

At the bottom of this proposal, I answer a few questions that have come up when discussing this potential rule change with other USAWA members.

Proposed change of language

Current rulebook	Change to (new wording in bold)
<p>II. Participants</p> <p>1. Competitions are to be organized for both men and women in separate divisions.</p>	<p>II. Participants</p> <p>1. Competitions are to be organized for both men and women.</p>
<p>IX. Official Scoring</p> <p>1. Official scoring in the USAWA is done using the Lynch Formula that provides an adjustment for a lifter's bodyweight, and an Age Adjustment which provides an adjustment for a lifter's age. After applying both of these adjustments, Age Adjusted Lynch Points are calculated and used to determine the ranking of the competition.</p>	<p>IX. Official Scoring</p> <p>1. Official scoring in the USAWA is done using the Lynch Formula that provides an adjustment for a lifter's bodyweight, an Age Adjustment which provides an adjustment for a lifter's age, and a gender allowance for female lifters. After applying all three of these adjustments, the lifter's Amended Total is calculated and used to determine the ranking of the competition.</p>
<p><i>Add the following language (taken directly from the IAWA rulebook) as a new point 4 after point 3 of the Official Scoring section. Renumber the old point 4 to become point 5, etc.</i></p>	<p>A Gender allowance is given to female lifters, which is 33%, that they can more equally compete against male competitors. A lifter's total is multiplied by the Lynch Formula Factor, then multiplied by any Age Allowance% (plus 33% extra for female lifters). This will find a lifter's Amended Total and will be used to determine the overall rankings of all of the lifters in a competition.</p>

Q & A

Does this mean meet directors cannot give a Best Women's Lifter award?

No, meet directors can still give any awards they choose. This rule change does not take anything away, it just adds the ability to give awards based on overall rankings.

IAWA meets often give men's and women's awards while also calculating gender-adjusted scores.

Is the 33% adjustment fair?

The 33% adjustment is in line with the data we have about men's and women's performances in weightlifting and powerlifting. It is also the same scoring that IAWA has been using for years.

Below I present additional data confirming that the 33% adjustment is appropriate for use in USAWA official scoring.

Comparison to powerlifting formulas

In the Wilks formula for powerlifting, a 150-pound woman lifting a 1000 pound total is equivalent to a 150-pound man lifting a 1325 pound total, for a ratio of 1.325. (Both would receive a 460 point Wilks score).

With DOTS, a 1000 pound total for a 150-pound woman is equivalent to a 1341 pound total for a 150-pound man, giving a ratio of 1.341. (Both would receive a 466 point DOTS score.)

So the 33% adjustment, which is equivalent to a 1.33 ratio, is right in line with the major formulas used in powerlifting.

Comparison to weightlifting records

In Olympic weightlifting, I calculated the ratio between the world and national records for men versus women in comparable weight classes:

- 55kg world record total: 1.26
- 81kg world record total: 1.33
- 55kg US record total: 1.17
- 81kg US record total: 1.41
- Average of all the above: 1.29

This data also provides support for 1.33 being a fair number to use for competition.

Comparison to past USAWA meets

At Nationals 2023, using the 1.33 multiplier would have put me (Beth S.) in 9th place overall, out of 16 lifters. If I hadn't bombed the strict press, I would have finished around 5th overall.

In the Q4 postal from 2023, here's how the top three women would have fared with a 1.33 multiplier:

- Kasey: 6th
 - Beth: 7th
 - RJ: 9th
- (out of 38 lifters)

And the Q3 postal:

- Sylvia: 2nd
 - Beth: 5th
 - Kasey: 7th
- (out of 35 lifters)

In conclusion, the 33% adjustment factor matches the formulas used in powerlifting, is close to the ratio seen between men's and women's records in Olympic weightlifting, and appropriately levels the playing field for women in our organization.

This new rule would give female lifters a 33% adjustment. Beth explained that this is not an untested idea, but has been utilized in the IAWA for some time. Clint made the motion to accept; Eric made the second. Motion passed unanimously.

5. Discuss addition of Saxon Deadlift

The proposed rule reads as follows:

The bar (3" rectangular) must meet the following specifications. The width of the bar must be a minimum of 2.9 inches. There must be no rotation to the sleeves of the bar. There must not be any knurling on the bar. The weight of the bar must be clearly marked. The bar must be straight. The rules of the Deadlift apply.

- 1. A metal rectangular bar of 3" must be used.*
- 2. Time starts when the bar is loaded; the athletes have 60 seconds to complete the lift.*
- 3. No grip aids other than chalk are allowed. Ordinary chalk (magnesium carbonate) may be used on the lifter's hands, but nothing else is permitted (tacky, for example, is specifically disallowed).*
- 4. The bar must be gripped with the knuckles on both hands facing forward (away from the body) with a double overhand grip.*
- 5. The athlete must complete the lift with knees locked, awaiting the referee's down command before returning the bar to the platform while maintaining a grip on or in contact with the bar.*
- 6. Resting the bar on the thighs will disqualify the lift, as would failure to await the down command or dropping the bar*

There was some discussion on whether we need to continue adding new lifts when we have so many as it is. Particularly when there are lifts that are hardly contested. Clint made the motion to accept; Beth made the second. Motion passed by majority vote with three nays from the voting membership.

6. Discuss addition of Bench Press-2 dumbbells

Rules are identical to the Reg Park bench press with dumbbells being used instead of barbells. Similar discussion as above on the need for new lifts. Clint made a motion to accept; Beth made the second. Item passed by majority decision with three dissenting votes.

XIII. Discussion of New Business brought forth by the membership

Beth made a motion that we allow knee sleeves in any lift where knee wraps are already allowed. Clint made the second. Motion passed.

XIV. Discuss restructuring of Secretary/treasurer positions

Proposal is as follows:

Proposal to change USAWA officer structure

Presented by Eric Todd and Beth Skwarecki

We propose that the Secretary/Treasurer position be optionally allowed to be filled by two individuals, a Secretary and a Treasurer. The number of people on the board, which is five, shall not be changed. This proposal also defines the separate duties of the Secretary and Treasurer.

Rationale

This proposed rule change will benefit the USAWA by:

- Allowing the current Secretary/Treasurer workload to be shared by two people
- Allowing these positions to be recombined in the future if appropriate

The secretary will still process forms and maintain records. The treasurer will still maintain the bank account and accept fees such as those for membership and meet sanctions. (See below for specific duties.)

Proposed change of language

Current rulebook	Change to (new wording in bold)
<p>VIII. The Competition</p> <p>3. To be an official sanctioned USAWA event, an application for meet sanction (sanction request) must be completed, signed, and returned with the sanction fee to the USAWA Secretary for approval by the executive board.</p> <p><i>[removing the signature requirement will allow online applications and streamline this process for the Secretary.]</i></p>	<p>VIII. The Competition</p> <p>3. To be an official sanctioned USAWA event, an application for meet sanction (sanction request) must be completed and submitted to the USAWA Secretary. If approved by the executive board, the applicant shall send the sanction fee to the USAWA Treasurer.</p>
<p>ARTICLE 5 – EXECUTIVE BOARD</p> <p>A. The organization will elect a 5-person executive board that will govern the USAWA throughout the year.</p> <p>B. The executive board will consist of these positions: President, Secretary/Treasurer, Vice President, and two at</p>	<p>ARTICLE 5 – EXECUTIVE BOARD</p> <p>A. The organization will elect a 5-person executive board that will govern the USAWA throughout the year.</p> <p>B. The executive board must include a President, Vice President, Secretary, Treasurer, and at least one At-Large member.</p>

<p>large positions.</p>	<p>Two positions may be held by a single person, as in for example a combined Secretary/Treasurer.</p>
<p>ARTICLE 7 - ELECTIONS</p> <p>B. The executive board is elected in this order: President, Secretary/Treasurer, Vice President, two at large positions. Each executive board member position must be elected and voted on individually.</p>	<p>ARTICLE 7 - ELECTIONS</p> <p>B. The executive board is elected in this order: President, Secretary, Treasurer, Vice President, all at large positions. Each executive board member position must be elected and voted on individually.</p>
<p>ARTICLE 9 – DUTIES OF THE SECRETARY/TREASURER</p> <p>A. Attend to all financial matters of the USAWA. This includes receiving all payments, paying all expenses, and keeping an accounting ledger.</p> <p>B. Maintain a Bank Account for the USAWA.</p> <p>C. Take minutes at all meetings, and prepare written minutes that shall be made available to the membership.</p> <p>D. Present a summary of the financial report to the membership at the Annual National Meeting.</p> <p>D. Negotiate all contracts between the USAWA and other organizations and/or companies under the direction of the executive board.</p> <p>E. Keep a membership roster that is available to the membership.</p> <p>F. Issue competition/event sanctions.</p> <p>G. Attend the National Meeting and meetings of the executive board.</p> <p>H. Represent the USAWA at meetings of the IAWA.</p> <p>I. Prepare an annual financial report that shall be made available to the executive board for audit.</p> <p>J. Maintain a list of current member clubs.</p>	<p>ARTICLE 9 - DUTIES OF THE SECRETARY</p> <p>A. Take minutes at all meetings, and prepare written minutes that shall be made available to the membership.</p> <p>B. Keep a membership roster that is available to the membership.</p> <p>C. Issue competition/event sanctions.</p> <p>D. Attend the National Meeting and meetings of the executive board.</p> <p>E. Represent the USAWA at meetings of the IAWA.</p> <p>F. Maintain a list of current member clubs.</p> <p>G. Maintain a list of current certified Officials.</p> <p>H. File any certificates/documents that are required by any federal or state statute.</p> <p>I. Serve on the executive board.</p> <p>ARTICLE 10 - DUTIES OF THE TREASURER</p> <p>A. Attend to all financial matters of the USAWA. This includes receiving all payments, paying all expenses, and keeping an accounting ledger.</p> <p>B. Maintain a Bank Account for the USAWA.</p> <p>C. Present a summary of the financial report to</p>

<p>K. Maintain a list of current certified Officials.</p> <p>L. File any certificates/documents that are required by any federal or state statute.</p> <p>M. Serve on the executive board.</p> <p>π</p>	<p>the membership at the Annual National Meeting</p> <p>D. Negotiate all contracts between the USAWA and other organizations and/or companies under the direction of the executive board.</p> <p>E. Attend the National Meeting and meetings of the executive board.</p> <p>F. Represent the USAWA at meetings of the IAWA.</p> <p>G. Prepare an annual financial report that shall be made available to the executive board for audit.</p> <p>H. Serve on the executive board.</p> <p>[remaining articles to be renumbered as appropriate]</p>
<p>ARTICLE 14 – DUTIES OF THE OFFICIALS DIRECTOR</p> <p>A. Grade Rules Test of applying officials.</p> <p>B. Notify applying Officials whether they passed or failed the Rules Test.</p> <p>C. Submit names of new certified officials to the Secretary/Treasurer.</p> <p>D. Issue Officials Cards.</p>	<p>ARTICLE 14 – DUTIES OF THE OFFICIALS DIRECTOR</p> <p>A. Grade Rules Test of applying officials.</p> <p>B. Notify applying Officials whether they passed or failed the Rules Test.</p> <p>C. Submit names of new certified officials to the Secretary.</p> <p>D. Issue Officials Cards.</p>
<p>ARTICLE 19 - SANCTIONS</p> <p>A. All USAWA Competitions and/or events must be sanctioned.</p> <p>B. The sanction fee is \$30 and must be sent to the Secretary/Treasurer for approval.</p>	<p>ARTICLE 19 - SANCTIONS</p> <p>A. All USAWA Competitions and/or events must be sanctioned.</p> <p>B. The sanction application must be sent to the Secretary for approval. If approved, the sanction fee of \$30 shall be sent to the Treasurer.</p>
<p>ARTICLE 20 – OTHER GENERAL PROVISIONS</p> <p>D. The USAWA headquarters will be located in the town where the Secretary/Treasurer resides or elsewhere only at the direction of the executive board.</p>	<p>ARTICLE 20 – OTHER GENERAL PROVISIONS</p> <p>D. The USAWA headquarters will be located in the town where the Secretary or Treasurer resides or elsewhere only at the direction of the executive board.</p>

Notes

Item 11 under "VIII. The Competition" states that new member applications and fees shall be sent to the Secretary. This is unchanged, since the Secretary can then forward the fees to the Treasurer.

Clint made the motion; Eric made the second. Passed unanimously.

XV. Discuss filling vacated officer positions

1. Secretary: Eric Made the motion that effective immediately, Beth Skwarecki take over in the secretary position. Clint offered the second. Motion passed unanimously.
2. Records director: Eric made a motion that Abe Smith be our new records director; Randy Smith made the second. Motion passed unanimously.
3. Awards director: Eric made a motion that Tony Lupo take over as our new Awards Director. Beth made the second. Passed unanimously

XVI. Accept Bids for the 2025 National Championships

There was one bid for Nationals in 2025 by Clint Poore to hold Nationals in Kentucky. Eric made the motion to accept the bid; Beth made the second. Motion passed unanimously.

XVII. Meeting Adjourned-Sanjiv made a motion that we adjourn the meeting. Meeting was adjourned.

Correction, made 7/13/2024: The proposal for the Bavarian Deadlift was modified before voting to note that the bar used shall be the same as in the Hand and Thigh lift. This was the version voted on. (The original proposal had specified a 12" bar.) Beth Skwarecki and Abe Smith both attest to the correction. Additionally, when the uniform rule was discussed, the membership agreed that our understanding of the meaning of the word "shirt" includes T-shirts. Beth and Abe also both attest to this being what was discussed at the meeting. The minutes have been updated to accurately reflect what was discussed.

About the Secretary and Treasurer positions

[July 4, 2024 Beth Skwarecki](#)

Hey everyone! Beth Skwarecki here, the new Secretary of USAWA. At our [2024 national meeting](#), the membership voted in a new rule that splits the Secretary/Treasurer (formerly one position) into two, a Secretary and a Treasurer. I'd like to explain that change, and include some information on how members will interact with these two roles.

Why the change was needed

Briefly: because the Secretary/Treasurer did a *ton* of work. While the bylaws list five duties performed by the President, four performed by the Vice President, and three performed by At-large board members, there are a whopping *fourteen* duties assigned to the Secretary/Treasurer.

This may be a suitable workload for some people in some circumstances (honestly, I am impressed by everybody who held this position in the past!) but in 2024 we are a growing

organization. Due to this growth, our Secretary/Treasurer has had to deal with increasing numbers of meet sanctions, concerns from membership, etc, while still doing the work of keeping our finances in order.

Eric spoke to me earlier this year to ask if I would be interested in the Secretary/Treasurer position if he were to step down. Upon discussion, we decided to make a proposal to split the roles. This [proposal](#) was presented at the national meeting and passed unanimously.

I'll give an overview of the proposal here, but you can read the full thing in the 2024 national meeting minutes. Several items in the rulebook and bylaws had to be amended, but the most important ones were Article 5, defining the board, and Article 9, defining the duties of the Secretary/Treasurer.

The board still has five members (Article 5)

The Executive Board of the USAWA was, and still is, a group of five people. Under the old bylaws, the board contained these specific five positions:

- President
- Secretary/Treasurer
- Vice President
- At-large member #1
- At-large member #2

With the change, passed during the 2024 national meeting, the board still contains five people, but the four officer roles are separated so that the Secretary and Treasurer are no longer required to be the same person. Any two roles may be combined, so that in the future we could go back to having a combined Secretary/Treasurer if the membership so desires. Or, for example, we could have a President/Secretary and a Treasurer/Vice President plus three at-large members. Any board positions not filled by officers shall be filled by At-large members. There must always be at least one At-large member.

After the membership passed this change to the rules, Eric Todd stepped down as Secretary, while retaining the role of Treasurer. He then nominated me (Beth Skwarecki) to become the new Secretary. (This vote also passed unanimously.) I was already an At-Large member of the board, so the five board seats still belong to the same five people. Next year will be an election year, so this could change. Currently the board seats are as follows (and the positions are elected in this order):

- President (Denny Habecker)

- Secretary (Beth Skwarecki)
- Treasurer (Eric Todd)
- Vice-President (Chad Ullom)
- At-large member (Abe Smith)

Duties of the Secretary and Treasurer (Articles 9 and 10)

The section of the bylaws describing these duties has now been split, with financial duties going to the Treasurer and duties relating to forms, applications, and communication being the purview of the Secretary. Both positions still serve on the board and attend meetings as described in the bylaws.

These are pretty straightforward, but as a member, here are the major things you need to know:

- **Meet sanction applications should be sent to the Secretary; if approved, payment should be sent to the Treasurer.** (We also removed the requirement for a physical signature on the meet sanction form, so applications can be submitted to the Secretary by email.)
- **The Treasurer shall maintain the bank account, negotiate contracts, and perform all other financial duties.**
- **The Secretary shall maintain records, such as the membership roster and meeting minutes.**
- **The Secretary shall receive complaints and grievances** under Article 20, Part C. We also corrected a grammatical error in that rule, so that it now correctly states:

Any appeal, grievance or complaint by a member must be directed in writing to the USAWA Secretary, who will then present the issue to the Executive Board to be decided by majority vote. Failure to follow this protocol will result in appeals, grievances and complaints not being officially recognized.

The rulebook will be updated soon with these and other recent changes. I also plan to write a few more articles explaining other changes that were (or, in the case of knee sleeves, were not) passed by the membership. Please direct any questions or official communication to me at bethskw@gmail.com.

USAWA Teeth Lifting

[July 8, 2024 Beth Skwarecki](#)

by Sanjiv Gupta

DEVELOP YOUR NECK



You can get rid of that scrawny neck and skinny face!

Teeth Lifting builds a strong, muscular neck and manly, square jaws. Improve your facial appearance. Promotes dental health, The YORK TEETH LIFTER can hold over 500-pounds! Each one custom made, send impression of teeth on piece of cardboard. Complete with chain\$5.95

Classic Advertisement (from USAWA website)

The teeth lift is a USAWA Special Equipment Lift which originated from old-time performing strongmen. Per a USAWA website article, Warren Lincoln Travis performed a 350 pound teeth lift with his hands behind his neck.

The current record list shows 15 USAWA athletes with records on the books. Mary McConnaughey leads the women with a 130-pound lift in 2005, followed by RJ with a 54-pound lift in 2017. The somewhat more crowded men's field has Steve Schmidt in the lead with a 390-pound lift in 2005, followed by Eric Todd with a 300-pound lift in 2023. The other 11 athletes in the books have records between 13 and 203 pounds dating back to 1999. Art Montini has the most records in the book with 8 records (all 100 pounds or more) set in the 70-90 year old age classes.



Art Montini with his Teeth Bit (from USAWA website)

The last time it was contested in a meet was the 2022 Dino Gym Challenge, where among the 4 athletes participating only one had a successful teeth lift, Dean Ross at 39 pounds.

The teeth lift is essentially a neck exercise, but you still have to be hold onto the weight with your teeth. Similar to a deadlift, your grip may fail before your posterior chain can no longer lift the weight.

The teeth bit is a very personal device. Not because of the design or the shape of athlete's choppers, but more because it is difficult to sanitize and kind of familiar to share un-sanitized. Most of the designs I have seen are made from leather. Leather is pliable enough to bite your teeth into, but also sturdy enough to hold 300 pounds.

I fabricated one based on the classic dog-bone template, folding the leather back on itself, gluing the two halves together to secure a D-ring and adding some additional leather and rivets for more security. I did not use any specific medical grade of food safe glue. I just used whatever Tandy Leather had on hand that I could borrow. This seemed to be the traditional design. If I made another one, I would not include the riveted section. On one teeth lift, the bit slipped in my mouth and put a lot of pressure on my front tooth. It would have been better to have the bit just freely escape my mouth.



The author's teeth bit

[IAWA World Postal Championships](#)

[July 8, 2024 Al Myers](#)

By Al Myers, IAWA President

MEET ANNOUNCEMENT

2024 IAWA WORLD POSTAL CHAMPIONSHIPS

The IAWA World Postal Championships has been announced! It will still be the “Andy Goddard Memorial”. Andy was a great friend and supporter of the IAWA and as long as I’m involved promoting the World Postal Championships it will be done in Andy’s memory. As it has been the past few years, the lifts for this World Postal will be the first day lifts of the upcoming Worlds. Read the the info sheet as it outlines the “rules of the competition”. Send your results to me at amyers@usawa.com. Also, please send in the official entry form with your club results. If you have more club entries than on the entry form just include extra entry forms.

INFORMATION SHEET (PDF) –

2024 IAWA WORLD POSTAL CHAMPIONSHIPS INFORMATION SHEET

RULES OF THE COMPETITION

1. The due date for entry is AUGUST 31st. Make sure your lifts are completed and sent to me by that time. My email is: amyers@usawa.com
2. The lifts chosen for this event are the Clean and Push Press, Continental Clean to Belt, One Hand Dumbbell Clean and Jerk, and the Cheat Curl. The rules for these lifts are outlined in the USAWA and IAWA(UK) Rulebooks, which are available on the website. Make sure to list the hand used in the one handed lifts on the entry form. The chosen lifts represent the lifts performed on the first day of the 2024 IAWA World Championships!
3. If you live in a country that has an organized All Round Weightlifting organization that is affiliated with the IAWA you must be a current member of that organization to enter. Make sure to join before you lift in this World Postal Championships.
4. All lifts by a lifter must be performed on the same day. Record this date on the ENTRY FORM.
5. Please enter your results in kilograms on the scoresheet. List only your best legal lift performed. Do not record misses. Also list your age in years and your BWT (bodyweight) in kilograms. Your bodyweight must be weighed on the day your lifts are performed.
6. Make sure you PRINT the names of the one to three officials used for each lifter as well as having the officials sign the scoresheet. Officials must be current certified officials in their All Round Weightlifting organization. Three officials are required for IAWA records. At least one official is required for entering.
7. As per any meet and as OUTLINED in the rulebooks, you get three attempts. These must be declared and adhered to. If a 4th attempt for record is done this must be made clear on the ENTRY FORM.
8. The Scoresheet accommodates up to 6 lifters, but if more than that participate from a club simply add another scoresheet. You do not need to be part of a club to enter the World Postal Championships but Club recognition will be given to the top scoring clubs. Scoring rankings will be done for both individuals and for clubs.
9. Please write CLEARLY on the scoresheet, and fill out the scoresheet completely!
10. Remember this postal championship is ran on the HONOR SYSTEM. Be truthful in your efforts, and feel good about giving your best performance in an honorable manner. If everyone does that – the future of this meet is strong! Thank you for your participation and support of the IAWA!!

2024 2nd Quarter Postal Results

July 9, 2024 Beth Skwarecki

We had 34 lifters compete in this quarter's postal: 22 men and 12 women. Barry Bryan was the top lifter this quarter. Thanks to all the lifters that took part.

Dates: April 1 thru June 30, 2024

Lifts: PUSH PRESS FROM RACK, HACK LIFT- ONE HAND, and PULLOVER- BENT ARM

Results are below.

USAWA 2024 - 2nd QUARTER POSTAL

We had 34 lifters compete in this quarter postal. 22 men and 12 women. Barry Bryan was the top lifter this quarter. Thanks to all the lifters that took part.

April 1 thru June 30, 2024

The Lifts – PUSH PRESS FROM RACK, HACK LIFT- ONE HAND, and PULLOVER- BENT ARM

ALL LIFTS ARE IN POUNDS- RECORDS ARE MARKED WITH AN *

Name	AGE	BDWT	Class	P. Press	Hack	Pullover	Total	Points
Barry Bryan	66	186 LBS.	85KG.	165*	182-R	138*	485	578.52
R.J. Jackson	62	104 Lbs.	50KG.	96	146-R	56	298	560.26
Travis Luther	31	168 Lbs.	80KG.	175	250-R	135*	560	554.51
Abe Smith	42	183 Lbs.	85KG.	235*	195-R	135*	565	547.26
Jeff Wenzel	49	227 Lbs.	105KG.	205*	250-R*	135*	590	541.52
Anthony Hose	55	220 Lbs.	100 KG.	200*	200-L*	140*	540	531.24
Randy Smith	69	195.6 Lbs.	90 KG.	135	200-R*	95*	430	521.46
Jeffrey Frieders	54	197 Lbs.	90 KG.	135*	180-R	155*	470	487.26
David DeForest	64	172 Lbs.	80 KG.	120*	200-L*	75*	395	481.94
Sylvia Stockall	66	150 Lbs.	70 KG.	120	90-R	67	277	475.04
Tony Lupo	58	231 Lbs.	105 KG.	170*	150-L*	140*	460	451.93
Eric M. Todd	49	273 Lbs.	125 KG.	200	155-R	185	540	451.20
Jarod Fobes	47	214 Lbs.	100 KG.	135*	205-L*	135*	475	441.79
Denny Habecker	81	178 Lbs.	85 KG.	72	121-R*	72*	265	400.36
Stacy Todd	41	190 Lbs.	90 Kg.	89*	155-R*	75*	319	396.41
Lilly Todd	14	153 Lbs.	70 KG.	78*	115-R*	50*	243	390.75
Phoebe Todd	13	132 Lbs.	60 KG.	75*	95-R*	40*	210	386.61
Spencer Wenzel	17	125 Lbs.	60 KG.	85*	145-R*	65*	295	376.06
Sonjiv Gupta	53	207.5Lbs.	95 KG.	125*	135-L	90*	350	349.36
Everett Todd	11	96 Lbs.	45 KG.	50*	80-R*	35*	165	334.13
Lisa Gore	58	209 Lbs.	95 KG.	80*	115-R*	55*	250	331.36
Ashley Stearns	43	196 Lbs.	90 KG.	185*		155	340	319.58

Logan Wenzel	9	59 Lbs.	30 KG.	25	45-R*	15*	85	304.16
Elijah Conley	17	171 Lbs.	80 Kg.	100*	115-L*	75*	290	298.37
Crystal Diggs	37	165 Lbs.	75 KG.	76*	101-L*	46*	223	297.09
Bill Clark	91	201 Lbs.	95 KG.	22	115-R	43	180	285.63
Nisha Gupta	15	83.4 Lbs.	40 KG.	45*	35-R*	20*	100	260.90
Jessica Hopps	40	204 Lbs.	95KG.	85*	135-L*		220	260.57
Patrick Hadley	52	220 Lbs.	100KG.	140*		129*	269	257.79
Clint Poore	50	247.6 Lbs.	115 KG.	135		155*	290	256.71
Allison Lupo	58	193 Lbs.	90 KG.	50*	90-R*	40*	180	249.52
Diya Gupta	17	91.1 Lbs.	45 KG.	40*	40-R*	25*	105	232.33
Janet Thompson								
	66	164 Lbs.	75 KG.	45*	55-R*	25*	125	202.44
Phoenix Jackson								
	9	76 Lbs.	35 KG.	20	33-L*	10*	63	164.94

LIFTERS WITH NO CERTIFIED OFFICIAL- Sylvia Stockall, Eric Todd, and Bill Clark

Results: Colorado Springs Mini Meet

July 9, 2024 Beth Skwarecki

Below are the results from the Colorado Springs Mini Meet held on June 13, 2024.

MEET DETAILS**Mini Meet**

Colorado Springs CO

July 8th, 2024

Meet Director: RJ Jackson**Officials:** One official system used. Crystal Diggs and RJ Jackson**Lifts (5):** Side Press Left and Right, Bench Press—Roman Chair, Anderson Press, Kennedy Lift**MEET RESULTS:**

<u>Lifter name</u>	<u>Age</u>	<u>Age Group</u>	<u>Bwt</u>	<u>Wt Cl.</u>	<u>Sex</u>
Crystal Diggs	37	Overall	165#	75k	Female
RJ Jackson	62	60-64	104#	50k	Female

<u>Lifter name</u>	<u>Side</u>	<u>BP</u>	<u>Anderson</u>	<u>Kennedy</u>	<u>Total</u>
	<u>Press</u>	<u>RC</u>	<u>Press</u>	<u>Lift</u>	<u>Lifted</u>
Crystal Diggs	30R 25L	46	96	251	448
RJ Jackson	40R 35L	81	121	376	653

Notes:

All lifts: recorded in pounds

Bwt: bodyweight recorded in pounds

Total: total pounds lifted

Wt. Cl.: body weight class in kilograms

Records SessionCrystal Diggs

Leg Press, Self Loaded: 51#

Judd Clean and Jerk: 66#

Squat, One Leg, right: 10#

Kelly Snatch: 33#

Lano Lift: 51#

RJ Jackson

Clean and Press: 83#

Two Hands Anyhow: 65#

Deadlift, Fingers, Little: 46#

Deadlift, 2 dumbbells: 160#

Clean and Press, 2 dumbbells: 60#

Old Time Strongman ChampionshipJuly 10, 2024 KCSTRONGMAN

By Eric Todd



Mike Lucht in the Apollon's Lift

We at KCSTRONGMAN and the House of Iron and Stone will be hosting the thirteenth installment of the Old Time Strongman Championship. The address is Turney, Missouri, but the exact location is God's Country USA. As usual it will be in early September. We have no running water, but do have an outhouse. We will try to knock down all the spider webs for you. We have no air-conditioning, but if the weather has typically been tolerable for this meet.

The meet does have a strong history. It started back in 2011, when Thom VanVleck held it at his house near Kirksville, MO. The next year it was held in the gym of an old school, and has been at my location ever since. There has been a bit of parity in the men's division. Chad Ullom has been the most prolific with three titles under his belt. Greg Cook and myself follow with two titles apiece, with five other lifters having won a championship apiece. The women's division has had only four ladies claim the championship. Phoebe Todd has won the past four times. Prior to that Heather Tully/Gardner won three, with two other female lifters winning a title apiece.

We have typically had a decent turnout for this meet; hopefully this year does the same. The following are the details:

Meet Director: Eric Todd

Location: 10978 SW Pueblo, Turney, MO 64493

Weigh Ins: 9:30

Rules: 10:15

Lifting starts: 10:30

Lifts: Apollon's Lift, Habecker Lift, Saxon Snatch, Kennedy Lift

Awards: We will have awards for the lifters

2024 National Championship Meet Results

July 10, 2024 Beth Skwarecki

The 2024 USAWA National Championship [was held in Columbia, Missouri](#) last week. Bill Clark, who hosted the meet, writes:

THE CHAMPIONS REIGN – BETH AND ABE RETAIN TITLES

There was little doubt after the initial event that Beth Skwarecki and Abe Smith would retain their national titles – and so it was – with 18 lifters on hand – the same as the meet drew in 2023.

Clark's Gym, the meet sponsor for the second year in a row and the fifth time dating back to 1995, 1997 and 2001, won the team title by sweeping the first six places on the men's side and two of the top four women.

Randy Smith, who came from Upper Michigan, was the men's runner-up, followed by a pair of newcomers to the Nationals – Philip Marlin in third and Jeff Wenzel in fourth.

Lisa Gore, a gym member for less than two months, took third behind Beth and Stacy Todd. Allison Lupo was a close fourth.

The four Todd kids – two girls and two boys from the homes of Eric and Chris Todd – put on a great demonstration of both skill and strength and showed the flexibility and feel for the game that predicted a bright future – maybe in the Olympic Lift game as well as the odd lifts.

One of the negatives of the championship weekend was the failure of Kevin Fulton to free himself from weather-related farm problems to make it to the meet that was to honor him as a founding leader in the USAWA – the guy for whom the Fulton Bar was named.

Two of the old-timers who have been around for more than three decades were on hand. John Carter finished sixth overall and Denny Habecker, from Lebanon, Pa., was in seventh place. Habecker was the oldest lifter in the meet at 81. He brought along a guest – Steve Gardner, the long-time leader of the IAWA-UK – the British version of the USAWA.

Results are in the attached document.

THE RESULTS OF THE WEEKEND

USAWA NATIONAL CHAMPIONSHIPS - 2024

Clark's Gym (American Legion Post 202)

Columbia, Missouri

29 -30 June 2024

				Clean			Deadlift
MEN				Press	Pullover	Hack	Ciavattone
Name	Bwt	Age		Fulton	Press	Lift	Fulton
Abe Smith	83.2	42		215	295	375	320
Randy Smith	88.5	69		115	175	330	270
Phillip Marlin	133.6	29		215	305	485	305
Jeff Wenzel	110	49		170	225	370	275
David DeForest	78.6	64		105	140	300	205
John Carter	84.9	65		100	135	315	225
Denny Habecker	83	81		80	140	170	210
Sanjiv Gupta	93.8	53		125	115	235	260
Tony Lupo	109	58		135	250	150	210
Lance Foster	109.1	58		75	115	205	185

				Snatch				
				One Arm	Zercher	Total	Lynch	Adjusted
				Barbell	Lift	Weight	Points	Lynch
Abe Smith	130 L		350			1685	1583.39	1630.9
Randy Smith	85 L		305			1280	1161.34	1509.75
Phillip Marlin	125 R		350			1785	1308.05	1308.05
Jeff Wenzel	75 R		330			1445	1165.68	1282.25

David DeForest	65 R	235	1050	1020.92	1276.14
John Carter	50 R	250	1075	998.35	1257.92
Denny Habecker	40 R	165	805	757.59	1075.77
Sanjiv Gupta	65 R	235	1035	908.32	1035.48
Tony Lupo	75 L	150	970	786.19	935.56
Lance Foster	50 R	185	815	660.23	785.68

WOMEN			Clean	Deadlift		
Name	Bwt	Age	Press	Pullover	Hack	Ciavattone
			Fulton	Press	Lift	Fulton
Beth Skwarecki	67.9	43	100	130	295	200
Stacy Todd	88	41	70	125	200	150
Lisa Gore	98.6	58	75	95	100	135
Allison Lupo	90	58	40	60	140	120

			Snatch			
	One Arm	Zercher	Total	Lynch	Adjusted	
	Barbell	Lift	Weight	Points	Lynch	
Beth Skwarecki	55 R	225	1005	1073.74	1116.69	
Stacy Todd	50 L	210	805	732.31	746.95	
Lisa Gore	25 R	90	520	444.08	528.46	
Allison Lupo	20 L	65	445	399.65	475.59	

JUNIOR BOYS			Clean	Deadlift		
Name	Bwt	Age	Press	Pullover	Hack	Ciavattone
			Fulton	Press	Lift	Fulton

Everett Todd	46.3	12	40	60	125	80
Leroy Todd	57.5	13	50	60	170	100

Snatch

	One Arm	Zercher	Total	Lynch	Adjusted
	Barbell	Lift	Weight Points		Lynch
Everett Todd	30 R	100	435	627.01	833.92
Leroy Todd	30 R	100	510	613.43	766.79

				Clean		Deadlift	
JUNIOR GIRLS				Press	Pullover Hack	Ciavattone	
Name	Bwt	Age		Fulton	Press	Lift	Fulton
Lily Todd	72.6	14		60	100	175	110
Phoebe Todd	61.8	13		50	65	140	115

Snatch

	One Arm	Zercher	Total	Lynch	Adjusted
	Barbell	Lift	Weight Points		Lynch
Lily Todd	35 R	170	650	664.63	797.55
Phoebe Todd	35 R	120	525	598.71	748.39

Thanks to Tony Lupo for handling the Excel form above.

NOTE: The only lifter to have a change in bodyweight on the second day that would affect records was Allison Lupo, who dropped from 200 lbs. to 198.0.

Successful fourth attempts for record:

Randy Smith – Deadlift – Ciavattone with Fulton Bar – 280.

Denny Habecker – Zercher Lift – 190.

Denny Habecker – Pullover and press – 150.

Abe Smith – Clean and press – Fulton bar – 225.

Officials: All those registered officials in attendance – Skwarecki, Eric Todd, Chris Todd, Clark, Lupo, Habecker, Abe Smith, Clint Poore, Randy Smith, DeForest and Gupta. If I missed someone, they were still qualified.

Loaders – four graduate students from Ghana and Nigeria who are in the University of Missouri College of Agriculture, Foods, and Natural Resources – where Kerry Clark is the international director. They were joined on Day Two by John Carter.

Meet director – Bill Clark. Emcee – same guy.

RECORD DAY

Denny Habecker. Age – 81. Bwt – 182.6 lbs.

Deadlift – Ciavattone – left hand – 125.

Deadlift – Ciavattone – right hand – 125.

Deadlift – Fulton bar – 230.

Abe Smith. Age – 42. Bwt – 183 lbs.

Clean and press – middle fingers – 105.

Saxon snatch – 87.5

Jeff Wenzel. Age – 49. Bwt – 242.0 lbs.

Jefferson lift – Index fingers – 155.

Jefferson lift – little fingers – 100.

Jefferson lift – middle fingers – 155.

Jefferson lift – ring fingers – 145.

Rectangular fix – 75.

Dave DeForest. Age – 64. Bwt – 173 lbs.

Jefferson lift – Index fingers – 95.

Jefferson lift – little fingers – 85.

Jefferson lift - middle fingers – 145.

Jefferson lift – ring fingers – 115.

Ziegler clean – 60.

Phil Marlin. Age – 29. Bwt – 294.

Deadlift – one-legged – 225.

Beth Skwarecki. Age – 43. Bwt – 149.4 lbs.

Saxon snatch – 47.

Snatch – hang – 120.

Lunge squat – 95.

Side press – left – 45.

Side press – right – 45.

Plus (IAWA lift only). Not a USAWA lift.

Two-hand snatch - 115.

Sanjiv Gupta. Age – 53. Bwt – 206.4 lbs.

Teeth lift – 75.

Saxon snatch – 57.

Lunge squat – 95.

Side press – left – 45.

Side press – right – 45.

Randy Smith. Age – 69. Bwt – 195.6 lbs.

Clean and press – middle fingers – 95.

Ziegler clean – 95.

Saxon Snatch – 77.5.

Full Gardner – 45.

Jefferson lift – 350.

Lisa Gore. Age -58. Bwt. – 217 lbs.

Bear hug – 106.

Side press- left -30.

Side press – right – 35.

Allison Lupo. Age 58. Bwt – 200 lbs.

Bear hug – 105.

Jefferson lift - Fulton bar – 125.

Jefferson lift – Index fingers – 65.

Jefferson lift – Middle fingers – 65

Deadlift – 12-inch Base (Team) - 405

Tony Lupo. Age – 58. Bwt – 239.8 lbs.

Side press – left – 75.

Side press – right – 45.

Judd Clean and Jerk – 35.

Ziegler Clean – 65.

Deadlift – 12-inch Base (Team) – 405.

The "team" was a family affair – Allison and Tony Lupo – husband and wife. (The family that deadlifts together stays together).

SPECIAL WEAVER STICK COMPETITION

WOMEN

Forward (both lengths of suspension)

1 - Stacy Todd – two pounds.

2 – Lisa Gore – two pounds.

3 – Beth Skwarecki – 1.5 pounds

Junior

1 – Lilly Todd – one pound.

Backward

1 – Beth Skwarecki – 2.5 pounds.

2 – Stacy Todd – 2.5 pounds.

MEN

Forward only – right hand with USAWA length cord.

1 – Jeff Wenzel – 4.5 pounds.

2 – John Carter – 3.5 pounds.

3 – Tony Lupo – 3.5 pounds.

4 – Phil Marlin – 3.5 pounds

5 – Sanjiv Gupta – 2.5 pounds.

Interestingly – handedness made no difference nor did length of cord.

Five pounds remains the goal of the best among us.

2025 USAWA NATIONALS (Albany, KY)

July 13, 2024 Beth Skwarecki



NOTE CHANGE IN LOCATION – DALE HOLLOW IS UNABLE TO HOST US AS PLANNED. THE COMPETITION VENUE AND HOTEL HAVE BOTH BEEN CHANGED. (Updated 4/4/2025)

SATURDAY, JULY 19, 2025

LOCATION: BUFFVILLE COLOSSEUM

2608 North Highway 127 Business

Albany, KY 42602

WEIGH-INS: SATURDAY, JULY 19TH @ 8 AM – 9:30 AM ,

NATIONALS LIFTING: 10:00 AM (CENTRAL STANDARD TIME)

THE LIFTS:

- HACKENSCHMIDT FLOOR PRESS
- DINNIE LIFT
- SAXON DEADLIFT
- DUMBBELL TO SHOULDER

ENTRY DEADLINE – JULY 1, 2025 – Late entries will not be accepted. (***NOTE CHANGE IN DEADLINE, NOW 7/1 NOT 7/5***)

ENTRY FEE: 60 dollars and you must register online at the link provided: <https://www.eventbrite.com/e/usawa-nationals-2025-tickets-946795770637>

CONTACT INFORMATION: clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: Memberships are required for all participants prior to the meet. Please go to [USAWA.COM](https://www.usawa.com) to purchase your memberships prior to the meet.

AWARDS: Best Lifter Awards to the overall male & female champion, Masters Best Lifter for male & female & medals for all lifters. Each lifter will receive a USAWA NATIONALS t-shirt. You must give your t-shirt size on the online entry form

SCHEDULE:

FRIDAY – SKD (SOUTHERN KENTUCKY DISTILLERY) tour & Kentucky Bourbon tasting at 2 pm

FRIDAY – USAWA National Meeting at 5 pm at South Kentucky Distillery.

SATURDAY – 2025 USAWA NATIONALS at Buffville Colosseum

HOTEL – BAYMONT INN phone #(606) 387-7238. You must call the Baymont Inn to receive the group rate. You will not receive the group rate if you book online by a third party.

Group code is USAWA

The Baymont Inn has a block of 20 rooms for the USAWA for 139 dollars plus tax per night, more rooms can be added if necessary.

You must call to the Baymont Inn to make a reservation with the group code. This is peak season for Lake Cumberland and Dale Hollow Lake and the rooms will be held until June 8th. After June 8, the group code will no longer be available. Due to being the peak season for travelers, each reservation must be for two nights, Friday & Saturday night. This is a destination location for travelers and you must book before the deadline of June 8th. If you wait to the last minute you may not get a room.

LOCAL TOUR: We are scheduling a Bourbon tasting tour at **SKD (Southern Kentucky Distillery)** on Friday. If you are interested in going on a tour of the local Bourbon Distillery and doing some Kentucky Bourbon tasting, please let me know.

USAWA (Age Adjusted) Lynch Factor – Part III

July 15, 2024 Beth Skwarecki

by Sanjiv Gupta

In [Part I](#) and [Part II](#), I presented my understanding of Age and Weight correction history and boldly suggested that we do away with these corrections. That is not practical as it is not aligned with our international governing body the IAWA.

In Part III, I will be outlining the categories of lifts as broken down in the 11th Edition of the Rulebook and correlate those lifts with adjustment factor models.

Categories of Lifts:

Bar Lifts – Presses, Squat and Deadlift variations can be reasonably compared using Schwartz or Wilks.

Bar Lifts – Cleans and Snatches can be reasonably compared using Sinclair or Robi.

Bar Lifts – Misc is where things really fall apart. I have not found any basis for weight-based performance in curls, fixes or pullovers.

Dumbbell Lifts – Can likely be compared in a manner of the barbell equivalent. All-round is the only sports body contesting the crucifix, swing or side press is small.

Fulton Bar Lifts – Can likely be compared in a manner of the barbell equivalent, but athletes with larger hand size and/or grip strength will perform better.

Heavy Lifts – The oldest lifts in the USAWA based on existing records, but I am least familiar with these. As a layperson, it seems obvious that heavier lifters would do remarkably better on heavy lifts. The difference would be more dramatic than on the barbell lifts.

Old-Time Strongman Lifts – These are in a class of their own and have been contested for just over a decade. Any analysis is fraught with risk. Plate size, loading, fixed dumbbells could all have an impact on the performance of these lifts.

Special Equipment Lifts – I would argue that access to equipment and coaching plays a larger role in success in these lifts than age or weight.

In 2023 there were (27) sanctioned events in the results section. (7) were record only events. Of the remainder, the (5) postal events are true to all-round (excluding heavy lifts, old-time strongman and special equipment lifts). Of the remaining (15), (5) were balanced, (3) were OTSM focused, (3) were powerlifting focused, (2) were heavy lift focused, and (2) were grip focused.

Anecdotally, I have talked to several athletes who avoid overhead movement, deadlifts, squats or other lifts based on shoulder issues and back issues among other physical ailments. We are an all-volunteer, just-for-fun organization. No company will be sponsoring the best all-round weightlifter.

When using total poundage (age adjusted Lynch or not), performance in heavy lifts will dominate the results. To recognize winners by gender, junior, senior, master, I would prefer

scoring based on the percentage of the lift relative to the maximum lift that event. For example:

Athlete A:

2000 pound Hip Lift, 5 pound Weaver, 180 pound Bench Press – Feet In Air

2000 is heaviest lift = 100 points; 5 is 91% of 5.5 = 91 points; 180 is 90% of 200 = 90 points

Total poundage 2185; score $100 + 91 + 90 = 281$

Athlete B:

1800 pound Hip Lift, 6 pound Weaver, 200 pound Bench Press – Feet in Air

Total poundage 2006; score $90 + 100 + 100 = 290$

Percentage of lift should be a stable comparison over time.

The IAWA currently uses a Blindt factor to compare different lifts. The Blindt factors have to be updated periodically (published in 2018, 2019 and 2021 by Chris Bass). I have not seen the math behind the development of the original Blindt factors.

[Rulebook – 12th Edition](#)

[July 21, 2024 Beth Skwarecki](#)

The 12th edition of the [Rulebook](#) has been published. This includes all rule changes, bylaw changes, and new lifts from the 2024, 2023, and 2022 national meetings.

Notable changes include:

- Tank tops are now allowed in competition.
- Knee sleeves are still disallowed on most lifts, but they are now allowed on the three lifts (Anderson squat, front squat, 12" base squat) that allow knee wraps.
- Official scoring now uses a gender adjustment (same as IAWA scoring) so that men and women can be ranked together.
- Secretary and Treasurer roles have been separated into two positions.
- Aspiring officials may use up to 2 video tests to achieve their 3 required practical sessions (one in-person session is still required).
- Level 1 officials may substitute up to 15 meets from other organizations such as USA Weightlifting or USA Powerlifting toward their 25-meet qualification for Level 2.

- Meets may be held remotely or hybrid, at the meet director's discretion. This does not apply to the National Championship.
- The host of the National Meeting may choose to allow virtual attendance.
- The minimum size of a platform is now 8×8 feet (not 8×12).
- Blocks or plates [may be used under a lifter's feet on bench presses](#).
- The membership fee, after many years at \$25, has been increased to \$35.

New lifts include:

- Bavarian deadlift (2024)
- Bench press, 2 dumbbells (2024)
- Jefferson finger lifts (2022)
- Saxon deadlift (2024) – note that this uses a metal saxon bar, different from the wooden one used for the Saxon snatch.

NEWCOMER OF THE YEAR AWARD

July 25, 2024 [KCSTRONGMAN](#)

By Eric Todd

The newcomer award is described as such:

This award goes to an individual who is new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.



Chip Hultquist

This year's newcomer of the year, runner up went to Chip Hultquist out of Buffville Gym in Kentucky. Chip was the Buffville Push/Pull champion at 73 years old.

This year's first place winner in the newcomer of the month category is Jeff Wenzel out of Clark's Gym in Columbia, MO. Jeff was third place in the Zercher Strength Classic. He was tied for tenth in our 2023 Postal series, having lifted well in all four legs of the series. He also took second place in the Schmidt's Backbreaker Pentathlon, losing only to Heavy Lifter extraordinaire, John Carter.

Congrats to the both of you; well deserved!

Sportsmanship Award winners

July 25, 2024 KCSTRONGMAN

By Eric Todd

The Sportsmanship award reads as follows:

This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by a specific example of exceptional sportsmanship.



Chris "Leroy" Todd performs a People's Deadlift at the OTSM Championship

This year's runner-up in this category is Chris Todd. Chris was also selected as runner-up for this award back in 2022. Though a fine lifter in his own right, he maintains a pleasant demeanor no matter how the chips fall. Chris will help anyone out on or off the platform.



Sanjiv Gupta completing a Bench Press-1 arm

The winner in this category this year is Sanjiv Gupta from Colorado. Sanjiv is relatively new to the USAWA, but has become an immediate contributor. He has started his own club and has already put on meets., Sanjiv took the test and completed his practical training sessions and became a level one certified official. He even took on the daunting task of helping out our record keeper. Through all of this, Sanjiv maintains a positive

attitude. He always has a kind word to share and is always there to help out. Congrats guys! Well deserved!

Leadership award

July 28, 2024 KCSTRONGMAN

By Eric Todd

The description for the Leadership Award is as follows:

This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.



Clint Poore, Buffville Gym

The winner in this category is Clint Poore. Clint has been tireless in his efforts to grow the USAWA. He has fielded a very successful club, Buffville Gym. He has been an instrumental member in the USAWA advisory committee. Clint was responsible for bringing back the Old Time Strongman World Championship, for which the participation was high. Outside of that, he has hosted the following meets since the 2023 National Meet: Buffville Road to the Century Club, Buffville Road to the Century Club 2, Buffville Road to the Century Club 3, Buffville Cup III, Buffville Road to the Century Club IV, Buffville Cup II, Buffville Cup IV, the Hackendinnie Cup, and the Hackendinnie Classic. He even had his bid to host the National Championship in 2025 accepted at the national meeting. Congrats Clint, well deserved.

Winning second in this category was yours truly.

Results: Buffville's Road to the Century Club 5 (Record Day)

August 2, 2024 Beth Skwarecki

LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY

MEET DIRECTOR: CLINT POORE

REFEREES: ASHLEY STEARNS, PATRICK HADLEY, CLINT POORE (ONE OFFICIAL SYSTEM)

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

ASHLEY STEARNS – 44 YEARS OLD – BODYWEIGHT (86.65 KILOS) – 90 KILO WEIGHT CLASS

BENCH PRESS, 2 DUMBBELLS 310 LBS

SAXON DEADLIFT 145 LBS

GOERNER STROLL 378 LBS

BAVARIAN DEADLIFT 425 LBS

PATRICK HADLEY – 53 YEARS OLD – BODYWEIGHT (100.65 KILOS) – 105 KILO WEIGHT CLASS

BENCH PRESS, 2 DUMBBELLS 250 LBS

GOERNER STROLL 238 LBS

BAVARIAN DEADLIFT 285 LBS

SAXON DEADLIFT 115 LBS

CLINT POORE – 50 YEARS OLD – BODYWEIGHT (110.7 KILOS) – 115 KILO WEIGHT CLASS

BENCH PRESS, 2 DUMBBELLS 270 LBS

BAVARIAN DEADLIFT 455 LBS

SAXON DEADLIFT 130 LBS

GOERNER STROLL 338 LBS

SAXON SNATCH 64 LBS

REMOTE LIFTING LIFTERS WITH CERTIFIED USAWA REFEREE

STACY TODD – 41 YEARS OLD – BODYWEIGHT (87.09 KILOS) – 90 KILO WEIGHT CLASS

REFEREE – CHRIS TODD

BENCH PRESS, HANDS TOGETHER 100 LBS

CLEAN & PRESS, DUMBBELLS 66 LBS

BENCH PRESS, FEET IN AIR 125 LBS

CRUCIFIX 46 LBS

CURL, CHEAT 115 LBS

HIGH COUNTRY VIGOUR REFEREES – SANJIV GUPTA & JARROD FORBES (ONE OFFICIAL SYSTEM)

NISHA GUPTA – 15 YEARS OLD – BODYWEIGHT (39.69 KILOS) – 40 KILO WEIGHT CLASS
DEADLIFT, FULTON, CIAVATONNE GRIP 75 LBS

DIYA GUPTA – 17 YEARS OLD – BODYWEIGHT (43.50 KILOS) – 45 KILO WEIGHT CLASS
SAXON DEADLIFT 50 LBS

KIM VANWAGNER – 57 YEARS OLD – BODYWEIGHT (58.11 KILOS) – 60 KILO WEIGHT CLASS
SAXON DEADLIFT 80 LBS

JARROD FORBES – 47 YEARS OLD – BODYWEIGHT (99.79 KILOS) – 100 KILO WEIGHT CLASS
BENCH PRESS, ONE ARM, LEFT 105 LBS
JEFFERSON LIFT, MIDDLE FINGERS 150 LBS
SAXON DEADLIFT 115 LBS
JEFFERSON LIFT, INDEX FINGERS 140 LBS
JEFFERSON LIFT, RING FINGERS 100 LBS

SANJIV GUPTA – 53 YEARS OLD – BODYWEIGHT (93.12 KILOS) – 95 KILO WEIGHT CLASS
SAXON DEADLIFT 100 LBS
JEFFERSON LIFT, RING FINGERS 55 LBS
SNATCH, FULTON BAR 95 LBS

CLARK'S GYM REFEREES – BILL CLARK, DAVE DEFOREST, TONY LUPO (3 OFFICIAL SYTEM USED)

DAVE DEFOREST – 64 YEARS OLD – BODYWEIGHT (78.5 KILOS) – 80 KILO WEIGHT CLASS
CURL, STRICT 80 LBS
CURL, WRIST 150 LBS
DEADLIFT, INCH DUMBBELL, LEFT 78 LBS
DEADLIFT, INCH DUMBBELL, RIGHT 88 LBS
DEADLIFT, INCH DUMBBELLS 146 LBS

TONY LUPO – 58 YEARS OLD – BODYWEIGHT (105.5 KILOS) – 110 KILO WEIGHT CLASS
SIDE PRESS, DUMBBELL, LEFT 85 LBS
SIDE PRESS, DUMBBELL, RIGHT 55 LBS
CURL, WRIST 150 LBS
DEADLIFT, INCH DUMBBELLS 156 LBS

ALLISON LUPO – 58 YEARS OLD – BODYWEIGHT (87 KILOS) – 90 KILO WEIGHT CLASS

WEAVER STICK 1.5 LBS
SIDE PRESS, DUMBBELL, RIGHT 20 LBS
SIDE PRESS, DUMBBELL, LEFT 20 LBS
ZIEGLER CLEAN 40 LBS

JEFF WENZEL – 49 YEARS OLD – BODYWEIGHT (103 KILOS) – 105 KILO WEIGHT CLASS

PULL UP 25 LBS
PIPER SQUAT 155 LBS
DEADLIFT, STIFF LEGGED 255 LBS
SIDE PRESS, BAR, LEFT 75 LBS
SIDE PRESS, BAR, RIGHT 100 LBS

TRAVIS LUTHER – 31 YEARS OLD – BODYWEIGHT (75 KILOS) – 75 KILO WEIGHT CLASS

CHIN UP 65 LBS
PULL UP 45 LBS
DEADLIFT, STIFF LEGGED 255 LBS

TONY LUPO & ALLISON LUPO – MIXED PAIR – 58 YEARS OLD (BOTH) – 110 KILO WEIGHT CLASS

TEAM PEOPLE'S DEADLIFT 555 LBS

Jackson Weightlifting Club Record Day

August 3, 2024 Beth Skwarecki

Thom Van Vleck will be hosting a record day at Jackson Weightlifting Club. He writes:

I am hosting a record day at the Jackson Weightlifting Club Training Hall (my basement gym) on Oct 19. This will be after my Highland Games so I'm looking to start around 4pm and we'll go until no one is left!

- Please let me know if you plan to attend and what lifts you will attempt. My email is thomvanvleck1@gmail.com if you want to ask if I have the equipment you need. If not you are welcome to bring your own. I do have a lot!
- There is no entry for this. Memberships will be taken if you aren't up to date.
- I will have awards. A wooden mallet (Thor's Hammer) for all entrants that set a record in Thor's hammer and a small anvil for other entrants that break a record. A hail and hardy handshake for those that try and fail.
- If weather permits I'll have a bonfire/campfire after dark so bring a lawn chair.

Date: October 19, 2024

Time: 4 p.m. to 9 p.m.

Location: JWC Training Hall, 23958 Morgan Road, Green Top, MO, 63546

Results: New England Heavy Lift Classic 2024

August 10, 2024 Beth Skwarecki

Frank's Barbell Club		
2024 New England Heavy Lift Classic		
Results are as follows:		
2024 New England Heavy Lift Classic		
Frank's Barbell Club, East Walpole, Massachusetts		
August 3rd, 2024		
Meet Director: Frank Ciavattone		
Meet Announcer/Score Keeper: Frank Ciavattone		
Officials (3 official system used)		
Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond		
All lifts recorded in pounds and kilos		

Dan Jones	Age: 40 Weight: 198# Male 90Kg Class 40+ Masters
Wade Marchand	Age: 55 Weight: 165# Male 75Kg Class 55+ Masters
Frank Ciavattone	Age: 69 Weight: 274# Male 125Kg Class 65+ Masters
Nils Larson	Age: 65 Weight: 253# Male 115Kg Class 65+ Masters
Jessica Hopps	Age: 40 Weight: 206# Female 95Kg Class 40+ Masters
Maverick O'Neil-Butters	Age: 17 Weight: 137# Male 65Kg Class 16-17 Juniors
Mason O'Neil-Butters	Age: 17 Weight: 140# Male 65Kg Class 16-17 Juniors
Lexi Ordonez	Age: 16 Weight: 154# Female 70Kg Class 16-17 Juniors
Carl Puzin	Age: 67 Weight: 227# Male 105Kg Class 65+ Masters

Lifter	Lift	#	Kg		
Dan Jones	Neck Lift	400	181.4		
	Hand and Thigh Lift	800	362.8		
	Hip Lift	1650	748.4		
	Total	2850	1292.6		
Wade Marchand	Neck Lift	190	86.2		
	Hand and Thigh Lift	0	0		
	Hip Lift	1110	503.4		
	Total	1300	589.6		
Frank Ciavattone	Neck Lift	375	170		
	Hand and Thigh Lift	700	317.5		
	Hip Lift	1525	691.7		
	Total	2600	1179.2		
Nils Larson	Neck Lift	350	158.7		
	Hand and Thigh Lift	700	317.5		
	Hip Lift	1650	748.4		
	Total	2700	1224.6		

Jessica Hopps		Neck Lift	250	113.4		
		Hand and Thigh Lift	600	272.2		
		Hip Lift	1110	503.4		
		Total	1960	889		
Maverick O'Neil-Butters		Neck Lift	240	108.8		
		Hand and Thigh Lift	450	204.1		
		Hip Lift	1100	499		
		Total	1790	811.9		
Mason O'Neil-Butters		Neck Lift	130	58.9		
		Hand and Thigh Lift	420	190.5		
		Hip Lift	400	181.4		
		Total	950	430.8		
Lexi Ordonez		Neck Lift	150	68		
		Hand and Thigh Lift	275	124.7		
		Hip Lift	600	272.1		
		Total	1025	464.8		
Carl Puzin		Neck Lift	210	95.3		
		Hand and Thigh Lift	700	317.5		
		Hip Lift	1100	499		
		Total	2010	911.8		

Results – TWO-FISTED CHALLENGE AND RECORD DAY

August 21, 2024 Beth Skwarecki

August 10-11, 2024 Clark's Gym (and assorted sites)						
WOMEN			AGE	BWT	DL-IF-L	DL-IF-R
Lisa	Gore		58	212.4	60	60
Kim	VanWagner		57	128.1	50	50
Allison	Lupo		58	193	45	50
MEN						
john	Carter		65	185	75	120
LaVerne	Myers		80	219	91	91
Dave	DeForest		64	175	65	75
Jeff	Wenzel		49	234	85	85
Abe	Smith		42	185	100	95
Tony	Lupo		58	233.5	100	100
Bill	Clark		91	201	45	45
Sanjiv	Gupta		53	205	60	60
Jarrods	Fobes		47	218.6	0	0

WOMEN			DL-LF-L	DL-LF-R	MF-MF-L	DL-MF-R
Lisa	Gore		35	35	60	65
Kim	VanWagner		28	28	50	50
Allison	Lupo		20	22	50	55
MEN						
john	Carter		55	75	150	140
LaVerne	Myers		61	61	101	101
Dave	DeForest		65	65	100	100
Jeff	Wenzel		90	90	120	120
Abe	Smith		70	70	130	130
Tony	Lupo		50	50	100	95
Bill	Clark		35	45	45	45
Sanjiv	Gupta		30	30	-70	70
Jarrods	Fobes		0	0	0	0

			DL-RF-L	DL-RF-R	DL-TH-L	DL-TH-R
WOMEN						
Lisa	Gore		45	45	35	35
Kim	VanWagner		43	45	28	33
Allison	Lupo		25	35	25	35
MEN						
John	Carter		110	150	35	45
LaVerne	Myers		91	91	61	61
Dave	DeForest		75	115	45	45
Jeff	Wenzel		115	115	65	60
Abe	Smith		135	115	70	70
Tony	Lupo		80	80	50	60
Bill	Clark		45	45	20	20
Sanjiv	Gupta		40	40	35	35

WOMEN			DL-IF-2H	DL-LF-2H	DL-MF-2h	DL-RF-2H
Lisa	Gore		90	40	75	105
Kim	VanWagner		55	15	60	25
Allison	Lupo		60	20	65	20
MEN						
John	Carter		125	100	250	200
LaVerne	Myers		120	90	150	120
Dave	DeForest		125	95	125	115
Jeff	Wenzel		215	130	230	215
Abe	Smith		135	60	225	70
Tony	Lupo		160	65	100	185
Bill	Clark		70	30	70	70
Sanjiv	Gupta		85	55	95	55
Jarrood	Fobes		85	55	105	65

WOMEN		TOTAL	ADJ. PTS.
Lisa	Gore	790	816.48
Kim	VanWagner	560	786.55
Allison	Lupo	487	528.53
MEN			
John	Carter	1630	1917.84
LaVerne	Myers	1290	1669.88
Dave	DeForest	1307	1582.29
Jeff	Wenzel	1585	1432.29
Abe	Smith	1475	1418.68
Tony	Lupo	1265	1230.62
Bill	Clark	630	1084.81
Jarrold	Fobes	495	413.93

NOTE:							
Left off the above summary were three lifts by Jarrod Fobes:							
Finger left thumb - 30							
Finger right thumb - 45							
Finger right ring - 110.							
NOTE:							
The following were fourth attempts for record - all successful.							
Kim Van Wagner							
Finger - left index - 52.5							
Finger - right index - 52.5.							
Finger - left thumb - 29.0							
Finger - right index - 52.5							
Finger - right middle - 52.5							
Finger - right ring - 48.							
Finger - right thumb - 35.							
Deadlift - fingers middle - 65.							
Deadlift - fingers ring - 30.							

Jarrood Fobes					
Deadlift – fingers middle – 115.					
OFFICIALS:					
For LaVerne Myers – Al Myers.					
For Colorado lifters – Sanjiv Gupta and Jarrod Fobes.					
For Clark's Gym lifters – Abe Smith, Dave DeForest, and Bill Clark, Tony Lupo.					
This was a single official competition.					

RECORD DAY					
SANJIV GUPTA. AGE – 53. BWT – 205					
Seated press from rack – 95.					
Seated press from rack behind neck – 85.					
Snatch on knees – 85.					
Deadlift, Fulton, left – 95.					
Deadlift, Fulton, right -m 95.					
Official – Jarrod Fobes					
DAN WAGMAN. AGE – N/A. BWT – 175.4					
Squat lunge – 210.					
Rectangular fix – 125					
Weaver stick – front, right – 6.0					
Bench press, one arm, right – 131.					
Finger – middle, right – 210					
Official – RJ Jackson.					

LAVERNE MYERS. AGE 80. BWT - 219.					
Inch dumbbell - left - 120.					
Inch dumbbell right - 120.					
Fulton dumbbell left - 160.					
Fulton dumbbell right - - 160					
Official - Al Myers					
FROM CLARK'S GYM. Officials same as above.					
BILL CLARK. AGE - 91. BWT - 201					
Deadlift - Fulton bar - left - 70.					
Deadlift - Fulton bar - right - 70					
Deadlift - Fulton bar - 140.					
Deadlift - - Fulton bar, Ciavattone - 125.					
Rim lift - 145.					
JEFF WENZEL. AGE - 49. BWT - 234					
Side press - barbell - left - 85.					
Side press - barbell - right - 95.					
Dead lift - 3-inch bar - 355.					
Side press - dumbbell right - 95.					
Piper lift - 235.					
JOHN CARTER. AGE 65. BWT - 185.5					
Clean and jerk -dumbbell left - 40.					
Clean and jerk -two dumbbells -90.					
Cyr press - 50.					
Deadlift - Inch dumbbell left - 87.					
Deadlift - Inch dumbbell right - 102.					
DAVE DeFOREST. AGE - 64. BWT - 175.					
Deadlift - Fulton bar left - 101.					
Deadlift - Fulton - dumbbell right - 170.					
Cheat curl - dumbbell right - 60.					
Deadlift - Fulton dumbbell left - 170.					
Deadlift - two Fulton dumbbells - 270					
ABE SMITH. AGE - 42. BWT - 185					
3-inch bar deadlift - 385.					

LISA GORE. AGE - 58. BWT - 212.					
Cyr press - 50.					
Deadlift - vertical bar, one bar, oneinch - left - 122.5					
Deadlift - vertical bar, one bar, oneinch, right - 122.5					
Deadlift - vertical bar, one bar,Two-inch, left - 114.					
Deadlift - vertical bar, one bar,Two-inch, right - 114.					
ALLISON LUPO. AGE - 58. BWT 193					
Deadlift - vertical bar, one bar -oneinch, left - 87.5					
Deadlift - vertical bar, one bar -oneinch, right- 87.5					
Deadlift - vertical bar, two bars, one inch -165.					
Deadlift - vertical bar - one bar - 2inch - left - 71.					
Peoples deadlift - male/female - 600					
TONY LUPO. AGE - 58. BWT - 234					
Jefferson - little fingers - 65.					
Jefferson - ring fingers - 100.					
Jefferson - index fingers - 120.					
Jefferson - middle fingers - 130					
Peoples deadlift - male/female-600.					

Results – 2024 New England Heavy Lift Classic

August 21, 2024 Beth Skwarecki

2024 New England Heavy Lift Classic
 Frank's Barbell Club, East Walpole, Massachusetts
 August 3rd, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

All lifts recorded in pounds and kilos

Dan Jones Age: 40 Weight: 198# Male 90Kg Class 40+ Masters

Wade Marchand Age: 55 Weight: 165# Male 75Kg Class 55+ Masters

Frank Ciavattone Age: 69 Weight: 274# Male 125Kg Class 65+ Masters

Nils Larson Age: 65 Weight: 253# Male 115Kg Class 65+ Masters

Jessica Hopps Age: 40 Weight: 206# Female 95Kg Class 40+ Masters

Maverick O'Neil-Butters Age: 17 Weight: 137# Male 65Kg Class 16-17 Juniors
Mason O'Neil-Butters Age: 17 Weight: 140# Male 65Kg Class 16-17 Juniors
Lexi Ordonez Age: 16 Weight: 154# Female 70Kg Class 16-17 Juniors
Carl Puzin Age: 67 Weight: 227# Male 105Kg Class 65+ Masters

Lifter Lift # Kg

Dan Jones Neck Lift 400 181.4
Hand and Thigh Lift 800 362.8
Hip Lift 1650 748.4
Total 2850 1292.6

Wade Marchand Neck Lift 190 86.2
Hand and Thigh Lift 0 0
Hip Lift 1110 503.4
Total 1300 589.6

Frank Ciavattone Neck Lift 375 170
Hand and Thigh Lift 700 317.5
Hip Lift 1525 691.7
Total 2600 1179.2

Nils Larson Neck Lift 350 158.7
Hand and Thigh Lift 700 317.5
Hip Lift 1650 748.4
Total 2700 1224.6

Jessica Hopps Neck Lift 250 113.4
Hand and Thigh Lift 600 272.2
Hip Lift 1110 503.4
Total 1960 889

Maverick O'Neil-Butters Neck Lift 240 108.8
Hand and Thigh Lift 450 204.1
Hip Lift 1100 499
Total 1790 811.9

Mason O'Neil-Butters Neck Lift 130 58.9
Hand and Thigh Lift 420 190.5
Hip Lift 400 181.4
Total 950 430.8

Lexi Ordonez Neck Lift 150 68
Hand and Thigh Lift 275 124.7
Hip Lift 600 272.1
Total 1025 464.8

Carl Puzin Neck Lift 210 95.3
Hand and Thigh Lift 700 317.5
Hip Lift 1100 499
Total 2010 911.8

Results – 2024 USAWA KENTUCKY OPEN RECORD DAY

August 21, 2024 Beth Skwarecki

LOCATION: SOMERSET, KENTUCKY

MEET DIRECTOR: CLINT POORE

REFEREES: CLINT POORE, ASHLEY STEARNS, HOLLAND MILLSAPS, JARROD GADDIS

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

MICHAEL COTNEY – 51 YEARS OLD – BODYWEIGHT (106.6 KILOS) – 110 KILO WEIGHT CLASS

DEADLIFT, NO THUMBS 315 LBS

DEADLIFT, 12" BASE 345 LBS

ALEXANDRIA MCDONALD – 17 YEARS OLD – BODYWEIGHT (52.0 KILOS) – 55 KILO WEIGHT CLASS

VAN DAM LIFT 45 LBS

SAXON DEADLIFT 45 LBS

CALEB DAY – 31 YEARS OLD – BODYWEIGHT (119.9 KILOS) – 120 KILO WEIGHT CLASS

SAXON DEADLIFT 200 LBS

RANDY RICHEY – 62 YEARS OLD – BODYWEIGHT (107.2 KILOS) – 110 KILO WEIGHT CLASS

SAXON DEADLIFT 100 LBS

BAVARIAN DEADLIFT 325 LBS

DAVID CORBIN – 31 YEARS OLD – BODYWEIGHT (99.9 KILOS) – 100 KILO WEIGHT CLASS

SAXON DEADLIFT 135 LBS

JACOB TRAXLER – 28 YEARS OLD – BODYWEIGHT (84.4 KILOS) – 85 KILO WEIGHT CLASS

BAVARIAN DEADLIFT 440 LBS

HOLLAND MILLSAPS – 43 YEARS OLD – BODYWEIGHT (125.00 KILOS) – 125 KILO WEIGHT CLASS

BAVARIAN DEADLIFT 505 LBS
SAXON DEADLIFT 165 LBS

ALLEN FAGG – 46 YEARS OLD – BODYWEIGHT (148.5 KILOS) – 125+ KILO WEIGHT CLASS
BAVARIAN DEADLIFT 530 LBS
SAXON DEADLIFT 180 LBS

TEAM DEADLIFTS

ALEXANDRIA MCDONALD & ALLEN FAGG – FEMALE/MALE – 125+ KILO WEIGHT CLASS – ALL DIVISION
TEAM DEADLIFT 485 LBS

RANDY RICHEY & RICKY DICKERSON – MALE/MALE – 110 KILO WEIGHT CLASS – 65-69 AGE GROUP DIVISION
TEAM DEADLIFT 600 LBS

Results – 2024 USAWA KENTUCKY OPEN

August 22, 2024 Beth Skwarecki



LOCATION: SOMERSET, KENTUCKY
MEET DIRECTOR: CLINT POORE
REFEREES: ASHLEY STEARNS, PATRICK HADLEY, HOLLAND MILLSAPS, JARROD GADDIS, CLINT POORE

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHT IN KILOS

NAME, AGE, BODYWEIGHT, WEIGHT CLASS, HACKENSCHMIDT FLOOR PRESS,
PEOPLES DEADLIFT, TOTAL LBS, TOTAL POINTS, PLACE

WOMEN'S DIVISION

ALEXANDRIA MCDONALD 17 52 55 KG 140 200 340 463.53 1
MINDY HASTE 33 67.8 70 KG 0 335 335 357.54 2

MEN'S DIVISION

JARROD GADDIS 47 130 125+ KG 436 630 1066 854.13 1
NOAH DABBS 41 122 125+ KG 355 700 1055 823.32 2
ASHLEY STEARNS 44 83.4 85 KG 315 505 820 801.56 3
RICKY DICKERSON 66 88.2 90 KG 275 405 680 790.24 4
HOLLAND MILLSAPS 43 125 125 KG 385 650 1035 782.56 5
JACOB TRAXLER 28 84.4 85 KG 275 550 825 768.24 6
JEFF TRENT 55 145.1 125+ KG 315 625 940 768.19 7
CALEB DAY 31 119.9 120 KG 300 650 950 733.11 8
JAMES HALL 53 90 90 KG 400 300 700 716.28 9
ALLEN FAGG 46 148.5 125+ KG 330 625 955 712.23 10
JERRY WILSON 56 85.8 90 KG 230 410 640 690.69 11
RANDY RICHEY 62 107.2 110 KG 220 420 640 642.91 12
GREG COOPER 49 142.6 125+ KG 305 460 765 597.63 13
TOBIAS ORTEGA 44 69.1 70 KG 195 315 510 564.62 14
MICHAEL COTNEY 51 106.6 110 KG 225 375 600 550.43 15
DAVID CORBIN 31 99.9 100 KG 155 425 580 491.61 16
TIM PAUL 64 133.3 125+ KG 155 350 505 462.71 17
DONNIE HASTE 34 157.9 125+ KG 0 505 505 342.29 18
CLINT POORE 50 111.6 115 KG 425 505 930 825.84 19

SPECIAL OLYMPICS DIVISION

DAVID PAUL 28 97.4 100 KG 250 250 500 429.6 1

2024 USAWA KENTUCKY OPEN

LOCATION: SOMERSET, KENTUCKY

MEET DIRECTOR: CLINT POORE

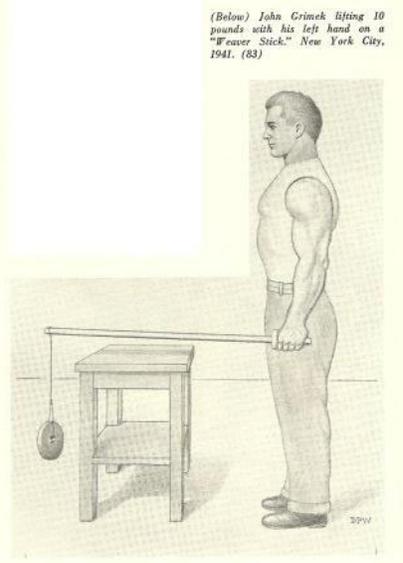
REFEREES: ASHLEY STEARNS, PATRICK HADLEY, HOLLAND MILLSAPS, JARROD GADDIS, CLINT POORE

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHT IN KILOS

NAME	AGE	BODYWEIGHT	WEIGHT CLASS	HACKENSCHMIDT FLOOR PRESS	PEOPLES DEADLIFT	TOTAL LBS	TOTAL POINTS	PLACE
WOMEN'S DIVISION								
ALEXANDRIA MCDONALD	17	52	55 KG	140	200	340	463.53	1
MINDY HASTE	33	67.8	70 KG	0	335	335	357.54	2
MEN'S DIVISION								
JARROD GADDIS	47	130	125+ KG	436	630	1066	854.13	1
NOAH DABBS	41	122	125+ KG	355	700	1055	823.32	2
ASHLEY STEARNS	44	83.4	85 KG	315	505	820	801.56	3
RICKY DICKERSON	66	88.2	90 KG	275	405	680	790.24	4
HOLLAND MILLSAPS	43	125	125 KG	385	650	1035	782.56	5
JACOB TRAXLER	28	84.4	85 KG	275	550	825	768.24	6
JEFF TRENT	55	145.1	125+ KG	315	625	940	768.19	7
CALEB DAY	31	119.9	120 KG	300	650	950	733.11	8
JAMES HALL	53	90	90 KG	400	300	700	716.28	9
ALLEN FAGG	46	148.5	125+ KG	330	625	955	712.23	10
JERRY WILSON	56	85.8	90 KG	230	410	640	690.69	11
RANDY RICHEY	62	107.2	110 KG	220	420	640	642.91	12
GREG COOPER	49	142.6	125+ KG	305	460	765	597.63	13
TOBIAS ORTEGA	44	69.1	70 KG	195	315	510	564.62	14
MICHAEL COTNEY	51	106.6	110 KG	225	375	600	550.43	15
DAVID CORBIN	31	99.9	100 KG	155	425	580	491.61	16
TIM PAUL	64	133.3	125+ KG	155	350	505	462.71	17
DONNIE HASTE	34	157.9	125+ KG	0	505	505	342.29	18
CLINT POORE	50	111.6	115 KG	425	505	930	825.84	19
SPECIAL OLYMPICS DIVISION								
DAVID PAUL	28	97.4	100 KG	250	250	500	429.6	1

Changes to Weaver Stick rules

August 29, 2024 Beth Skwarecki



Hey folks, the Executive Board is making a few small changes to the rules around the Weaver Stick lift, to resolve some discrepancies in how it's written in the rulebook versus how the records have historically been kept. We are not changing the rules of how the lift is performed (you can [read more about the rules and their history here](#)), just the way attempts are made and records are kept.

Handedness

The Weaver Stick is a one-handed lift, but unlike most other one-handed lifts, records have not been kept for right and left hands separately. If we were to start keeping right and left handed records, we would need to do something about the current records that do not indicate which hand they were set with. In the end the Executive Board (EB) decided it would be best to keep the records as they are, and change the rulebook to grant the Weaver Stick an exception to the handedness rule. **Weaver Stick records will continue to be kept without a left or right hand designation.**

Increases between weights

Another discrepancy lies in the use of fractional weights for the Weaver Stick. As anyone who has done it will know, an increase of, say, half a pound from one attempt to another is quite substantial. Fractional pounds are generally not allowed in the record book, but requiring Weaver Stick records to be broken by a full pound in weight was deemed by the EB to be inappropriate. **Fractional pounds will continue to be allowed for Weaver Stick attempts and records. The minimum weight by which to exceed a record shall be 1/4 of a pound.**

Forward and reverse directions

Finally, the Reverse Weaver Stick lift has not had its own entry in the rulebook, but the rulebook does state that records shall be kept for this lift in the reverse direction as well

as the forward direction. To the best of the board members' knowledge, past records were all done in the forward direction, but we also know that several Weaver Stick lifts at 2024 Nationals were done in the reverse direction and noted as such. **The Reverse Weaver Stick lift shall be added to the rulebook and record book.**

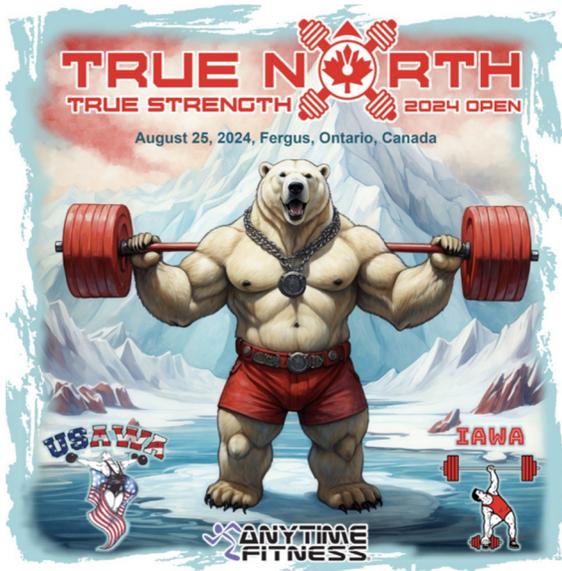
In taking these actions, the board is doing our best to honor the tradition in which this lift has been done, while also maintaining consistency in the rules in our rulebook. We expect these changes to allow for the Weaver Stick lift to be officiated and recorded appropriately going forward, in a way that provides minimal disruption to the existing records. These changes will be made in a forthcoming edition of the Rulebook.

(A procedural note: Significant rule changes are normally done with a vote at the Annual Meeting, but according to the rules of the USAWA such a vote is only required for changes to the Bylaws and for approving new lifts. The EB has the authority to make all other appropriate and reasonable changes. That said, the membership may overrule EB decisions by majority vote. If anybody has questions or concerns about this rule change, please direct those to the Secretary at bethskw@gmail.com.)

True North True Strength 2024 Open: A Celebratory Milestone in Canadian Weightlifting [RESULTS]

August 30, 2024 Beth Skwarecki

by Chris Frappier



The True North True Strength 2024 Open was a truly exhilarating event that set a new benchmark in Canadian weightlifting. Held at Anytime Fitness in Fergus, Ontario, on

Sunday, August 25, 2024, this USAWA-sanctioned international competition marked a historic first for Canada, and it was nothing short of spectacular.

With 20 athletes—16 from Canada and four from the United States—the event was a vibrant showcase of both seasoned lifters and enthusiastic newcomers. Remarkably, aside from Chris Frappier and his son Kyle Frappier, all the Canadian athletes were making their debut in a USAWA event. The atmosphere buzzed with energy, with around 40 to 50 spectators, including gym members and family, adding to the excitement. The crowd's thunderous cheers not only lifted the lifters' spirits but also created a thrilling challenge, making it a bit tough for them to catch the officials' "down" command.

Clint Poore, from the USA, added a special touch as the event emcee. His deep-toned voice, Southern Kentucky charm, and infectious sense of humor amplified the event's excitement and kept the audience engaged throughout the day. His vibrant presence made the event even more memorable and enjoyable.

The competition was nothing short of extraordinary, featuring the Hackenschmidt Floor Press and the Trap Bar Deadlift. Clint Poore set a new national record with an impressive 430-pound Hackenschmidt Floor Press. Five Canadian women made history by setting or breaking world records: Alix McGregor, Aimee Young, Amanda Martinoni, Judy Hutchison, and Denise Bowen. On the men's side, the Trap Bar Deadlift also saw two world records rewritten: one by Clint Poore, who surpassed his own record, and another by Chris Frappier, who shattered a 20-year-old record with a phenomenal 500-pound lift. Additionally, Beth Skwarecki and Allison Lupo from the USA set national records, with Beth also establishing a world record in the Trap Bar Deadlift. A complete list of the results from the main competition: "True North True Strength 2024 Open" and the "True North True Strength Record Session A" listed below this article. Both competitions were USAWA sanctioned events.

Music played a crucial role in maintaining high energy levels throughout the competition. A special Spotify playlist featuring songs submitted by the athletes themselves added a personal touch and kept everyone motivated. The "True North True Strength 2024 Open" official competition playlist is available on Spotify, allowing everyone to relive the electrifying atmosphere of the event.

The day was filled with personal bests and inspiring moments. We witnessed 78-year-old Alix McGregor from Canada competing for the first time and setting a world record in the Trap Bar Deadlift for her age and bodyweight division. Not to be outdone, 79-year-old Joe Somfay, also from Canada, achieved an impressive three world records in the afternoon records session. Canadian athletes collectively set 18 world records, while American competitors added another eight to the tally.

The afternoon record session provided an opportunity for athletes to attempt world records across over 200 possible lifts. Chris Frappier, who organized the event in honor of his late mother and to support women in the sport, reflected on the day's success

with pride. The event was a celebration of incredible achievements and a testament to the strength and unity of the weightlifting community.

We extend our heartfelt gratitude to our local Centre Wellington community sponsors whose support made this event possible: Anytime Fitness (Fergus location), ALCO Visuals, Grand River Physiotherapy, co-operators Craig Janzen & Associates Inc., Graham A. Giddy Funeral Homes Ltd., Wightman Telecom, Two Wheel Motorsport, YOUTOPIA Medical Spa, Station Earth, Summit Laser and Manufacturing Ltd., and H&R Machine. Special thanks also go to our event sponsors: Popeye's Supplements (Guelph location), Nemesis Grips, and Inclusive Fitness. Your support was instrumental in making this event a grand success.



A big thank you to our dedicated volunteers—Paula Frappier, Tommy Forsythe, Chris Garland, and Gerry & Teresa Brummelhuis—whose hard work and dedication were crucial in ensuring the smooth running of the event. Your contributions were deeply appreciated.

We are also incredibly grateful to our officials, Beth Skwarecki, Tony Lupo, and Clint Poore, who traveled from the USA to officiate the event. Their commitment, passion, and expertise were essential in making the competition a resounding success.

For more event-related posts and content, follow @truenorth_truestrength on Instagram or Chris Frappier on Facebook.

If you're interested in participating in future weightlifting events, check out the "Upcoming Events" list on the USAWA website at USAWA or visit IAWA for more information.

The True North True Strength 2024 Open will be cherished not only for its record-breaking feats but also for the inspiring spirit and community that defined this unforgettable day.

Overall Results

True North True Strength		Date: August 25, 2024		Lift #1: Hackenschmidt Floor Press	Lift #2: Trap Bar Deadlift							
Lifter	Age	Age-Group	Weight Class (KG)	Best Lift (Pounds)	Best Lift (Pounds)	Total Weight Lifted (Pounds)	Lynch Points	Female Rank	Male Rank	Gender Equity Points	Gender Equity Rank	
Clint Poore	50	50 - 55	115	430	475	905	807.36		1	807.36	1	
Beth Skwarecki	43	40 - 44	70	225	305	530	596.62	1		793.50	2	
Chris Frappier	59	55 - 59	95	265	472	737	776.15		2	776.15	3	
Matt Black	36	Open	115	350	525	875	691.25		3	691.25	4	
Jamie Smith	42	40 - 44	95	275	475	750	678.80		4	678.80	5	
Adam Balch	26	Open	115	330	525	855	676.99		5	676.99	6	
Cameron McColeman	23	Open	60	230	330	560	654.92		6	654.92	7	
Tony Lupo	58	55 - 59	110	300	350	650	633.57		7	633.57	8	
Denise Bowen	60	60 - 64	65	125	220	345	458.94	2		610.40	9	
Nathan Joyes	42	40 - 44	100	215	450	665	593.85		8	593.85	10	
Jeremy Law	44	40 - 44	120	265	455	720	592.55		9	592.55	11	
Aimee Young	48	45 - 49	65	130	240	370	443.39	3		589.71	12	
Joe Somfay	79	75 - 79	85	150	285	435	574.35		10	574.35	13	
Nathaniel Koudijs	27	Open	95	225	415	640	564.03		11	564.03	14	
Amanda Martinoni	39	Open	80	125	225	350	339.78	4		451.15	15	
Cory Harwood	30	Open	65	180	210	390	432.94		12	432.94	16	
Judy Hutchison	50	50 - 54	115	125	235	360	321.60	5		427.73	17	
Alix McGregor	78	75 - 79	55	45	125	170	301.61	6		401.15	18	
Allison Lupo	58	55 - 59	90	75	190	265	285.20	7		379.32	19	
Kyle Frappier	21	Open	100	175	0	175	148.33		13	148.33	20	

National records (US)

Lift: Hackenschmidt Floor Press

#	Name	Country	Gender	KG Class	Age	Weight (lbs)	Weight (kg)	Record Type
1	Beth Skwarecki	USA	F	70 KG	40+	245	111.1	National
2	Clint Poore	USA	M	115 KG	50+	430	195.0	national

Lift: Trap Bar Deadlift

#	Name	Country	Gender	KG Class	Age	Weight (lbs)	Weight (kg)	Record Type
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1	Beth Skwarecki	USA	F	70 KG	40+	305	138.3	National
2	Allison Lupo	USA	F	90 KG	55+	200	90.7	National
3	Clint Poore	USA	M	115 kg	50+	475	215.5	National

World records

Lift: Trap Bar Deadlift

#	Name	Country	Gender	KG Class	Age	Weight (lbs)	Weight (kg)	Record Type
1	Beth Skwarecki	USA	F	70 KG	40+	305	138.3	World
2	Aimee Young	CANADA	F	65 KG	45+	255	115.7	World
3	Alix McGregor	CANADA	F	55 KG	75+	130	59.0	World
4	Judy Hutchison	CANADA	F	115 KG	50+	240	108.9	World
5	Denise Bowen	CANADA	F	65 KG	60+	230	104.3	World
6	Clint Poore	USA	M	115 KG	50+	475	215.5	World
7	Chris Frappier	CANADA	M	95 KG	55+	500	226.8	World

Record session

Lift	Name	Country	Gender	KG Class	Age	Weight (lbs)	Weight (kg)
Turkish Getup	Beth Skwarecki	USA	F	70 KG	40+	50	22.7
Reflex Clean &	Beth Skwarecki	USA	F	70 KG	40+	115	52.2

Push Press							
One Hand (Left) Mix Team Deadlift with Chris Frappier	Beth Skwarecki	USA	F	95 KG	40+	405	183.7
One Hand (Left) Mix Team Deadlift with Beth Skwarecki	Chris Frappier	CANADA	M	95 KG	40+	405	183.7
Team Deadlift (Mix) with Tony Lupo	Allison Lupo	USA	F	110 KG	55+	450	204.1
Team Deadlift (Mix) with Allison Lupo	Tony Lupo	USA	M	110 KG	55+	450	204.1
Turkish Getup	Tony Lupo	USA	M	110 KG	55+	10	4.5
Clean & Push Press – 2 Dumbbells	Tony Lupo	USA	M	110 KG	55+	100	45.4
Turkish Getup	Amanda Martinoni	CANADA	F	80 KG	Open	50	22.7
Dumbbell Walk (Right Hand)	Amanda Martinoni	CANADA	F	80 KG	Open	48	21.8
Turkish Getup	Aimee Young	CANADA	F	65 KG	45+	62	28.1
Dumbbell Walk	Aimee Young	CANADA	F	65 KG	45+	50	22.7

(Right Hand)							
Turkish Getup	Denise Bowen	CANADA	F	65 KG	60+	35	15.9
Dumbbell Walk (Right Hand)	Denise Bowen	CANADA	F	65 KG	60+	36	16.3
Turkish Getup	Nathan Joyes	CANADA	M	100 KG	40+	70	31.8
Overhead Squat	Nathan Joyes	CANADA	M	100 KG	40+	115	52.2
Shanks Lift (Dinnie Deadlift)	Joe Somfay	CANADA	M	85 KG	75+	285	129.3
Dumbbell Walk (Right Hand)	Joe Somfay	CANADA	M	85 KG	75+	50	22.7
Dumbbell Walk (Left Hand)	Joe Somfay	CANADA	M	85 KG	75+	50	22.7

Updated 9/2/2024 to correct the trap bar record list. Amanda Martinioni's 4th attempt for record was incorrectly recorded as a successful lift, and this has now been corrected.

[About the IAWA Gold Cup](#)

[August 31, 2024 Beth Skwarecki](#)



A young Al Myers of the USA is presented with the Howard Prechtel Memorial Trophy at the 2013 IAWA Gold Cup. Al won with an outstanding Power Row of 145 kilos.

With so many new people having joined USAWA in the past few years, and now a [brand new crop of world record holders in Canada](#), I'd like to highlight a very special upcoming meet all our members should know about: the [2024 IAWA Gold Cup](#), to be held on November 2 in Norwood, MA, near Boston.

The Gold Cup is an **international record breaker event**, where lifters choose an IAWA lift to contest. The catch is that all attempts, even your opener, must be done at a record breaking poundage. The winner is the person who does the most impressive lift, as calculated through Blinert coefficients. (More on the scoring in a minute.)

The Gold Cup is not held on US soil very often; in other years you might have to fly to Australia or the UK to compete. But for 2024, the Gold Cup is coming to us, and is being hosted in Norwood, Massachusetts, presented by Frank's Barbell Club. [The full information on how to enter the Gold Cup is here, including information about the banquet and recommendations for local hotels.](#)

How the Gold Cup works

There are two eligibility requirements for lifters to compete in the Gold Cup.

1. You must be a member of IAWA or an affiliate (if you are a USAWA member, you're good)
2. You must already hold an IAWA world record (but if you do not hold a world record, you can still compete in the Silver Cup)

The day begins (after weigh-ins) with the **Silver Cup**, a choose-your-own-lift competition for those who do not already hold an IAWA world record. So don't skip this

meet just because you haven't had a chance to set a world record yet! You can still compete in the Silver Cup and, in the process, perhaps earn your first world record.

Then comes the **Gold Cup**. Lifters may choose any IAWA lift that has a [Blindt coefficient](#). The Blindt coefficients are sort of a “difficulty factor” that is used to compare lifts to each other. Lifts that are typically done with light weights have higher Blindt coefficients; those that are typically done with heavy weights have low Blindt coefficients. Each lifter's score is multiplied by the Blindt coefficient for the lift they did.

For example, the highest Blindt coefficient is 5.4637, for the One Hand Pinch Grip Clean and Press. The lowest is 0.0955, for the Harness Lift. That means a 20-kilogram pinch grip clean and press is roughly equivalent to a 1,144-kilogram harness lift. The Blindt coefficients are calculated from existing world records, so they reflect the weights people have actually managed to lift.

The usual age, gender, and bodyweight adjustments are all used as well. This competition format means that two lifters can be of different ages, different weight classes, different genders, and choose different lifts for the competition—and they can still be ranked against each other to determine a winner.

The last few winners of the Gold Cup include:

- 2023 – Danny Kingsland (UK) with a 33 kg left handed strict bent press
- 2022 – Chad Ullom (USA) with a 332.5 kg Shanks lift (Dinnie lift)
- 2021 – Jim Gardner (UK) with a 91 kg shoulder drop
- 2019 – Al Myers (USA) with a 90 kg ring fingers straddle (Jefferson) deadlift
- 2018 – Paul Barette (UK) with a 32.5 kg right handed strict bent press

How to enter

To enter the Gold Cup (or the Silver Cup), you can find [the information and entry form here](#). (Choose your lift from among the lifts in the [IAWA Rule Book](#) here.) The competition is held on November 2, 2024, but entries close a month earlier, on October 2, 2024. So you have about a month to choose your lift and sign up!

[How to Find Records to Break](#)

[September 7, 2024 Beth Skwarecki](#)

It may surprise new lifters to know that it's very easy to set a record in USAWA! In fact, the way I learned about USAWA was bumping into one of our late members, John McKean, at a local gym. He said “You could set some records!” and I thought...*who, me??* But now [I'm a proud member of the century club](#), with well over 100 records to my name.

In USAWA, we have two types of meets. In one type, the lifts are decided by the meet director, and it's up to the lifter to be sure they know how to perform those specific lifts. But the other type is the record day, where each lifter gets to choose what lifts they would like to do, with the goal of setting a national or world record. In this article I'm going to explain record days, and walk new lifters through the process of choosing and setting their first records.

Wait, how is it so easy to set records?

I'm not saying it will be *easy*, exactly. But look: we have around 200 lifts in the record book (even if some of them are not going to be very popular, hello [Teeth Lift](#)). One handed lifts can count for two separate records if you do them on the right and then the left hand.

We also have weight classes and age groups. So for example, if you are a 70 kg man, there is currently no record in your weight class for the Teeth Lift! That one could be yours! If you weigh 75 kilos, there is already an open record, but if you're over 40 or under 18, you could set an age group record even if you cannot beat the open record. See how this works?

When and where can I set records?

Take a look at the schedule of upcoming events, which you can see on the sidebar of this website, or if you're reading on a phone, scroll to the bottom of the page. Anything labeled "record day" is a good opportunity to set records.

Other types of meets will often include a record day to finish out the day's lifting. And if you compete in a meet with set lifts, you should still check the record book for those lifts! You may be able to set records with your regular attempts in the competition.

Competitions also typically allow a fourth attempt for the purpose of setting records—so if you've done your three attempts but feel like you have more in you, you can request a fourth attempt, which will not count for the competition, but will still allow you to set a record if successful. (You can even break a record on your first, second, or third attempt, and then break your *own* just-set record on your fourth.)

There are also two big meets each year that are high-profile record days: the Presidential Cup (USAWA) and the [Gold Cup](#) (IAWA). Both ask lifters to choose a lift where they believe they can set a record, whatever that may be, and to do all of their attempts at record-setting poundages. An award is given to whoever does the most impressive lift of the day.

How do I find out what the current records are?

We keep a list of national (US) records [here](#). Take note of the date the list was most recently updated, since there may have been records set since then (but generally our records team does a great job of keeping it up to date).

Download the most recent **Individual record list** (you can import it into Google Docs if you don't have a computer with a spreadsheet program) and take a look at the tabs at the bottom. One of the sheets is labeled **Record Grid**, and this is the best way to look at an individual lift. Each column is a weight class, and each row is an age group. Lifters from age 20 to 39 don't have their own age groups, and can only compete in the "open" class, which is labeled ALL. Since we've been using the Teeth Lift as our example, here is the grid for men's Teeth Lifts. (Select "F" from the sex dropdown to see the women's records. Currently only two women have set records in the Teeth Lift, so I guess I'll have to get to this one eventually!)

Lift: **TEETH LIFT** Sex: **M**

TEETH LIFT (men)

	30kg	35kg	40kg	45kg	50kg	55kg	60	65kg	70kg	75kg	80kg	85kg	90	95kg	100kg	105kg	110kg	115kg	120kg	125kg	125+kg			
13						Montini, J 10/15/2017 25																		
14											Kresly, L 1/18/2014 115													
16																								
18																								
ALL										Santangelo, S 4/7/2024 85	McKean, J 10/11/2009 128	Montini, A 3/4/2000 140		Traub, L 1/18/2014 95	Schmidt, S 12/10/2005 390	Myers, A 11/30/2020 120	Myers, A 10/27/2014 203			Todd, E 5/5/2018 260	Todd, E 11/18/2023 300	Kresly, D 2/9/2014 179		
40																				Todd, E 5/5/2018 260				
45															Schmidt, S 12/11/2004 370		Myers, A 10/27/2014 203				Todd, E 11/18/2023 300			
50											McKean, J 11/17/1999 100				Schmidt, S 12/10/2005 390	Myers, A 11/30/2020 120								
55																								
60														Traub, L 1/18/2014 95						Glasgow, D 1/18/2014 105				
65																								
70											Santangelo, S 4/7/2024 85		Montini, A 3/4/2000 140									Ross, D 1/18/2014 75		
75											Montini, A 10/13/2002 100	Montini, A 10/22/2006 138												
80											Montini, A 10/11/2009 128	Montini, A 10/17/2010 113												
85											Montini, A 10/22/2016 114	Montini, A 8/10/2013 107												
90												Montini, A 10/21/2017 130												
NAT																								

How do weight classes work?

Each weight class is named after the *highest* weight you can weigh and still compete in that class. So if you weigh 101 kilograms, you will compete in the 105 kg class. But if you managed to lose 1 kg of weight, you could compete in the 100 kg class.

And, yes, weight classes are in kilograms but lifts are in pounds. I'm sorry.

How do age groups work?

Age groups are named after the *lowest* age that you can be and still compete in that class. So if you are 41 years old, you are in the 40 year old age group with everybody else who is 40 to 44 years old. When you turn 45, you can start setting records in the 45 year old age group.

Lifters who are under age 13 compete in the same age group as 13-year-olds.

What about world records?

Our international organization, IAWA, maintains world records. You can look those up [here](#).

Note that IAWA does not recognize all the same lifts we do. The Hackenschmidt floor press, for example, is a USAWA lift but not an IAWA lift. On the other hand, USAWA does not recognize a regular plain old deadlift, but IAWA does.

You can set world records at any USAWA or IAWA event, but please note that while USAWA only requires one official to set national records, IAWA requires three officials.

If you are from a country that does not have its own IAWA-affiliated organization, you cannot set national records, but you can still set world records. So, for example, the Canadians who lifted at True North True Strength last month were not able to set US records since they are not from the US, and they could not set Canadian records since there is no Canadian organization (yet!) but they were able to set IAWA records. We made sure that three referees were present to certify their lifts as official world records.

CLARK'S GYM RECORD DAY NO. 5 (OR IS IT SIX?)

[September 7, 2024](#) [Beth Skwarecki](#)

DATE – Weekend of October 12-13

USAWA/IAWA MEMBERSHIP REQUIRED.

WHERE – Clark's Gym, Columbia, Mo. and remote (hybrid).

WEIGH-INS – Each day at 8 a.m.

ENTRY FEE – None.

ENTRY DEADLINE – October 7. If your intention to lift on this weekend is not received by 10 p.m. on October 7, your lifts will not be accepted. Remote entries must be sent by e-mail to yeoldclark@gmail.com.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

All IAWA member countries are welcomed.

OFFICIAL(S) – must be a part of your record day results.

REPORTING DEADLINE – 10 P.M., Tuesday, October 15, 2024. Must be received by e-mail only for yeoldclark@gmail.com.

STEVE SCHMIDT BACKBREAKER PENTATHLON AND RECORD DAY

September 7, 2024 Beth Skwarecki

DATE – Weekend of November 30-December 1, 2024.

WHERE – Clark’s Gym, Columbia, Mo. – and remote (hybrid).

USAWA/IAWA MEMBERSHIP REQUIRED. (Onsite registration available).

WEIGH-INS – Each day at 8 a.m.

ENTRY FEE – None.

ENTRY DEADLINE – 10 p.m. Tuesday, November 26, 2024, via email to yeoldclark@gmail.com

AWARDS – Certificates.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results

will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must be listed on the results forms to be eligible for records.

REPORTING DEADLINE – All results must be received by e-mail by 10 p.m., Tuesday, December 2, 2024.

LIFTS:

- Back lift
- Harness lift
- Hip lift
- Hand-and-thigh lift
- Neck lift

Ed Zercher Memorial Strength Classic – and Record Day (Columbia, MO and remote)

September 7, 2024 Beth Skwarecki

DATE – Weekend of January 25-26, 2025

WHERE – Clark’s Gym, Columbia, Mo. and remote (hybrid).

USAWA/IWA MEMBERSHIP REQUIRED. (Onsite registration available).

WEIGH-INS – 8 A.M. each day.

ENTRY FEE – None.

ENTRY DEADLINE – 10 P.M. Tuesday, January 21, 2025 via e-mail to yeoldclark@gmail.com.

AWARDS – Certificates.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results

will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

REPORTING DEADLINE – All remote result must be received by e-mail by 10 p.m., Tuesday, January 28, 2025.

THE LIFTS

- DL – Heels together
- Hack lift
- Steinborn lift
- Zercher lift
- Leg press (non USAWA lift)
- DL – one hand
- DL – one-hand thumbless
- Hip lift
- Harness lift
- Hand-and-thigh lift
- Neck lift
- Bench press feet in air.

HERMANN GOERNER DEADLIFT DOZEN PLUS ONE AND RECORD DAY

September 7, 2024 Beth Skwarecki

DATE – Weekend of November 9-10.

WHERE – Clark's Gym, Columbia, Mo – and remote (Hybrid).

USAWA/IAWA MEMBERSHIP REQUIRED. Onsite registration available.

WEIGH-INS – Each day at 8 a.m.

ENTRY FEE – None.

ENTRY DEADLINE – Tuesday, November 5 – 10 p.m. by e-mail only at yeoldclark@gmail.com .

AWARDS – Certificates.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

REPORTING DEADLINE – All results must be received by Clark’s Gym by 10 p.m. on Tuesday, November 12, 2024.

OFFICIALS – Must be listed on results to be eligible for records.

LIFTS

- Deadlift – heels together
- DL – two bars
- DL – right hand
- DL left hand
- DL – thumbless right
- DL – thumbless left
- Hack lift
- Jefferson lift
- DL – index fingers
- DL – little fingers
- DL – middle fingers
- DL – ring fingers
- DL – Reeves.

OLD TIME STRONGMAN CHAMPIONSHIP-RESULTS

September 9, 2024 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



This Saturday past saw the 13th annual Old Time Strongman Championship. There was no championship held in 2020, due to the pandemic. It was on track to being the best attended OTSM championships, but due to illness, work obligations and other matters, we fell short of tying the top set in 2017 and 2023 by one competitor.

The day was a beautiful one in God's country. the conditions of the ole tin can were tolerable. The weights were heavy, and the competitors were ferocious. I do not know when I have seen a more determined group. Many a time, I saw lifts that felt like they were going to fail, but the will of the competitor would not be denied. That is the stuff that keeps me hanging around.



Women's class winner-Lilly Todd

We started off with the Saxon Snatch. The men's division was dominated by Chad Ullom and Chris Todd. They both were successful with 90 pounds. That is not too far off the all time mark of 110 set by Scott Tully in 2016. The fight of the day was Everett Todd's 30 pounds. He was denied several times for a lockout before finally making a clean lift. In the women's division, the top lift was a 60 pound effort by Stacy Todd.

We then moved to the Habecker Lift, named after the honorable president Denny Habecker, who was MIA due to an illness. This lift almost crippled me once. Chad Ullom again had the top mark in the men's division with 405 pounds. The women's class saw the youngster Lilly Todd outdistance her ma 215# to 190#.



Men's Division's most decorated Old Time Strongman-

Chad Ullom

The third lift was the Apollon's Lift. a clean and press with a two-inch bar. The slight slant of the platform and the slope of the roof (believe me, there is a learning curve on that one) saw some people struggle with this one. Chris Todd easily set the top mark in the men's class with a 175 pound effort. The lift of the day, though was from his daughter Lillian. The 2-inch bar gave her fits in the clean. In her last attempt, it appeared there was no way she would get the lift after multiple failures to clean it. With time winding down, she executed the clean, and finished off the press for the best effort in the women's division of 90 pounds.

The last lift of the day was the Kennedy Lift. This is the lift in which we expected the highest poundage's. Chad outdistanced the men's field by almost 300 pounds, hitting a

705 pound effort. Stacy Todd bested the women's division by 125 pounds. There were some stupid efforts in this lift. It was clear everyone was going for broke to finish the meet.

Official results are as follow:

Old Time Strongman Championship

ET's House of Iron and Stone

Turney, MO

September 9, 2023

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Chris Todd

The three Official system was used for all lifts

Official: Eric Todd, Dave Glasgow

Loaders: Eric Todd, Dave Glasgow and most of the lifters

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment.

Lifts: Saxon Snatch, Habecker Lift, Apollon's Lift, Kennedy Lift

Lifter	weight	class	Age	Division	Saxon Snatch	Habecker Lift	Apollon's Lift	Kennedy Lift	Total	Adj Total	Place
MEN'S											
Chad Ullom	228	105	52	50	90	405	105	705	1305	1226	1
Dave DeForest	177	85	64	60	60	265	120	425	870	1041	2
Tony Lupo	236	110	58	55	70	250	140	400	860	835.4	3
Everett Todd	105	50	11	13	30	110	55	250	445	827.2	4
Leroy Todd	135	65	13	13	40	135	65	270	510	728.2	5
Lance Foster	244	115	58	55	0	185	80	315	580	554	6
Chris Todd	285	125+	45	45	90	270	175	0	535	421.5	7
WOMEN'S											
Lilly Todd	161	75	15	16	40	215	90	300	645	753.2	1
Phoebe Todd	135	65	14	14	35	150	65	280	530	727	2
Stacy Todd	193	90	41	40	60	190	85	425	760	706.1	3
Allison Lupo	196	90	58	55	25	145	55	245	470	504.9	4

4th attempt for record		
Leroy Todd	Saxon Snatch	45
	Kennedy Lift	290
Dave DeForest	Kennedy Lift	450
Lance Foster	Kennedy Lift	335
Stacy Todd	Kennedy Lift	450

[USAWA \(Age Adjusted\) Lynch Factor – Part IV and V](#)

[September 11, 2024](#) [Beth Skwarecki](#)

by Sanjiv Gupta

In [Part I](#) and [Part II](#), I presented my understanding of age and weight correction history. [Part III](#) explored the categories of lifts and whether Age Adjusted Lynch Factor totals could reasonably compare heavy lifts and special equipment lifts being contested in the same event.

Part IV will take a look at a gender adjustment to compare the entire field, and then Part V will conclude the series with a satirical look at other potential correction factors such as height, training age, limb lengths and hand size.

Until recently, women and men competed in USAWA in separate fields. In small events, women often find themselves without another competitor and unable to enjoy an exciting competition. Could women and men compete in a combined field with only the (Age Adjusted) Lynch Factor?

I would argue that depending on the lift, women and men could compete fairly in a combined field without an additional multiplier. However, lifts that are driven by upper body muscle mass, women should receive an additional multiplier.

From a laypersons perspective I also see the following:

- Women 13 and under would not need a correction.
- Master's women would need a larger correction than 1.33 to compete with master's men.
- Junior women 14-18 and senior women have the strongest case for a flat multiplier.

IAWA uses a 1.33 gender multiplier to increase the adjusted total for a lift performed by a woman and can then compare total adjusted poundage to crown an overall winner. This 1.33 was adopted by the USAWA in 2024 and I am curious to see how the addition to official scoring will affect meets. The obvious hope is that participation in all around increases and we have more exciting competitions.

USAWA (Age Adjusted) Lynch Factor – Part V

Part V concludes the series with some potential correction factors that would make the lives of meet directors absolutely miserable.

What about height? Shorter athletes could have an advantage in abdominal raises and the Allen lift with the shorter lever being activated by the abdominals.

What about training age? Should USAWA offer novice categories? Strongman competitions often have novice categories with lighter weights to attract new athletes while they are still learning the movement.

What about limb lengths? The best deadlifters would have short legs and long arms. It is only fair to provide a multiplier for athletes with long legs and short arms.

What about hand size? The Fulton barbell would feel tiny to an athlete with 9 inch hands and that athlete should receive a reductive multiplier.

Walpole Record Breaker Day

September 12, 2024 Beth Skwarecki

Another record day in October!

Date: October 12, 2024

Location: Frank's Barbell Club, Walpole, MA

Meet director: Frank Ciavattone

Vacancy on the executive board

September 13, 2024 Beth Skwarecki

The executive board's at-large member, Abe Smith, has chosen to step down. He has done a great job and we thank him for his work. This leaves a vacancy in the board which cannot be filled through an election until next year's National Meeting—meaning the board needs to appoint somebody in his place for the remainder of the term.

The board is now seeking nominations, including self-nominations. There are no special qualifications to become an At-large board member; the whole idea is that they are a “regular” member, who serves alongside the officers (President, Vice-president, Secretary, Treasurer) to ensure broad representation of the membership.

The most significant duty of an At-large board member is to participate in discussions and votes about USAWA business, typically over email. Board members should also plan to attend the National Meeting (held in conjunction with the [National Championships](#)) when possible.

ARTICLE 12 – DUTIES OF THE AT LARGE EXECUTIVE BOARD MEMBERS

- A. Attend the National Meeting and meetings of the executive board.*
- B. Represent the USAWA at meetings of the IAWA.*
- C. Serve on the executive board.*

If you are interested in being considered for the At-large executive board seat, please contact the Secretary (me) at bethskw@gmail.com. I'm also happy to answer questions about the position.

Lift for Leroy VI

September 14, 2024 KCSTRONGMAN

By Eric Todd

It is time to announce the annual "Lift for Leroy" meet. This will be the sixth installment of this record extravaganza. Leroy is actually doing ok this time around, so I ask you to please send no donations on his behalf, and please offer him no words of encouragement to aid him with his emotional well being. He just does not need it. Lifters are encouraged to choose up to 5 lifts to set or break. This is an in-person meet only. No virtual submissions will be accepted. We will be completing the 4th quarter postal lifts that day prior to starting the record day session. Details are as follows:

Location: House of Iron and Stone (auxiliary gym in basement), 10978 SW Pueblo, Turney, MO
Weigh Ins:10:00

Weigh Ins: 10:00

Start Time: 10:30

Awards: None

Entry Fee: None

Entry Blank: None. Just let me know via email that you are coming. SalGuimino@yahoo.com

I have all the normal equipment like plates, bars, and dumbbells. I have heavy lift equipment, and most OTSM stuff. No Roman Chair or Backlift apparatus. If you are wanting to set a record and are unsure if I may have what you need, please ask in advance.

What to wear at a USAWA meet

September 18, 2024 Beth Skwarecki

In this installment of the "USAWA 101" series, I'd like to talk about what we wear at competitions—our clothing and our equipment. If you've competed in weightlifting, powerlifting, or strongman, some of this may be familiar, but a few of our rules might be a bit different from what you're used to.

The "lifting uniform"



6 year old Daphne Lansdown demonstrates proper use of a singlet, athletic shoes, and no wraps or other supportive equipment. Her socks do not extend above the knee, she is not wearing any headgear, and she has no tape on her hands.

You have two options for what to wear on your body. Either a singlet, or a shirt and shorts.

A singlet, if you're not familiar, is a one-piece garment, usually form-fitting, that is shaped like shorts on the bottom, and continues up the torso, where it has straps that go over the shoulders. It looks like an old-timey swimsuit, or a wrestling outfit. In fact, if you need a cheap singlet quick, search for "wrestling singlet." You can get one off Amazon for under \$20. (The nice ones, from a company like Virus or SBD, cost more and may fit better. But they're the same basic thing.) You may wear a shirt under your singlet if you like, but it's not required.

Your other option is to wear a shirt and shorts. The shirt can be a T-shirt or a tank top. (We used to have a rule forbidding tank tops, but that was repealed at the [2024 national meeting](#).)

Whether it's one piece or two, your lifting uniform must leave your knees and elbows exposed. That means no long sleeves, and no leggings under the singlet.

If you're thinking "Can I wear ANYTHING that complies with these rules?" the answer is *almost* yes. There is a rule that states:

Lifting attire which contains inappropriate language or images, is too revealing, sloppy in appearance, or deemed otherwise inappropriate by the weigh-in official or Meet Director is a violation of the USAWA dress code.

I've never seen anyone get dress-coded for sloppy, revealing, or offensive clothing. But in theory, it could happen.

You must also wear “suitable” shoes. Most people wear sneakers of some sort, or weightlifting shoes. Deadlift slippers are also OK. You can’t lift barefoot, sorry.

Allowable equipment

Before we get into what you *can’t* use, I’ll just say what you can:

- A belt, any kind, up to 12 cm (4.75 inches) in width.
- Wrist wraps, not to exceed 1 meter in length. (They may be a maximum of 10 cm/4 inches wide, and 1 millimeter thick.)
- Dry chalk on your hands

On *three specific lifts*, knee sleeves or knee wraps may be worn, up to 2 meters in length. These lifts are the Front Squat, 12” Base Squat, and Anderson Squat. You may wear knee sleeves on these lifts instead, if you like. No other lifts allow knee wraps or sleeves.

What you cannot wear or use

I’m very sorry to anyone who is used to using these items, but they are not allowed:

- Wraps on any other part of the body (elbows, etc) except as mentioned above.
- Headgear such as hats or headbands, unless it is for religious purposes. (Your hijab or yarmulke is fine.)
- Gloves
- Straps
- Braces or supports, including knee and elbow sleeves (except as noted above for knee sleeves). If you have a doctor’s note stating that an item is medically necessary, the officials can make an exception.
- Over-the-knee socks
- Chalk or any substances on any part of the body other than the hands (no baby powder on the thighs)
- On the hands, any substances other than chalk. No tacky, rosin, chewing gum, etc.
- Tape, unless it’s covering an open wound or an injury (in which case it needs to be OK’d by the officials.) So, no, you cannot tape your thumbs for hook grip lifts.

Where to learn more

The full language of the rules about clothing and equipment is in the section of the [Rulebook](#) labeled **VI. Equipment**.

For any specific meet, if you want to know if your T-shirt is inappropriate or if your medically-necessary knee brace will be accepted, get in touch with the meet organizer and/or ask the head official.

For example, I recently refereed a meet where I was asked, ahead of time, whether a lifter would be able to use their doctor-prescribed compression stockings. My answer was yes. On the other hand, when I compete in USA Weightlifting events, I like to wear leggings and knee sleeves. But when I compete with USAWA I leave those items at home.

Ultimately we want everybody to be safe and healthy and have fun lifting more or less like the old-timers did.

A note on knee sleeves

The question of knee sleeves comes up from time to time—why doesn't the USAWA allow them? The membership appears to be divided on the question, according to several votes and surveys over the years.

One side argues that knee sleeves don't seem to give much if any mechanical advantage, and most strength sports allow them, so we should allow them too. On the other hand, some members see them as too modern for an organization that is trying to respect historical tradition, and the possibility that they *may* aid in lifting is enough reason to be cautious.

There was a lively debate on the topic at the [2024 National Meeting](#), and in the end knee sleeves remained banned (except for the three lifts that also allow knee wraps).

[IAWA World Postal Championships results – updated](#)

[September 19, 2024](#) [Beth Skwarecki](#)

by Al Myers

These results were first posted on 9/11/2024, but Al later wrote to me: "There was an error by the US Postal Service in which one club's entries did not make it to my address. I felt it was the right thing to do to have these entries added to the World Postal Championships." The updated results are below.

Another great year for the IAWA World Postal Championships!!

This year we had 55 lifters compete from the United States, Australia, and England. This World Postal Championships is one of three (with the World Championships and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I've included best lifters, individual overall rankings, 3 person team rankings, and club rankings.

The Overall Best Lifter was ABE SMITH, followed by CHLOE BRENNAN and RJ JACKSON. The Overall Best 3-person Team went to BURTON'S POWERHOUSE (Chloe Brennan, Josh Davidson, Matt Jones). The Overall Best Club went to CLARK'S GYM, which had 14 members participate. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third.

The youngest lifter that entered was LOGAN WENZEL at 9 years of age. The oldest lifter was BILL CLARK at 92 years of age! The highest total weight lifted was by MATT JONES with 465 kilos.

If anyone notices any errors in these results please let me know as soon as possible so I can get things corrected. Sometimes I have difficulties reading the handwriting on the official scoresheets.

Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

Full results are attached below.

2024 IAWA World Postal Championships "The Andy Goddard Memorial" August 31st, 2024

Lifts: Clean and Push Press, Continental to Belt, One Hand DB Clean and Jerk, Cheat Curl

MEET REPORT, BY PROMOTER AL MYERS

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MASTER SCORESHEET

LIFTER	CLUB/TEAM	ORG	M/F	OFF#	AGE	BWT	C&PP	ConBelt	1H DB CJ	C Curl	TOTAL	POINTS
Max Ell	Twyford Celts	IAWAUK	F	2	27	49.	25.0	50.0	15.0	32.5	122.5	219.3

						8						
Sonya Coles	Twyford Celts	IAWAUK	F	2	47	92.0	30.0	50.0	17.5	35.0	132.5	168.8
Gary Ell	Twyford Celts	IAWAUK	M	2	53	92.0	20.0	50.0	17.5	40.0	127.5	128.9
Natalie Voce	Metamorfit	IAWAUK	F	1	42	89.9	45.0	60.0	25.0R	40.0	170.0	209.2
Matt Ashdown	Metamorfit	IAWAUK	M	2	37	101.0	75.0	110.0	35.0R	67.5	287.5	242.3
Danny Kingsland	Metamorfit	IAWAUK	M	1	34	62.5	65.0	100.0	35.0R	50.0	250.0	282.2
Sam Bonar	Metamorfit	IAWAUK	M	1	30	89.2	80.0	140.0	50.0R	75.0	345.0	311.2
Brandon HazellHyland	Metamorfit	IAWAUK	M	1	22	79.3	55.0	100.0	30.0R	50.0	235.0	227.1
Lara Bennett	Metamorfit	IAWAUK	F	1	19	57.6	37.5	55.0	17.5R	35.0	145.0	235.7
Thomas Meakin	Metamorfit	IAWAUK	M	1	73	82.0	62.5	92.5	32.5R	57.5	245	329.5
Jeni Ashdown	Metamorfit	IAWAUK	F	2	35	86.5	35.0	50.0	20.0R	30.0	135.0	164.8
Christopher Lansdown	Habeckers Gym	USAWA	M	1	45	99.5	80.0	110.0	41.0	70.0	301.0	271.0
RJ Jackson	Dino Gym	USAWA	F	1	62	47.2	43.6	68.5	9.1L	43.6	164.8	380.2
Chloe Brennan	Burton Powerhouse	IAWAUK	F	3	28	73.8	70.0	120.0	40.0R	60.0	290.0	389.5

Josh Davidson	Burton Powerhouse	IAWAUK	M	3	33	94.0	90.0	170.0	60.0R	85.0	405.0	354.8
Matt Jones	Burton Powerhouse	IAWAUK	M	3	28	143.1	100.0	200.0	70.0R	95.0	465.0	329.7
Paul Hallam	Burton Powerhouse	IAWAUK	M	3	45	97.9	65.0	165.0	45.0R	70.0	345.0	313.4
Jamie Oates	Burton Powerhouse	IAWAUK	M	3	39	100.6	80.0	140.0	50.0R	90.0	360.0	303.9
Gary Redfern-Smith	Burton Powerhouse	IAWAUK	M	3	51	108.9	70.0	105.0	35.0R	70.0	280.0	254.0
Graham Saxton	Burton Powerhouse	IAWAUK	M	3	62	116.2	45.0	100.0	30.0R	40.0	215.0	207.3
Sanjiv Gupta	High Country Vigor	USAWA	M	1	53	93.1	65.8	93.0	28.5R	38.6	225.9	226.8
Abe Smith	Clark's Gym	USAWA	M	3	42	83.9	111.1	156.5	63.5R	93.0	424.1	408.2
Travis Luther	Clark's Gym	USAWA	M	3	31	76.5	68.0	115.6	38.5R	61.2	283.5	280.0
Tony Hose	Clark's Gym	USAWA	M	3	55	100.7	81.6	115.6	45.3L	106.6	349.3	341.9
John Carter	Clark's Gym	USAWA	M	3	65	84.1	47.6	106.5	27.2R	47.6	229.1	269.4
Dave DeForest	Clark's Gym	USAWA	M	2	64	78.5	54.4	99.8	35.1R	52.1	241.5	293.5
Jeff Wenzel	Clark's Gym	USAWA	M	2	49	106.1	81.6	151.9	40.8R	77.1	351.5	317.5
Tony Lupo	Clark's Gym	USAWA	M	1	58	106.1	63.5	140.6	36.3L	58.9	299.4	292.5
Spencer Wenzel	Clark's Gym	USAWA	M	3	17	58.1	43.1	65.7	22.7R	34.0	165.6	206.9
Bill Clark	Clark's Gym	USAWA	M	3	92	91.0	12.5	45.0	10.0R	20.0	87.5	140.5

Logan Wenzel	Clark's Gym	USAWA	M	2	9	31.3	10.0	27.2	6.8R	13.6	57.6	169.8
Janet Thompson	Clark's Gym	USAWA	F	2	66	74.8	22.6	63.5	13.6L	29.5	129.2	220.4
Allison Lupo	Clark's Gym	USAWA	F	2	58	87.5	24.9	40.8	13.6L	27.2	106.6	151.9
Lisa Gore	Clark's Gym	USAWA	F	3	59	96.1	38.5	68.0	22.7R	36.3	165.6	228.6
Kim VanWagner	Clark's Gym	USAWA	F	2	57	58.1	34.0	47.6	20.4R	34.0	136.0	254.4

Carl Puzin	Frank's Barbell Club	USAWA	M	2	68	105.6	45.0	62.5	32.5	55.0	195.0	211.9
Frank Ciavattone	Frank's Barbell Club	USAWA	M	2	69	125.2	60.0	160.0	35.0	75.0	330.0	334.1
Dan Jones	Frank's Barbell Club	USAWA	M	2	40	89.3	70.0	117.5	37.5	62.5	287.5	261.8
Wade Marchand	Frank's Barbell Club	USAWA	M	2	55	74.4	47.5	80.0	32.5	47.5	207.5	241.9
Jess Hopps	Frank's Barbell Club	USAWA	F	2	40	92.5	35.0	70.0	22.5	37.5	165.0	195.9
Lovely Patrick	Frank's Barbell Club	USAWA	F	2	43	70.0	22.5	42.5	11.0	22.5	98.5	142.4
Katja Mannel	The Shed	AWFA	F	3	39	50.4	40.0	65.0	20.0R	40.0	165.0	292.4
Owen Webb	The Shed	AWFA	M	3	74	69.9	40.0	60.0	17.5R	40.0	157.5	237.2
David Reeve	The Shed	AWFA	M	3	78	73.	52.5	80.0	27.5R	47.5	207.5	320.8

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Charlie Carabott	The Shed	AWFA	M	3	70	91.0	40.0	70.0	17.5R	40.0	167.5	203.2
Tom Davies	PattersonPowerhouse	AWFA	M	2	81	77.1	40.0	70.0	20.0L	40.0	170.0	264.0
Edmund Patterson	PattersonPowerhouse	AWFA	M	3	35	114.0	85.0	130.0	35.0R	80.0	330.0	261.2
Everett Todd	KC Strongman	USAWA	M	3	11	46.2	55.0	38.6	13.6R	22.7	129.9	248.5
Leroy Todd	KC Strongman	USAWA	M	3	13	61.9	31.8	18.6	17.0R	27.3	94.7	134.5
Phoebe Todd	KC Strongman	USAWA	F	3	14	63.0	29.4	45.5	15.9R	34.1	124.0	223.7
Lilly Todd	KC Strongman	USAWA	F	3	15	72.5	43.2	65.9	20.5R	36.4	166.0	259.4
Stacy Todd	KC Strongman	USAWA	F	3	41	87.0	43.2	77.2	22.7R	50.0	193.1	239.7
Lance Foster	KC Strongman	USAWA	M	2	58	109.3	----	86.4	----	45.5	131.9	126.9
Chris Todd	KC Strongman	USAWA	M	2	45	128.3	79.5	120.5	39.8R	74.1	313.9	248.4
Eric Todd	KC Strongman	USAWA	M	2	49	125.6	70.4	86.4	36.4R	60.5	253.7	210.5

Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections. One IAWA Certified Official is required for competition. Two/Three IAWA Certified Officials required for IAWA World Records. Listed below are the IAWA Certified Officials for each club/team participating.

- Twyford Celts – Officials Gary Ell, Max Ell, Sonya Coles
- Metamorfit – Officials Paul Barette, Natalie Voce
- Habeckers Gym – Official Beth Skwarecki

- *Dino Gym – Official Crystal Diggs*
- *Burton Powerhouse – Officials Graham Saxton, Steve Gardner, Paul Hallam, Matt Jones*
- *Sanjiv Gupta – Official Jarrod Fobes*
- *Clark’s Gym – Officials Bill Clark, Dave DeForest, Abe Smith, Tony Lupo, Jarrod Fobes, Sanjiv Gupta*
- *Franks Barbell Club – Officials Frank Ciavattone, Mark Raymond, Wade Marchand*
- *The Shed – Officials Peter Phillips, John Patterson, Tom Davies*
- *Patterson Powerhouse – Officials Peter Phillips, John Patterson, Tom Davies*
- *KC Strongman – Officials Eric Todd, Chris Todd, and Lance Foster*

BEST LIFTERS AWARDS

Best Junior Age Group	Lilly Todd
Best Senior 20-39 Age Group	Chloe Brennan
Best Master 40-44 Age Group	Abe Smith
Best Master 45-49 Age Group	Jeff Wenzel
Best Master 50-54 Age Group	Gary Redfern-Smith
Best Master 55-59 Age Group	Tony Hose
Best Master 60-64 Age Group	RJ Jackson
Best Master 65-69 Age Group	Frank Ciavattone
Best Master 70-74 Age Group	Thomas Meakin
Best Master 75-79 Age Group	David Reeve
Best Master 80-84 Age Group	Tom Davies
Best Master 85-89 Age Group	none
Best Master 90-94 Age Group	Bill Clark
Overall Best Lifter	Abe Smith

TOP INDIVIDUAL PLACINGS

	OVERALL TOP TWENTY	POINTS			POINTS
1	Abe Smith	408.2	11	Paul Hallam	313.4
2	Chloe Brennan	389.5	12	Sam Bonar	311.2
3	RJ Jackson	380.2	13	Jamie Oats	303.9
4	Josh Davidson	354.8	14	Dave DeForest	293.5
5	Tony Hose	341.9	15	Tony Lupo	292.5
6	Frank Ciavattone	334.1	16	Katja Mannel	292.4
7	Matt Jones	329.7	17	Danny Kingsland	282.2
8	Thomas Meakin	329.5	18	Travis Luther	280.0
9	David Reeve	320.8	19	Jeni Ashdown	271.0
10	Jeff Wenzel	317.5	20	John Carter	269.4

TOP 10 TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Burton Powerhouse Gym 1	1074.0	Chloe Brennan, Josh Davidson, Matt Jones
2	Clark's Gym 1	1067.6	Abe Smith, Tony Hose, Jeff Wenzel
3	Metamorfit 1	923.2	Sam Bonar, Danny Kingsland, Thomas Meakin
4	Burton Powerhouse Gym 2	871.3	Paul Hallam, Jamie Oates, Gary Redfern-Smith
5	Clark's Gym 2	866.0	Dave DeForest, Tony Lupo, Travis Luther

6	The Shed	850.5	Katja Mannel, David Reeve, Owen Webb
7	Frank's Barbell Club	837.8	Frank Ciavattone, Dan Jones, Wade Marchand
8	KC Strongman	756.3	Chris Todd, Everett Todd, Lilly Todd
9	Metamorfit 2	705.1	Brandon Hazell-Hyland, Lara Bennett, Matt Ashdown
10	Clark's Gym Women	703.4	Kim VanWagner, Lisa Gore, Janet Thompson

TOP 5 CLUBS

	CLUB	POINTS	MEMBERS
1	Clark's Gym	3575.5	Abe Smith, Travis Luther, Tony Lupo, John Carter, Dave DeForest, Jeff Wenzel, Tony Hose, Spencer Wenzel, Bill Clark, Janet Thompson, Allison Lupo, Logan Wenzel, Kim VanWagner, Lisa Gore
2	Burton Powerhouse Gym	2152.6	Paul Hallam, Jamie Oates, Gary Redfern-Smith, Graham Saxton, Chloe Brennan, Josh Davidson, Matt Jones
3	Metamorfit	2002.3	Danny Kingsland, Sam Bonar, Brandon Hazell-Hyland, Lara Bennett, Thomas Meakin, Matt Asdown, Jeni Ashdown, Natalie Voce
4	KC Strongman	1691.6	Everett Todd, Leroy Todd, Phoebe Todd, Lilly Todd, Stacy Todd, Lance Foster, Chris Todd, Eric Todd
5	Frank's Barbell Club	1388.0	Dan Jones, Wade Marchand, Carl Puzin, Frank Ciavattone, Jess Hopps, Lovely Patrick
6	The Shed	1053.7	Katja Mannel, Charlie Carabott, Owen Webb, David Reeve

TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	USAWA	7533.
2	IAWAUK	4671.9

3	AWFA	1578.9
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Memorial Record Day (Lebanon, PA)

September 21, 2024 Beth Skwarecki

Once again our president, Denny Habecker, has sanctioned the Memorial Record Day. This meet honors our former USAWA members who have passed over the years. As ET wrote last year: Some that immediately come to mind are our friends Art Montini, Mike Murdock, Dean Ross, and John McKean. I know there are many others, and too many to list for our purposes here. At any rate, it is a great way for us to honor those who have come before us in the organization. Here are the meet details:

Date: December 14, 2024

Location: Habecker's Gym, Lebanon, PA

Please contact Denny if you plan on attending to remember these great people and set or break some USAWA records. You can email him at liftingliar@comcast.net

The board welcomes Sanjiv Gupta

September 23, 2024 Beth Skwarecki

The [vacancy on the executive board](#) has been filled. After considering several excellent candidates, the board has appointed Sanjiv Gupta to the At-large seat. Welcome and congratulations, Sanjiv!



New records director, records update, and Century Club update!

September 25, 2024 Beth Skwarecki

By Tony Lupo

I am honored to be the new Record Keeper for the USAWA. This is a big job and I hope to live up to the trust put in me by the executive board. I would like to thank my predecessors, John Strangeway and Abe Smith. They did a great job keeping the list intact. It is a huge job.

I also want to thank Sanjiv Gupta for his help as well. Since the Nationals, Sanjiv, Abe, and I have acted as a team in all things. **The records are now up-to-date through the Second Quarter Postals (6/30/2024)**. If you spot any errors in your records, let me know! I can be reached at lupoa0313@gmail.com.

We should have some rapid updates coming out in the next week as we work through July, then August, and September. After we get caught up, then we'll tackle the TEAM LIFT file.

Welcome and congratulations to newcomers **Stacy Todd** and **Allison Lupo** to the [Century Club](#) on the Women's side! On the men's side, welcome and congratulations to **Clint Poore**, **John Carter**, and **Joshua Monk**! Thank you all!

National Championship Records

September 28, 2024 [Beth Skwarecki](#)

by Sanjiv Gupta

Al Myers penned [a piece on National Records published June 21, 2012](#). He laid out a case for recognizing special National Records that met a few criteria:

- Set on the stage of the National Championships – Harder than setting a record at home.
- Is an ALL age record for the weight class – Age group records are not recognized.

The piece did not consider that the National Record (NAT) set for a given weight class and lift could be exceeded in future competition. To break the NAT, an athlete would have to exceed not only the NAT but also the current ALL age weight class record.

The 2024 National Championship was certainly amazing and much has been written on the results and overall National Champions Beth Skwarecki and Abe Smith.

I wanted to add my observations on new NAT. (15) new NAT were set. (9) on the women's side and (6) on the men's side. Your National Champions, Beth and Abe set (3) NAT each. Lisa and Stacy both set (2) NAT. David, Leroy, Lillian, Phoebe and Everett each set one. As a side note, I was confused as to whether Junior Records count towards ALL records and NAT records. The historic record list seems inconsistent, but it is also harder to get a snapshot in time of what the ALL record was during that year's National Championship.

Clean & Press, Fulton Bar (1st time at Nationals)

- Abe Smith (85kg) – 215 pounds
- David DeForest (80kg) – 105 pounds
- Beth Skwarecki (70kg) – 100 pounds
- Lisa Gore (100kg) – 75 pounds
- Leroy Todd (60kg) – 50 pounds
- Lillian Todd (75kg) – 60 pounds
- Phoebe Todd (65kg) – 50 pounds

Pullover & Press (8th time at Nationals)

- Abe Smith (85kg) – 295 pounds

Hack Lift (4th time at Nationals)

- Beth Skwarecki (70kg) – 295 pounds
- Stacy Todd (90kg) – 200 pounds
- Everett Todd (50kg) – 125 pounds

Deadlift, Fulton, Ciavattone Grip (2nd time at Nationals)

- None

Snatch, One Arm, Left/Right (14th time at Nationals)

- Abe Smith (85kg) – 130 pounds (Left)
- Stacy Todd (90kg) – 50 pounds (Left)

Zercher Lift (18th time at Nationals)

- Beth Skwarecki (70kg) – 225 pounds
- Lisa Gore (100kg) – 90 pounds

As there were only (6) official lifts, only (6) National Records had a chance of being set. Record Session lifts and Exhibition lifts do not count. It also gets progressively more difficult to set a National Record as the ALL (age) weight class record tends to be set and bested more frequently.

To date (61) different lifts have been contested at the National Championships. With left/right designation on the one arm lifts, (72) of (219) lifts in the records list have recognized National Records.

In the early days of the USAWA it was not uncommon to contest (10) different lifts to crown National Champions. During the last decade (5) or (6) lifts seem to be the norm.

Good luck to all of the rising stars who want to set a National Record.

[Apple Festival World Record Breakers Classic – Results](#)

[September 29, 2024 Beth Skwarecki](#)

Results are in for the Apple Festival World Record Breakers Classic, although the day turned out very different than planned thanks to Hurricane Helene. The apple festival was canceled, and the record day moved to Buffville Gym where just two intrepid lifters, Clint Poore and Ashley Stearns, set their records. Results are attached.

2024 APPLE FESTIVAL WORLD RECORD BREAKERS CLASSIC 9-28-2024						
LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY						
MEET DIRECTOR: CLINT POORE						
REFEREES: ASHLEY STEARNS, CLINT POORE (1 OFFICIAL SYSTEM USED)						
ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS						
ASHLEY STEARNS - 44 YEARS OLD - BODYWEIGHT (87.65 KILOS) - 90 KG WEIGHT CLASS						
BENCH PRESS, REVERSE GRIP	315	LBS				
SEATED PRESS, FROM RACK	135	LBS				
FOOT PRESS	830	LBS				
BENCH PRESS, ALTERNATE GRIP	305	LBS				
RIM LIFT	315	LBS				
CLINT POORE - 51 YEARS OLD - BODYWEIGHT (109.15 KILOS) - 110 KG WEIGHT CLASS						
BENCH PRESS, REVERSE GRIP	225	LBS				
SEATED PRESS, FROM RACK	105	LBS				
FOOT PRESS	1225	LBS				
CLEAN & PUSH PRESS, FULTON BAR	140	LBS				
RIM LIFT	365	LBS				

Records updated through 8/16/2024

September 30, 2024 Beth Skwarecki

Dear USAWA members:

Our records team is moving on getting caught up. As of this update, we are halfway through August 2024. This includes up to the Two-Fisted Challenge Meet of 10 – 11 August 2024. We have three more to do from August including the IAWAs. We have two in September not including the 3rd Quarterlies. We hope to be current by this time next week.

Current records are here.

Tony Lupo
Records Director

2024 Q3 Secretary’s Report

October 1, 2024 Beth Skwarecki

By Beth Skwarecki

Hi folks! I thought I'd start giving a rundown of business that has come before the board over each quarter, as well as routine business that has crossed my desk as Secretary. This report is for Q3, July through September 2024.

As you'll see, sometimes our plate is relatively empty, and sometimes we have several orders of business in the same week. I do post notices on the website when something happens that is important for membership to know promptly. I hope this quarterly report is helpful for conveying the big picture of all that we do behind the scenes.

I took over as Secretary at the National Meeting in June of this year, so my first few weeks were spent learning my new duties under the guidance of former Secretary Eric Todd, and tying up loose ends from the National Meeting (posting the minutes, updating documents, etc). Apologies if I've forgotten any events from those early weeks. What follows are my notes from Q3 (July through September).

- **7/21/2024:** The 12th edition of the Rulebook was published online, incorporating updates from 2022-2024. See announcement [here](#).
- **7/29/2024:** Eric Todd stepped down as Website Director, on the grounds that that it makes more sense for the Secretary rather than the Treasurer to hold that position. The board unanimously appointed Beth Skwarecki to the position.
- **8/29/2024:** The records director approached the board with a member's concerns about discrepancies between the rulebook and record book on how Weaver Stick records were kept. The board unanimously approved changes to the rulebook to resolve this issue. These changes and their rationale were documented [here](#).
- **9/8/2024:** A positive drug test was obtained from a lifter, and a 6-month suspension applied (first offense). That member was removed from the membership roster.
- **9/11/2024:** Abe Smith stepped down as both Records Director and At-Large EB member. The board [asked for nominations for his EB replacement](#).
- **9/12/2024:** Remaining board members unanimously appointed Tony Lupo to Records Director. Tony had already been involved in updating records, and Abe suggested him as his replacement in this position.
- **9/13/2024:** A member brought some possible errors in Weaver Stick records to the Secretary's attention. However, he declined to share documentation that would allow the records to be corrected. Anyone with information about such errors is invited to contact the Records Director or the Secretary.
- **9/13/2024:** The same member also alleged (in a website article submission and subsequent emails) that the board acted improperly in changing the Weaver Stick rules and that the Secretary/Website Director violated unspecified duties of her job. Upon being reminded that complaints must be filed according to the Bylaws (Article 21, part C), he declined to file a complaint.
- **9/16/2024:** The 13th edition of the [Rulebook](#) was published online, containing the Weaver Stick updates.
- **9/23/2024:** Remaining board members [appointed Sanjiv Gupta](#) to the At-Large executive board seat.

- **9/23/2024:** The board was asked to mediate a disagreement between IAWA leadership and a US-based meet promoter who was bidding for an international event. After communicating with the parties involved, and determining that IAWA's procedures were being followed appropriately, the board decided not to intervene.
- **9/25/2024:** New Records Director Tony Lupo [reported](#) that the records team has published an update to the [individual records list and to the Century Club](#). A further [update](#) was made on 9/30/2024.
- During this quarter,
 - **18 members** joined or renewed
 - **11 new meet sanctions** were approved
 - **5 members joined the Century Club** of people with 100 or more records:
 - Stacy Todd
 - Allison Lupo
 - Clint Poore
 - John Carter
 - Joshua Monk
 - **5 members** moved up the ranks in our officials system:
 - Kim Van Wagner and Christopher Lansdown passed their rules tests and are now officials-in-training.
 - Crystal Diggs passed her practicals and is now a Level 1 official.
 - Abe Smith and Beth Skwarecki each documented 25+ meets' worth of experience, and are now Level 2 officials.

Please direct any questions, concerns, etc to the Secretary at bethskw@gmail.com.

Planning USAWA's future

October 2, 2024 Beth Skwarecki

Last year, we had an advisory committee that was tasked with looking into options to grow and modernize our organization. This year, the board would like to bring the committee back, with a special focus on surveying the membership and volunteers (meet directors, record keepers, etc) to determine USAWA's biggest problems and opportunities. This information will then guide future proposals.

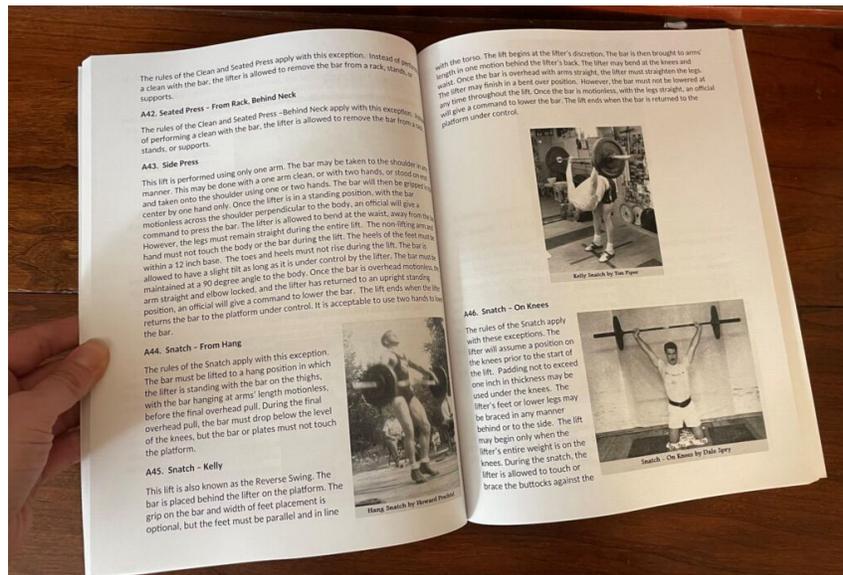
The Executive Board is now putting together the committee to handle this important task, and we want to make sure we open this opportunity to the membership. A small committee (around 5 people) will be selected.

Sanjiv Gupta will head up this effort. He describes it as an opportunity to discuss what is going well, what could use improvement, opportunities to get people involved, and threats to the USAWA staying relevant. The time commitment will be a few hours per month, and mainly consist of email communications and video calls. The committee will be active through approximately March of 2025 to be able to provide a report for the 2025 National Meeting.

Anyone who is interested in serving on this committee should contact Sanjiv directly at sanjiv_gupta@hotmail.com.

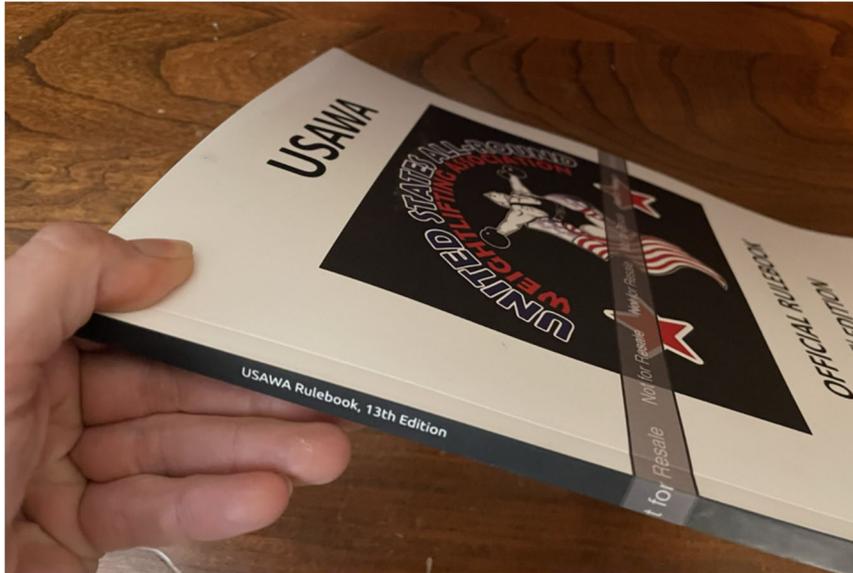
[Rulebook available on Amazon](#)

[October 4, 2024 Beth Skwarecki](#)



To those who enjoy having a physical copy of their books, I am pleased to announce that [the 13th \(current\) edition of the USAWA Rulebook is now available for purchase on Amazon](#). If you search "USAWA Rulebook" it will pop right up, and you can order a copy for \$9.99.

The Amazon version of the rulebook is print-on-demand, meaning that USAWA did not have to front money for a print run, nor will anybody have to store copies of the book or take the time to ship orders. The purchase price is cheaper than we have been able to offer previous printed rulebooks, and as a bonus the USAWA bank account nets \$2.78 per copy. The photos included here are of the proof copy; the final copy will not include the "not for resale" banner that you can see across the cover.



The Rulebook is still available in PDF format on our [Rulebook page](#) for free, and if you prefer to print your own copy, you are still welcome to do so. I am working on formatting an ebook version that can be purchased on Kindle or loaded onto the e-reader of your choice.

So tell your friends, and [order a copy](#) for yourself if you would like. I'm told that reviews on the Amazon website are helpful in keeping books available and easy to find, so consider giving it an honest review (it deserves five stars, right?) if you're so inclined.

[Buffville Cup V](#)

[October 7, 2024](#) [Beth Skwarecki](#)

SATURDAY, NOVEMBER 9, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 1 PM – RECORD BREAKING BEGINS AT 2 PM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts to make sure I have the appropriate equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records! All lifters are required to give their birthdate & age on the day of the Buffville Cup V.

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform 1 record attempt. Please let me know what record you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

BUFFVILLE'S ROAD to the CENTURY CLUB 7 Record Day

October 7, 2024 Beth Skwarecki



BUFFVILLE'S ROAD to the CENTURY CLUB 7 RECORD DAY

DATES: SATURDAY, NOVEMBER 9, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 1 PM

RECORD BREAKING BEGINS AT 2 PM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts, to make sure I have the correct equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

TO ENTER: The meet is open to any USAWA member. If you are lifting remotely (not at BUFFVILLE GYM) you must let me know in advance and file your results with the date and the name of the official (or three officials for IAWA records) in pounds via e-mail at clintpoore@hotmail.com by Tuesday following the meet. DO NOT send the results to the USAWA secretary or the USAWA record keeper. They will be processed by BUFFVILLE GYM and then sent in to the USAWA. Only lifts currently in the USAWA record book will be accepted. The sanction allows for flexibility in your personal schedule & only five Record Day lifts total with a certified USAWA official. All lifters are required to give their birthdate & age on the day of the Record Day.

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

Records Updated to September 29th 2024

October 7, 2024 Beth Skwarecki

Thanks to the combined efforts of the records team and the EB, we are [up to date on records](#) through September 29th, 2024. If you find errors, please send them to me. The next step in the process is to update the Team Lifts file. **If anyone has the team lift file as it was in 2021 or later, please send it to me as soon as possible.** Team lifts have been popular lately and we'll get those updated soon. Also, I'll update the century club at the end of each quarter going forward. Thanks!

Tony Lupo

Results – Buffville Road to the Century Club Record Day 6

October 8, 2024 Beth Skwarecki

The latest Buffville record day in Kentucky featured 13 lifters in four locations. The lifts included several Weaver Stick lifts, Bavarian Deadlifts, and Jefferson deadlifts. The day also included an all-time record in the foot press: 1,505 pounds by Jeff Wenze.

(Beth Skwarecki would also like to note that, thanks to her daughter's participation in this meet, four out of five women's records in the James lift are now held by a mother-daughter team.)

Results are below.

BUFFVILLE'S ROAD TO THE CENTURY CLUB 6 - RECORD DAY**LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY****MEET DIRECTOR: CLINT POORE****REFEREES: ASHLEY STEARNS, PATRICK HADLEY, STEPHEN SANTANGELO, CLINT POORE (3 OFFICIAL SYSTEM USED)**

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

ASHLEY STEARNS - 44 YEARS OLD - BODYWEIGHT (89.05 KILOS) - 90 KILO WEIGHT CLASS

WEAVER STICK, BACK	5 LBS
JEFFERSON LIFT, INDEX FINGERS	225 LBS
VERTICAL BAR, 1 BAR, 1", LEFT	235 LBS
VERTICAL BAR, 1 BAR, 1", RIGHT	235 LBS
ALLEN LIFT	18 LBS

PATRICK HADLEY - 53 YEARS OLD - BODYWEIGHT(102.6 KILOS) - 105 KILO WEIGHT CLASS

WEAVER STICK, BACK	3.5 LBS
JEFFERSON LIFT, MIDDLE FINGERS	125 LBS
JEFFERSON LIFT, INDEX FINGERS	135 LBS
BENCH PRESS, HANDS TOGETHER	245 LBS
DEADLIFT, ONE LEG, RIGHT	95 LBS

CLINT POORE - 51 YEARS OLD - BODYWEIGHT(111.35 KILOS) - 115 KILO WEIGHT CLASS

BENCH PRESS, REVERSE GRIP	235 LBS
ANDERSON PRESS	210 LBS
CLEAN & JERK, FULTON BAR	75 LBS
ALLEN LIFT	23 LBS
WEAVER STICK, BACK	5 LBS

STEPHEN SANTANGELO - 72 YEARS OLD - BODYWEIGHT(74.05 KILOS) - 75 KILO WEIGHT CLASS

JEFFERSON LIFT, MIDDLE FINGERS	145 LBS
JEFFERSON LIFT, INDEX FINGERS	106 LBS

LORI SANTANGELO - 74 YEARS OLD - BODYWEIGHT(64.5 KILOS) - 65 KILO WEIGHT CLASS

VERTICAL BAR, 2 BARS, 1"	110 LBS
VERTICAL BAR, 1 BAR, 1", RIGHT	83 LBS
VERTICAL BAR, 1 BAR, 1", LEFT	73 LBS

REMOTE LIFTING LIFTERS WITH A CERTIFIED USAWA REFEREE**CHRIS FRAPPIER - 59 YEARS OLD - BODYWEIGHT(97.10 LBS) - 100 KILO WEIGHT CLASS****REFEREE - KYLE FRAPPIER**

BAVARIAN DEADLIFT	460 LBS
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KYLE FRAPPIER - 21 YEARS OLD - BODYWEIGHT(101.52 KILOS) - 105 KILO WEIGHT CLASS**REFEREE - CHRIS FRAPPIER**

BAVARIAN DEADLIFT	230 LBS
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DAPHNE LANSDOWN - 8 YEARS OLD (13 & UNDER AGE GROUP) - BODYWEIGHT(34.07 KILOS) - 35 KILO WEIGHT CLASS**REFEREES: BETH SKWARECKI, CHRISTOPHER LANSDOWN (IN-TRAINING)**

JAMES LIFT	16 LBS
DEADLIFT, 12" BASE	81 LBS

CLARK'S GYM REMOTE LIFTERS WITH A CERTIFIED REFEREE**REFEREES: TONY LUPO, DAVE DEFOREST, BILL CLARK (ONE OFFICIAL SYSTEM USED)**

LISA GORE - 59 YEARS OLD - BODYWEIGHT(99.11 KILOS) - 100 KILO WEIGHT CLASS			
FOOT PRESS	840 LBS		
TWO HANDS ANYHOW	90 LBS		
RIM LIFT	205 LBS		
SEATED PRESS, FROM RACK	90 LBS		
CARTER LIFT	380 LBS		
ALLISON LUPO - 58 YEARS OLD - BODYWEIGHT(85.59 KILOS) - 90 KILO WEIGHT CLASS			
SEATED PRESS, FROM RACK	40 LBS		
DAVE DEFOREST - 64 YEARS OLD - BODYWEIGHT(79.83 KILOS) - 80 KILO WEIGHT CLASS			
RIM LIFT	250 LBS		
DEANNA LIFT	400 LBS		
CURL, CHEAT, DUMBBELL, LEFT	66 LBS		
CLEAN AND JERK, DUMBBELL, RIGHT	61 LBS		
CLEAN AND JERK, DUMBBELL, LEFT	61 LBS		
JEFF WENZEL - 49 YEARS OLD - BODYWEIGHT(106.60 KILOS) - 110 KILO WEIGHT CLASS			
FOOT PRESS	1505 LBS		
SNATCH, FROM HANG	157 LBS		
SEATED PRESS, FROM RACK	176 LBS		
WEAVER STICK, BACK	5 LBS		
TONY LUPO - 58 YEARS OLD - BODYWEIGHT(106.60 KILOS) - 110 KILO WEIGHT CLASS			
CLEAN AND JERK, BEHIND NECK	130 LBS		
SEATED PRESS, FROM RACK	115 LBS		
TWO HANDS ANYHOW	130 LBS		
WEAVER STICK, FRONT	4 LBS		
WEAVER STICK, BACK	4.5 LBS		

[Bayou Beast Bash 2025 \(Westlake, LA\)](#)

[October 8, 2024](#) [Beth Skwarecki](#)



DATE: SATURDAY, January 18, 2025

LOCATION :
 IRON SHARPENS IRON WL CLUB
 1116 Beech St
 Westlake, LA 70668

WEIGH-INS: 8 AM – 9 AM , LIFTING BEGINS AT 9:30 AM (CENTRAL STANDARD TIME)

THE LIFTS:

- HACKENSCHMIDT FLOOR PRESS
- BAVARIAN DEADLIFT

ENTRY DEADLINE – January 15, 2025 –
email trepowerevents1@gmail.com or phone
337-884-5406.

ENTRY FEE: No Entry Fee

USAWA MEMBERSHIP REQUIRED: Memberships are required for all participants prior to the meet. Please go to USAWA.COM to purchase your memberships prior to the meet.

AWARDS: TBD

RECORD DAY SESSION – will follow the Bayou Beast Bash. You must let me know what Record lifts you want to perform prior to the meet, to be sure the proper equipment is on-site the day of the meet.

Only approved Record Day lifts, based on time & space. All Record Day lifts are time permitting & at the discretion of the meet director.

HOTEL – There are many hotels to choose from in Westlake & the surrounding area.

BAYOU BEAST BASH 2025 SCHEDULE

ALL TIMES ARE CENTRAL STANDARD TIME

You may check in the night before, by coming to the Convention Center until approximately/before 6 PM

WEIGH-INS BEGIN 8 AM – 9 AM

LIFTING BEGINS 9:30 AM – 12:30 PM

RECORD DAY 2:00 PM – 4:30 PM

CLEAN UP – 4:30 PM

Group Dinner & Celebration following the meet

Please keep in mind the schedule may change depending on how long each segment lasts.

We are excited for this opportunity & hope you are able to join us!

IAWA World meeting minutes

October 10, 2024 Beth Skwarecki

The IAWA World meeting was held this past weekend (10/5/2024) in conjunction with the World Championships in Eastbourne, England. The minutes are attached. Of note:

- The Duck Walk is being added as an official lift
- Disability Lifts and Old Time Strongman Lifts are being added to the IAWA record book. Neither will be combined with regular lifts in competition, as they each have their own competitions.
- Al Myers is stepping down as President after 12 years of service; Paul Barette will serve as President for the next 4 years. Thank you Al for all your work!
- Sanjiv Gupta is replacing Chad Ullom as Vice President for the US. Congrats, Sanjiv!
- 2025 World Championships will be Oct 4-5 in Belfast, Northern Ireland (Stevie Shanks, promoter)
- 2025 Gold Cup will be November 1 in Derbyshire, England (Steve Gardner, promoter)
- 2026 World Championships will be October 3-4 in Lebanon, PA, USA (Denny Habecker, promoter)
- 2026 Gold Cup will be November 7 in Eastbourne, England (Paul Barette, promoter)

HEAVY GYM GARAGE RECORD DAY RESULTS

October 14, 2024 Beth Skwarecki

by Beth Skwarecki



I've never hosted a meet before, but I thought I'd invite some lifters from my weightlifting gym to try out some USAWA lifts and set some records. Thus the HGGRD was born—Heavy Gym being the name my kids gave to our home gym long ago, and “Garage” in the name to be clear this would be a very informal meet. A few friends came over on 10/12/2024 to join in the fun and we had a blast setting records in some of USAWA's silliest lifts.

On the morning of the meet, I got an email from Bill Clark inviting my lifters to do his record day as well, so that we could each do 10 lifts and send five to Bill. Some of his lifters would be doing the same and contributing to my record day. So I'll tell the story of the day as it unfolded, but some of the lifts will be officially recorded on Bill's scoresheet, which will post soon.

We started with the Hackenschmidt floor press, and then did a team version of that lift, finding that it worked best if the two lifters lie in opposite directions—although the lift is much harder with two people than one due to the crowding. Nicole and I made up one team for the day's team lifts, while Diana and Pierre formed the other team.

Next was the Anderson squat, which some of us did individually, and then we also did it in teams. Pierre and Diana managed an impressive 501 pounds on the team Anderson lift.



Then we attempted the new 2 dumbbell bench press, with our lighter lifters happily setting records—but Chris needed heavier dumbbells than the rest of us were able to

hand to him as spotters. He set a respectable record with 109 pounds per hand, but I told him he'd have to make a trip to someplace like Buffville to find his true limits in that lift.

We discovered that Nicole possesses the superpower of having enough hamstring flexibility to do a perfect Mansfield lift. Her record today at 71 kilos (156 pounds) is the heaviest women's Mansfield lift of all time.

We then did some of the sillier Olympic lift variations: the Kelly snatch, Judd clean and jerk, and the Ziegler clean. My Kelly snatch of 63 pounds is another all time women's record. We also did some team Ziegler cleans.

Finally, we finished out the day with some finger lifts, including what may be our silliest lift of all: a team left pinky finger lift of 50 pounds.

Correction, 10/14/2024, 7:23pm – Buffville's results weren't included in the original result sheet I posted. They have been added below.

Correction, 10/20/2024 – Diana's weight class was listed incorrectly. She is in the 80, not the 75.

Heavy Gym Garage Record Day
Location: Pittsburgh, PA and remote
Date: October 12, 2024
Meet Director: Beth Skwarecki

LIFTERS ONSITE IN PITTSBURGH, PA

Officials: Beth Skwarecki, Christopher Lansdown. (1-official system)

Diana Jordan - F - age 36 - bodyweight 78.5 kg - 80 kg class

- ZIEGLER CLEAN - 52 lbs
- JUDD CLEAN & JERK - 77 lbs

Christopher Lansdown - M - age 45 - bodyweight 99.2 kg - 100 kg class - 45 yo age group

- ANDERSON SQUAT - 405 lbs
- BENCH PRESS, 2 DUMBBELLS - 218 lbs
- SNATCH, KELLY - 52 lbs
- JUDD CLEAN & JERK - 77 lbs
- ZIEGLER CLEAN - 66 lbs

Pierre-Francois Laquerre - M - age 39 - bodyweight 67.9 kg - 70 kg class

- JUDD CLEAN & JERK - 77 lbs
- SNATCH, KELLY - 63 lbs

Beth Skwarecki - F - age 43 - bodyweight 64.9 kg - 65 kg class - 40 yo age group

- SNATCH, KELLY - 63 lbs

Nicole Trimble - F - age 38 - bodyweight 71.3 kg - 75 kg class

- MANSFIELD LIFT - 156 lbs

Team lifts: Diana Jordan & Pierre-Francois Laquerre - M/F - 80 kg class - open age group

- ANDERSON SQUAT - 501 lbs
- ZIEGLER CLEAN - 66 lbs
- HACKENSCHMIDT FLOOR PRESS - 198 lbs

Team lifts: Beth Skwarecki & Nicole Trimble - F/F - 75 kg class - open age group

- ANDERSON SQUAT - 405 lbs
- ZIEGLER CLEAN - 66 lbs
- HACKENSCHMIDT FLOOR PRESS - 220 lbs
- FINGER LIFT, LEFT LITTLE - 50 lbs

REMOTE LIFTERS - FERGUS, ON, CANADA

Officials: Chris Frappier, Kyle Frappier (1-official system)

Chris Frappier - M - age 59 - bodyweight 213.6 lbs - 100 kg class - 55 yo age group

- CURL, STRICT - 105 lbs
- BAVARIAN DEADLIFT - 500 lbs

Kyle Frappier - M - age 21 - bodyweight 223.8 - 105 kg class

- CURL, STRICT - 65 lbs

REMOTE LIFTERS - CLARK'S GYM

Officials: Bill Clark, Tony Lupo, Dave DeForest (1-official system)

JEFF WENZEL. M. AGE - 49. BWT - 236. CLASS - 110 KG.

- Deadlift - stiff-legged - 245.
- Weaver stick - reverse - right - 6 lbs.
- Thor's hammer - 36.
- Clean and seated press - two dumbbells - 2x65 - 130.
- Clean and jerk - two dumbbells - 2x70 - 140.

JOHN CARTER. M. AGE 65. BWT - 186. CLASS - 85 KG.

- Vertical bar - 1 bar - 1 inch - left - 157.
- Vertical bar - 1 bar - 1 inch - right - 207.
- Vertical bar - 2 bars - 1 inch - 314.
- Vertical bar - 1 bar - 2 inch - left - 135.
- Vertical bar - 1 bar - 2 inch - right - 145.

LISA GORE. F. AGE 59. BWT - 219. CLASS - 100 KG.

- Clean and jerk - two dumbbells - 2x40 - 80.
- Clean and jerk - dumbbell left - 45.
- Clean and jerk - dumbbell right - 45.
- Clean and press - two dumbbells - 2x35 - 70.
- Clean and press - two dumbbells - heels together - 2x35 - 70.

TONY LUPO. M. AGE 58. BWT - 237. CLASS - 110 KG.

- Clean and seated dumbbell press - 2x55 - 110.
- Clean and jerk - two dumbbells - 2x 55 - 110.
- Clean and press - two dumbbells - 2 x 55 - 110.
- Two hands anyhow - 2 x 70 - 140.
- Dead lift - one leg - left - 100.

DAVE DeFOREST. M. AGE 64. BWT - 176 CLASS - 80 KG.

- Snatch from hang - 95.
- Cyr press - 110.
- Thor's hammer - 26.
- Reflex clean and jerk - 110.
- Weaver stick - reverse right - 3 lb

REMOTE LIFTERS - BUFFVILLE GYM

Officials: Clint Poore, Ashley Stearns, Patrick Hadley (1-official system)

CLINT POORE - 51 YEARS OLD - BODYWEIGHT(111.40 KILOS) - 115 KILO WEIGHT CLASS

- SIDE PRESS, DUMBBELL, RIGHT 55 LBS
- SIDE PRESS, DUMBBELL, LEFT 55 LBS
- BENT OVER ROW 275 LBS
- LATERAL RAISE, STANDING 90 LBS
- LATERAL RAISE, LYING 50 LBS

ASHLEY STEARNS - 44 YEARS OLD - BODYWEIGHT(90.20 KILOS) - 95 KILO WEIGHT CLASS

- SQUAT, OVERHEAD 65 LBS
- SIDE PRESS, DUMBBELL, RIGHT 65 LBS
- SIDE PRESS, DUMBBELL, LEFT 55 LBS
- PULL UP 56 LBS
- SEATED PRESS, FROM RACK 155 LBS

PATRICK HADLEY - 53 YEARS OLD - BODYWEIGHT(101.3 KILOS) - 105 KILO WEIGHT CLASS

- SQUAT, OVERHEAD 65 LBS
- SIDE PRESS, DUMBBELL, LEFT 45 LBS
- SIDE PRESS, DUMBBELL, RIGHT 45 LBS
- SEATED PRESS, FROM RACK 135 LBS
- LATERAL RAISE, STANDING 90 LBS

Team records update

October 16, 2024 Beth Skwarecki

Dear USAWA:

After some research, I think the Team Records are up to date through 30 September 2024. I could not find team records performed during late 2021 – February 2024. If you are aware of any team records set, or there are any issues with past team records, please e-mail me. Since March of this year, there has been renewed interest in Team Lifts. I think I found them all through the 3rd Quarter, but if I missed any, please let me know.

What to do with team records? The individual records are the centerpiece of USAWA records, so the number of individual records will not include team records. Thus, the “Century Club” will only include the individual records. However, each quarter, I’ll publish the top team duets of all time as well as the top 10 individuals who set team records. Every year, we’ll publish the number of “combined records” for those in the Century Club, but it will appear under the Team Records information.

Thank you!

Tony Lupo

Postal results – Q3 2024

October 18, 2024 Beth Skwarecki

Postal Director Denny Habecker writes: We had the most participants in this postal that we have ever had, with 30 men and 14 women lifters taking part. Thank you to everyone who lifted. R.J. Jackson was the top lifter in a very competitive field.

July 1 Thru September 30, 2024

Lifts: Deadlift- Ciavattone- One hand, Curl -Reverse, People's Deadlift

Results are attached below.

2024 3rd QUARTER POSTAL

We had the most participants in this postal that we have ever had, with 30 men and 14 women lifters taking part. Thank you to every one who lifted. R.J. Jackson was the top lifter in a very competitive field.

MEET DETAILS:

July 1 Thru September 30, 2024

Lifts are recorded in pounds

Ciavattone DL are Right Hand unless marked with L

Records are marked with an *

Bwt: body weight

Wt. CL : weight class in Kilograms

Lifts (3) Deadlift- Ciavattone- One hand, Curl -Reverse, People's Deadlift

MEET RESULTS:

Name	Age	Bwt.	Wt. Cl.	CIAV. D.L.	REVERSE CURL	PEOPLE'S D.L	Total Lifted	Total Adj.
Pts.								
R.J. Jackson	62	104 Lbs.	50 Kg.	111*	56*	326*	493	925.11
Dave Hahn	87	133 Lbs.	65 Kg.	125	60	275	460	905.63
Sylvia Stockall	66	150 Lbs.	70 Kg.	110	59	352	521	893.50
Frank Ciavattone	69	285 Lbs.	125+ Kg.	240	140*	500*	880	877.44
Abe Smith	42	185 Lbs.	85 Kg.	235	90*	545	870	837.41
Beth Skwarecki	43	143 Lbs.	65 Kg.	143*-L	55*	352*	550	828.40
Barry Bryan	66	189 Lbs.	90 Kg.	181*	88*	374	643	758.68
Dave DeForest	64	176 Lbs.	80 Kg.	165*	60*	405*	630	758.12
John Carter	65	186 Lbs.	85 Kg.	200*	60*	375	635	745.05
Denny Habecker	82	174.7 Lbs.	80 Kg.	148*	55*	275*	478	739.63
Randy Smith	69	198 Lbs.	90 Kg.	180	70	355	605	728.58
Jeff Wenzel	49	235 Lbs.	110 Kg.	215	102*	455*	772	695.58
Dan Jones	40	199 Lbs.	95 Kg.	195-L	162*	401	758	686.27
Lisa E. Gore	59	216 Lbs.	100 Kg.	170*	55*	295*	520	681.35
Anthony R. Lupo	58	236.5 Lbs.	110 Kg.	177*	85	430*	692	672.20
Travis Luther	31	171 Lbs.	80 Kg.	200	75	405	680	666.33
Tony Hose	55	223 Lbs.	105 Kg.	225*	95	355*	675	659.13
Mike Locondro	62	207 Lbs.	95 Kg.	159	70*	374*	603	650.54
Logan Wenzel	9	65 Lbs.	30 Kg.	50	17.5*	135	202.5	646.99
Barry Pensyl	76	130 Lbs.	60 Kg.	115*	40*	215*	370	645.18
Christopher Lansdown	45	218 Lbs.	100 Kg.	205*	85*	425*	715	644.82
Dan Wagman		175.8 Lbs.	80 Kg.			666*	666	641.62
Kim Van Wagner	57	125.7 Lbs.	60 Kg.	105*	44*	200*	349	636.39
M.Wade Marchand	55	165 Lbs.	75 Kg.	150*	100*	285*	535	621.66
Phoebe Todd	14	139 Lbs.	65 Kg.	100*	32.5*	220*	352.5	605.33
Spencer Wenzel	17	129 Lbs.	60 Kg.	125	45	315*	485	603.05

Sanjiv Gupta	53	205.8 Lbs.	95 Kg.	165-L*	70*	365	600	601.71
Stacy Todd	41	192 Lbs.	90 Kg.	120*	60*	300*	480	592.92
Janet Thompson	67	160 Lbs.	75 Kg.	105-L*	45*	205*	355	591.15
Lilly Todd	15	160 Lbs.	75 Kg.	95	45*	250*	390	589.66
Bill Clark	92	201 Lbs.	95 Kg.	105	35	225	365	585.72
Chris Frappier	59	214.4 Lbs.	100 Kg.	155	65*	315	535	551.93
Allison Lupo	58	197 Lbs.	90 Kg.	110*	40*	250*	400	547.81
Evertt Todd	11	102 Lbs.	50 Kg.	60*	20*	200*	280	535.69
Chris Todd	45	283 Lbs.	125+ Kg.	175	80	420	675	534.19
Maverick O'Neil-Butters	18	142 Lbs.	65 Kg.	125*	100*	235*	460	523.69
Jessica Hopps	40	207 Lbs.	95 Kg.	115*	70*	255*	440	516.84
Crystal Diggs	37	165.2 Lbs.	75 Kg.	106-L*	39	236*	381	507.14
Lance Foster	58	241 Lbs.	110 Kg.	135	70	300	505	485.93
Lovely Patrick	43	153 Lbs.	70 Kg.	85	50*	185*	320	
Eric Todd	49	277 Lbs.	125+Kg.	175	90	275	540	448.05
Nalexi Ordonez	16	153 Lbs.	70 Kg.	75*	35*	185*	295	443.36
Leroy Todd	13	136.6 Lbs.	65 Kg.	80*	25*	200*	305	433.29
Kyle Frappier	21	221.1 Lbs.	105 Kg.	155		225	380	321.56

Lifters with no Certified Officials: Dave Hahn, Sylvia Stockall, Randy Smith, and Bill Clark.

Superman Push/Pull (Scottsville, KY)

October 18, 2024 Beth Skwarecki

SATURDAY, FEBRUARY 1, 2025

BODY MAX BARBELL in SCOTTSVILLE, KENTUCKY

ADDRESS: 500 JW YORK ROAD, SCOTTSVILLE, KENTUCKY

WEIGH-INS: 8:30 AM – 9:30 AM, LIFTING BEGINS AT 10 AM

THE LIFTS: BENCH PRESS, 2 DUMBBELLS & BAVARIAN DEADLIFT

ENTRY DEADLINE – FEBRUARY 1, 2025 you can register at the meet but you must have a current USAWA membership. You can purchase a membership at USAWA.COM

ENTRY FEE: \$30 dollars for athletes, \$5 dollars for spectator admission.

CO-MEET DIRECTORS –

Clint Poore: contact by email at clintpoore@hotmail.com or by phone at 606 688 2600

Randy Richey: contact by email at omegaforceone@gmail.com or by phone at 270 237 0251

USAWA MEMBERSHIP REQUIRED: Registration will be available at the meet, but it is preferred that you purchase your USAWA membership prior to the meet day at USAWA.COM. Prior registration will help the meet begin quicker & on time.

AWARDS: Awards & T-shirts will be given to all participants. We must know t-shirt size two weeks prior to meet, We may or may not have a few extra, so make sure to let us know your t-shirt size.

RECORD SESSION – Following the competition, each lifter can perform up to 5 record attempts. Please let us know what records you will be attempting so that we can be sure to have the appropriate equipment. USAWA National Records can be set at this meet,

HOTEL – *Barren River Lake State Resort Park*
1149 State Park Road
Lucas, KY 42156
Phone: 270-646-2151

A RECORD DAY FOR A RECORD DAY AT CLARK'S GYM

October 18, 2024 Beth Skwarecki

by Bill Clark

Following are the results of Clark's Gym Record Day No. 5 (or was it 6?).

Held the weekend of October 11-13 at six spots around the country (and Canada) – a record for a sanctioned record day since the rules allowed such activity.

On the same weekend, Beth Skwarecki's Pittsburgh lifters also staged a record day and four teams – Clark's, hers, Kentucky, and Canada – lifted in both record days on the same weekend – setting as many as 10 lifts each for several entrants.

So far, only Beth, Kentucky and Clark's have welcomed lifters from other clubs to their record days.

Here are the lifts done under the Clark's Gym sanction: (All were done with the single official system). Women are noted following their name with (F). All lifts are in pounds.

(Results are attached.)

Correction, 10/20/2024: Diana's weight class and last name were listed incorrectly. They have been fixed.

A RECORD DAY FOR A RECORD DAY AT CLARK'S GYM

Following are the results of Clark's Gym Record Day No. 5 (or was it 6?).

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So far, only Beth, Kentucky and Clark's have welcomed lifters from other clubs to their record days.

Here are the lifts done under the Clark's Gym sanction:

(All were done with the single official system). Women are noted following their name with (F).

All lifts are in pounds.

PITTSBURGH, PA. – BETH SKWARECKI, DIRECTOR

DIANA JORDAN. (F) AGE – 36. BWT- 78.5 KG. CLASS - 80 KG.

Hackenschmidt floor press – 175.

Anderson squat – 337.

Finger lift – left, little – 40.

Finger lift – left, middle – 50

Bench press – two dumbbells – 100.

CHRISTOPHER LANSDOWN. AGE – 45. BWT – 99.2 KG. CLASS – 100 KG.

Hackenschmidt floor press – 268.

PIERRE-FRANCOIS LAQUERRE. AGE – 39. BWT – 67.9. CLASS – 70.0 KG.

Hackenschmidt floor press – 209.

Bench press – two dumbbells – 110.

Finger lift – left little – 25.

Finger lift – left middle – 60.

Ziegler clean – 65.

BETH SKWARECKI. (F). AGE – 43. BWT – 64.9 KG. CLASS – 65.0 KG.

Bench press – two dumbbells – 110.

Judd clean and jerk – 77.

Ziegler clean – 52.

Finger lift – left ring – 40.

Finger lift – eight little – 35.

NICOLE TRIMBLE. (F) AGE – 38. BWT – 71.3 KG. CLASS – 75.0 KG.

Finger lift – right little – 35.

Snatch, Kelly – 35.

Judd Clean and jerk – 88.

Ziegler clean – 52.

Bench press – two dumbbells – 100.

Officials were Beth Skwarecki and Christopher Lansdown.

BUFFVILLE GYM – ALBANY, KY.

CLINT POORE. AGE – 51. BWT – 109.5. CLASS – 110.0 KG.

Side press, dumbbell, right – 55.

Side press, dumbbell left – 55.

Bent over row – 275.

Lateral raise, standing – 90.

Clean and push press – two dumbbells – 110.

ASHLEY STEARNS. AGE – 44. BWT – 88.2 KG. CLASS – 90-KG.

Squat, overhead – 65.

Side press, dumbbell, right – 65.

Side press, dumbbell, left – 55.

Pull up – 56.

Lateral raise – lying – 130.

PATRICK HADLEY. AGE – 53. BWT – 98.4 KG. CLASS – 95.0 KG.

Squat, overhead – 65.

Side press, dumbbell, left – 45.

Side press, dumbbell, right – 45.

Seated press, from rack – 135.

Lateral raise, standing – 90.

OFFICIALS – Clint Poore, Patrick Hadley, Ashley Stearns.

WAGMAN GYM, Colorado

DAN WAGMAN. AGE - OPEN. BWT – 175.8. CLASS – 80.0 KG.

Snatch, Fulton – 140.

Pinch grip, strict - left – 65.

Pinch grip, strict – right – 65.

Finger, index, right – 152.

Vertical bar, 1 bar, 1 inch, left – 217.

OFFICIAL – RJ Jackson.

FRAPPIER GYM, ONTARIO, CANADA

KYLE FRAPPIER. AGE – 21. BWT – 225.1. CLASS – 105 KG.

Curl, strict – 85.

CHRIS FRAPPIER. AGE – 59. BWT – 212.15. CLASS – 100 KG.

Vertical bar, two bars, 2-inch - 270.

Deadlift, dumbbell, Inch, left – 82.

Deadlift, dumbbell, Inch, right – 82.

OFFICIALS: Chris and Kyle Frappier.

HIGH COUNTRY VIGOUR GYM, COLORADO

SANJIV GUPTA. AGE – 53. BWT – 203.6. CLASS – 95 KG.
Clean and press – two dumbbells – 108.
Clean and push press – two dumbbells – 114.
Vertical bar, 1 bar, 2-inch, left – 130.
Vertical bar, 2 bars, 2-inch – 200.

ELIJAH CONLEY. AGE 17. BWT – 163. CLASS – 75 KG.
Clean and press – two dumbbells – 109.
Curl, wrist – 80.

JARROD FOBES. AGE 47. BWT – 219. CLASS – 100 KG.
Lateral raise, lying – 70.
Lateral raise, standing – 55.
Bench press, Fulton bar – 226.
Curl, wrist – 155.
OFFICIALS: Sanjiv Gupta and Jarrod Fobes.

CLARK'S GYM, Columbia, Mo.

TONY LUPO. AGE 58. BWT – 237. CLASS – 110 KG.
Clean and push press, Fulton Bar – 142.
Foot press – 1,235.
Clean and press – Fulton Bar – 120.
Side press – left – 90.
Mixed Fulton deadlift with Allison Lupo – 405.

ALLISON LUPO. (F). AGE – 58. BWT – 197. CLASS – 90 KG.
Foot press – 550.
Weaver stick – forward – 2 lb.
Weaver stick – reverse – 2 lb.
Side press – right - 22.
Mixed Fulton deadlift with Tony Lupo – 405.

DAVE DeFOREST. AGE – 64. BWT – 176. CLASS – 80 KG.
Cheat curl – two dumbbells – 100.
Clean and jerk – two dumbbells – 100.
Swing – two dumbbells – 90.
Snatch – two dumbbells – 90
Rectangular fix – 65.

LISA GORE. (F) AGE – 59. BWT – 219. CLASS – 95 KG.
Anderson press – 100.
Anderson squat – 185.
Deadlift – Inch dumbbell – left – 87.
Deadlift – Inch dumbbell – right – 77.

Deadlift – two Inch dumbbells – 134.

JOHN CARTER. AGE - 65. BWT – 186. CLASS – 85 KG.
Foot press – 1,600.
Vertical bar, 2 bars, 2 inch – 250.
Deadlift – Reeves – 215.
Deadlift – three-inch bar – 245.
Harness lift – 1,402.

JEFF WENZEL. AGE 49. BWT – 236. CLASS – 110 KG.
Piper squat – 250.
Clean and press – two dumbbells – 130.
Two hands anyhow – dumbbells – 140.
Bear hug – 206.
Bench dip – 200.
OFFICIALS: Bill Clark, Dave DeForest, Tony Lupo.

Walpole Record Day 2024 Results

October 20, 2024 Beth Skwarecki

Five lifters gathered at Frank's Barbell Club to set records at the Walpole Record Day on 10/12/2024. Results are below.

Frank's Barbell Club

2024 Walpole Record Breaker Day

Results are as follows:

2024 Walpole Record Breaker Day

Frank's Barbell Club, East Walpole, Massachusetts

October 12th, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

All lifts recorded in pounds and kilos

Dan Jones	Age: 40	Weight: 196#	Male	90Kg Class	40+ Masters
Wade Marchand	Age: 55	Weight: 164#	Male	75Kg Class	55+ Masters
Frank Ciavattone	Age: 69	Weight: 285#	Male	125+Kg Class	65+ Masters
Carl Puzin	Age: 67	Weight: 228#	Male	105Kg Class	65+ Masters
Jessica Hopps	Age: 40	Weight: 206#	Female	95Kg Class	40+ Masters

Lifter	Lift	#	Kg	
Dan Jones	Deadlift - One Leg, Left	55	25	
	Hacklift - Little Fingers	55	25	*
	Hacklift - Ring Fingers	55	25	*
	Jefferson Lift - Little Fingers	55	25	
	Jefferson Lift - Ring Fingers	55	25	
	Total		275	125
Wade Marchand	Clean & Press - Alternate Grip	77	35	
	Bench Press - One Arm, Right	45	20.4	
	Bench Press - One Arm, Left	45	20.4	
	Deadlift - One Arm, Ciavattone Grip, Left	97	44	
	Deadlift - Two Barbells	230	104.3	
	Total		494	224.1
Frank Ciavattone	Reverse Rim Lift	165	74.8	*
	Hacklift - One Arm, Left	231	104.8	
	Hacklift - One Arm, Right	253	114.7	

	Hand and Thigh Lift	881	399.6	
	Hip Lift	1910	886.4	
	Total	3440	1580.3	
Jessica Hopps	Finger Lift - Middle, Left	70	31.7	
	Finger Lift - Middle, Right	70	31.7	
	Finger Lift - Ring, Left	39	17.7	
	Finger Lift - Ring, Right	39	17.7	
	Bench Press - Feet On Floor	85	38.5	*
	Total	303	137.3	
Carl Puzin	Reverse Curl - Strict	88	40	
	Total	88	40	

* Denotes IAWA Lift

Record list updated

October 22, 2024 Beth Skwarecki

USAWA Members:

We have the [records list](#) updated through the records days that were held during the weekend of October 11th-12th 2024. As promised we will update the century club every quarter. Congratulations to Jeff Wenzel and Leroy Todd who are new members to the Century Club. Also, congratulations to Lisa Gore who became the 10th female member to join the century club. As usual, please let me know if you find anything that needs fixing. Email me at lupoa0313@gmail.com.

Sincerely,

Tony Lupo

Location change for Gold Cup

October 23, 2024 Beth Skwarecki

Due to a phenomenal response and confirmed number of lifters participating the Gold Cup scheduled for November 2nd, 2024 – Frank's Barbell Club has updated the meet location to the Balch Elementary School, 1170 Washington St. Norwood MA 02062.

IAWA Gold Cup results

November 7, 2024 Beth Skwarecki



The Gold Cup was held on November 2, 2024 in Walpole, MA. Fantastic lifting was done by all, including three Silver Cup lifters. Results are below. Your humble Secretary took home the Howard Prechtel award for a 32.5 kg strict bent press, with runner-up Paul Hallam of the UK doing a 36 kg strict bent press. Steve Gardner received the inaugural Karen Gardner Gold Cup Award for services to the Gold Cup.

[Buffville Road to the Century Club 7 results \[updated\]](#)

[November 13, 2024 Beth Skwarecki](#)

The Buffville Road to the Century Club 7 record day was held 11/9/2024. Results are below. These were corrected and updated as of 11/16/2024.

BUFFVILLE'S ROAD TO THE CENTURY CLUB 7 - RECORD DAY**LOCATION: BUFFVILLE GYM In ALBANY, KENTUCKY****MEET DIRECTOR: CLINT POORE****REFEREES: ASHLEY STEARNS, PATRICK HADLEY, CLINT POORE (3 OFFICIAL SYSTEM USED)**

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

ASHLEY STEARNS - 44 YEARS OLD - BODYWEIGHT (90.03 KILOS) - 95 KILO WEIGHT CLASS

SIDE PRESS, DUMBBELL, RIGHT	100 LBS
SIDE PRESS, DUMBBELL, LEFT	80 LBS
CURL, CHEAT, 2 DUMBBELLS	149 LBS
CYR PRESS	121 LBS
DEADLIFT, ONE ARM, RIGHT	326 LBS

PATRICK HADLEY - 53 YEARS OLD - BODYWEIGHT(102.2 KILOS) - 105 KILO WEIGHT CLASS

GOOD MORNING	45 LBS
DEADLIFT, CIAWATONE, LEFT	135 LBS
DEADLIFT, DUMBBELL, LEFT	100 LBS
DEADLIFT, 12" BASE	226 LBS
DEADLIFT, NO THUMBS	226 LBS

CLINT POORE - 51 YEARS OLD - BODYWEIGHT(109.15 KILOS) - 110 KILO WEIGHT CLASS

BENCH PRESS, ROMAN CHAIR	215 LBS
SNATCH, DUMBBELL, RIGHT	65 LBS
SNATCH, DUMBBELL, LEFT	65 LBS
SWING, DUMBBELL, LEFT	55 LBS
TWO HANDS ANYHOW	120 LBS

LYNNE HOMAN - 61 YEARS OLD - BODYWEIGHT(58.0 KILOS) - 60 KILO WEIGHT CLASS

PULL UP	23 LBS
CHUN UP	18 LBS
BENCH PRESS, REVERSE GRIP	120 LBS
BENCH PRESS, FEET IN AIR	120 LBS
BENCH PRESS, HANDS TOGETHER	112 LBS

REMOTE LIFTING LIFTERS WITH A CERTIFIED USAWA REFEREE**CHRIS FRAPPIER - 59 YEARS OLD - BODYWEIGHT(97.10 LBS) - 100 KILO WEIGHT CLASS****REFEREE - KYLE FRAPPIER**

DEADLIFT, FULTON, LEFT	120 LBS
DEADLIFT, FULTON, RIGHT	125 LBS
VERTICAL BAR, 2 BARS, 2"	273 LBS

KYLE FRAPPIER - 21 YEARS OLD - BODYWEIGHT(101.52 KILOS) - 105 KILO WEIGHT CLASS**REFEREE - CHRIS FRAPPIER**

DEADLIFT, FULTON, LEFT	115 LBS
DEADLIFT, FULTON, RIGHT	115 LBS

VERTICAL BAR, 2 BARS, 2"	170 LBS				
CLARK'S GYM REMOTE LIFTERS WITH A CERTIFIED REFEREE					
REFEREES: TONY LUPO, DAVE DEFOREST, BILL CLARK (ONE OFFICIAL SYSTEM USED)					
TONY LUPO - 58 YEARS OLD - BODYWEIGHT(110.45 KILOS) - 115 KILO WEIGHT CLASS					
PRESS, DUMBBELL, LEFT	85 LBS				
PRESS, DUMBBELL, RIGHT	60 LBS				
HACKENSCHMIDT FLOOR PRESS	305 LBS				
BENCH PRESS, ONE ARM, RIGHT	85 LBS				
BENCH PRESS, ONE ARM, LEFT	105 LBS				
DAVE DEFOREST - 64 YEARS OLD - BODYWEIGHT(79.83 KILOS) - 80 KILO WEIGHT CLASS					
SNATCH, DUMBBELL, RIGHT	68 LBS				
CURL, CHEAT.	131 LBS				
CLEAN & PRESS, REVERSE GRIP	100 LBS				
CLEAN & PRESS, ALTERNATE GRIP	100 LBS				
CLEAN & PRESS, BEHIND NECK	100 LBS				
HIGH COUNTRY VIGOUR GYM - REMOTE LIFTERS WITH A CERTIFIED REFEREE					
REFEREES: JARROD FORBES & SANJIV GUPTA (1 OFFICIAL SYSTEM)					
SANJIV GUPTA - 53 YEARS OLD - BODYWEIGHT(94.43 KILOS) - 95 KILO WEIGHT CLASS					
DEADLIFT, NO THUMB, RIGHT	145 LBS				
DEADLIFT, NO THUMB, LEFT	145 LBS				
PRESS, FROM RACK, BEHIND NECK	110 LBS				
DEADLIFT, DUMBBELL, LEFT	182 LBS				
DEADLIFT, DUMBBELL, RIGHT	182 LBS				
NISHA GUPTA - 15 YEARS OLD - BODYWEIGHT(38.56 KILOS) - 40 KILO WEIGHT CLASS					
CLEAN & PRESS, ON KNEES	33 LBS				
TOBY ORTEGA - 44 YEARS OLD - BODYWEIGHT(68.95 KILOS) - 70 KILO WEIGHT CLASS					
BENT PRESS, BAR, RIGHT	75 LBS				
BENT PRESS, BAR, LEFT	65 LBS				
SNATCH, KELLY	65 LBS				
MANSFIELD LIFT	65 LBS				
JAMES LIFT	65 LBS				

[Buffville Cup V Results \[updated\]](#)

[November 13, 2024 Beth Skwarecki](#)

The Buffville Cup V was held on 11/9/2024. Results are below. They were corrected and updated as of 11/16/2024.

BUFFVILLE CUP V	
LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY	
MEET DIRECTOR: CLINT POORE	
REFEREES: PATRICK HADLEY, ASHLEY STEARNS, STEPHEN SANTANGELO, CLINT POORE (3 OFFICIAL SYSTEM USED)	
ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS	
ASHLEY STEARNS - 44 YEARS OLD - BODYWEIGHT (90.03 KILOS) - 95 KILO WEIGHT CLASS	
GOOD MORNING	250 LBS
PATRICK HADLEY - 53 YEARS OLD - BODYWEIGHT(102.2 KILOS) - 105 KILO WEIGHT CLASS	
DEADLIFT, ONE LEG, LEFT	135 LBS
LYNNE HOMAN - 61 YEARS OLD - BODYWEIGHT(58.0 KILOS) - 60 KILO WEIGHT CLASS	
GOOD MORNING	60 LBS
CLINT POORE - 51 YEARS OLD - BODYWEIGHT(110.6 KILOS) - 115 KILO WEIGHT CLASS	
DEADLIFT, NO THUMBS	205 LBS
REMOTE LIFTING LIFTERS WITH A CERTIFIED USAWA REFEREE	
REFEREES: TONY LUPO, DAVE DEFOREST, BILL CLARK, KYLE FRAPPIER, CHRIS FRAPPIER, JARROD FORBES , SANJIV GUPTA (ONE OFFICIAL SYSTEM USED)	
TEAM LIFT - HEELS TOGETHER DEADLIFT (50-55 AGE GROUP) - 115 KG WEIGHT CLASS	
ALLISON & TONY LUPO	415 LBS
JEFF WENZEL - 49 YEARS OLD - 110 KILO WEIGHT CLASS	
FOOT PRESS	1700 LBS
TRAVIS LUTHER - 31 YEARS OLD - 80 KILO WEIGHT CLASS	
FOOT PRESS	1650 LBS
SANJIV GUPTA - 53 YEARS OLD - 95 KILO WEIGHT CLASS	
PRESS, FROM RACK	125 LBS
NISHA GUPTA - 15 YEARS OLD - 40 KILO WEIGHT CLASS	
CLEAN & PRESS, 12" BASE	39 LBS
CHRIS FRAPPIER -59 YEARS OLD - 100 KILO WEIGHT CLASS	
LATERAL RAISE, LYING	50 LBS
KYLE FRAPPIER - 21 YEARS OLD - 105 KILO WEIGHT CLASS	
LATERAL RAISE, LYING	40 LBS
TOBY ORTEGA - 44 YEARS OLD - BODYWEIGHT(68.95 KILOS) - 70 KILO WEIGHT CLASS	
GARDNER, FULL	65 LBS

[New Year's Eve Record Day \(Walpole, MA\)](#)

[November 13, 2024 Beth Skwarecki](#)

Frank's Barbell Club is hosting a New Year's Eve Record Day. Contact Frank Ciavattone for more information.

[Clark's Gym Record Day, November 2024 – Results](#)

[November 16, 2024 Beth Skwarecki](#)

RECORD DAY - November 9-10, 2024.

ALLISON LUPO, AGE - 59, BWT 198 and TONY LUPO, AGE - 58, BWT - 238.5
55-59 AGE GROUP, 110KG, CLASS.

Team deadlift - usdlift - Husband and wife - eight
Team deadlift - Husband and wife - Left hand - 225 lbs.
Team deadlift - Husband and wife - Left hand - 225 lbf - Ciavattone - 265 lbs.
Team deadlift - Husband and wife - heels together - 405.

TONY LUPO AGE 58 WT - 238.5

Zercher lift - left - 110.

ALLISON LUPO, AGE - 58, BWT - 198

Mansfield lift - 65 lbs.

JEFF WENZEL AGE - 49 BWT - 235

Bench dip - 225.

Stiffarm pullover - 85.

Clean and press - alternate grip -155

Clean and press - reverse grip - 180

Clean and push press - dumbbells - 150

TOBY ORTEGA AGE - 44 BWT - 152

Lano lift - 95.

deadlift - left leg - 95.

Deadlift - right leg - 95.

Shoulder drop - 75.

Arthur lift - 155.

Officials at Clark's Gym were Fave C were Dave DeFir DeForest, and Bill Clark

From Butteville, Ky.

CLINT POORE AGE - 51 BWT - 108.64 KG.

Bench press - alternate grip - 350.

Foot press - -1607

Peoples deadlift - 385.

Aiken lift - 35.

Press, dumbbell, left - 65.

ASHLEY STEARNS AGE - 44, BWT - 92.53 KG.

Bench press - alternate grip - 315.

Bench press, feet in air - 330.

Curl, wrist - 205.

Curl, strict - 135.

PATRICK HADLEY AGE - 53, BWT - 102.5 KG

Bench dip - 225.

Deadlift - Fulton Bar - 375.

Deadlift - Fulton Bar, Ciavattone Grip - 327.

Dumbbell to shiul to shoulder - 225.

Peoples deadlift - 275.

Kentucky officials were Clinton Poore, Ashley Stearns and ley Stearns and Patrick Hadley.

The following lifting lifted at Clark's Gym Fat Clark's record day

BUFFVILLE CUP			
Tony Ortega - Full Garner - 65 lbs.			
Jeff Wenzel - Foot press - 1,700 lbs.			
Travis Luther - Foot press - 1,650 lbs.			
Allison and Tony Lupo - Husband-wife team heels-together deadlift (110 kg, class)		together deadlift	adlift at
415 pounds.			0
RECORD DAY			
TONY	LUPO	AGE - 58	BWT - 243
Press - Dumbbell - left - 85.			
Press - Dumbbell - right - 60.			
Hackenschmidt press - 305.			
Bench press - left - 105.			
Bench press - right - 85.			
DAVE	DeFOREST	AGE - 64	BWT - 178
Snatch - dumbbell - right - 68.			
Curl - cheat - 131.			
Clean and press - reverse grip - 100.			
Clean and press - alternate grip - 100.			
Clean and press behind neck - 100.			
TOBY	ORTEGA	AGE - 44	BWT - 152
Bent press - right - 75.			
Bent press - left - 65			
Kelly snatch - 65.			
Mansfield lift - 65.			
James lift - m65.		-65	
BILL	CLARK	AGE - 92.	BWT - 196
Dumbbell deadlift - left - 95.			
Dumbbell deadlift - right - 110.			
Dumbbell deadlift two hand - 120.			
Deadlift - inch du inch dumbbell - right - 60.			
Deadlift - inch du Deadlift - Inch dumbbells		beils - 80	

Goerner Deadlift Dozen Plus One 2024 – Results

November 16, 2024 Beth Skwarecki

GOERNER DEADLIFT DOZEN PLUS ONE						
CLARK'S GYM - COLUMBIA, MO.						
NOVEMBER 9-10, 2024						
LIFTER		AGE	BWT	LH - NO Thumbs	RH - NO Thumbs	
FEMALE						
Allison	Lupo		58	196	85	85
MALE						
John	Carter		65	186	135	175
Toby	Ortega		44	152	145	145
Jeff	Wenzel		49	235	185	185
Tony	Cook		88	183	90.5	79.5
Tony	Lupo		58	237	155	145
Bill	Clark		92	196	75	75
		LH	RH	2-BAR	REEVES	
FEMALE						
Allison	Lupo		90	90	170	65
MALE						
John	Carter		225	225	330	230
Toby	Ortega		205	175	310	185
Jeff	Wenzel		240	240	370	260
Tony	Cook		154.25	134.5	272.75	118
Tony	Lupo		175	215	330	185
Bill	Clark		75	75	150	65
		F-INDEX	F-MIDDLE	F-RING	F-LITTLE	
FEMALE						
Allison	Lupo		70	75	40	30
MALE						
John	Carter		120	185	130	65
Toby	Ortega		100	155	90	65
Jeff	Wenzel		185	215	155	125
Tony	Cook		68.75	101.5	57.25	46.25
Tony	Lupo		150	190	110	85
Bill	Clark		65	65	65	45
		HACK	HEELS	JEFF	TOTAL	
FEMALE						
Allison	Lupo		100	175	130	1205

MALE						
John	Carter		275	315	300	2710
Toby	Ortega		315	335	300	2525
Jeff	Wenzel		275	335	315	2900
Tony	Cook		210.5	264.5	209.25	1557.5
Tony	Lupo		135	335	300	2490
Bill	Clark		100	150	150	1155
			Bwt-diff	Age Diff		
FEMALE				Final		
Allison	Lupo		1088.48	1295.29		
MALE						
John	Carter		2530.6	3185.55		
Toby	Ortega		2663.88	2797.07		
Jeff	Wenzel		2376.55	2614.21		
Tony	Cook		1464.67	2519.24		
Tony	Lupo		2025.86	2410.78		
Bill	Clark		1043.31	1877.96		
OFFICIALS –	at Clark's Gym:					
	Bill Clark					
	Tony Lupo					
	Dave DeForest					

Clearance Sale on All USAWA Merch (Updated 11-15-24)

November 16, 2024 [KCSTRONGMAN](#)

The USAWA is going to go a new direction when it comes to selling merchandise, so we are having a clearance sale on all merchandise in stock!

- Shipping will remain at \$8 per order.
- Each order comes with either a USAWA Patch or a USAWA water bottle free of charge! Just let me know which you prefer.
- You can pay via check or cash using USPS, or through our PayPal account.

How to order by mail

To order by mail, please use the official form found here (just substitute the sale price when calculating the total): [Online-Store-Order-Form-word-1.pdf \(usawa.com\)](#)

How to order online

To order online, add up the items and shipping and send the payment [through PayPal](#). Then email me your order at SalGuimino@yahoo.com regarding what you want, that you paid via PayPal, and where you would like it shipped.

Supplies are limited! Act fast! Etc etc!

I will modify the list as orders come in. This is first come, first served. I will fill them as fast as I can. I will let you know if what you order is no longer in stock. Feel free to check in with me before placing your order. [Photos of all items are here](#). The following is what gear we still have in stock:

USAWA Championship Events

[November 24, 2024](#) [Beth Skwarecki](#)

by Sanjiv Gupta

It has been over seven years since Al Myers penned his piece on Championships in the USAWA (<https://www.usawa.com/championships-in-the-usawa/>). I have absolutely no shame in stealing his article ideas and adding my own thoughts. Eight Championship events have been proposed and contested in USAWA. There is certainly something for everybody whether your niche is chain lifting, grip, OTSM or true All-Round.

The events listed are in the order that they were established.

National Championships

Established – 1988

Location- Rotates

Much has already been written about the National Championships. It has been held continuously since 1988 and had the most variety of host venues. Past USAWA Nationals (<https://www.usawa.com/history-of-iawa/best-lifters-by-year/>) is a summary of overall winners, locations, promoters and lifts. The past 10 years have seen an average of 15 athletes (Max 21 in 2017, Min 7 in 2022). I attended in 2023 and 2024.

Heavy Lift Championships

Established – 1994

Location – Rotates

Next to the National Championships, this is one of the longest running USAWA events. The lifts are always the same contesting the Neck Lift, the Hip Lift and the Hand & Thigh Lift. It has had a continuous run except for 2020. Eric Todd has won the men's event 6 times and Steve Schmidt and Frank Ciavattone have won the men's event 5 times and John Carter has won the men's event 4 times. Cara Collins is the only multiple time winner on the women's side with 3 titles to her name. This event is more thinly attended with an average of 6 athletes the past 10 years (Max was 9 in 2015, Min was 4 in 2017).

Postal Championship

Established – 2007 (by John Wilmot)

Location – Postal

It has been confusing to get the history of this event. It started off with 2 events and then 4 events with the fourth event being the Postal Championship. Records are still kept for the 1st quarter, 2nd quarter and 3rd quarter, but the “Championship” is the 4th quarter event. In some years the top performer over all 4 meets is reported and winning all 4 postal events would be considered a Grand Slam. It does have the honor of being the only meet contested every year since its inception without fail. Al Myers and Dan Wagman are tied at 4 each with the most men’s titles. RJ Jacson is in a class by herself with 7 women’s titles. As expected, this has had the most participation with an average of 20 athletes (Max was 38 in 2023, Min was 10 in 2014).

Team Championships

Established – 2007

Location – Dino Gym in August or September

While established in 2007, this was last contested in 2021. From 2007 to 2021 it had a continuous run except for 2020 for obvious reasons. It has had an average of 3 team enter (Max 8 in 2015, Min 1 in 2021). Among M/M pairs, Al Myers and Chad Ullom have a total of 12 wins. RJ Jackson and Molly Myers were the only F/F pair to ever enter winning that division in 2013. Finally, there have only been 3 mixed pairs with the Kressly Family winning in 2012, 2013 and 2015. With the recent run on team records during record days, it may be time to bring this one back.

Club Championships

Established – 2010

Location – Ambridge (2010-2012), Ledaig (2013-2019)

The club championship has not been held since 2019. It is a great format with each club receiving a cumulative score for 3 lifters. In the 10 years that it has been contested Dino Gym has 6 championships and Ledaig has 4 championships. Other clubs have competed, but often with incomplete rosters (less than 3 athletes in attendance). With 10 official clubs in 2024 it may be time to see this established again.

Grip Championships

Established – 2011

Location – Dino Gym in February

I attended this event in 2024 and had a blast meeting some new lifters and challenging my grip. It has been held continuously except for 2021. It is generally well attended with an average of 11 lifters in attendance (Max was 17 in 2017, Min was 3 in 2022). As it is usually held in February in Kansas, I am sure weather occasionally plays a role. LaVerne Myers has been at the top of the men's field 7 times and RJ Jackson has been at the top of the women's field 3 times.

Old Time Strongman Championships

Established – 2011

Location – KC STRONGMAN

This event has had a continuous run except for 2020. Featuring the OTSM lifts, it is well attended with an average of 9 athletes (Max 12 in 2017, Min 4 in 2015). Chad Ullom has the most men's titles with 4 wins. Phoebe Todd has the most women's titles with 4 wins. The most frequently contested lift has been the Dinnie Lift appearing in 6 of the 13 contests.

Presidential Cup

Established – 2012

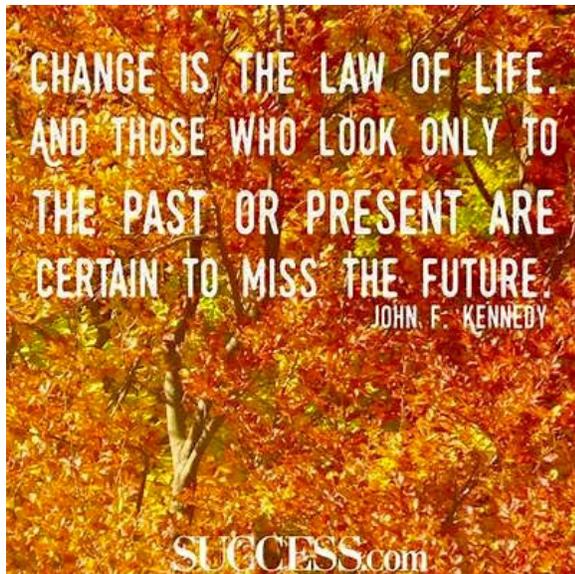
Location – Hosted by USAWA President (Denny Habecker since 2012) in August

This is an interesting event in that participants are performing record day lifts and the most impressive lift as determined by the president is given the Presidential Cup. Beth Skwarecki is the only person to win the event twice. It has had a low turnout with an average of 5 athletes (Max was 8 in 2017 and 2023, Min was 3 in 2014).

5 WAYS TO GROW THE USAWA IN 2025

[November 27, 2024](#) [Beth Skwarecki](#)

by Clint Poore



Good morning, good day, good afternoon and good night to you!

This article is about 5 ways to grow the USAWA in 2025.

1. We can begin 2025 by actively recruiting meet directors in more states. The USAWA currently has active meet directors or clubs in Kansas, Missouri, Pennsylvania, Tennessee, Louisiana, Colorado, Massachusetts, New Jersey and Kentucky. One prominent goal should be to increase this to 20 states and meet directors in 2025. An easy way to encourage meet growth in other areas is by adding a link to the website saying "HOST a USAWA MEET in YOUR AREA!" Then we can follow it up by adding a meet director resource page to help new & existing USAWA meet directors with any questions they might have.

2. Make the USAWA NATIONALS the premier event of the year! The USAWA Nationals should be the can't miss event of the year, not just another meet on the schedule. It needs to be special and an event the whole family would want to attend. You may be saying that "it already is", I will disagree with that statement. The Nationals should take precedence over every other meet and should be the shining example of what the USAWA has to offer lifters. If you have recently lifted outside of the USAWA in a weightlifting or powerlifting nationals, then you will see we as an organization need to step it up and make the USAWA Nationals the main event of 2025!

3. Modernize the USAWA logo. I have inquired about this in the past and was rebuffed by erroneous claims. I have been assured the logo has been changed at least twice before in the past & it's high time for the USAWA to have a modern and professional looking logo. A logo speaks volumes to potential lifters and the current USAWA logo doesn't look good at all in the modern world of strength sports. Let's work together to have a logo that is professional and modern that encompasses everything the USAWA has to offer. Hopefully I will have one to present in the near future, but if someone has a better idea.....lets see it!

4. Give sponsors a reason to support the USAWA! We are the only strength organization in America that doesn't allow basic 7mm Knee Sleeves in competition and this needs to change. To further add to this, we need to consider allowing yoga pants/leggings, whichever you call them. This would be a great plus in attracting more women to the USAWA and meet directors can check to make sure they are of non-supportive material. Allowing Knee Sleeves and Leggings/Yoga pants is a step in the right direction and will help open the door to potential sponsors for our larger events. Plus, it would make sense, USA Weightlifting already allows non supportive leggings.

5. Finally, we must EMBRACE CHANGE! For the USAWA continue growing its membership, we as an organization must be open to doing things differently than we did in the past. Doing the same thing over and over and expecting a different result is the definition of insanity. Let's move the USAWA forward and embrace change to grow in 2025. 2024 was a record membership year for the USAWA with 135 members. Our 2025 goal should be no less than 200 members, if not more.

In closing, may we learn from President John F Kennedy's words, "Change is the Law of Life...and to those who only look to the past or present are certain to miss the future!" Our 35th President was making a very wise statement that holds true for us today. May we as the USAWA, be open to change and never miss the opportunities of the future!

Be Strong!

Clint Poore

[Goodbye 2024 Record Day \(Albany, KY and remote\)](#)

[November 28, 2024](#) [Beth Skwarecki](#)

DATE: SATURDAY, DECEMBER 28, 2024

BUFFVILLE GYM in ALBANY, KENTUCKY

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

WEIGH-INS: 1 PM

RECORD BREAKING BEGINS AT 2 PM

THE LIFTS: You can choose any USAWA lift to break but, please let me know your lifts, to make sure I have the correct equipment for you to set the Record.

ENTRY FEE: NONE, just let me know you are attending, then have fun lifting & breaking records!

TO ENTER: The meet is open to any USAWA member. If you are lifting remotely (not at BUFFVILLE GYM) you must let me know in advance and file your results with the date and the name of the official (or three officials for IAWA records) in pounds via e-mail at clintpoore@hotmail.com by Tuesday following the meet. DO NOT send the results to the USAWA secretary or the USAWA record keeper. They will be processed by BUFFVILLE GYM and then sent in to the USAWA. Only lifts currently in the USAWA record book will be accepted. The sanction allows for flexibility in your personal schedule & only five Record Day lifts total with a certified USAWA official. All lifters are required to give their birthdate & age on the day of the Record Day.

MEET DIRECTOR – Clint Poore: contact by email clintpoore@hotmail.com or by phone at 606-688-2600.

USAWA MEMBERSHIP REQUIRED: You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

RECORD SESSION – Each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

HOTEL – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

2024 OLD TIME STRONGMAN WORLD CHAMPIONSHIP

December 2, 2024 KCSTRONGMAN

By Clint Poore

Location has changed! See the UPDATE below.



Good Morning!

Here is an update for the 2024 Old Time Strongman World Championships, USA location.

Due to the cold temperatures and no heat in the warehouse location, the meet has been officially moved to BUFFVILLE GYM.

Buffville has heat & will be nice and warm for everyone.

**The Buffville Gym address is
[205 South Spring Street](#)
[Albany, Kentucky.](#)**

Buffville Gym is a fantastic place we hosted meets in the past. Also, on Saturday, immediately following the awards we will have the OTSM RECORD DAY.

If you plan on participating in the Record Day portion, please let me know what lifts/records you want to perform. This way I can ensure we have all the proper equipment available for you to set incredible records.

Finally, plenty of seats will be available, but feel free to bring your own chair to be more comfortable.

I'm looking forward to seeing everyone this weekend.

As a final reminder all Old Time Strongman lifts are now available to set IAWA World Records!

This is the OFFICIAL OLD TIME STRONGMAN WORLD CHAMPIONSHIP. This is a POSTAL meet, so different countries can all compete simultaneously across the World. The OTSM Worlds will take place on December 7 in different locations on separate continents. All results will be sent in by each locations meet director and results will be tabulated ASAP! Each lifter will receive a OTSM Worlds medal and T-shirt for participating. International locations for the OTSM Worlds to be held, are in England, Australia and the USA. Other International locations may be added.

OLD TIME STRONGMAN WORLD CHAMPIONSHIP – USA LOCATION

SATURDAY, DECEMBER 7, 2024

BUFFVILLE ARENA in ALBANY, KENTUCKY

ADDRESS: 2608 BUSINESS 127 NORTH, ALBANY, KENTUCKY

This is the North American Continental location for the OTSM World Championship. All lifters from any North American nation are welcome to attend. CANADA, USA, MEXICO & all Central American countries are invited. Also, any International lifters who want to compete are invited to attend .

WEIGH-INS: 8 AM – 9:30 AM , LIFTING BEGINS AT 10:30 AM

THE 3 LIFTS: HACKENSCHMIDT FLOOR PRESS, DINNIE LIFT & INCH DUMBBELL DEADLIFT (ONE ARM, LIFTER MUST DECLARE THE ARM AND NOT CHANGE ARM DURING COMPETITION)

ENTRY DEADLINE – December 6, 2023 – email clintpoore@hotmail.com or by phone at 606-688-2600.

ENTRY FEE: None, just let me know you are attending, then have fun lifting & breaking records!

USAWA MEMBERSHIP REQUIRED: Please join the USAWA before the meet. Registration will also available at meet site if you need to join the USAWA the day of the meet. If lifting in England or Australia please pay your National Registration fee prior to the meet.

AWARDS: **WORLD CHAMPIONSHIP AWARDS** in EACH WEIGHT CLASS & AGE GROUP. **OVERALL GRAND CHAMPION TROPHY MALE & FEMALE** with Medals awarded to all competitors. T-shirts provided for all lifters, I must know your t-shirt size two weeks prior to the meet, we will have a few extra as well.

OLD TIME STRONGMAN WORLD TEAM CHAMPIONSHIP AWARD – The top 5 points total from each countries will be added together to determine the Old Time Strongman World Team Champion.

RECORD DAY – The Old Time Strongman Record Day will be on Sunday, December 8 @ 9 am. No more than 5 Record attempts, per person. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at the Record Day, if we have 3 referees present IAWA World Records may be set.

HOTEL – **Baymont by Wyndham Albany**

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

Lifter of the Month, November 2024

December 4, 2024 Beth Skwarecki

by Sanjiv Gupta

November is typically a slow month for USAWA, but **Allison Lupo** has certainly shined impressively completing all of the lifts in the Goerner Deadlift Dozen Plus One. She has also quietly crept up the records list and holds 151 records (including 47 ALL age records) in 103 different lifts including presses, clean & Jerks, deadlifts, misc bar lifts, heavy lifts, strongman and special equipment lifts. How many individuals can claim a record in the back lift, neck lift, hand & thigh lift, hip lift and harness lift? She also shares 4 team lift records with Tony Lupo. I have always felt like strength is for everyone and every age and since coming on the scene during the 2023 IAWA World Postal Championship, she has impressively competed in 27 different events in Missouri, Kentucky, and Fergus, Ontario, Canada. Congratulations Allison!

Do you know a USAWA member who should be recognized as a future Lifter of the Month? Send nominations to the Secretary at bethskw@gmail.com.

For Women Only – and Record Day for Everyone (Columbia, MO and remote)

December 6, 2024 Beth Skwarecki

JUNE 21-22, 2025

CLARK'S GYM AND REMOTE

ENTRY FEE – None.

GENDER REQUIREMENT – Women only.

AWARDS – Certificates.

LIFTS –

- Swing – one hand;
- Deadlift (barbell) – one hand;
- Push press from rack;
- Hack lift;
- Bench press – feet in air.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

Jeff’s 50th Birthday Party – and Record Day (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

MARCH 8-9, 2025

CLARK’S GYM AND REMOTE.

ENTRY FEE: None.

WEIGH-INS EACH DAY – 8 A.M.

AWARDS – Certificates.

LIFTS: A dozen lifts will be put in a hat and five will be drawn one by one and contested with no advanced warning. Remote lifters will be notified by either telephone or e-mail following each draw.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete

remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

RULES – First – any USAWA/IAWA member can enter by letting me know by March 5 that they plan to do so. My phone is 573-474-4510 and my e-mail is yeoldclark@gmail.com.

The meet is scheduled for Saturday, March 8 beginning at 10 a.m., Central Standard Time. All remote entries must have e-mail capabilities beginning at 9:30 a.m. on that date and be in touch with the e-mail connection they will receive prior to the competition.

Here's how the meet will be done:

Jeff has chosen 10 lifts that he enjoys. Five of the 10 will be drawn out of a hat – one at a time – and the lifters will complete that lift before moving on to the next lift. Each lift will be figured individually and the winner will be the person with the lowest number of points with one point for first place and two for second, etc.

The 10 lifts already in the hat are bench dip, Anderson squat, Jackson press, lying lateral raise, one-hand pinch grip deadlift, strict curl, press from rack, Reg Parke bench press, Roman chair sit-up, and seated press from rack.

Those lifting remote will be informed by e-mail about the next lift and their final result from the lift just completed will be recorded at that time. At the end of five lifts – all drawn from the hat – the points will be totaled and the winners announced.

If you lift at Clark's Gym, Jeff is the host for burgers and beer following the record day which will go with the competition.

If you have an official available at your remote site, you can add five records since this date is sanctioned as both a competition and a record day for all. You can file five lifts for record without being in the competition – provided you have let Clark know in advance and you are a USAWA /IAWA member.

This offer extends to the IAWA/UK and to all members in Australia and worldwide.

There is no entry fee.

And there is no reason why the entire IAWA membership should not be involved in this first-of-its-kind competition in odd-lift history.

Bench Press Heptathlon and Record Day (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

APRIL 12-13, 2025

CLARK'S GYM AND REMOTE

ENTRY FEE: None.

WEIGH-INS – 8 A.M. EACH DAY.

AWARDS – Certificates (Male and female divisions)

LIFTS:

- Bench press – Feet on floor (non USAWA lift)
- Bench press – feet in air
- Bench press – reverse grip
- Bench press – alternate grip
- Bench press – hands together
- Bench press – right hand
- Bench press – left hand

SPECIAL EVENTS: Certificates also for Rampage and for Roman Chair Bench.

OPEN TO THE WORLD – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

Clark's Gym Record Day (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

August 2-3, 2025

CLARK'S GYM AND REMOTE

ENTRY FEE – None.

WEIGH-INS – 8 a.m. both days.

OPEN TO THE WORLD – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

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OFFICIALS – Must accompany remote results to be eligible for records.

Two Fisted Challenge – and Record Day (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

SEPTEMBER 27-28, 2025

CLARK'S GYM AND REMOTE

ENTRY FEE – None.

WEIGH-INS – 8 A.M. both days.

AWARDS – Certificates for male and female.

LIFTS –

- All four fingers and thumb on each hand;
- deadlifts by pairs of fingers, Index, middle, ring, and little.

OPEN TO THE WORLD – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

Hermann Goerner Deadlift Dozen – Plus One (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

OCTOBER 25-26, 2025

CLARK'S GYM AND REMOTE.

ENTRY FEE – None.

WEIGH-INS – 8 a.m, both days.

AWARDS – Certificates for male and female.

LIFTS – All deadlifts to include

- two-bars,
- Reeves,
- Jefferson,
- heels together,
- hack,
- all four fingers,
- one-hand with each hand,
- one-hand thumbless with each hand.

OPEN TO THE WORLD – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

Steve Schmidt Backbreaker Pentathlon – and Record Day (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

DECEMBER 6-7, 2025

CLARK'S GYM AND REMOTE.

ENTRY FEE – None.

WEIGH-INS – 8 a.m. each day.

AWARDS – Certificates for male and female.

LIFTS –

- Back lift,
- neck lift;
- harness lift;
- hip lift;
- hand-and-thigh lift.

OPEN TO THE WORLD – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

Diamond Jubilee – and Record Day for All Age Groups (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

APRIL 26-27, 2025

CLARK'S GYM AND REMOTE

ENTRY FEE – None.

WEIGH-INS – 8 A..M. each day.

AGE REQUIREMENT – Most be at least 70 on April 26, 2025 for the Diamond Jubilee.

AWARDS – Certificates for male and female.

LIFTS:

- Deadlift Heels together
- Deadlift, Fulton Bar – no thumbs (non USAWA lift)
- Jefferson with Fulton Bar
- Bench press – reverse grip
- Bench press -close grip
- Press, seated, from rack.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

Stars of Tomorrow – and Record Day for All Age Groups (Columbia, MO and remote)

December 9, 2024 Beth Skwarecki

JUNE 14-15, 2025

CLARK’S GYM AND REMOTE.

ENTRY FEE: None

WEIGH-INS – 8 a.m. each day.

AGE REQUIREMENT – Must not have achieved 20th birthday by June 14, 2025.

GENDER – Open to both genders in the teenage and pre-teenage categories.

AWARDS – Certificates for both male and female.

LIFTS:

- Bench press – feet in air;
- Jerk from rack;
- Anderson squat;
- Dead lift – heels together;
- clean and press, heels together.

OPEN TO THE WORLD – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at yeoldclark@gmail.com not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

OFFICIALS – Must accompany remote results to be eligible for records.

PRESIDENTIAL CUP (Lebanon, PA)

December 12, 2024 Beth Skwarecki

Save the date of August 2, 2025 for this year’s Presidential Cup, to be hosted by our President in Lebanon, PA.

True North True Strength Open & Record Day (Elora, ON, Canada)

December 12, 2024 Beth Skwarecki

TRUE NORTH TRUE STRENGTH 2025 OPEN

Lift Big. Break Records. Make History!

A USAWA-sanctioned weightlifting competition in CANADA you don’t want to miss!

Event Details

Date: Saturday, August 23, 2025

Location: RT Health Company

7457 Wellington County Rd 21, Elora, ON N0B 1S0

Weigh-ins: 8:00 a.m. – 9:00 a.m. (ET)

Lifting Begins: 9:30 a.m. (ET)

Lifts:

- Hackenschmidt Floor Press
- Bavarian Deadlift

Spectators:

Be part of the action! Admission is just **\$5** to witness Canadian athletes make history, break world records, and smash personal bests. Don't miss this incredible showcase of strength on Canadian soil!

Passports are required for all international travelers entering Canada.

Registration

Entry Fee: \$30 CAD

- Pay via e-transfer to **truenorth.truestrength@gmail.com**
- Or PayPal: **@CHRISFRAPPIER**

Registration Deadline: August 2, 2025 – NO EXCEPTIONS!

Entry fee includes participation in the **True North True Strength Record Day** (details below).

Payment Confirmation: A receipt will be sent to confirm your spot.

How to Register (Complete Both Steps):

1. Email Registration Details to truenorth.truestrength@gmail.com with:

- First and last name
- Women's or Men's division
- Age on August 23, 2025
- Current or expected bodyweight
- T-shirt size (T-shirt or tank top option)
- Contact info (email & phone; for event details & safety).

2. USAWA 2025 Membership Required

- Complete your membership at [USAWA Membership Application](#)
- Membership fee: \$35 USD (PayPal accepted).

Don't wait—secure your spot today!

True North True Strength Record Day

Breaking Records Starts Here!

Immediately after the competition, lifters can attempt up to three record-breaking lifts, including national and world records.

Important: Let us know in advance which record lifts you plan to attempt so we can have the equipment ready.

- USAWA records can be set at this meet.
 - IAWA World Records can be set if three referees are present.
-

Extras for Competitors

Free Swag: All lifters receive a t-shirt or tank top (include size in your registration).

Awards:

- The **True North True Strength 2025 Open Champion** will be crowned.
- Additional awards may be added based on participation.

Plan Your Stay

We recommend booking accommodations early to secure your spot. Flexible cancellation policies are available with most hotels. Here are some local options:

- **The Village Inn** (Elora) – 1-888-733-3567
- **Best Western Plus** (Fergus) – (519) 843-2100
- **Hampton Inn & Suites by Hilton** (Guelph) – (519) 821-2144
- **Comfort Inn** (Guelph) – (519) 763-1900
- **Super 8 by Wyndham** (Guelph) – (519) 836-5850

Airbnb's in Fergus and Elora are also available – check online for options.

Have Questions?

Contact **Chris Frappier**:

truenorth.truestrength@gmail.com

Call/Text: **226-821-1740**

Join Us for a Day of Strength, Records, and Community!

Don't wait—**register today** and make your mark at the **True North True Strength 2025 Open!**

[USAWA GRIP CHAMPIONSHIPS \(Lakewood, CO\)](#)

[December 12, 2024](#) **[Beth Skwarecki](#)**

(Note that this meet was originally sanctioned as the Colorado Grip Classic on the same date and location, but has been changed to serve as the Grip Championships. More about the changes [here](#).)

Date: Saturday, May 3, 2025

Address: High Country Vigour, Lakewood, Colorado

Weigh-Ins: 9:00 AM; **Meet Begins:** 10:00 AM

The Lifts:

- Pinch Grip, Strict
- Deadlift, Inch DB, One Arm
- Vertical Bar, 1 Bar, 2"
- Hack Lift Fulton Bar

Entry Fee: \$10 (waived for Junior athletes)

To Enter: The meet is open to any USAWA member. Entries must be received by April 19, 2025

Meet Director: Sanjiv Gupta, contact by email sanjiv_gupta@hotmail.com or phone at 720-938-2029

USAWA Membership Required: You must be a member of USAWA.

Awards: Best Lifter Award to the overall champion. Other awards may be added based on number of entries.

Record Session: Each lifter can perform up to 5 records if equipment is available and time allows.

Remote lifters: Hybrid/remote entries will NOT be allowed.

Athletes can look forward to some grip sport inspired USAWA events

- Matt Graham's 200 pound pinch grip strict record from 2002 still stands
- Caleb Day owns the Deadlift Inch Dumbbell with 160 pounds set in 2024 at Iron Palace's Strongest Man
- Ben Edward's 251 pound Vertical Bar record from 2011 still stands
- Josh Davidson performing a 235.5 kg lift in 2016



Pinch Grip by Matt Graham



Vertical Bar Deadlift - 1 Bar, 2", 1 Hand by Ben Edwards



[Colorado Single Arm Challenge \(Lakewood, CO and remote\)](#)

[December 12, 2024](#) [Beth Skwarecki](#) [Edit Post](#)

Date: Saturday, March 1, 2025

Address: High Country Vigour, Lakewood, Colorado

Weigh-Ins: 9:00 AM; **Meet Begins:** 10:00 AM

The Lifts:

- One Hand Snatch
- One Hand Clean & Jerk
- One Hand Deadlift

Entry Fee: None

To Enter: The meet is open to any USAWA member. Entries must be received by February 22, 2025

Meet Director: Sanjiv Gupta, contact by email sanjiv_gupta@hotmail.com or phone at 720-938-2029

USAWA Membership Required: You must be a member of USAWA.

Record Session: Each lifter can perform up to 5 records if equipment is available and time allows.

Hybrid: Hybrid entries will be allowed and included in the results. Officials are required for records.

[High Country Vigour Cup \(Lakewood, CO and remote\)](#)

[December 12, 2024](#) [Beth Skwarecki](#)

Date: Saturday, November 8, 2025

Address: High Country Vigour, Lakewood, Colorado

Weigh-Ins: 9:00 AM; **Meet Begins:** 10:00 AM

The Lifts: You can choose any USAWA lift to break if the required equipment is available.

Entry Fee: None

To Enter: The meet is open to any USAWA member. Entries must be received by November 1, 2025

Meet Director: Sanjiv Gupta, contact by email sanjiv_gupta@hotmail.com or phone at 720-938-2029

USAWA Membership Required: You must be a member of USAWA.

Record Session: Each lifter can perform up to 5 records if equipment is available and time allows.

Hybrid: Hybrid entries will be allowed and included in the results. Officials are required for records.

[Colorado OTSM Classic \(Lakewood, CO\)](#)

[December 12, 2024](#) [Beth Skwarecki](#) [Edit Post](#)

Date: Saturday, September 13, 2025 – **NOTE CHANGE OF DATE, NO LONGER AUGUST 16**

Address: High Country Vigour, Lakewood, Colorado

Weigh-Ins: 9:00 AM; **Meet Begins:** 10:00 AM

The Lifts: Saxon Deadlift, Dinnie Lift, Exhibition 2×5 Saxon Deadlift

Entry Fee: None

To Enter: The meet is open to any USAWA member. Entries must be received by September 6, 2025

Meet Director: Sanjiv Gupta, contact by email sanjiv_gupta@hotmail.com or phone at 720-938-2029

USAWA Membership Required: You must be a member of USAWA.

Record Session: Each lifter can perform up to 5 records if equipment is available and time allows.

Hybrid: Hybrid entries will be allowed and included in the results. Officials are required for records.

Athletes can look forward to competing in the very popular Old Time Strongman Lifts

- Caleb Day owns the USAWA Saxon Deadlift record at 200 pounds. Jason Diney owns the GSI record at 275 pounds
- The actual Dinnie Stones weigh 733, but Chad Ullom owns the USAWA Dinnie Lift record at 825 pounds.
- 2×5 Saxon Deadlift – Rules are the same as the Saxon Deadlift, except a 2" x 5" bar will be used.
- History of the Lift – A 2×5 Saxon Bar was introduced in Grip Sport at the 2016 Griptoberfest Classic by Aaron Corcoran. The 5-inch length is important as even the largest hands would not be able to get fingertips under the bar. Aaron

is still #10 on the GSI record list, but Jason Dingey holds to the top spot at 310 pounds.”

- Details regarding the Exhibition 2×5 Saxon Deadlift: *The bar (2” rectangular) must meet the following specifications. The width of the bar must be a minimum of 1.9 inches. There must be no rotation to the sleeves of the bar. There must not be a knurling on the bar. The weight of the bar must be clearly marked. The bar must be straight. The rules of the deadlift apply. A metal rectangular bar of 2” must be used. Time starts when the bar is loaded; the athletes have 60 seconds to complete the lift. No grip aids other than chalk are allowed. The bar must be gripped with the knuckles on both hands facing forward (away from the body) with a double overhand grip. The athlete must complete the lift with the knees locked, awaiting the referee’s down command before returning the bar to the platform while maintaining a grip on or in contact with the bar. Resting the bar on the thighs will disqualify the lift, as would failure to await the down command or dropping the bar.*

BIDDING FOR 2025 USAWA CHAMPIONSHIPS

December 12, 2024 Beth Skwarecki

The calendar is already filling up with meet sanctions for 2025! If anybody is interested in bidding for one of the championship events, please let me know (bethskw@gmail.com) ideally by the end of the year.

You can read more about the different USAWA championships in [Sanjiv’s excellent article here](#). Some have the same host every year by tradition, some rotate, and some haven’t been contested in recent years but could be brought back. The dates and hosts for Nationals and the Presidential Cup are already set, but we have a variety of other championships.

The process of hosting a championship is basically the same as for a regular meet, but no other meets can be held on the same date as a championship—which is why I’d like to get those set on the calendar ASAP.

2024 Memorial Record Day – results

December 16, 2024 Denny Habecker

The Memorial Record Day this year had a small, turnout with 4 lifters setting 15 records.

Steve Jury – 59 – 254 lbs – 120 Kg. Class [55-59]

- Press- Dumbbell – Left Hand – 25KG. – 55 Lbs.
- Press-Dumbbell – Right Hand – 27.5 Kg. – 60 Lbs.
- Holdout Raised 25 Kg. – 55 Lbs.
- Holdout Lowered – 27.5 Kg. – 60 Lbs.
- Swing- Dumbbell – Left Arm – 40 Kg. – 88Lbs.

Mike Lacondro – 62 – 208 Lbs. – 95 Kg. Class [60-64]

- Bent Over Row – 100 Kg. – 220 Lbs.
- Deadlift- 12" Base – 120 Kg. – 264 Lbs.
- Continental to Belt – 130 Kg. – 286 Lbs.

Barry Pensyl – 76 – 130 Lbs. – 60 Kg. Class – [75-79]

- Swing- Dumbbell- Right Arm – 45 Lbs.
- Swing- Dumbbell – Left Arm – 45 Lbs.
- Curl- Strict – 23.5 Kg. – 51 Lbs.
- Curl- Strict-Reverse Grip – 19.5 Kg.- 42Lbs.
- Peoples Deadlift – 110 Kg. – 242 Lbs.

Denny Habecker – 82 – 177 Lbs. – 85 Kg. Class – [80- 84]

- Deadlift- Ciavattone Grip -One Arm- Right – 65 Kg. – 143 Lbs.
- Deadlift – One Arm – Right – 101 Kg. – 222 Lbs.

Officials – Denny Habecker, Barry Pensyl

[Lift for Leroy VI – Results](#)

[December 16, 2024 KCSTRONGMAN](#)

By Eric Todd

This particular lift for Leroy was a little bit leaner than many of them were, but a great time and some great lifting nonetheless. We hit the 4th quarter postal lifts and then did up to 5 records apiece. We had Jeff Rigby from Utah, Abe Smith from Clark's Gym, and then 3 representatives from the Todd Clan from the KCSTRONGMAN club. I would like to go on record to say that absolutely no money was raised for Leroy's general well being this year. I will leave the postal results to Denny's report, but the results of the Lift for Leroy are as follows:

Name	Age	Division	weight	class
Jeff Rigby	47	45	305	125+
Abe Smith	43	40	189	90
Eric Todd	49	45	278	125+
Chris Todd	45	45	286	125+
Everett Todd	11	13	110.6	55

Jeff Rigby		
Lift	Pounds	Kilos
Squat (IAWA)	535	243.2
Bench-Fulton Bar	335	147.7
Deadlift-Trap Bar	525	238.6
Squat-Lunge	205	43.2

Abe Smith		
Lift	Pounds	Kilos
Maxey Press	215	97.7

Eric Todd		
Lift	Pounds	Kilos
Lateral Raise-Lying	100	45.5
Lateral Raise-standing	85	38.6
Crucifix	80	36.4
Maxey Press	205	91.2
Anderson Press	235	106.8

Chris Todd		
Lift	Pounds	Kilos
Finger Lift-Middle-Left	113.5	51.6
Vertical Bar-1"-I bar-Right	130	59.1
Pullover-Straight Arm	55	25
Pullover-Bent Arm	125	56.8
Jackson Press	125	56.8

Everett Todd		
Lift	Pounds	Kilos
Gardner-Full	15	6.8
Gardner-Half	15	6.8
Arthur Lift	15	6.8
Scott Lift	35	15.9
Ziegler Clean	15	6.8

Old Time Strongman World Postal Record Day Results

December 16, 2024 Beth Skwarecki

**2024 OLD TIME STRONGMAN WORLD CHAMPIONSHIP – RECORD DAY
DECEMBER 7, 2024**

(OTSM postal results will be posted separately; this is the record day)

LOCATION: BUFFVILLE GYM, ALBANY, KENTUCKY

MEET DIRECTOR: CLINT POORE

**REFEREES: CLINT POORE, PATRICK HADLEY, ASHLEY STEARNS, TONY LUPO,
DAVE DEFOREST, JARROD GADDIS**

ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS

TONY LUPO – 58 YEARS OLD – 110 KG WEIGHT CLASS

DEADLIFT, INCH DUMBBELL, RIGHT 90 LBS

DINNIE LIFT 401 LBS

SNATCH, DUMBBELL, LEFT 60 LBS

SNATCH, DUMBBELL, RIGHT 30 LBS

CLEAN & JERK, ONE ARM, LEFT 60 LBS

ASHLEY STEARNS – 44 YEARS OLD – 85 KG WEIGHT CLASS

DEADLIFT, INCH DUMBBELL, RIGHT 155 LBS

DAVE DEFOREST – 64 YEARS OLD – 85 KG WEIGHT CLASS

LURICH LIFT 410 LBS

RECTANGULAR FIX 62 LBS

CLEAN & JERK, DUMBBELLS 90 LBS

CLEAN & JERK, ONE ARM, LEFT 55 LBS

JERK, FROM RACK, BEHIND NECK 105 LBS

JEFF WENZEL – 49 YEARS OLD – 110 KG WEIGHT CLASS

LURICH LIFT 365 LBS

PINCH GRIP DEADLIFT, RIGHT 194 LBS

PINCH GRIP DEADLIFT, LEFT 159 LBS

DON GABER – 57 YEARS OLD – 115 KG WEIGHT CLASS

LURICH LIFT 410 LBS

PINCH GRIP DEADLIFT, LEFT 114 LBS

PINCH GRIP DEADLIFT, RIGHT 159 LBS

PINCH GRIP DEADLIFT 204 LBS

RANDY RICHEY – 62 YEARS OLD – 110 KG WEIGHT CLASS

PINCH GRIP DEADLIFT 293 LBS

PINCH GRIP DEADLIFT, LEFT 114 LBS

PINCH GRIP DEADLIFT, RIGHT 114 LBS

JARROD GADDIS – 47 YEARS OLD – 125+ KG WEIGHT CLASS

VERTICAL BAR, 1 BAR, 1", LEFT 185 LBS

VERTICAL BAR, 1 BAR, 1", RIGHT 185 LBS

VERTICAL BAR, 2 BARS, 1" 368 LBS

PINCH GRIP DEADLIFT, LEFT 204 LBS

PINCH GRIP DEADLIFT, RIGHT 204 LBS

KYLE FRAPPIER – 21 YEARS OLD – 105 KG WEIGHT CLASS

RH DUMBBELL STRICT CURL 35 LBS

LH DUMBBELL STRICT CURL 40 LBS

CHRIS FRAPPIER – 59 YEARS OLD – 100 KG WEIGHT CLASS

RH DUMBBELL STRICT CURL 40 LBS

LH DUMBBELL STRICT CURL 40 LBS

[Old Time Strongman World Postal Results](#)

[December 16, 2024 Beth Skwarecki](#)

Full results are attached below.

AGE GROUP WORLD CHAMPIONS

13 & UNDER EMILY HAYDOCK

20-39 DANNY KINGSLAND

40-44 ASHLEY STEARNS

45-49 MARK HAYDOCK

50-54 CLINT POORE

55-59 CHRIS FRAPPIER

60-64 DAVE DEFOREST

65-69 STEVE ANDREWS

70-74 STEVE SHERWOOD

75-79 DAVID REEVES

80-84 TOM DAVIESS

WORLD TEAM CHAMPION – TOP 5 POINTS SCORES ADDED TOGETHER FOR TOTAL TEAM POINTS

1ST PLACE TEAM UK 2,633.34 POINTS

2ND PLACE TEAM USA 2,208.9 POINTS

3RD PLACE TEAM AUSTRALIA 1,939.11 POINTS

4TH PLACE TEAM CANADA 627.18 POINTS

5TH PLACE TEAM FINLAND 477.03 POINTS

MENS OVERALL CHAMPION MARK HAYDOCK (UK) **WOMENS OVERALL CHAMPION** EMILY HAYDOCK (UK)

2024 OLD TIME STRONGMAN WORLD CHAMPIONSHIP									
WEIGHT CLASS	NAME	NATION	AGE	HFP	DINNIE LIFT	INCH DB - HAND	TOTAL KG	TOTAL POINTS	PLACE
WOMEN									
45 KG	EMILY HAYDOCK	UK		11	50	122.5 20 - R	192.5	492.07	1
50 KG	KATJA MANNEL	AUSTRALIA		39	60	160.7 25.5 - R	246.2	443.1	1
110 kg	KAYLEIGH LAMB	UK		35	60	157.5 40 - R	257.5	276.27	1
MEN									
60 KG	GEORGE DUTTON	UK		12	45	105 20 - R	170	276.75	1
65 KG	DANNY KINGSLAND	UK		35	155	271.25 47.5 - R	473.75	535.95	1
70 KG	STEVE SHERWOOD	UK		73	60	218.75 57.7 - L	336.25	505.18	1
70 KG	STEVE ANDREWS	UK		65	87.5	201.25 42.5 - L	331.25	454.57	2
70 KG	OWEN WEBB	AUSTRALIA		74	60	130.5 25.5-R	216	325.97	3
75 KG	DAVID REEVES	AUSTRALIA		79	100	210.7 45.5 - R	351.2	550.64	1
80 KG	PAUL BARETTE	UK		48	90	245 45 - R	380	409.8	1
80 KG	TOM DAVIESS	AUSTRALIA		81	60	95.7 30.5 - L	186.2	288.28	2
85 KG	ASHLEY STEARNS	USA		44	158.76	318.43 63.50 - R	540.69	526.85	1
85 KG	DAVE DEFOREST	USA		64	90.72	195.05 38.56-R	324.33	386.52	2
90 KG	SAM BONAR	UK		30	140	300 65 - R	555	504.21	1
90 KG	TIMO LAUTAMUS	FINLAND		45	120	288.75 85 - R	493.75	477.03	2
90 KG	GARY ELL	UK		53	90	227.5 50 - L	367.5	376.51	3
95 KG	JOSHUA SHERRIN	UK		34	155	350 72.5 - R	577.5	514.19	1
95 KG	STEVE MOSS	UK		42	100	201.25 62.5 - L	363.75	326.71	2
95 KG	CHARLIE CARMIC	AUSTRALIA		71	70	175.7 23 - R	268.7	326.38	3
100 KG	CHRIS FRAPPYER	CANADA		59	117.94	232.24 38.56 - R	388.84	402.73	1
100 KG	PAUL HALLAM	UK		45	110	332.5 0 - R	442.5	359.5	2
100 KG	PETER PHILLIPS	AUSTRALIA		71	100	95.7 45.5 - R	241.2	289.75	3
105 KG	PATRICK HADLEY	USA		53	147.42	226.8 58.97 - R	433.19	412.06	1
105 KG	KYLE FRAPPYER	CANADA		21	77.11	156.49 34.02-R	267.62	224.56	2
110 KG	MARK HAYDOCK	UK		49	135	420 80 - R	635	573.81	1
110 KG	JAMIE OATES	UK		39	110	402.5 75 - L	587.5	477.07	2
110 KG	JEFF WENZEL	USA		49	154.22	204.12 56.70 - R	415.04	368.61	3
110 KG	TONY LUPO	USA		58	136.1	170.1 36.29 - L	342.47	330.49	4
110 KG	RANY RICHEY	USA		62	90.72	165.97 38.56-L	315.25	316.48	5
115 KG	CLINT POORE	USA		51	199.58	249.48 52.16 - L	501.22	450.27	1
115 KG	DON GABER	USA		57	111.13	215.46 45.36 - L	371.95	347.52	2
125+ KG	JARRIG GADDS	USA		47	199.58	278.96 63.50 - R	542.05	433.21	1
125+ KG	MATT JONES	UK		29	155	385 70 - R	630	430.82	2
AGE GROUP WORLD CHAMPIONS									
13 & UNDER	EMILY HAYDOCK								
20-39	DANNY KINGSLAND								
40-44	ASHLEY STEARNS								
45-49	MARK HAYDOCK								
50-54	CLINT POORE								
55-59	CHRIS FRAPPYER								
60-64	DAVE DEFOREST								
65-69	STEVE ANDREWS								
70-74	STEVE SHERWOOD								
75-79	DAVID REEVES								
80-84	TOM DAVIESS								
WORLD TEAM CHAMPION - TOP 5 POINTS SCORES ADDED TOGETHER FOR TOTAL TEAM POINTS									
1ST PLACE	TEAM UK	2,633.34 POINTS							
2ND PLACE	TEAM USA	2,208.9 POINTS							
3RD PLACE	TEAM AUSTRALIA	1,839.11 POINTS							
4TH PLACE	TEAM CANADA	627.18 POINTS							
5TH PLACE	TEAM FINLAND	477.03 POINTS							
MENS OVERALL CHAMPION MARK HAYDOCK (UK)									
WOMENS OVERALL CHAMPION EMILY HAYDOCK (UK)									

STEVE SCHMIDT'S BACKBREAKER PENTATHLON – results

December 26, 2024 Beth Skwarecki

STEVE SCHMIDT'S BACKBREAKER PENTATHLON						
NOVEMBER 30/DECEMBER 1, 2024						
CLARK'S GYM, COLUMBIA, MO.						
WOMEN			AGE	BWT	HARNESS	HIP
Janet	Thompson		67	164.5	615	475
MEN						
John	Caeter		66	186	1902	1607
Jeff	Wenzel		49	237	1502	1150
Tony	Lupo		58	240	1404	1212
Sanjiv	Gupta		53	207.8	620	620
WOMEN			BACK	NECK	H&T	TOTAL
Janet	Thompson		400	145	300	1935
MEN						
John	Carter		1320	195	645	5,669
Jeff	Wenzel		1650	245	855	5,402
Tony	Lupo		1306	205	455	4,582
Sanjiv	Gupta		0	175	445	1,860

WOMEN			ADJ-BWT	ADJ-AGE		
Janet	Thompson		1,935.00	2,513.50		
MEN						
John	Carter		5,275.57	6,752.73		
Jeff	Wenzel		4,405.33	4,845.86		
Tony	Lupo		3,713.71	4,419.32		
Sanjiv	Gupta		1,625.64	1,853.23		
OFFICIALS						
Tony	Lupo					
Bill	Clark					
Canada	officials					
Chris	Frappier					
Kyle	Frappier					

Buffville's Goodbye 2024 Record Day – Results

December 31, 2024 Beth Skwarecki

Results from Buffville's "Goodbye 2024" Record Day are attached.

BUFFVILLE'S GOODBYE 2024 - RECORD DAY	
LOCATION: BUFFVILLE GYM in ALBANY, KENTUCKY	
MEET DIRECTOR: CLINT POORE	
REFEREES: ASHLEY STEARNS, PATRICK HADLEY, CLINT POORE (3 OFFICIAL SYSTEM USED)	
ALL LIFTS RECORDED IN LBS & ALL BODYWEIGHTS IN KILOS	
ASHLEY STEARNS - 44 YEARS OLD - BODYWEIGHT (90.30 KILOS) - 95 KILO WEIGHT CLASS	
CLEAN & PRESS, FULTON BAR	175 LBS
CLEAN & PRESS, ON KNESS	171 LBS
REFLEX CLEAN & PUSH PRESS	185 LBS
BENCH DIP	355 LBS
PATRICK HADLEY - 53 YEARS OLD - BODYWEIGHT(104.45 KILOS) - 105 KILO WEIGHT CLASS	
DEADLIFT, INCH DUMBBELL, RIGHT	132 LBS
CLEAN & PRESS, ON KNEES	100 LBS
CLEAN & PRESS, FULTON BAR	123 LBS
CLEAN & PRESS, REVERSE GRIP	95 LBS
CURL, WRIST	95 LBS
CLINT POORE - 51 YEARS OLD - BODYWEIGHT(110.50 KILOS) - 115 KILO WEIGHT CLASS	
REFLEX CLEAN & JERK	110 LBS
REFLEX CLEAN & PUSH PRESS	135 LBS
CYR PRESS	105 LBS
CURL, WRIST	185 LBS
DEADLIFT, 12" BASE	450 LBS
CLARKS GYM REMOTE LIFTERS	
DAVE DEFOREST - 64 YEARS OLD - BODYWEIGHT(79.5 KILOS) - 80 KILO WEIGHT CLASS	
DEADLIFT, DUMBBELL, RIGHT	230 LBS
JACKSON PRESS	100 LBS
CONTINENTAL TO CHEST & JERK	120 LBS
CONTINENTAL TO CHEST, FULTON BAR	136 LBS
JEFFERSON LIFT, FULTON BAR	285 LBS
JANET THOMPSON - 67 YEARS OLD - BODYWEIGHT(73.5 KILOS) - 75 KILO WEIGHT CLASS	
JACKSON PRESS	50 LBS
DEADLIFT, ONE ARM, RIGHT	105 LBS
DEADLIFT, ONE ARM, LEFT	105 LBS
DEADLIFT, NO THUMB, RIGHT	95 LBS
DEADLIFT, NO THUMB, LEFT	95 LBS
ALLISON LUPO - 58 YEARS OLD - BODYWEIGHT(88 KILOS) - 90 KILO WEIGHT CLASS	
SAXON DEADLIFT	50 LBS
BAVARIAN DEADLIFT	160 LBS
DEADLIFT, DUMBBELL, LEFT	105 LBS
PRESS, DUMBBELL, RIGHT	25 LBS
TONY LUPO - 58 YEARS OLD - BODYWEIGHT(107.5 KILOS) - 110 KILO WEIGHT CLASS	
PRESS, DUMBBELL, RIGHT	50 LBS
CLEAN & PRESS, DUMBBELLS	110 LBS
CONTINENTAL TO CHEST, FULTON BAR	135 LBS
VERTICAL BAR, 1 BAR, 1", LEFT	128 LBS

JEFF WENZEL - 49 YEARS OLD - BODYWEIGHT(106.5 KILOS) - 110 KILO WEIGHT CLASS	
DEADLIFT, FULTON BAR	350 LBS
BENCH PRESS, FULTON BAR	320 LBS
JACKSON PRESS	180 LBS
DEADLIFT, ONE LEG, RIGHT	95 LBS
DEADLIFT, ONE LEG, LEFT	150 LBS
TEAM LIFT (MIXED GENDER) MALE & FEMALE	
TONY LUPO & ALLISON LUPO - BOTH 58 YEARS OF AGE (55-59 AGE GROUP) - 110 KILO WEIGHT CLASS	
DEADLIFT, FINGERS, INDEX	200 LBS
SPENCER WENZEL - 17 YEARS OLD - BODYWEIGHT(57.61 KILOS) - 60 KILO WEIGHT CLASS	
JACKSON PRESS	75 LBS
CLEAN & JERK, DUMBBELL, LEFT	45 LBS
PRESS, DUMBBELL, LEFT	35 LBS
SWING, DUMBBELL, LEFT	50 LBS
SWING, 2 DUMBBELLS	60 LBS
BILL CLARK - 92 YEARS OLD - BODYWEIGHT(88.45 KILOS) - 90 KILO WEIGHT CLASS	
DEADLIFT, DUMBBELL, LEFT	95 LBS
DEADLIFT, 2 DUMBBELLS	150 LBS
DEADLIFT, FULTON, RIGHT	65 LBS
DEADLIFT, FULTON, LEFT	65 LBS
DEADLIFT, FULTON DUMBBELLS	130 LBS
REMOTE LIFTING REFEREES: CHRIS FRAPPIER, KYLE FRAPPIER, TONY LUPO, DAVE DEFOREST, BILL CLARK	
CANADA REMOTE LIFTING RESULTS	
CHRIS FRAPPIER - 60 YEARS OLD - BODYWEIGHT(99.16 KILOS) - 100 KILO WEIGHT CLASS	
VERTICAL BAR, 2 BARS, 1"	280 LBS
VERTICAL BAR, 1 BAR, 1", LEFT	150 LBS
VERTICAL BAR, 1 BAR, 1", LEFT	150 LBS
VERTICAL BAR, 2 BARS, 2"	250 LBS
KYLE FRAPPIER - 21 YEARS OLD - BODYWEIGHT(102.97 KILOS) - 105 KILO WEIGHT CLASS	
VERTICAL BAR, 2 BARS, 1"	210 LBS
VERTICAL BAR, 1 BAR, 1", LEFT	115 LBS
VERTICAL BAR, 1 BAR, 1", RIGHT	125 LBS

Frank's Barbell Club New Year's Eve Record Breaker 2024 – Results

December 31, 2024 Beth Skwarecki

Results for Frank's New Year's Eve Record Day are attached.

Frank's Barbell Club

2024 New Years Eve Record Breaker Day

Frank's Barbell Club, East Walpole, Massachusetts

December 31, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

Lifter	Age	Weight	Gender	Weight Class	Division
Jessica Hopps	40	206 LBS	F	95K	40+ Master
Dan Jones	40	193 LBS	M	90K	40+ Master
Wade Marchand	55	165 LBS	M	75K	55+ Master
Nils Larson	65	251 LBS	M	115K	65+ Master
Carl Puzin	68	234 LBS	M	110K	65+ Master
Frank Ciavattone	69	285 LBS	M	125+K	65+ Master

LIFTER	LIFT	POUNDS
JESSICA HOPPS	BACK SQUAT	154 LBS
	HIP LIFT	1120 LBS
	STIFF LEG DEADLIFT	154 LBS
	2 HAND DEADLIFT	220 LBS
	LUNGE SQUAT	66 LBS

DAN JONES	HIP LIFT	1815 LBS
	FINGER LIFT- INDEX- RIGHT	81 LBS
	FINGER LIFT-RING-LEFT	81 LBS
	FINGER LIFT-RING-RIGHT	81 LBS
	FINGER LIFT-LITTLE-LEFT	56 LBS

WADE MARCHAND	ONE HAND FULTON DEADLIFT- LEFT	99 LBS
	ONE HAND FULTON DEADLIFT- RIGHT	99 LBS
	FULTON BAR HACKLIFT	165 LBS
	ONE HAND HACKLIFT- LEFT	77 LBS
	ONE HAND HACKLIFT- RIGHT	77 LBS

NILS LARSON	FINGER LIFT-INDEX-RIGHT	81 LBS
	FINGER LIFT-INDEX-LEFT	81 LBS

	FINGER LIFT-RING-RIGHT	81 LBS
	FINGER LIFT-RING-LEFT	81 LBS
	FINGER LIFT-LITTLE-RIGHT	56 LBS

CARL PUZIN	LUNGE SQUAT	57 LBS
	OVERHEAD SQUAT	57 LBS
	BACK SQUAT	185 LBS
	GOOD MORNING	95 LBS
	PULL OVER/PRESS WRESTLERS BRIDGE	45 LBS

FRANK CIAVATONE	WEAVER STICK- FRONT- RIGHT	5.5 LBS
	SIDE PRESS-LEFT	33 LBS
	SIDE PRESS-RIGHT	33 LBS
	FRENCH PRESS	99 LBS
	RECTANGULAR FIX	99 LBS