

**2026 Diaper Day Meet and Record Day**  
**Clark's Gym, Columbia MO and Remote**  
**25 – 26 April 2026**

\*USAWA Age/Weight Record    \*\*USAWA ALL Record    + No Referee onsite

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	Gardner Full
Janet Thompson	68	163	74.1	1.0076	1.32	10**
Jeff Wenzel	51	229	104.1	0.8293	1.12	65*
Toby Ortega	45	157	71.4	1.0317	1.06	75*
Travis Luther	33	177	80.5	0.9576	1	85
Riley Wenzel	21	150	68.2	1.0632	1	45
David DeForest	66	184	83.6	0.9364	1.28	22*
Randy Smith+	71	200	90.9	0.8926	1.38	35
Tony Lupo	60	244	110.9	0.8026	1.21	22*
Jerome Licini+	67	234.7	106.7	0.8187	1.3	

Name	Holdout Raised	Habecker Lift	Goerner Stroll	total (lb)	Points (lb)	Rank
Janet Thompson	25*	150*	130**	315	418.96	1
Jeff Wenzel	60	365	410*	900	835.934	1
Toby Ortega	45*	275**	330**	725	792.861	2
Travis Luther	50	300	390**	825	790.02	3
Riley Wenzel	60**	325**	310**	740	786.768	4
David DeForest	28	275**	330*	655	785.078	5
Randy Smith+	45	255	270	605	745.232	6
Tony Lupo	35*	245	310*	612	594.341	7
Jerome Licini+	15	200	200	415	441.689	8

**Referees**

**Clark's Gym:** Bill Clark, Jeff Wenzel, Tony Lupo, David DeForest, Allison Lupo

**High Country Vigour:** Sanjiv Gupta, Kim VanWagner, Jarrod Fobes

## **Record Day – Clark’s Gym**

**David DeForest      66 yrs 85 kg BWT**

Pinch grip – deadlift – left – 56 lb

Pinch grip – deadlift - right – 76 lb

Trap Bar Deadlift – 375 lb

Half Gardner – 22 lb

Good Morning – 140 lb

**Toby Ortega              45 yrs 75 kg BWT**

Cheat Curl, Dumbbell, L      - 50 lb

Cheat Curl, Dumbbell, R      - 50 lb

Cheat Curl, Two Dumbbells   - 100 lb

Cyr Press                              - 70 lb

French Press                         - 75 lb

**Travis Luther              33 yrs 85 BWT**

Snatch, Two Dumbbells      - 100 lb

Deadlift, One Leg, L              - 225 lb

Deadlift, One Leg, R              - 225 lb

Hack Lift, Fulton                  - 345 lbs

Judd Clean and Jerk               - 110 lb

**Jeff Wenzel                    51 yrs 105 kg BWT**

Bent Press, Bar, L                    - 45 lb

Bent Press, Bar, R                    - 45 lb

Bent Press, Dumbbell, L            - 45 lb

Bent Press, Dumbbell, R            - 45 lb

Cyr Press                                - 90 lb

**Riley Wenzel                    21 yrs 70 kg BWT**

Clean and Press, Middle Finger    - 45 lbs

Clean and Press, Seated, Two DB   -100 lbs

Deadlift, Dumbbell Left             - 171 lbs

Clean and Press, Reverse Grip      -100 lbs

Weaver Stick, Reverse               - 4 lbs

**Allison Lupo                    60 yrs 90 kg BWT**

Deadlift, 12" Base                    - 145 lb

Deadlift, Ciavattone                 - 145 lb

Deadlift, Heels Together            - 145 lb

Team Deadlift                         - 455 lb

Team Peoples Deadlift               - 550 lb

**Tony Lupo                        60 yrs 115 kg BWT**

Bench Press Feet in Air              240 lb

Deadlift Index	165 lb
Bent Over Row	255 lb
Team Deadlift	455 lb
Team Peoples Deadlift	550 lb

## **High Country Vigour**

**Jarrold Fobes            49 yrs 95 kg BWT (93.7 kg Lynch 0.8776)**

Turkish get up: 50lbs x 10 reps – 500 lb – 482.7 points

Half Gardner: 45lbs x 12 reps – 540 lb – 521.3 point

Finger lift, little finger, left: 41lbs x 25 reps – 1025 lb – 989.5 points

Finger lift, little finger, right 41lbs x 36 reps – 1476 lb – 1424.9 points

Lateral raise, lying: 40lbs x 26 reps – 1040 lb – 1004.0 points

**Sanjiv Gupta            54 yrs 100 kg BWT**

Squat, Lunge            95 pounds

Reflex Bench Press    180 pounds

**Kim Van Wagner       58 yrs 60 kg BWT**

Clean and Jerk Behind Neck       70 pounds

Clean and Press 12-inch Base       65 pounds