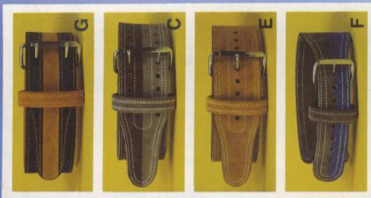
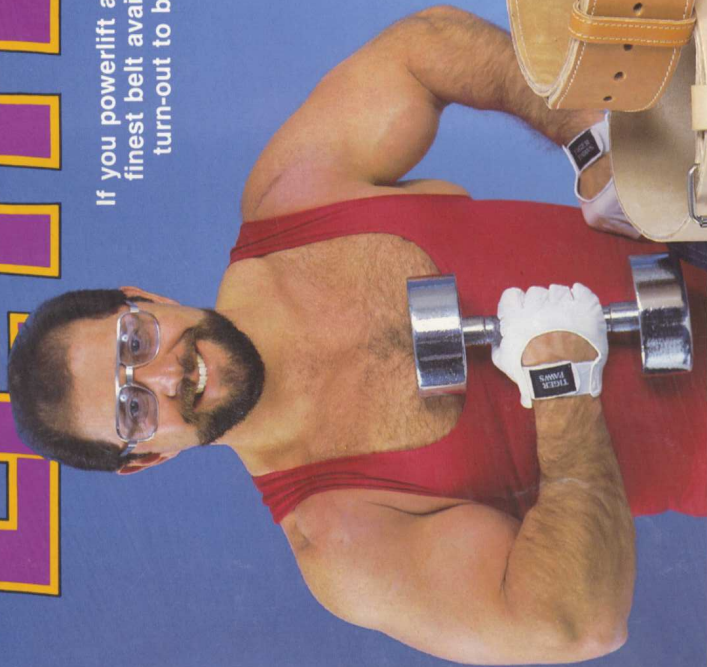


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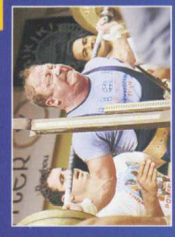
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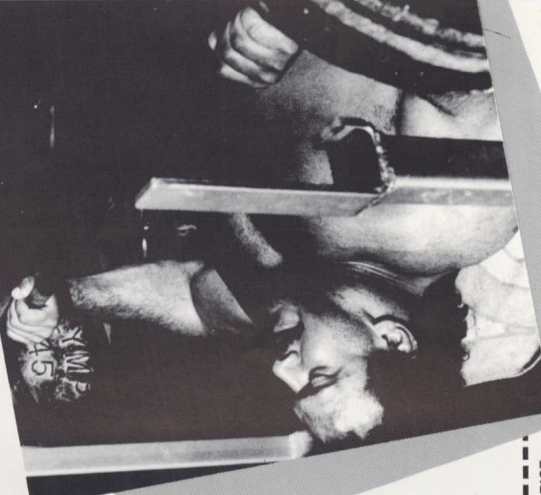
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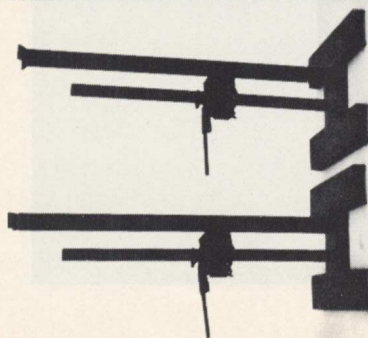
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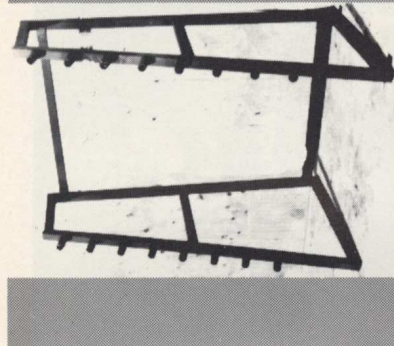
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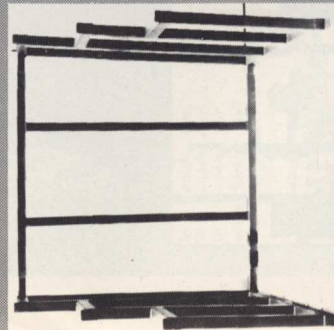
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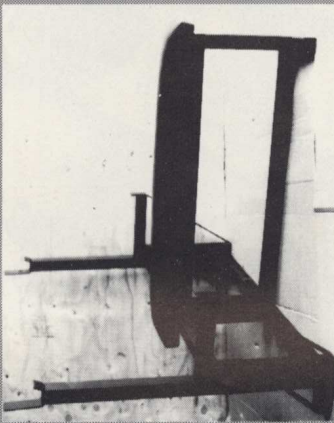
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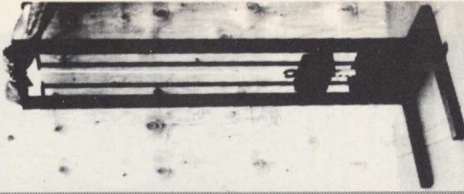
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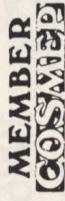
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ON THE COVER...Meet Director Rich Peters, flanked by Mid South Strength Association staff, John Erickson (left) and Marsha Peters, along the great prizes and awards that Richard presents at his contests. Photo by Blunck Studios

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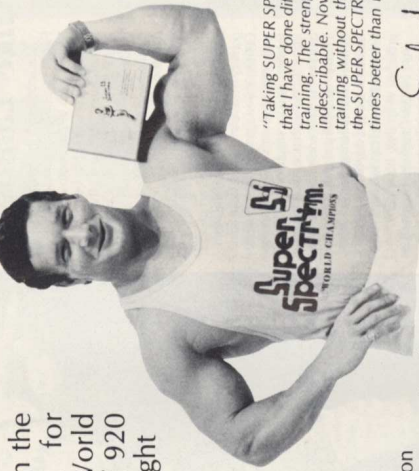
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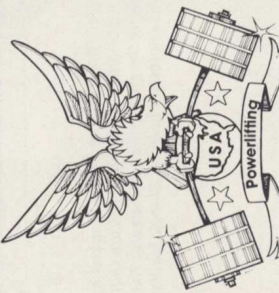
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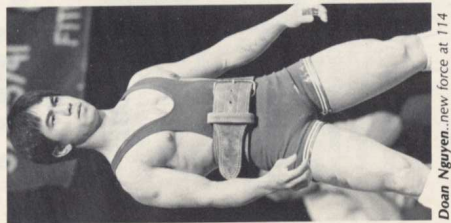
as told by Mike Lambert

The activities of the American Drug Free Powerlifting Association first surged forth in the South and East, but the West Coast has been rapidly catching up, and this first A.D.F.P.A. Nationals in California proves the point. Thanks to the detailed and sincere efforts of meet director Alan Kirschner, PhD, his associate Gary Hummcutt, and the many capable hands of help in Northern California, this was an exceptional presentation. Held in the Montgomery Theatre in the San Jose Civic Center, the stage was exceptionally well appointed with one of the nice features being a weight on bar board that kept the audience up on the progress of the meet and who was lifting. Though disappointed with the crowd turnout and suffering from a fierce headache the first day of competition, Alan (and friends) can feel deservedly proud of what they have done.

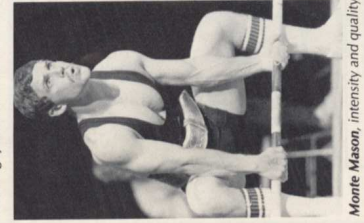
At 114, Joe Catalano became the only man to try his hand at all three of the national championships, APF, USPF, and A.D.F.P.A., but it's a tough triple crown event to follow. Joe lifted nearly, but a human buzzsaw named Doan Nguyen mowed him down by a proportioned for all the lifts. He is still the best in this class.

Monte Mason is setting into family way with a move to a new house planned for the near future, but he's got over the hill. The South Dakota teacher, in very friendly competition, pushed Gary Hummcutt down to the deadlifts. Gary surprised himself in his weakest lift, by pulling up what he needed, only to lose his grip, a sign of the combined exertion of lifting and working hard to make the meet come off. Gary may get back into wrestling in the future and noted that many of the lifters in this class come from that background. The defender Freddie Higgins won a frustrating 3 for 9, but held on over a memorable newcomer, Scott Graham from the California desert community of Hesperia.

Timothy Taylor has that raw emotionalism of a man he also looks and lifts like, Lamar Gant. The former teenage national champ is now in the Air Force, stationed in Alaska, and was looking forward to going up against A.D.F.P.A. National Collegiate champ Darryl Glenn, also with the Air Force, at the Academy in Colorado, but he did not make weight. Utah computer operator Dave Edmondson had a shot at Timmy, but missed a few key attempts. Dean Pickle, 8 times a Nevada State Champion, had a tough day in 3rd. Mike Yi was most impressive, coming into this meet after a mere 7



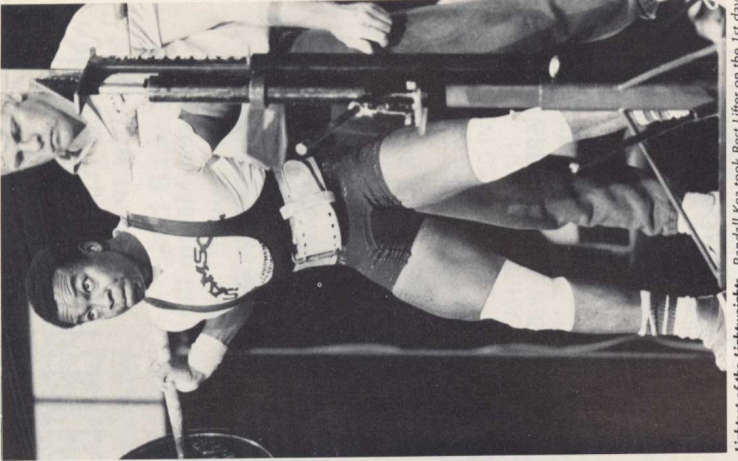
Doan Nguyen...new force at 114



Monte Mason, intensity and quality



Another Lamar...that's who Timmy Taylor (132) reminds one of



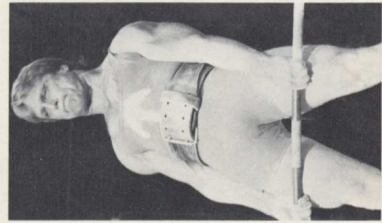
Lightest of the Lightweight...Randall Kea took Best Lifter on the 1st day.



A Perfect Day at 165 for magnificently built winner, Martin Beavers successful 4th.

Joe Rossin lifted intelligently into 2nd place, but what a logjam piled up behind him. Maloney, Board, and Guidry had to let bodyweight decide their places, and Alaskan psychologist Larry Maile was just a couple of kilos behind.

The 181 lb. class was a great battleground last year between Ritchie Werner and Bill Schmidt. This year,



The Army Says Up and that's just where Bill Schmidt took the bar to. Richie's gone up a weight class and passed the meet as he is going to India as part of the USA Jr. World team, but Bill still lifted like his nemesis was on the platform. Bill is the television meteorologist for popular Channel 5 in Raleigh, North Carolina, and a tape of this victorious performance was shown when he got back home, as witnessed by Chuck Braxton's mother. Had things gone better, Donnie Cole, a lineman from Texas, could have pressed Bill, but it was an openers only day for him.

With his extremely wide, sumo deadlift stance, he had to be very careful not to have his feet slip out. Beautiful, crumpled ironhoop pleases. McQuinn had a good inside 3rd. Ray Roberts did to be feared, and Saul Shook was unusually shaky in the deadlift, in what he felt was one of his worst meets in recent years.

A terrific battle transpired in the 198 lb. class, where husky Pennsylvania Mark Giron was into it deep with the lean and athletic Robert Craft. Mark built a hefty subtotal himself. Mark had reason to go defensive in the deadlift, as that is Craft's strength, but he kept his cool and went for a big one. 639 on his final and surprisingly made it with relative more than enough to match Mark's steady sumo pull. After Mark's nice 3rd made Bob's 710 obsolete, the minimal increase to 716 proved to be ended up falling forward with the weight and ending up prostrate on the platform. This was a very exciting finish, with strategy playing a major role in the outcome.

Oceanographer Gary Dingie had a similar go-round with mathematician Shannon Pratt for the 3rd place award. Announcers Alan Kirschner, Frank Siebert, and others were very good about telling where each lifter came from and what they do for a living. In some cases it was almost overdone. My wife noted that 132

pounder Tom McCarty was announced as an architect prior to each of his nine attempts.

Scott Szymanski, a student from Virginia, was a close 5th place. A.D.F.P.A. meet promoter Mike Foggia could not lock out any deadlifts, and the normally excellent deadlift of Joe "Hill" Caesar Dentice was also absent.

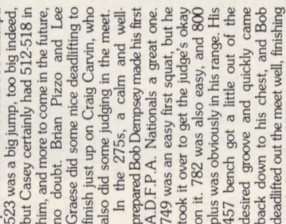
In the 220 pound class, the 198 winner from last year, Shawn Cain was up in weight and looked great. He is a pure lifter, having never taken steroids in his career. The entry requirement for this meet is that the lifter not have taken any strength-increasing drugs during the prior 12 months. Wisconsin's lifters that he had happened on for a too long ago, and that apparently affected him. Joe Hood was on site and in great shape and he won easily, off his 1st deadlift. Still thinking about that 804 deadlift he got up with at the U.S.P.F. Seniors (one white, two reds), he pulled somewhat conservatively on this day, knowing that it's hard to recover from such a massive yank in only 5 weeks. Kevin Fisher, now in Palmer Chiropractic school in San Jose, was in there for 3rd, but the big pull he has been used to in the past wasn't in attendance. Chemical engineer Marc Nagle was very surprised at some of the attempts he made which were not passed by the judges, but he had enough at the end to keep computer engineer Glenn Wilkins of New Jersey away from 4th. Gym owner Mike Craven finished out the finishers. Johnny Graham, a military lifter out of Kentucky, was well on his way, but each of his attempts at 683 in the deadlift pulled him off his balance forward, though he seemed strong enough to make the weight qualified. James Flora was distinguished for a reported lifting equipment infraction, not the drug test.

John Kuc was four times an I.P.F. World Champion, and now he is four times an A.D.F.P.A. National Champion. I wonder which accomplishment is his proudest? Back down to the 242s, where he feels most comfortable, John showed a little shoulder wear in the bench, but his 788 deadlift was smooth and powerful. 810, for a new A.D.F.P.A. record, seemed like a good choice, but it stopped moving quickly after his initial pull, and he had to shut down the effort with it. John seems very contented with himself, lately, having made a very important point with a world record exceeding deadlift in many ways. John Kuc can be considered the Father of Drug Free Powerlifting. Behind John were some of the corners of the drug free movement in this class. James Eason did some great lifting, getting a 744 squat on his 3rd attempt, after it was at first massively overloaded, and then craftily selecting his attempts to defuse the massive deadlift of Bill Stewart. Andrew is a state trooper and former professional footballer, with the New



The 'Girl'...winning a struggle at 198, in his roughest lift, Mark Giron

Oleians Saints Ihear, who is recently into PL with a bang. Lifting often and improving almost every time out, he is not near his ultimate potential. Kenny Ufford has a nice deadlift and locked himself out into 4th. Lanny Shepard, a minister, labored hard all day, and was blessed with a 5th place finish, just ahead of tough looking James Sien and smooth lifting Lewis Luke. Joe White, the fellow that used the 1,000 lb. squat bar in and every way except depth, showed that he knows how to get them down now. The reputation program director from New York put together some nice lifts. Spin and Stewart boys had thoughts of revenge in the bench class, but Casey Reert ended all speculation with a solid 501 attempt, but Casey couldn't get his head in, and he came to in the future, no doubt. Brian Pizzo and Lee Graese did some nice deadlifting to finish just up on Craig Corbin, who also did some judging in the past. Prepared Bob Dempsey made his first A.D.F.P.A. Nationals a great one. 749 was an easy first squat, but he took it over to get the judge's okay on it. 782 was also easy, and 800 plus was obviously in his range. His 457 bench got a little out of the desired groove and quickly came back down to his chest, and Bob deadlifted out the meet well, finishing just below the 2000 total he might well have had. Contender Gerald Welch was not entered, and neither was Eric Arnold, preparing for his trip to Holland for the I.P.F. Worlds. A civil service planner/estimator from South Carolina, Ernie Surell is a long time powerlifter, also in his first A.D.F.P.A. Nationals. Ernie's big squat was on display, and after making a re-run at 275, he became noticeably more cheerful. 821 didn't go, but everything else after that did, and that total would have been enough for 2nd if not for one of the finest efforts of the meet. Bill Gillespie, a track coach from Virginia, missed a 699 deadlift on his 2nd attempt, and missed it rather convincingly. To overtake Ernie on lighter bodyweight, he had to add 11 more pounds onto what had

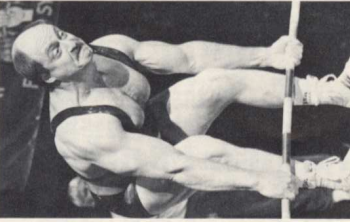


John Kuc...lean and clean at 242.

Nice Lifting...Bob Dempsey at 275, already proven to be a near impossible effort. With the aid of his lifting buddies, he came on the platform not for one of the meet, and after a slow start, he just would not quit with the lift, slowly eking out a lock with this great poundage. After those lights came on, it was pandemonium. Pure joy. The great thing about drug free



The 220s...Joe Hood into his squats



John Kuc...lean and clean at 242.



Nice Lifting...Bob Dempsey at 275,

already proven to be a near impossible effort. With the aid of his lifting buddies, he came on the platform not for one of the meet, and after a slow start, he just would not quit with the lift, slowly eking out a lock with this great poundage. After those lights came on, it was pandemonium. Pure joy. The great thing about drug free



Incredible... Mike Hall moves his personal bench record up again, to 617 lifting is that this kind of effort is pure, undisturbed, with any interruptions.

The Team Champs were Samson's, followed by host Mission Muscle Factory, Team Alaska, International Power Club, Wisconsin Nationals, Virginia Tech, W Harrison Fitness Center, and Morrison's Muscle Methods. Mike Hall got the Best Lifter award for the 2nd day. The drug testing was at random, half polygraph and half urinalysis, involving 23 lifters. The sporters at the meet very quite adept, sometimes incredibly so. Overall, it was a very fine contest. As for next year, they are looking at bids from Mississippi, Chicago, and Pennsylvania. See yal,

...steadies the ramp as a truck rolls over the midsection of Tom Owen. This exhibition was held in conjunction with the USFL's strongest Man Competition at the Birmingham Stallions. A 9 time Alabama State Power champion, Mike Hall is the 1987 King's Klutch, box office draw for the annual event. The King's Klutch, owned by promoter Bill Kazmaier, is now getting into pro wrestling. Photo courtesy Tom Owen.

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| 8, 9, 10 AUGUST 1986 | | NATIONAL CHAMPIONSHIPS | | San Jose, California | | | | | | | | | |
|----------------------|----------------|------------------------|-----|----------------------|-----|-----|------|------|-----|-----|------|-------|--|
| | | | | | | | | | | | | | |
| 114 | SO1 | SO2 | SO3 | BP1 | BP2 | BP3 | Sub | D11 | D12 | D13 | D14 | Total | |
| Doan Nguyen | 363 | 385 | 385 | 203 | 214 | 225 | 611 | 413 | 435 | 446 | 1058 | | |
| Joe Catalano | 341 | 369 | 385 | 214 | 231 | 242 | 628 | 391 | 413 | 424 | 1041 | | |
| Keith Barlow | 225 | 258 | 268 | 180 | 191 | 204 | 564 | 288 | 314 | 324 | 926 | | |
| David Thompson | 204 | 206 | 206 | 176 | 187 | 192 | 451 | 374 | 384 | 424 | 976 | | |
| Monte Mason | 407 | 424 | 457 | 242 | 253 | 264 | 688 | 407 | 429 | 446 | 1118 | | |
| Gary Humnicutt | 380 | 418 | 440 | 259 | 270 | 275 | 694 | 380 | 407 | 429 | 1102 | | |
| Fredie Higgins | 369 | 441 | 441 | 237 | 265 | 266 | 666 | 410 | 441 | 440 | 1085 | | |
| Sam Thompson | 340 | 340 | 340 | 220 | 232 | 242 | 644 | 340 | 340 | 340 | 1020 | | |
| Bob Moya | 369 | 396 | 407 | 220 | 236 | 242 | 644 | 397 | 407 | 424 | 1041 | | |
| Brian Sato | 330 | 363 | 391 | 220 | 236 | 242 | 644 | 397 | 407 | 424 | 1041 | | |
| Tim Miszewicz | 407 | 429 | 429 | 209 | 236 | 248 | 644 | 429 | 429 | 429 | 1248 | | |
| 112 | Myr Taylor | 413 | 435 | 435 | 270 | 281 | 705 | 501 | 534 | 551 | 1340 | | |
| D Edmondson | 462 | 490 | 490 | 259 | 275 | 275 | 738 | 440 | 471 | 485 | 1212 | | |
| Dean Pickle | 396 | 418 | 418 | 253 | 264 | 264 | 683 | 496 | 496 | 534 | 1179 | | |
| Mike Yi | 407 | 429 | 440 | 231 | 248 | 259 | 688 | 429 | 440 | 451 | 1169 | | |
| Thomas McCarthy | 341 | 374 | 374 | 264 | 275 | 281 | 617 | 410 | 451 | 473 | 1129 | | |
| 140 | David Wilson | 389 | 385 | 385 | 225 | 236 | 606 | 424 | 435 | 435 | 1030 | | |
| Randall Kea | 591 | 540 | 540 | 352 | 374 | 374 | 914 | 468 | 507 | 518 | 1432 | | |
| Joe Braca | 479 | 507 | 507 | 308 | 325 | 336 | 815 | 584 | 606 | 606 | 1399 | | |
| Lloyd Weinstein | 468 | 485 | 496 | 275 | 292 | 303 | 788 | 501 | 534 | 562 | 1350 | | |
| Don Sherwood | 418 | 446 | 446 | 330 | 347 | 352 | 733 | 462 | 485 | 501 | 1295 | | |
| Rich Thosud | 435 | 457 | 479 | 341 | 356 | 358 | 815 | 462 | 473 | 473 | 1278 | | |
| Jeff Jacobs | 451 | 473 | 473 | 275 | 286 | 297 | 738 | 485 | 507 | 518 | 1256 | | |
| Brian Klime | 424 | 440 | 440 | 275 | 286 | 286 | 716 | 523 | 551 | 551 | 1240 | | |
| Garry Belvins | 435 | 451 | 462 | 248 | 259 | 259 | 710 | 518 | 551 | 551 | 1229 | | |
| 111 | John Aoki | 402 | 424 | 424 | 275 | 286 | 710 | 518 | 551 | 551 | 1229 | | |
| Michael Osburo | 402 | 424 | 424 | 275 | 286 | 286 | 710 | 518 | 551 | 551 | 1229 | | |
| John Audina | 352 | 407 | 407 | 303 | 325 | 336 | 733 | 462 | 490 | 496 | 1184 | | |
| Lee Inamine | 512 | 540 | 551 | 330 | 347 | 347 | 843 | 507 | 507 | 507 | 1517 | | |
| 105 | Martin Beavers | 567 | 595 | 595 | 374 | 396 | 907 | 534 | 563 | 573 | 1587 | | |
| 106 | Chris Scalet | 576 | 595 | 595 | 374 | 396 | 907 | 534 | 563 | 573 | 1587 | | |
| Dan McLaughlin | 534 | 567 | 589 | 347 | 363 | 374 | 942 | 504 | 584 | 606 | 1548 | | |
| Chris Schuch | 573 | 600 | 617 | 325 | 352 | 352 | 964 | 606 | 633 | 633 | 1548 | | |
| Donald Scott | 589 | 594 | 529 | 369 | 391 | 396 | 909 | 540 | 574 | 589 | 1492 | | |
| Ron Cloughton | 529 | 551 | 562 | 319 | 336 | 347 | 909 | 540 | 574 | 589 | 1492 | | |
| 104 | Raymond Kohert | 551 | 569 | 569 | 336 | 352 | 947 | 606 | 633 | 633 | 1548 | | |
| Raymond Kohert | 551 | 569 | 569 | 336 | 352 | 358 | 947 | 606 | 633 | 633 | 1548 | | |
| 198 | Mark Girtton | 639 | 666 | 666 | 429 | 446 | 461 | 1113 | 589 | 611 | 639 | 1752 | |
| Robert Pratt | 640 | 666 | 666 | 429 | 446 | 461 | 1113 | 589 | 611 | 639 | 1752 | | |
| Shannon Pratt | 640 | 666 | 666 | 429 | 446 | 461 | 1113 | 589 | 611 | 639 | 1752 | | |
| Scott Stymanski | 551 | 584 | 600 | 347 | 363 | 380 | 981 | 562 | 600 | 617 | 1598 | | |
| Joe Dentice | 540 | 573 | 573 | 363 | 380 | 391 | 920 | 600 | 628 | 650 | 1587 | | |
| 21 | Michael Foglia | 479 | 504 | 501 | 407 | 424 | 440 | 925 | 589 | 589 | 589 | 1598 | |
| 202 | Joe Hood | 644 | 644 | 672 | 396 | 407 | 418 | 1091 | 733 | 760 | 777 | 1868 | |
| Shawn Cain | 639 | 672 | 688 | 413 | 435 | 446 | 1118 | 650 | 672 | 672 | 1769 | | |
| Kevin Fisher | 556 | 584 | 606 | 358 | 380 | 380 | 964 | 661 | 724 | 722 | 1625 | | |
| Mark Nagelle | 584 | 611 | 611 | 374 | 374 | 385 | 959 | 617 | 650 | 661 | 1609 | | |
| Mike Cavaletto | 606 | 600 | 600 | 336 | 352 | 358 | 947 | 606 | 633 | 633 | 1548 | | |
| Johny Graham | 606 | 644 | 644 | 363 | 380 | 380 | 970 | 683 | 683 | 683 | 1949 | | |
| James Flora | 661 | 661 | 688 | 330 | 347 | 347 | 992 | 650 | 677 | 688 | 1915 | | |
| 242 | John Keaton | 705 | 737 | 738 | 458 | 458 | 458 | 1146 | 755 | 789 | 810 | 1934 | |
| Andrew Stewart | 650 | 659 | 744 | 396 | 429 | 429 | 1146 | 633 | 672 | 688 | 1829 | | |
| Ken Ufford | 573 | 622 | 622 | 418 | 435 | 440 | 1008 | 672 | 710 | 733 | 1741 | | |
| Lanny Shepard | 669 | 650 | 672 | 369 | 391 | 402 | 1041 | 672 | 694 | 694 | 1718 | | |
| James Stein | 600 | 633 | 661 | 436 | 440 | 440 | 1069 | 606 | 628 | 651 | 1703 | | |
| Joseph White | 600 | 600 | 639 | 385 | 402 | 413 | 1036 | 600 | 639 | 677 | 1675 | | |
| Casey Remert | 573 | 600 | 600 | 479 | 501 | 523 | 1102 | 562 | 600 | 600 | 1664 | | |
| Brian Pizzo | 551 | 573 | 595 | 385 | 402 | 402 | 981 | 633 | 666 | 672 | 1647 | | |
| Lee Graese | 595 | 628 | 650 | 347 | 369 | 391 | 997 | 622 | 644 | 655 | 1625 | | |
| 27 | Ying Carvin | 617 | 644 | 644 | 332 | 365 | 363 | 981 | 622 | 644 | 655 | 1625 | |
| Robert Dempsey | 749 | 749 | 782 | 429 | 446 | 457 | 1229 | 733 | 760 | 760 | 1962 | | |
| Bill Gillespie | 644 | 683 | 785 | 418 | 435 | 451 | 1118 | 677 | 699 | 710 | 1829 | | |
| Ernie Suroff | 760 | 760 | 781 | 396 | 418 | 435 | 1195 | 529 | 606 | 633 | 1829 | | |
| Yong Aulton | 688 | 688 | 722 | 421 | 435 | 435 | 1113 | 578 | 622 | 629 | 1732 | | |
| Zack Carnes | 617 | 650 | 672 | 424 | 446 | 446 | 1074 | 672 | 705 | 705 | 1747 | | |
| Peter Giordani | 551 | 606 | 622 | 396 | 424 | 435 | 1058 | 611 | 661 | 683 | 1741 | | |
| Raymond Harve | 617 | 639 | 650 | 418 | 435 | 440 | 1091 | 578 | 595 | 595 | 1669 | | |
| Shaw Hill | 373 | 406 | 424 | 275 | 286 | 286 | 710 | 518 | 551 | 551 | 1229 | | |
| Mike Hall | 807 | 903 | 942 | 567 | 606 | 617 | 1521 | 710 | 749 | 749 | 2232 | | |
| Daniel McCain | 804 | 848 | 848 | 501 | 523 | 534 | 1372 | 661 | 705 | 733 | 2077 | | |
| Brian Groves | 642 | 683 | 716 | 418 | 457 | 480 | 1201 | 617 | 677 | 699 | 1901 | | |
| Scott Sale | 655 | 653 | 727 | 437 | 473 | 490 | 1125 | 628 | 677 | 677 | 1736 | | |

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Mike Hall, coach of the successful Samson's team, pointed out, accurately, that Dan McCain of Iowa, is a great lifter, but nobody knows it. Accurate, because he posted one of the finest totals ever in drug free history, and because he's in the same weight class with Hall. Both are huge; Mike weighed 382, and Dan 369.

Barry Groves, a "movie shipper" from Oregon, did a nice 1900 plus total for 3rd, and the sunburned oil



Alan Kirshter Phd...meet director



KAZ...steadies the ramp as a truck rolls over the midsection of Tom Owen. This exhibition was held in conjunction with the USFL's strongest Man Competition at the Birmingham Stallions. A 9 time Alabama State Power champion, Mike Hall is the 1987 King's Klutch, box office draw for the annual event. The King's Klutch, owned by promoter Bill Kazmaier, is now getting into pro wrestling. Photo courtesy Tom Owen.

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| The Y Nationals: | | A PROUD HISTORY OF GREAT POWERLIFTING | |
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| WADDINGTON | WILSON | FINCH | WARMAN |
| SANGER | HECHTER | JACOBY | SIDERS |
| BLACK | ANELLO | PHARR | WILSON |
| WEIL | REED | FLORIO | BOSCACY |
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NOTE: Qualifying totals have been refixed in some classes.

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.



RICH PETERS, Meet Director Extraordinaire—with Mark Augustyn (left), one of the top lifters at the High School Nationals, a meet that Richard originated, Richard has tirelessly promoted the sport for years and now travels over 12 states to promote meets, and in this interview he reveals how he does what he does and what the future holds. Photograph by James Augustyn.

... bigger sanctioned meets because they get educated in the small meets. It's where the big meets were established, we'd go to areas where powerlifting was new. We'd go to Brownwood, Texas or Carlisle, New Mexico. We put on the Galveston meets; like the Sylkeston, Missouri meets. Like Star Trek, we go places where no others have gone before. In the process we have identified more than 4000 lifters who are not on the USPF mailing list. The lifters are there, but then, we'll go back about the third time and put on a sanctioned meet. By then they'll know the rules. We carry suits and so forth that we loan out, so they can go by the rules without facing a big cost. We take care of the lifters; we work with them. We don't try to make anything difficult, and it's really paid off.

What are your hopes for this National Nationals experiment? Do you think it really can lead to the elimination of the High School Program like this to make a start to begin to remove the stigma that we've developed in our sport as far as credibility. For years, we've heard people say, "I lifted in a drug free meet and got away with it. I wasn't clean." What we need to install in these people is that when you lie and you cheat it's just the same as an Elite lifter. They eventually end up in the

How many contests have you conducted over the years?
Well, I started in 1975 and to date I've done approximately 250.

How do you carry the contest equipment from meet site to meet site?
We have a dual cab Ford pickup F-250 with a 460 motor and then we have a big 16 foot trailer and then we go to it. We can haul enough equipment for a two platform meet.

Once I heard that your "break even" figure for putting on a meet is 14 lifters. Is that the easiest out of 28 lifters, when we used to be up to 42 inch trophies and our "break even" now is 26 lifters.

If you have to cancel a meet for lack of entries, how do you handle it?
What we normally do is we wait a day after the entry deadline and then notify the lifters by phone and return their check that very same day in the mail. We don't like to cancel meets, however, we had to cancel approximately 4 or 5 this year, but to date we've done around 50 meets, so you're talking about less than 10 percent. The problem is not that the lifters aren't there, but they are really spoiled in that they always count on entering on the day of the meet. I talked with one guy today after canceling a meet in Wyoming and he said he had five or six guys in his gym that would enter the day of the meeting.

Had another guy call this morning and said the same thing. I tried to install into these guys that meet directors need those entries by the deadline. Nobody has ever been in my position, traveling all over the U.S. and putting on meets. It's very important for me to know who's going to be there so we can go and if we have our trophies with us and if we have a meet won't have the trophies to present to the lifters. I've got an agreement with my trophy company to manufacture my trophies in one day, but I have to know what I'm taking for meets which are established, such as Amarillo, Kansas City and Des Moines, Iowa. I can pretty well guess the average late entry volume if you have an entry on 30 lifters you can pretty well count on a 30 percent late entry figure. One meet we had 35 entries and the day of the meet we had 76 lifters, so we ended up having to mail 26 trophies. We don't like mailing trophies, because it makes the meet look shabby when you don't have the awards to present to the lifters and I think if they paid their entry fee they should receive their award.

What made you decide to promote meets outside of your own state?
Well, the main reason for the lifters that came to Oklahoma for our meets who complained of the poor quality

them were having is that it's easier to give away a five foot trophy than it is to give away a six thousand dollar truck. If I give five foot trophies away in a powerlifting meet, I can get 300 lifters. If I give away a six thousand dollar truck, I can get 90 lifters. The difference is that everyone who wins first place will get a 5 foot trophy and only one person is going to win that pick-up.

When you award a prize like that, is it on a raffle basis?

It's strictly raffle, but the raffle is dependent upon how well you place in that meet. If you place first you get 10 tickets, all the way to tenth where you get 1. The boy that won the motorcycle was from New Mexico and he flew in, so he had to ride the motorcycle back, but it was a 3700 dollar motor cycle. I believe he placed second in his class, but another advantage is that if you enter more than one division you get double the tickets. I believed he placed first in one division and second in another, but there were a lot of lifters who entered three divisions, and had 30 raffle tickets. The year before that the kid that won the 4 wheeler placed second in the teenage division.

What are some of the trends for meets in the future?

I think the future of this sport is drug free competition. I try to install into the USPF Executive Committee the importance of getting these drug free programs started, because if we receive 70 to 80 percent of powerlifting I would say 70 to 80 percent of those calls are related to drug free meets. People are tired of trying to keep up with the "Jones's" by taking steroids. Even the lifters that are established in the sport, who are totaling elite and master, realize they can't get the big, best, all round because their body can't endure the abuse. They're willing to gamble on getting their total and taking 200 pounds off their total so that they can win and become a national champion or even a world champion. The totals at the U.S.P.F. Senior Nationals this year show us that you can still total decent, and be very competitive, and still win a world meet. It makes everybody feel better results, because you can see that people are really cleaning up. That's the future of this sport. I travel the United States and don't talk to the big names as much as a lot of people do. I talk to the people that pay the bills; the little guys that place in the Novice division and the Below Class II, because without them there would be no organizations of any kind. We have to cater to their needs and that's what they're after, and they're going to go with an organization that has that factor - drug free.

Do you have some sort of ultimate goal as a meet director?

I would like to host the World Championships, but my goal when I first started this program was to be able to put on 100 powerlifting meets in one year. This year we've scheduled 95 meets, but we've had to cancel 5 already, so I'm not going to make it

working out. The sport turned my life around. I do everything, this I've done today, totally, to the sport of powerlifting. I love the sport, and that's why I go out and do a lot of things on my own. I don't do it for an organization; I do it for a person; I do it for myself. I've been successful, because I try to install in everyone I come in contact with that we owe something to the sport of powerlifting. Powerlifting doesn't owe anything to anybody. Leaders are here and gone tomorrow. The sport is what I'm interested in preserving. I love it as much as everything that I have and everything I've learned; my ability to do anything, even survive, is through the sport of powerlifting, because I would be a cripple now if it weren't for powerlifting. I had a vocational rehabilitation scholarship at the University here, but I lost it the day I squatted 500 pounds. They said that I had already successfully rehabilitated myself. That's why I haven't taken sides in anything else. I think that too many people have taken too much from the sport and haven't given anywhere near enough back. The sport is made up of 99 percent wonderful people that are hard working, average people that lift to have fun, and enjoy themselves. I do everything I can to make it enjoyable for them. When the day comes that I can't put a meet on and feel good about helping people or having them enjoy themselves, then I'll quit putting on powerlifting meets.

That's why I have those big prizes. I'll make enough off several meets and put it together to buy a nice prize. In my own way, I'm trying to make the sport more glamorous.

What could lifters do to assist your efforts in the future?

The majority of lifters that lift with us are very nice and polite gentlemen and ladies. We do not encourage people with bad attitudes to lift in our meets. In fact, we screen them. If a person has a bad attitude we normally give them one warning and then the sport is for entertainment and think what they need to do is realize when they have a bad day to accept it like you would anything else in life. Try to understand that everybody else is there for the same reason and try to enjoy themselves.

I would say the single biggest problem for me is late entries. When we cancel meets, even if we don't leave the house, it costs me at least \$200-300. I do not like to cancel meets. To me that's the ultimate sin, to cancel a powerlifting meet. I just wish the lifters would realize the meets are for their benefit and their enjoyment and the meet director has enough problems putting the meet on and directing it successfully without worrying if anybody is going to show up. Whether it's me or anybody else, it'll help the sport enormously if the lifters would just give a little consideration to the meet director.

Yeah, I have even thought about having no late entries. My policy is that

if you call in advance letting us know and giving us all the information we will let you enter the day of the meet without paying the late fee. Our purpose with a late entry fee is to know how many people are going to be there. We're not after the money, if we ship a trophy later, it's as much as the late entry fee by the time we get through with it. All we ask is that you let us know you're coming. With lifters know this and we don't have a problem. The problem is when we go to new areas and lifters don't know. Like with the meet in Indiana we had to cancel, someone phoned up and said "We always enter late." I'm in a unique position, where I'm the only one that does what I do. I can assure you that nobody would get in a truck with 3000 pounds of weight and 4 guys and drive 900 miles if you only had 8 entries to a meet. All I ask is for them to be considerate to the meet directors, no matter who it is, so they can prepare for a big meet or for a small meet, if it's going to be small. Nobody that puts meets on likes to cancel.

Anything else you'd like to say?

I would like to emphasize the point about honesty and integrity in our sport. I think there should be more of it. I say let the guys that want to go clean have their choice and have their ability to win without cheating in the way. All the testing in the world will never work until we have that sense of integrity in our own sport.

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INJURIES

Pec Tear Rehabilitation

by JEFF EVERSON, LPT, PhD

Injuries happen. Another thing that I happen to believe is that once injured, the injured area will NEVER be as strong as it was before the injury. Surgical repair might be different when a surgeon is able to oversee and reattach tendons for better leverage. I just do not think that an injured muscle will ever be the same again. Which is not to say that you might injure it again. You might not.

There are many types of muscle injuries. I'm dealing here with an actual muscle tear. Most of these injuries will happen despite stretching and warming up. If you're going to tear something either the mechanics of the muscle are way off or the capability of the muscle is less than the demand put on it, warmup be damned! Most advanced powerlifting athletes have subjected their muscles to repeated traumas over the visco-elastic properties of the muscle or tendon that is compromised. It's sort of like a house that sits high on a steep, dirt hill. When it rains often, the mud gets eroded away. If nothing is done about it one day when, should it rain, enough of the mud is gone where the house suddenly slides away.

In my case, I tore my pec lowering the weight and I believe the bar was slightly out of the groove when I did so. This forced the muscle-tendon unit into a different leverage position and I feel that due to past micro-tears, my visco-elastic muscle properties were not up to the task. That's why it tore during the eccentric phase. Even with a moderate tear (refer to most physicians as muscle strain), you are able to hear an audible pop or snap and all power stops immediately. This is rather inconvenient with 550 pounds on your chest and spotters who, when combined, can't upright row anymore than 75 pounds.

With a moderate tear there is up to 25 percent of all the muscle fibers torn. The injury hurts only when it happens and even that is more of a "weird" or scary feeling rather than prolonged pain. From then on you are stuck with a dull ache.

Now, a severe tear, that's a different story. This involves over 25 percent and up to 50 percent of the muscle fibers and usually means a great part of the tendon unit is pulled away from the bone of attachment. Surgery within ten days is crucial to getting the fullest recovery possible. Muscle does have the capability of reattachment through fibrous adhesion, but owing to reduced tension, it attaches itself at much less than an optimal leverage point.

If you read my article last month, you'll remember that I tore my right rotator cuff muscle training for a San Diego bench press meet. Now, I'll discuss what you can do during the initial healing process and over the long term to regain as much function back as possible.

The first thing you should at least appreciate, and I really believe this is true, is that you can never totally prevent muscle injury from taking place, if you are a competitive powerlifter bent on tossing up huge poundages. In the first place, our muscle-tendon systems can ill afford the tremendous stress that powerlifting places on it. You can cycle your weights, stretch and develop all the good technique you want, but chances are that sometime, somewhere, you'll exceed the capacity of your recovery system and suffer some kind of traumatic injury.

The unfortunate fact of the matter is that even should you be so fortunate and wealthy as to employ the services of a physical therapist, chiropractor or expert masseur every day, you'd still be likely to eventually suffer some sort of injury.

I started tossing cold steel when I was 12 years old. I suffered my first major weightlifting injury, a back muscle tear, when I was 24. Because I had absolutely no personal familiarity (even though I was "book-learned" with injury, I did not rehabilitate it cor-

rectly to week 4, heat at 10 days, mild stretching at 10 days. I continued with alternating ice and heat and progressive stretching until I regained 100 percent full range of motion, pain free. It was ONLY at this point that I began any resistance work.

I started with presses and curls with 5 pound dumbbells for 50 repetitions. I increased gradually. First 5s, then 10s, then 20s, 25s, 30s etc. By week 12, I was curling 70-80 pound dumbbells and pressing 70-80s. Still, I had not done any direct chest work.

Transverse Friction. Joe Morelli in both the 24's and 27's. He has a history of extensive pectoralis tears bilaterally, with anterior deltoid involvement. Six weeks prior to the APF Seniors, Joe tore his pec with a 465 triple in the bench. His experience with prior injuries led him to ice down his pec and consult with me immediately thereafter. I began treatment with ultrasound, friction massage, chiropractic adjustments and transverse friction massage. Transverse massage should ideally be instituted between the 5th and 7th day of recovery, for the purpose is to allow the joint capsule, bursa and vascular structures sufficient time to heal. The object is to break any scar tissue in the region, which is inherent in any injury. Scar tissue will retard a muscle's contractibility, as would cement on a rubber band. On a bench of 95-105 percent of max, where tissue will inhibit this recruitment and overload the existing fibers, causing initial or subsequent damage to a muscle. To locate scarred fibers within a muscle, one must palpate and identify the area which is less supple and denser. Using 10 to 15 pounds of pressure with the 2nd and 3rd digits, you transverse the muscle fibers with quick, dynamic strokes. I did this with Joe twice weekly for six weeks, and the response was extraordinary. From 135, Joe went to 473 at the Dayton meet without any further irritation. During the off-season Joe will undergo extensive rehabilitation on both pecs, furthering the size and number of fibers to help prevent further injuries. **Bruce Paswall D.C., 515 Madison, Suite 1720, NY, NY 10022, 212-758-2591.**

At four weeks I visited two doctors, Gary Glum and Joe Horrigan at the CMO clinic near the Los Angeles Airport. These men specialize in deep fiber adhesion treatment. I visited with the hopes that they could free some of the already-formed scar tissue. They did their number on me and believe me, this was by far the most painful thing I have ever undergone, but I believe it was very helpful. So, my schedule was as follows: first seven days - strong anti-inflammatory; next 10 days - high doses of aspirin, ice from day one

continuing to week 4, heat at 10 days, mild stretching at 10 days. I continued with alternating ice and heat and progressive stretching until I regained 100 percent full range of motion, pain free. It was ONLY at this point that I began any resistance work.

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United States Powerlifting Federation Classification Awards Program

| MEN'S CLASSIFICATION STANDARDS | | | | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|
| CLASS | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
| Elite | 1064 | 1157 | 1246 | 1394 | 1527 | 1642 | 1731 | 1824 | 1890 | 1946 | 2033 |
| Master | 981 | 1064 | 1146 | 1279 | 1400 | 1505 | 1593 | 1675 | 1736 | 1786 | 1857 |
| Class I | 882 | 953 | 1025 | 1152 | 1257 | 1350 | 1422 | 1505 | 1554 | 1598 | 1670 |
| Class II | 777 | 838 | 904 | 1009 | 1102 | 1190 | 1257 | 1323 | 1367 | 1411 | 1472 |
| Class III | 670 | 733 | 788 | 887 | 965 | 1036 | 1097 | 1157 | 1196 | 1229 | 1279 |
| Class IV | 590 | 639 | 689 | 772 | 838 | 904 | 953 | 1003 | 1047 | 1075 | 1119 |
| TEENAGE MEN'S CLASSIFICATION STANDARDS | | | | | | | | | | | |
| CLASS | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
| Elite | 1014 | 1097 | 1180 | 1323 | 1450 | 1549 | 1637 | 1731 | 1786 | 1841 | 1918 |
| Master | 910 | 987 | 1064 | 1191 | 1301 | 1395 | 1477 | 1564 | 1610 | 1654 | 1725 |
| Class I | 799 | 866 | 932 | 1042 | 1147 | 1224 | 1295 | 1367 | 1411 | 1455 | 1510 |
| Class II | 678 | 733 | 794 | 882 | 970 | 1036 | 1097 | 1158 | 1196 | 1235 | 1284 |
| Class III | 546 | 595 | 640 | 711 | 783 | 838 | 882 | 932 | 965 | 992 | 1036 |
| Class IV | 408 | 441 | 474 | 529 | 579 | 618 | 656 | 689 | 717 | 733 | 766 |
| WOMEN'S CLASSIFICATION STANDARDS | | | | | | | | | | | |
| CLASS | 97 | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 198+ | |
| Elite | 639 | 683 | 733 | 782 | 827 | 897 | 909 | 981 | 1053 | 1130 | 1190 |
| Master | 579 | 623 | 667 | 711 | 749 | 827 | 893 | 959 | 1025 | 1080 | |
| Class I | 518 | 562 | 601 | 639 | 672 | 744 | 805 | 865 | 920 | 970 | |
| Class II | 463 | 496 | 535 | 568 | 601 | 661 | 716 | 766 | 821 | 865 | |
| Class III | 402 | 435 | 468 | 496 | 524 | 579 | 623 | 672 | 716 | 755 | |
| Class IV | 347 | 375 | 402 | 424 | 452 | 496 | 535 | 573 | 617 | 650 | |

AWARD: Classification patch and/or certificate (Elite only) to athletes who qualify.

1. Powerlifting totals must respect to or exceed the totals listed in the tables above for the respective body weight classes.

2. All totals must be made in a bonafide, U.S.P.F. Sanctioned Contest.

3. Application must be signed by the State Chairman or the Regional Chairman or the Chief Official of the meet. The Meet Director's signature will not be accepted.

4. Master and Elite award applications require the signature of at least one certified national or international referee present for the judging.

TO APPLY: Send the following to the classifications award chairman:

1. Completed Application form.
2. Five dollars (\$5.00) for each patch desired (includes classification tab).
3. All checks must be made payable to: USPF Emblem Account.
4. A stamped, self-addressed envelope (4 1/2" x 9 1/2").
5. Send all the above to:
Conrad P. Cotter, 2103 Langley Ave., Pensacola, FL 32504.

Patches will be sent directly to the athlete unless otherwise requested.

Name of Athlete _____ State _____ Zip _____

Street Address _____

City _____

Bodyweight (kilos) _____ U.S.P.F. # _____

Met requirement for:

Class IV Squat _____ lbs. kgs.

Men Bench _____ lbs. kgs.

Teenage Deadlift _____ lbs. kgs.

Women Total _____ lbs. kgs.

Class III *note: use 2.2046 to convert kgs. to lbs.

Class II list both to the nearest tenth (.)

Class I USPF Sanction # _____

Master Name/Location of Meet _____

Elite Signature of official _____

Mail Ref _____

This form supercedes all previous versions May 1984 NWFF. This form may be reproduced.

Bulletin Board

Position Statement has been established by the Sports Medicine Committee of the U.S.P.F. on the **Use and Abuse of Anabolic Steroids**. In summary it concludes that "because the use of anabolic/androgenic steroids has been and is presently rejected on the basis of giving possible unfair competitive advantage while possibly producing harm to the user, the Sports Medicine Committee of the United States Powerlifting Federation joins those other sports governing bodies and sports medicine associations, in condemning the widespread indiscriminate use of anabolic/androgenic steroids by athletes." If you would like a copy of the complete statement, send a stamped, self-addressed envelope to the address below. **What if a lifter competed in one session of a national championship, and judged in a later session of the same meet? If that lifter has a shot at a position on an international team, and was judging lifters who also had a chance to make that team, wouldn't that amount to **conflict of interest**? Well, it is assumed that the integrity of judges is not a problem, otherwise, you could never find a candidate for judging who was acceptable to everyone. This principle applies in the international arena as well, where judges have to officiate over lifters in different nationalities, many of whom may well affect the team championship outcome, depending on the success of their lifting. If anyone has an idea on how to address this potential problem in a more satisfactory way, drop a line to the address below, and we will try to get it posted as a rule change. **Dr. Richard Herick** has sent us a **Drug Testing Update** which contains a survey of recent information on the issue, including the statement that most of the positive drug testing results are due to the use of a high testosterone/epinephrine ratio. Don't be taken by the interest in anyone Update, but take the time to read the material that would be of use to you. The Update contains a table listing the names of the athletes who are on the list of the entire Update, with the address below. **New References** we look and send their way at the address below. **Senior Nationals** in Chicago and **Junior Nationals** in St. Louis. **John Petroff**, Stella Herick, Chad DeRosier, Richard Herick, John Buckley, and National References: Daniel Johnson and Sophia Marie Herick. **Comps of the newly organized Operating Code of the U.S.P.F. Regional and State Sports Medicine Committees** is available from Richard T. Herick, Box 4160, Opelika, AL 36803. **According to a source,** "there is a problem with USPF judges taking the liberty of interpreting USPF/IFP rules as they see fit, as opposed to strict adherence to the written rules. A specific case, a judge measuring leg lengths on suits in a fashion that has been obsolete for over a year, because he believes it is an easier method. In this case, The Powerlifter's Handbook, pg. 5, states that, "Length of the leg must not exceed 15 cm. from the middle of the crotch. Measurement is to be taken by this line." Any other method is in complete disaccordance. **For copies of the information listed above, send a stamped, self-addressed envelope and indication of the material you are interested in to **Powerlifting USA Magazine, Box 467, Camarillo, California 93011.******

Book Reviews

Gary Benford, the likable director of recent YMCA Nationals and the Physical Director of the Columbus Central YMCA facility in Ohio has written a book called **POWERLIFTING...A Guide for Coaches & Athletes**. Gary is an accomplished powerlifter himself, having coached the Masters Classification in the 220 lb. class, and an accomplished student of strength, with an M.S. in Sports Medicine. This book is written with free weight training and the layman in mind. It details the great lessons of strength training that Gary has learned, the best in theory and the best in practice from trainers like Jack Welch and Louie Simmons. Each lift is covered, with many suggested routines (both during and off season) and some excellent photos of techniques such as box squatting, etc. This book is perhaps the finest of its kind published in the sport. It is exactly what the title says it is, and is more than worth the money. You can get a copy of **POWERLIFTING...A Guide for Coaches & Athletes** for \$7.95 from B&B Enterprises, P.O. Box 15341, Columbus, OH 43215. Another book we've recently received for review is **Lifting in the 5th Dimension**, written and illustrated by Thomas R. Foote, and published by World Class Enterprises (Dr. Judd Biasiotto and Armo Ferrando). If you liked some of Bill Starr's previous books, this may also interest you. Many basic weight training exercises are explained and intriguingly illustrated by Mr. Foote, who states that "I am not lifting what a jogger is running", even though he has been working with weights since he was 15. The enjoys lifting for the joy of it, but has managed to put the book. This is a unique philosophical approach to the sport, sprinkled with humor and practical capsules like "Hara Power", "The Third Eye", "Spine Bending", etc. derived from the martial arts and elsewhere, deep tone training from an uncommon viewpoint, but it is a personal book that would be very helpful to anyone who is serious about lifting. **Lifting in the 5th Dimension** is Mr. Foote's personal look at lifting, sprinkled with eastern philosophical references. It's conversational between the reader and author and between imaginary characters; you illustrate between the reader and author and between the lift and the lift. **POWERLIFTING...A Guide for Coaches & Athletes** and **Lifting in the 5th Dimension** are excellent. This book can be purchased for \$8.00 from World Class Enterprises, 2002 Skyline Drive, Albany, GA 31705.

CORRECTION, concerning our FOR THE RECORD section in the August issue of PLUSA, and the 1965 A.A.U. records, the lifts of Gene Robertson should have been indicated for the squat 730% and total 1945 at Superheavy.

POWER-RESEARCH

HYPNOSIS

dedicated to bringing Science to the sport of Powerlifting

by Dr. Judd Biasiotto & Armo Ferrando

ed over to powerlifting after a number of successful years as an amateur bodybuilder. After training for only six months, Armo had pushed his 500 pound deadlift. However, while Ronny demonstrated a 70% improvement on his squat (745#), and deadlift (707#) during his training period, he showed comparatively little improvement in the bench press (109#). In fact, when we first met Ronny, he had been plateaued in the bench press at 230 pounds for over nine weeks. After seeing Ronny, there was one thing we both agreed on: Ronny certainly had the equipment to bench press heavy poundages. Actually, his lack of success in the lift was surprising. He had a huge chest with deep cleavage, and his triceps were awesome for a 181 pounder. We were sure that his problem was more mental than it was physical. After consulting with Ronny for about a week, we decided to use hypnosis to help him overcome any mental block that might be hindering his bench press performance.

What transpired was truly phenomenal. We took Ronny to the weight room at the Albany Y.M.C.A. We hypnotized him in the presence of seven other lifters. Once he was hypnotized, we induced some of the more exciting hypnotic phenomena like hallucinations, age regression, and fantasy induction. After we got done talking around with the hypnotic replay, we simply suggested to Ronny that he was STRONGER. You would have thought that the Man upstairs was talking to him directly. To the amazement of everyone, including those tough guys who switch-

Perhaps no mind-control technique has captured the popular imagination more than the phenomenon of hypnosis. Men have long dreamed that the awesome powers of hypnosis, once harnessed, will promote them to superhuman status. Consequently, many scientists have tried to realize that dream. In recent years, there has been a prolific amount of research conducted to determine the effects of various hypnotic techniques on human performance. Results of these studies strongly indicate that for powerful hypnosis can be a powerful tool for controlling pain, phobias, and habits. It can even bring about physical transformation that, if not well documented, would strain credibility.

So what exactly is hypnosis? Hypnosis has been variously described as a form of sleep, as a heightened psychological state, as a heightened suggestibility, as a state of selective attention, as instinct and dissociation of the personality, as mere role playing, as a state of classical conditioning, as a state of exaggerated susceptibility. In short, there is little agreement as to what hypnosis is, and at present, there is no one who can substantiate with hard evidence what he believes it to be. The fact is, in terms of physical function, there is no objective way of identifying or measuring the state of hypnosis.

A subject who is hypnotized generally exhibits the same neurophysiological functions as a subject in the waking state. The subject's brain waves are typically alpha (in a relaxed state), while respiration, heart rate, and galvanic skin responses are usually those of deep relaxation. It is not to say that there are no differences between the hypnotic and waking state. The fact that hypnosis cannot be measured or identified may simply mean that at this point in time, we do not have instruments that are capable of detecting differences between the two conditions. Interestingly enough, people who are under the influence of hypnosis generally experience mild relaxation but hardly ever lose control of their thoughts; they find it nearly impossible to resist hypnotic suggestions. This willingness of the hypnotic subject to comply with suggestions, even when they are bizarre in nature, is perhaps the most striking feature of hypnosis.

Another unexplained question concerning the phenomena of hypnosis is susceptibility. For reasons not yet ascertained, individuals differ greatly in susceptibility to hypnosis. Not everyone who is hypnotized reaches the same trance depth, nor can everyone be hypnotized; but only about ten percent are capable of reacting a somnambulistic or deep state of hypnosis. This fact should not be too surprising. After all, people vary in their skill at any task that they attempt. For example, if we would randomly test a group of people on the bench press, we would probably find a wide range of scores; and it would be doubtful if anyone that test would be able to bench press 300

cluding us, Ronny's facial features seemed to change right before our very eyes. His jaw jutted out, his lips curled up around his teeth, and his eyes sprung wide open giving him a sardonic or devilish look. His arms and chest also seemed to expand beyond what would normally be expected. Emotionally, he seemed to be on the edge of hysteria. He kept talking deep breaths and at one point started trembling uncontrollably. Still hypnotized, we lead him to the bench press where he literally smoked 230 pounds first, then 250, 275, and believe it or not 300 pounds—a total increase of 70 pounds! Actually, he would have tried more; but we brought him out of hypnosis; he was still as high as a kite. In fact, he didn't settle down for a good three or four hours. Three months later, his bench press was still improving, even though we had only hypnotized him that one time. Six months later, he did a solid 355 pounds to win the Georgia State Bench Press Championships held at Georgia Southern College.

Although the aforementioned case seems to indicate that hypnosis improved the lifter's performance and/or strength, we would be making a drastic mistake by drawing such a conclusion. Caution must be exercised when making inferences from a single individual to a large group. Statistically speaking, a sample size of 1 provides little if any grounds for scientific prediction. Such studies are nearly impossible to make any type of definitive statement about the treatment. For example, it is impossible to determine whether it was hypnosis that increased the lifter's strength or whether it was some other intervening variable such as the attention that was shown to the lifter.

Many publications have presented hypnosis as a true ergogenic aid, but is this information entirely accurate? In the next article we will look at hypnosis and its capabilities for enhancing muscular strength and power.

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Good Nutrition...is it worth it?
as told by **Frederick C. Hatfield PhD**



It's no less risky to thumb your nose at science than it is to fool Mother Nature. Both have a way of coming out on top. Both are trading pretty solid ground, and the erstwhile challenger oftentimes bites off more than he can chew.

Speaking about chewing, what about the ongoing battle between the health food proponents and the scientific community? Is this another one of those wars that can't be won? Will science once again prevail? Are food supplements nothing but precursors to expensive urine as most conservative scientists insist, or are they essential in this age of overprocessed foods, prolonged shelf life, soil depletion, and poor dietary habits?

Nutritional science is in its infancy. There is so much we have yet to learn about the incredible complexity of the human body. The multitudinous biochemical interactions, each catalyzed by another, each prompting several more, aren't within the scope of our feeble technology's ability to explain. Yet we find the scientific community all-too eager to proclaim supplements generally useless or, in certain instances, dangerous.

On the flip side, food faddists, diet crazers and pseudoscientific nutrition quacks of every description would have us believe that we need to swallow their products or suffer dire consequences, ranging from "cellular electrocution" to middle ground. Is there no middle ground in science? Is there not a way to achieve rapprochement on polemical issues? Surely we humans have evolved enough to know that nothing is truly black or white as our leaders and erstwhile experts would have us believe.

Recently, the intrepid sleuths of academe -- the scientists -- have made some remarkable advances in knowledge and understanding of nutritional supplementation for athletes. And it does my heart good to be able to thumb my nose at those faddists and extremists who cling mostly for economic reasons, to foolish or potentially dangerous nutritional approaches. The "no-oh-ah" and "mega-dose" nuts can go to the pencil-belted and products to the pencil-belted as they desire. One another, but athletes, they are better one another, but not.

Here's the truth about what constitutes sound nutrition for athletes: nutritional supplementation is necessary without an adequate diet (a diet comprised of three or four perfectly balanced meals per day, rich in all of the essential nutritional elements and obtained from carefully selected foods) and during heavy training.

You probably don't fit into either one of these categories. First, no athlete I've ever met made it to the top without training. And, secondly, I have never met a soul -- not even one -- who eats three or four balanced meals per day. Obtaining all your nutritional needs in the form of food is a pipe dream in today's compromised environment. Also, there are nutri-

iron, nickel and copper; copper and zinc, and calcium and magnesium. Biochemical individuality, which means that different people have different nutritional requirements, is another major reason for increases in our nutritional needs. Up to seven-fold variations in requirements for amino acids, for example, can occur between different athletes. These biochemical differences from one person to another form "the tip of the iceberg" to be investigated, according to Michael Colgan, PhD, director of the Colgan Institute of Nutritional Science.

In addition to the genetic sources of biochemical individuality, there are environmental sources such as temperature, heavy sweating, intensity of exercise and other stressors that increase nutrient needs. People such as athletes who expose themselves to these stressors are in a different biochemical condition than the average person, and therefore have different nutritional needs.

Physiological Dynamics
As your body's cells die they're replaced with new ones. About every 120 days or so, you have a totally new set of bodily cells. The problem is that if these new cells develop in the same polluted or nutritionally deficient environment that the old ones did, your level of health and well-being will not be any better either.

What's the point? Simply that by maintaining a consistent, sound, scientifically balanced nutritional supplement program that the old ones did, your level of health and well-being will not be any better either.

Minerals are bad enough now, but good compared to the scandal of nutritional deficiencies in American hospital diets. There is extensive documentation of cases of malnutrition occurring after patients check in to the hospital, caused by the typical, deinstitutionalized, diet of bland, overprocessed foods.

The key to obtaining adequate nutrients from the diet is to eat raw, unprocessed foods that have a short transit time from grower to consumer, and which were grown in nutrient-rich soil.

Synergy
The principle that one single substance creates or affects one single condition applies to some scientific phenomena, but not to the science of nutrition. In nutrition, substances interact in multiples to product biological functions. This combined action of several factors is called synergy. It means that every known nutrient may affect the metabolism of every other.

Some examples of nutrients which interact synergistically are Vitamin D interacting with the metabolism of calcium and phosphorus; the combination of the B vitamins; E and interactions between Vitamin E and B12, and Vitamin E and zinc. There are also synergistic relationships between these trace elements: nickel and

plementation plan, you can improve the environment inside your body. That being done for a month or more, you'll see your "new" body will be standing more often, more energy filled and more responsive to training.

No speculation here, folks. Dr. Michael Colgan, a scientist located here in the land of perpetual sunshine, studied two groups of marathon runners. Group One took multi-mineral/vitamin supplement daily, while Group Two ate normally. Both groups improved over the course of six months, but Group One went far beyond Group Two. Their supplement group improved their marathon time by over 16 minutes, while the no supplement group improved less than four minutes. Colgan maintained that the long-term improvement in Group One's biochemistry resulted in their significantly greater improvement scores.

I agree with Colgan's research findings, both from practical experience as well as from the same scientific basis from which his conclusion was drawn. The same kind of problem exists with all athletes, not just endurance athletes.

So the bottom lines are these: 1) do athletes eat and/or supplement, and 2) how can you get the job done effectively.

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10. To reduce pain
Athletes eat because they want to achieve the peak performance capabilities they want to WIN.

Things You Need To Know
Eating by itself isn't the answer. You must use state-of-the-art supplements and you must engage in training techniques of the highest order. Together in an integrated, scientifically sound program, these goals are realized. All athletes don't need the same supplements any more than they need the same training program. Why? Because each athlete's goals are unique. Just as true, however, is the principle that every athlete in the world -- indeed, every fitness enthusiast -- needs to supplement his/her diet in order to maximize their chances of goal achievement.

The science and art of supplementing lies not in the "shotgun" approach, but rather in carefully selecting those foods, eating habits, training techniques and food supplements that they, as the unique organisms, need in order to excel.

This material is excerpted from Dr. Hatfield's latest book, *ULTIMATE NUTRITION*, soon to be released by Contemporary Books Inc., Chicago.

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The Positive Aspects of Bombing

as told by Doug Daniels

Many lifters have had the painful experience of not satisfying the judges in a power meet at least once in their careers, myself among them. It is especially disappointing when you have trained hard, dieted fervently, and travelled a good distance. Bombing hits all levels, from novices to Senior National and World championship lifters. Is there any way we can use a "B-52" as an aid to better our performances in the future?

One cause of bombing is poor training technique. Simply put, that means not training the lifts in the correct fashion routinely in the gym. Many squats are cut off high so the lifter can satisfy his ego by lifting more, and bench presses are bounced or extended unevenly. If you are consistently train your lifts in a substandard fashion, don't expect to perform maximum, critical lifts properly in competition! If this is your problem, perform more of your lifts by the book, especially as the contest draws near. Have someone you can rely on to tell you when your squat is low enough or to give you a clip for your bench press. Performing the big three properly should become almost automatic. Would a high hurdler practice for his event by doing low hurdles?

The most popular lift to bomb in is the squat. Either the lifter starts at too high a weight or he fails to perform the squat according to the rules, usually those concerning depth. This was the lift that ruined my weekend a few years ago. I opened at a weight that was low enough to tinkle with room to spare. Unfortunately I did not reach proper depth on three consecutive attempts. As mentioned earlier, starting too high is a major cause. The lifter tends to accomplish too much on his first attempt. Our opening attempts should be realistic, and when completed, can be a major anxiety factor for both the lifter and the audience. While a mis-set opener can have the opposite effect by relieving some of the greater magnitude. If a lifter trains overhead the limit lift class he will come even in and then comes down in bodyweight, he most likely will lose some strength too matter it is too. Now, the lifter because not nearly as easy as when it is weight is lost for a meet. The exact amount of strength lost varies from lifter to lifter. Of course, the percentage of bodyweight lost is a factor. The amount of weight the opening attempt should be decreased is not written in stone. Each lifter or coach should make the judgment using experience garnered through many training sessions and previous competitions. If it is the lifter's premiere competition, the adjustment should be higher. A general rule of thumb I have learned is that the bench press is the lift most affected by change in bodyweight, followed by the squat and the deadlift. Some lifters depend on competition adrenaline to enable them to lift more at a meet than in the gym. For some this is true, but don't always count on it. Nerves can be a factor for experienced lifters who are new to a high level of competition like the Senters. Anxiety can effect your strength level and shouldn't relax too much while waiting, "walkmen", while waiting to lift. You but you must also control your emotions if they are too high. A good coach can be of great value, especially if he is experienced in competition and he knows your temperament. Try to channel your emotions positively.

Fear of big weights can also be a factor. As we progress towards higher weights we all have to overcome the fear of doing something we were not capable of before. When such weights are attempted some lifters are compelled to "judge" a little on depth, leaning that if they squat too low they will not be able to rise with the weight. In the bench, one might try to beat the judge's clap. Confidence could be built by trying these weights in training before the meet. We also could be a little more realistic in the weights we attempt. Don't rely on winning on your openers.

Poor warm-up timing procedure can also be a culprit. This ranges from too early to too late a warm-up, and from too much to too little warm-up. There have been several articles lately written on warming up. Dig these out and read them. Again, an experienced coach or fellow lifter can give you guidelines. Common sense should be used in sorting all this out. It may take a few contests to develop your own system of warming up.

All in all, we must use bombing as a learning experience. First, we must determine why we have bombed. Don't let your ego get in the way and don't put the blame on the judges. Get some opinions from observers and fellow lifters. Go back to the drawing board and determine what you can do to lessen the chances of lightning striking twice. Notice I said "lessen". There are no guarantees. Just like the boxer who got kayoed because he drops his left when he throws a right, a powerlifter should learn from his mistakes as well as his successes. Turn bombing into a positive experience.

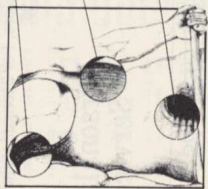
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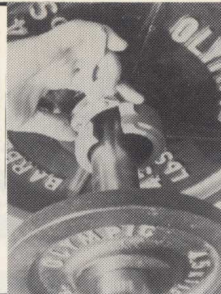
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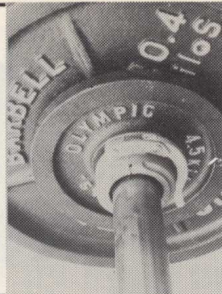


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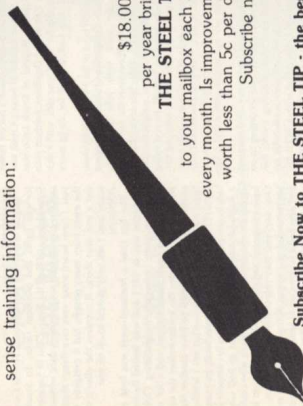
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More From Ken Leistner

A powerlifter enters the sport knowing the potential for injury is present. Almost every lifter will incur minor injury in the course of a lifting career, and many will suffer from at least one serious injury. Unfortunately, most lifters increase the probability of disaster striking through stupidity, overtraining, and exposure to high compressive forces more often than is necessary. One obvious safeguard is to treat any alteration in exercise performance as a brand new exercise. I hesitate to complete that sentence with the proviso "... treating the new alteration with all of the caution that one usually gives to any new or unfamiliar movement," because most lifters go hell-bent-for-leather on new, as well as familiar exercises. Common sense dictates that one approach a new exercise with respect. Unfamiliar neuromuscular patterns may cause unexpected stress upon connective tissue structures. A loss of balance or kinesthetic feel may lead to improper performance.

Even those smart enough to heed the above warning throw caution to the wind when doing the three lifts, believing that they have squatted, benched, and deadlifted so often that any weight below that used for triples cannot possibly damage them. I was sitting in the Westside Barbell Club at the conclusion of a particularly frustrating workout. I had just watched Pat Casey, Bill West, George Frenn, Dick Moos, and George Crawford dominate very heavy poundages, while I struggled with weights that had been reasonably easy a few months before. Being burred by something you were about to triple with can be discouraging. Pat Casey, in a casual aside, noted that my form in the bench press had "drifted". It seems as if your grip has widened out a bit in the last few months". He suggested that I "drop back" and pay particular attention to my technique. Despite my protestations that I was "always careful about my technique", he believed that I needed to "regroove" the lift. As he walked down the driveway of this fabled garage gym, he said, "And make sure you cut way back on the weights." I stouped back, I went go-over three hundred, seriously believing that 300 was "safe" for 6 or 8 reps.

The giant Casey stopped, turned, and ambled back to the garage. He looked down on me like an ignorant child and said, "Start with 135", and then returned to his car. Although 135 seemed a bit ridiculous, the greatest bench presser the world had yet known had taken the time to help me and I was not about to ignore the advice. When I next benched, I moved my grip in a bit, took the time to do each rep correctly and in the best position possible. Incredibly, I was able to see in the pecs and traps two days later. I added weight each session for the next few weeks. I had been instead of being a "weight lifter", I was a powerlifter. I was having difficulty with the squat always a month, I decided to alter my stance, very slightly. Forgetting the lesson I had learned previously, I used my new technique and felt very strong. I continued to work up to a poundage that was approximately the same as that used in my previous style. Being "cautious", I decided to go no higher than my usual workout weights. Two days later, I was almost crippled, not so much by muscle soreness as from the accumulation of blood and fluid that had filled my entire thigh adductor region, the result of a muscle that tore imperceptibly. Having seen torn pecs and a multitude of injured lower backs, I believe that most lifters do not understand the importance of altering their lifting style.

Anytime one makes the slightest alteration in form, your body interprets this as a "new" exercise. Moving your squat stance closer may place less stress on the adductors, but if you have made a certain adaptation to exercise, a closer stance, at least at first, may prove to be very stressful in the newly involved muscles. Moving the grip in while benching should take some stress off of the pec/delt region, but working to a relatively heavy weight the first few workouts may leave you with a torn pec.

Protecting oneself from injury is a matter of common sense. Don't let ego get in the way. Once a decision has been made to change an exercise style, reduce your exercise weight by approximately fifty percent for the first one or two workouts. Add weight progressively but carefully, so that you are using approximately the same exercise weight you were previously, over a period of three weeks. If the other exercises that involve the same muscle groups are being pushed to the limit during this time, your competitive lifts will drop little, and if the alteration in style was a correct decision, the weight will climb to new levels. Note that I recommended that one reduce their weights by fifty percent. This refers to the weights being used for a particular number of reps during the workout, not a percentage of your maximum single. It may seem like a drastic step, but a torn or pulled muscle will cost you weeks, and perhaps months of serious training time, so a few weeks of sensible and cautious lifting will not deter you from your long term goals. As always, use sensible training procedures which are both productive and safe.

STEEL TIP Preview: the September edition of Dr. Ken's newsletter covers Nautilus Leverage Machines, Shotput Curls, Carb drinks, Muscular Definition, Training Noise, etc. To subscribe, see the ad on this page.



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Message from the U.S.P.F. President

At the 1985 National Committee meeting we considered and failed to adopt agenda item 19 proposed by Jan Todd: Provide that any official of the Federation - Executive Member, Regional Chairman, State Chairman, Member-at-Large, Athletes Representative, Committee Chairman, Referee, Coach, or any other person officially representing the U.S.P.F. - who is found by the Discipline Committee to be involved in the trafficking, distribution or procurement of anabolic steroids, amphetamines and/or any other substances on the official I.P.F. banned substances list, be banned for life from any form of involvement with U.S.P.F. Powerlifting.

During that same meeting the National Committee voted to adopt the recommendation of the Discipline Committee that Tony Fitton be suspended from the U.S.P.F. for life.

One year later at the 1986 National Committee meeting the action suspending Tony Fitton was repealed, following the failure of an amendment to reduce the life time suspension to three years, with credit for one year of suspension that had been in effect. It would appear that we are unsure of ourselves.

At the 1985 National Committee meeting we provided for a doping control at 1986 Women's, Collegiate, and Senior National Powerlifting Championships. Failure to pass the doping control would result in an 18-month suspension from all U.S.P.F. competition, removal from participation on a national team, and the forfeiture of any placing, awards or team points won in that competition. The 18-month suspension was the same as the I.P.F. suspension then in effect.

At the 1986 National Committee meeting we ruled that lifters testing positive for psychotropic stimulants or anabolic steroids at any national or international competition be suspended from all U.S.P.F. competition for a period of three months. These three months were suspended from the U.S.P.F. World Congress in Moscow, November, 1985. Fred Hatfield, who had served as an alternate delegate from the United States at the 1985 World Congress, reported that our failure to punish with sufficient severity U.S.P.F. lifters who failed the doping control was a major source of discontent among the European lifters. Presumably, by adopting the harsher, new, three-year suspension we have ameliorated this cause for European dissatisfaction.

It would appear that we tend to look to the I.P.F. and Europe in evaluating the adequacy of our sanctions. There are certain pitfalls in doing this, mainly because we do not know the reasoning behind the I.P.F.'s move to amend their sanctions. Now it may well have been, for example, that an analysis of European experience showed that 18-month sanction was an inadequate deterrent. On the other hand, it may have been that the I.P.F. lifters from European countries, under the gun of their own national federations, were being subjected to more severe sanctions in order to impress the all sports federation with their seriousness and good intentions.

It may not necessarily be in the best interests of the U.S.P.F. therefore, blindly to follow the I.P.F.'s lead in evaluating the adequacy of the sanctions we impose. Agenda item 19, Tony Fitton's suspension and failure to pass the doping control, though similar in some respects, pose quite different problems.

Agenda item 19 makes it an offense "to be involved" in the sale or procurement of banned substances, provided that the "involvement" is established to the satisfaction of the Discipline Committee. Although "to be involved" is fairly vague and the Discipline Committee may not be the proper forum to decide a lifetime ban, the main distinction of this proposal is that there need not have been a conviction. It is conceivable, therefore, that the absence of full due process and the adoption of a more relaxed standard of proof in our Discipline Committee proceedings or if it did go to trial, might result in a conviction which might never be brought to trial or if it did go to trial, might result in a conviction which would be overturned.

Tony Fitton had been convicted in a court of law. Because his offense involved steroids and because of the publicity he received, the Discipline Committee sought formally to serve him with notice of the "fair and impartial" hearing to which section 6.1 (iii) of the U.S.P.F. by-laws entitles him. The Discipline Committee was not successful in serving Mr. Fitton with a notice and no hearing took place. If Mr. Fitton had been convicted of robbery or murder, in all probability, we would not have suspended him, but instead would have sold him a U.S.P.F. card in order that he might compete in prison meets, in meets outside of prison, and perhaps qualify thereby for U.S.P.F. classification patches. We might ask ourselves, "Under what conditions should the U.S.P.F. be compelled to compound the sentence of a criminal court of law?"

In a third example, when a person tests positive for a banned substance at a U.S.P.F. meet, we do not presuppose that this is a case where the offender is dealing with a "poorly" or "poor" person. We test in order to identify and disqualify those who may have gained an advantage through the use of psychomotor stimulants or anabolic steroids. Disqualification implies that one is no longer in the meet; that one has forfeited his placing, his awards and, if his disqualification takes place at a qualifying meet, his place on the United States Team.

When we move beyond disqualification, we confront the problem of punishment, which divides into at least four questions.

What purpose should punishment serve? What forms or kinds of punishment are appropriate? Should the severity of the punishment be proportionate to the gravity of the offense? Is the punishment repressive in and of itself or in its consequences?

Perhaps those who are acutely embarrassed our zig-zagging can find a measure of comfort in the fact that men of good will have seldom been in agreement in answering these four questions.

Let us first examine the premise that punishment should be purely retributive, that each wrong is duly and commensurately requited. Purely retributive punishment, then, is done only because we have a duty to punish, certainly not because the punishment may serve some end or provide some desired consequence in the future.

The severity of the punishment, the punishment should fit the crime. If a fairly retributive punishment appears to be indistinguishable from naked retaliation or revenge, perhaps we will find the second premise more to our liking. This holds that punishment should be tailored to fit the nature of the offender and the nature of those who witness the punishment of the offender. We are not concerned here with righting the wrong, for the wrong once committed cannot be undone. Our purpose in punishing is twofold: to prevent wrongdoing by persuading the offender to abate his illegal conduct, and to publicize his punishment as a deterrent to others.

Perhaps we can devise a scheme of punishment that will redress much of the harm done the U.S.P.F. by the offense of falling the doping control and, at the same time, satisfy our needs for reformation and deterrence.

First, it is obvious that serious costs to us, not only in terms of money, but also in terms of prestige, result from a lifter who has failed a doping control for one or more of the banned substances, the U.S.P.F. must send another sample to be tested. The cost of sending at times, approaches the cost of testing, and at other times it is negligible. The cost of testing varies not only with the laboratory employed, but with the strength of the dollar, as well. If the lifter pays his own way to a meet, the cost to the U.S.P.F. is less than when the U.S.P.F. pays his way. If the lifter's offense costs us the team trophy, there is the cost of packing and returning the trophy to Europe. There are also the phone calls and the cost of correspondence.

There are, in addition, other costs that are not measured so easily. Did the offense alter the standing of the United States team at an international event? If so, the damage is irreparable. Did the offense contribute to the delay in recognizing powerlifting as an Olympic sport? To what extent did the offense taint the fire of national publicity, bringing the United States and general acceptance to a doping control? And what about the national and general acceptance to fine a doping control offender for the measurable additional expenses he has required the U.S.P.F. to assume, not to mention a punitive fine for the harm he has done us that does not lend itself to precise measurement.

Even though fines could be tailored to accommodate the requirements of reformation, reformation and deterrence, the addition of imposing a suspension may well be salutary.

A suspension could be from all U.S.P.F. activities or simply from lifting in U.S.P.F. sanctioned meets. If the suspension is simply to bar from competition persons who have been shown to seek pharmacologically an advantage, we may wish to allow the offender to participate in non-competitive U.S.P.F. activities. Alternatively, if it is our intention to add to the offender's humiliation and pain in order to achieve the most reformatory and deterrent effect, we may wish to bar him from all U.S.P.F. activities.

Similarly, unless the suspension is to be purely retributive, its utilitarian purpose, rather than the gravity of the offense, should determine its length. The lifetime ban either presupposes the offender's incapability of being corrected, or is retributive. When applied to a first offender offense, any such presupposition is premature and the retributive ban seems to be inherently unjust, because its gravity exceeds that of the transgression.

Our chief aim should be the creation and maintenance of a climate in which lifters on drugs will not enter drug-tested meets. The need for reformation and deterrence, alone, should be sufficient to guide us in setting the duration of the suspension. An insufficient penalty will reduce our drug-testing rule to vain words, but punitive overkill will drive from the sport athletes who should be out there on the platform.

Keeping in mind that the public humiliation which surrounds a disqualification hearing is an effective deterrent in itself, we should extend the suspension only until such time as the offender is able to reprove. The costs of gathering, shipping and testing this sample would be assumed by the offender, while the conditions thereof would be determined by the Sports Medicine Committee.

The notion of increasing the punishment for repeated offenders has not been formally proposed to the National Committee. Such a graduated scale would enable the U.S.P.F. to treat the first offender mildly, on the ground that he is less apt, thereby to become either embittered or hardened and that a light, cleansing punishment may be sufficient to achieve the desired change. Harsher punishment for repeat offenders is easier to justify.

Perhaps we should consider establishing an impartial body that will, post hoc, assess the expense the U.S.P.F. has incurred by virtue of the drug-related offense, and determine the non-monetary damage sustained by our organization and our members. The monetary damage would be assessed in terms of the amount of reimbursable damage, less a punitive fine and impose a suspension. The punishment imposed by the U.S.P.F. in this manner would be solidly planted on a rational foundation.

Finally, for those with personal knowledge of dealing in or smuggling steroids, I would suggest that it is more appropriate to notify the police than to notify the Discipline Committee. At times we will be frustrated by the vagaries and quirks of the criminal process. However, we can no longer forbear, let us direct our rage at government and not at the U.S.P.F. We will help neither the government nor our sport by turning our Discipline Committee into an auxiliary court for criminal cases.

Dr. Conrad Cotter, President, USPF, Box 18485, Pensacola, FL 32523

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NEXT MONTH... TOP 198

POWERLIFTING USA MAGAZINE TOP 100

181 lb./82.5 kg. August 1985 to July 1986

| SQUAT | BENCH | DEADLIFT | TOTAL |
|-------------------------------|-----------------------------|-----------------------------|-----------------------------|
| 1 782 Gaudler, R., 121/585 | 733 Gaudler, R., 121/585 | 2017 Gaudler, R., 121/585 | 2017 Gaudler, R., 121/585 |
| 2 760 Topogulos, L., 121/485 | 516 Confessore, C., 517/86 | 1951 Gray, D., 6/29/86 | 1951 Gray, D., 6/29/86 |
| 3 750 Herring, G., 3/22/86 | 710 Elieman, T., 3/1/86 | 1955 Herring, G., 3/22/86 | 1955 Herring, G., 3/22/86 |
| 4 730 Phillips, M., 6/29/86 | 507 Phillips, M., 6/29/86 | 1865 Topogulos, L., 121/485 | 1865 Topogulos, L., 121/485 |
| 5 705 Cole, D., 1/13/85 | 501 Gaudler, R., 121/585 | 1805 Kobert, R., 1/25/86 | 1805 Kobert, R., 1/25/86 |
| 6 695 Anderson, S., 2/12/86 | 495 Herring, G., 3/22/86 | 1845 Weil, R., 6/29/86 | 1845 Weil, R., 6/29/86 |
| 7 695 Anderson, S., 2/12/86 | 485 Gray, D., 6/29/86 | 1796 Anderson, S., 2/12/86 | 1796 Anderson, S., 2/12/86 |
| 8 695 Anderson, S., 2/12/86 | 485 Gray, D., 6/29/86 | 1791 Barber, M., 2/12/86 | 1791 Barber, M., 2/12/86 |
| 9 695 Anderson, S., 2/12/86 | 475 Clark, R., 6/1/86 | 1790 Elieman, T., 3/1/86 | 1790 Elieman, T., 3/1/86 |
| 10 695 Anderson, S., 2/12/86 | 479 Succortte, A., 5/3/86 | 1741 Smith, R., 3/22/86 | 1741 Smith, R., 3/22/86 |
| 11 688 Weir, R., 6/29/86 | 457 Moorey, E., 6/29/86 | 1740 Barquera, M., 10/13/85 | 1740 Barquera, M., 10/13/85 |
| 12 688 Weir, R., 6/29/86 | 451 Lee, J., 4/12/86 | 1737 Stuphin, P., 3/22/86 | 1737 Stuphin, P., 3/22/86 |
| 13 688 Weir, R., 6/29/86 | 440 Dunlap, R., 9/22/85 | 1725 Pierce, D., 2/22/86 | 1725 Pierce, D., 2/22/86 |
| 14 688 Barber, M., 2/12/86 | 435 Stuphin, P., 3/22/86 | 1725 Smith, R., 3/22/86 | 1725 Smith, R., 3/22/86 |
| 15 675 Ford, D., 1/27/85 | 435 Moorey, E., 6/29/86 | 1725 Smith, R., 3/22/86 | 1725 Smith, R., 3/22/86 |
| 16 675 Ford, D., 1/27/85 | 435 Stuphin, P., 3/22/86 | 1725 Smith, R., 3/22/86 | 1725 Smith, R., 3/22/86 |
| 17 675 Ford, D., 1/27/85 | 435 Stuphin, P., 3/22/86 | 1725 Smith, R., 3/22/86 | 1725 Smith, R., 3/22/86 |
| 18 675 Ford, D., 1/27/85 | 435 Stuphin, P., 3/22/86 | 1725 Smith, R., 3/22/86 | 1725 Smith, R., 3/22/86 |
| 19 675 Ford, D., 1/27/85 | 435 Stuphin, P., 3/22/86 | 1725 Smith, R., 3/22/86 | 1725 Smith, R., 3/22/86 |
| 20 675 Ford, D., 1/27/85 | 435 Stuphin, P., 3/22/86 | 1725 Smith, R., 3/22/86 | 1725 Smith, R., 3/22/86 |
| 21 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1700 Schmidt, R., 4/19/86 | 1700 Schmidt, R., 4/19/86 |
| 22 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 23 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 24 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 25 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 26 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 27 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 28 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 29 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 30 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 31 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 32 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 33 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 34 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 35 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
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| 45 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 46 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 47 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 48 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 49 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 50 665 Snoker, L., 5/3/86 | 425 Elliott, K., 3/22/86 | 1695 Stuphin, P., 3/22/86 | 1695 Stuphin, P., 3/22/86 |
| 51 630 Peterson, S., 4/5/86 | 415 Rosenzweig, D., 3/18/86 | 1670 Haines, D., 3/1/86 | 1670 Haines, D., 3/1/86 |
| 52 630 Peterson, S., 4/5/86 | 415 Rosenzweig, D., 3/18/86 | 1670 Haines, D., 3/1/86 | 1670 Haines, D., 3/1/86 |
| 53 630 Peterson, S., 4/5/86 | 415 Rosenzweig, D., 3/18/86 | 1670 Haines, D., 3/1/86 | 1670 Haines, D., 3/1/86 |
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| 74 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 75 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 76 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 77 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 78 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 79 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 80 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 81 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 82 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
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| 86 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
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| 88 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 89 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 90 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 91 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 92 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 93 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 94 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 95 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 96 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 97 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 98 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 99 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |
| 100 625 Shirota, K., 10/13/85 | 415 Bomer, R., 3/22/86 | 1644 Cole, D., 4/27/86 | 1644 Cole, D., 4/27/86 |

For Fastest Service ORDER TOLL FREE (800) 321-5064 In California (800) 231-4070

ADFFA Louisiana Championship
24 May 86 Shreveport, LA (kilos)
 114 lbs. M. Henley 485 340 530 1125
 123 lbs. J. Florence 275 310 380 965
 135 lbs. D. Wilson 700 500 650 1850
 145 lbs. R. Cronin 705 490 610 1810
 155 lbs. B. Welch 685 570 645 1800
 165 lbs. M. Henley 575 520 605 1600
 175 lbs. D. Wilson 585 375 465 1425
 185 lbs. M. Henley 585 375 465 1425

USPF-MSSA Summer Nationals
28-29 June 86 Oklahoma City (kilos)
 114 lbs. M. Harrison 85 55 92.5 232.5
 123 lbs. M. Harrison 165 105 175 445
 135 lbs. D. Wilson 185 115 145 445
 145 lbs. D. Wilson 185 115 145 445
 155 lbs. D. Wilson 185 115 145 445
 165 lbs. D. Wilson 185 115 145 445
 175 lbs. D. Wilson 185 115 145 445
 185 lbs. D. Wilson 185 115 145 445

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Heavy Day Lifters at Rich Peters Summer Nationals. Phil Scott photo.

Rich Peters Summer Nationals
 Erickson, Ted Peters, Ken Adcock, Ricky Crain, Dennis Wright, Danny Burton, Robert Dyer, and all who attended. Hope to see everyone in OK at the USPF-MSSA Summer Nationals. (Thanks to Rich Peters for results.)

New York Championships
17-18 May 86 Gloversville, NY

| Weight | SQ | BP | DL | Total |
|-----------|-----|-----|-----|-------|
| 123 lbs. | 340 | 205 | 440 | 985 |
| 135 lbs. | 250 | 110 | 300 | 660 |
| 145 lbs. | 310 | 230 | 425 | 965 |
| 155 lbs. | 280 | 160 | 290 | 730 |
| 165 lbs. | 190 | 75 | 210 | 475 |
| 175 lbs. | 400 | 220 | 470 | 1090 |
| 185 lbs. | 480 | 265 | 400 | 1145 |
| 195 lbs. | 580 | 335 | 610 | 1525 |
| 205 lbs. | 515 | 350 | 560 | 1425 |
| 215 lbs. | 515 | 305 | 540 | 1360 |
| 225 lbs. | 655 | 425 | 675 | 1755 |
| 235 lbs. | 440 | 275 | 575 | 1290 |
| 245 lbs. | 565 | 320 | 555 | 1440 |
| 255 lbs. | 535 | 320 | 555 | 1410 |
| 265 lbs. | 480 | 300 | 530 | 1310 |
| 275 lbs. | 470 | 300 | 530 | 1300 |
| 285 lbs. | 470 | 300 | 530 | 1300 |
| 295 lbs. | 470 | 300 | 530 | 1300 |
| 305 lbs. | 470 | 300 | 530 | 1300 |
| 315 lbs. | 470 | 300 | 530 | 1300 |
| 325 lbs. | 470 | 300 | 530 | 1300 |
| 335 lbs. | 470 | 300 | 530 | 1300 |
| 345 lbs. | 470 | 300 | 530 | 1300 |
| 355 lbs. | 470 | 300 | 530 | 1300 |
| 365 lbs. | 470 | 300 | 530 | 1300 |
| 375 lbs. | 470 | 300 | 530 | 1300 |
| 385 lbs. | 470 | 300 | 530 | 1300 |
| 395 lbs. | 470 | 300 | 530 | 1300 |
| 405 lbs. | 470 | 300 | 530 | 1300 |
| 415 lbs. | 470 | 300 | 530 | 1300 |
| 425 lbs. | 470 | 300 | 530 | 1300 |
| 435 lbs. | 470 | 300 | 530 | 1300 |
| 445 lbs. | 470 | 300 | 530 | 1300 |
| 455 lbs. | 470 | 300 | 530 | 1300 |
| 465 lbs. | 470 | 300 | 530 | 1300 |
| 475 lbs. | 470 | 300 | 530 | 1300 |
| 485 lbs. | 470 | 300 | 530 | 1300 |
| 495 lbs. | 470 | 300 | 530 | 1300 |
| 505 lbs. | 470 | 300 | 530 | 1300 |
| 515 lbs. | 470 | 300 | 530 | 1300 |
| 525 lbs. | 470 | 300 | 530 | 1300 |
| 535 lbs. | 470 | 300 | 530 | 1300 |
| 545 lbs. | 470 | 300 | 530 | 1300 |
| 555 lbs. | 470 | 300 | 530 | 1300 |
| 565 lbs. | 470 | 300 | 530 | 1300 |
| 575 lbs. | 470 | 300 | 530 | 1300 |
| 585 lbs. | 470 | 300 | 530 | 1300 |
| 595 lbs. | 470 | 300 | 530 | 1300 |
| 605 lbs. | 470 | 300 | 530 | 1300 |
| 615 lbs. | 470 | 300 | 530 | 1300 |
| 625 lbs. | 470 | 300 | 530 | 1300 |
| 635 lbs. | 470 | 300 | 530 | 1300 |
| 645 lbs. | 470 | 300 | 530 | 1300 |
| 655 lbs. | 470 | 300 | 530 | 1300 |
| 665 lbs. | 470 | 300 | 530 | 1300 |
| 675 lbs. | 470 | 300 | 530 | 1300 |
| 685 lbs. | 470 | 300 | 530 | 1300 |
| 695 lbs. | 470 | 300 | 530 | 1300 |
| 705 lbs. | 470 | 300 | 530 | 1300 |
| 715 lbs. | 470 | 300 | 530 | 1300 |
| 725 lbs. | 470 | 300 | 530 | 1300 |
| 735 lbs. | 470 | 300 | 530 | 1300 |
| 745 lbs. | 470 | 300 | 530 | 1300 |
| 755 lbs. | 470 | 300 | 530 | 1300 |
| 765 lbs. | 470 | 300 | 530 | 1300 |
| 775 lbs. | 470 | 300 | 530 | 1300 |
| 785 lbs. | 470 | 300 | 530 | 1300 |
| 795 lbs. | 470 | 300 | 530 | 1300 |
| 805 lbs. | 470 | 300 | 530 | 1300 |
| 815 lbs. | 470 | 300 | 530 | 1300 |
| 825 lbs. | 470 | 300 | 530 | 1300 |
| 835 lbs. | 470 | 300 | 530 | 1300 |
| 845 lbs. | 470 | 300 | 530 | 1300 |
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| 885 lbs. | 470 | 300 | 530 | 1300 |
| 895 lbs. | 470 | 300 | 530 | 1300 |
| 905 lbs. | 470 | 300 | 530 | 1300 |
| 915 lbs. | 470 | 300 | 530 | 1300 |
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| 955 lbs. | 470 | 300 | 530 | 1300 |
| 965 lbs. | 470 | 300 | 530 | 1300 |
| 975 lbs. | 470 | 300 | 530 | 1300 |
| 985 lbs. | 470 | 300 | 530 | 1300 |
| 995 lbs. | 470 | 300 | 530 | 1300 |
| 1005 lbs. | 470 | 300 | 530 | 1300 |
| 1015 lbs. | 470 | 300 | 530 | 1300 |
| 1025 lbs. | 470 | 300 | 530 | 1300 |
| 1035 lbs. | 470 | 300 | 530 | 1300 |
| 1045 lbs. | 470 | 300 | 530 | 1300 |
| 1055 lbs. | 470 | 300 | 530 | 1300 |
| 1065 lbs. | 470 | 300 | 530 | 1300 |
| 1075 lbs. | 470 | 300 | 530 | 1300 |
| 1085 lbs. | 470 | 300 | 530 | 1300 |
| 1095 lbs. | 470 | 300 | 530 | 1300 |
| 1105 lbs. | 470 | 300 | 530 | 1300 |
| 1115 lbs. | 470 | 300 | 530 | 1300 |
| 1125 lbs. | 470 | 300 | 530 | 1300 |
| 1135 lbs. | 470 | 300 | 530 | 1300 |
| 1145 lbs. | 470 | 300 | 530 | 1300 |
| 1155 lbs. | 470 | 300 | 530 | 1300 |
| 1165 lbs. | 470 | 300 | 530 | 1300 |
| 1175 lbs. | 470 | 300 | 530 | 1300 |
| 1185 lbs. | 470 | 300 | 530 | 1300 |
| 1195 lbs. | 470 | 300 | 530 | 1300 |
| 1205 lbs. | 470 | 300 | 530 | 1300 |
| 1215 lbs. | 470 | 300 | 530 | 1300 |
| 1225 lbs. | 470 | 300 | 530 | 1300 |
| 1235 lbs. | 470 | 300 | 530 | 1300 |
| 1245 lbs. | 470 | 300 | 530 | 1300 |
| 1255 lbs. | 470 | 300 | 530 | 1300 |
| 1265 lbs. | 470 | 300 | 530 | 1300 |
| 1275 lbs. | 470 | 300 | 530 | 1300 |
| 1285 lbs. | 470 | 300 | 530 | 1300 |
| 1295 lbs. | 470 | 300 | 530 | 1300 |
| 1305 lbs. | 470 | 300 | 530 | 1300 |
| 1315 lbs. | 470 | 300 | 530 | 1300 |
| 1325 lbs. | 470 | 300 | 530 | 1300 |
| 1335 lbs. | 470 | 300 | 530 | 1300 |
| 1345 lbs. | 470 | 300 | 530 | 1300 |
| 1355 lbs. | 470 | 300 | 530 | 1300 |
| 1365 lbs. | 470 | 300 | 530 | 1300 |
| 1375 lbs. | 470 | 300 | 530 | 1300 |
| 1385 lbs. | 470 | 300 | 530 | 1300 |
| 1395 lbs. | 470 | 300 | 530 | 1300 |
| 1405 lbs. | 470 | 300 | 530 | 1300 |
| 1415 lbs. | 470 | 300 | 530 | 1300 |
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| 1435 lbs. | 470 | 300 | 530 | 1300 |
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Biggest Bench Inside The Fence
31 May 86 Burkeville, VA
 132 lbs. J. McWhite 215
 148 lbs. G. Crowley 315
 165 lbs. C. Baber 280
 185 lbs. R. Rodgers 280
 205 lbs. T. Moon 210
 225 lbs. R. Rogister 375
 245 lbs. J. White 325
 265 lbs. F. Albright 242
 285 lbs. F. Carter 250
 305 lbs. M. Brown 225
 325 lbs. T. Wall 215
 345 lbs. J. Brewer 375
 365 lbs. B. Spears 400
 385 lbs. L. Christian 370
 405 lbs. J. Wills 300
 425 lbs. J. Johnson 270
 445 lbs. B. Baylor 315
 465 lbs. J. Fuller 320

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British Senior Championships 14, 15 June 86

Table with columns: Name, SQ, BP, DL, Total. Lists names like J. Maxwell, J. City, H. Nourse, etc.

Muscle Beach Championships 13, 14 June 86

Table with columns: Name, SQ, BP, DL, Total. Lists names like M. Flores, R. Herzig, W. Bailey, etc.

Townsend Deadlift II 18 May 86

Table with columns: Name, SQ, BP, DL, Total. Lists names like D. Jacobson, R. Eskandari, G. Horowitz, etc.

Wyoming State & Open 8 June 86

Table with columns: Name, SQ, BP, DL, Total. Lists names like T. Miller, P. Tolbert, S. Springer, etc.

Graterford Open 14 June 86

Table with columns: Name, SQ, BP, DL, Total. Lists names like R. Kennedy, D. McDonald, S. Smith, etc.

Bay Area Open (USPF) 7 June 86

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Help to me, John Mogavero

John Mogavero, Cabin Tucker... had his usual excellent job of announcing...

Tennessee State Olympics

165 lbs. G. Gaskill, K. Ward, M. Commons, C. Carroll, R. Greene, W. Williams, H. Roach, J. Pacini, S. Mikals, Sharon Atchley, total of 535 with 205 lb, 105 lb, 225 lb...

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Advertisement for Hawaii Iron Pumpers. Includes images of a pump, a shirt, and a tank. Text: 'HAWAII'S IRON PUMPER TRAINING AIDS - TO PRO GYM EQUIPMENT'. Price: \$10.50 for men's tank, \$9.50 for women's tank.

Membership Application form for American Powerlifting Federation. Includes fields for name, address, phone, zip, and a membership fee of \$12.00. Includes a logo for the American Powerlifting Federation.

ADFFPA Oshkosh Class III/Novice and Pure Championships, 21 June 86, Oshkosh, WI. Table with columns for Name, Weight, and Results.

Warner Gardner Memorial, 24 May 86, San Diego, CA (kilos). Table with columns for Name, Weight, and Results.

Kenai Peninsula Teenage/Open, 25 May 86, Kenai, Alaska. Table with columns for Name, Weight, and Results.

Parkburg Open, 3 May 86, Parkersburg, WV. Table with columns for Name, Weight, and Results.

25th October ADFPA, 25 October. Table with columns for Name, Weight, and Results.

Burke's Bench/Deadlift Meet, 17 May 86, Alma, MI. Table with columns for Name, Weight, and Results.

Junior Tennessee Championships, 7 June 86, Chattanooga, TN. Table with columns for Name, Weight, and Results.

European Championships, 2-4 May 86 - Stockholm (kilos). Table with columns for Name, Weight, and Results.

1986 USPF Registration, 1 Nov. 1985 - 31 Dec. 1986. Table with columns for Name, Weight, and Results.

Large advertisement for CALVARY CHRISTIAN ACADEMY. Includes text: 'October 25th ADFPA BLUE - GRAY Powerlifting Championships', 'Women, Teenage, Masters: EACH DIVISION INTO LIGHT & HEAVY CLASSES WITH 1ST - 3RD IN EACH CLASS BY FORMULA', and contact information for John R. Davis.

Large advertisement for BURKE'S BENCH/DEADLIFT MEET. Includes text: 'October 25th ADFPA BLUE - GRAY Powerlifting Championships', 'Open: 1st-3rd place all divisions', 'Novice: 1st-3rd place all divisions', and contact information for John R. Davis.

NO WAY...that you could afford to travel to a dozen or so big power meets a year, make several long distance phone calls every day, subscribe to dozens of lifting related publications from around the world, just so you could keep up with world of powerlifting and related strength fields. I mean, that kind of effort costs thousands of dollars a year, and we know because we spend that kind of money every year to get the information that goes into our twice monthly, first class mail newsletter of strength, POWERHOT-LINE. Hey, it's easy for you to benefit from our investment in obtaining all this information. Just cut a check for \$28.00 out to Powerlifting USA, Box 3238, Camarillo, CA 93011 and we'll send you the next 24 issues. They go out by first class mail, so they get to you quick, and for less than the cost of an average lifting suit, you can be up to date for one whole year. Take advantage of our commitment, get the news of the sport, first & fast!

Arizona ADEFA Novice 26 July 86 - Fountain Hills, AZ

| BP | DL | Total |
|------|------|-------|
| 125 | 75 | 205 |
| 148 | 114 | 262 |
| 175 | 160 | 335 |
| 210 | 195 | 405 |
| 250 | 250 | 500 |
| 300 | 300 | 600 |
| 350 | 350 | 700 |
| 400 | 400 | 800 |
| 450 | 450 | 900 |
| 500 | 500 | 1000 |
| 550 | 550 | 1100 |
| 600 | 600 | 1200 |
| 650 | 650 | 1300 |
| 700 | 700 | 1400 |
| 750 | 750 | 1500 |
| 800 | 800 | 1600 |
| 850 | 850 | 1700 |
| 900 | 900 | 1800 |
| 950 | 950 | 1900 |
| 1000 | 1000 | 2000 |
| 1050 | 1050 | 2100 |
| 1100 | 1100 | 2200 |
| 1150 | 1150 | 2300 |
| 1200 | 1200 | 2400 |
| 1250 | 1250 | 2500 |
| 1300 | 1300 | 2600 |
| 1350 | 1350 | 2700 |
| 1400 | 1400 | 2800 |
| 1450 | 1450 | 2900 |
| 1500 | 1500 | 3000 |
| 1550 | 1550 | 3100 |
| 1600 | 1600 | 3200 |
| 1650 | 1650 | 3300 |
| 1700 | 1700 | 3400 |
| 1750 | 1750 | 3500 |
| 1800 | 1800 | 3600 |
| 1850 | 1850 | 3700 |
| 1900 | 1900 | 3800 |
| 1950 | 1950 | 3900 |
| 2000 | 2000 | 4000 |
| 2050 | 2050 | 4100 |
| 2100 | 2100 | 4200 |
| 2150 | 2150 | 4300 |
| 2200 | 2200 | 4400 |
| 2250 | 2250 | 4500 |
| 2300 | 2300 | 4600 |
| 2350 | 2350 | 4700 |
| 2400 | 2400 | 4800 |
| 2450 | 2450 | 4900 |
| 2500 | 2500 | 5000 |
| 2550 | 2550 | 5100 |
| 2600 | 2600 | 5200 |
| 2650 | 2650 | 5300 |
| 2700 | 2700 | 5400 |
| 2750 | 2750 | 5500 |
| 2800 | 2800 | 5600 |
| 2850 | 2850 | 5700 |
| 2900 | 2900 | 5800 |
| 2950 | 2950 | 5900 |
| 3000 | 3000 | 6000 |
| 3050 | 3050 | 6100 |
| 3100 | 3100 | 6200 |
| 3150 | 3150 | 6300 |
| 3200 | 3200 | 6400 |
| 3250 | 3250 | 6500 |
| 3300 | 3300 | 6600 |
| 3350 | 3350 | 6700 |
| 3400 | 3400 | 6800 |
| 3450 | 3450 | 6900 |
| 3500 | 3500 | 7000 |
| 3550 | 3550 | 7100 |
| 3600 | 3600 | 7200 |
| 3650 | 3650 | 7300 |
| 3700 | 3700 | 7400 |
| 3750 | 3750 | 7500 |
| 3800 | 3800 | 7600 |
| 3850 | 3850 | 7700 |
| 3900 | 3900 | 7800 |
| 3950 | 3950 | 7900 |
| 4000 | 4000 | 8000 |
| 4050 | 4050 | 8100 |
| 4100 | 4100 | 8200 |
| 4150 | 4150 | 8300 |
| 4200 | 4200 | 8400 |
| 4250 | 4250 | 8500 |
| 4300 | 4300 | 8600 |
| 4350 | 4350 | 8700 |
| 4400 | 4400 | 8800 |
| 4450 | 4450 | 8900 |
| 4500 | 4500 | 9000 |
| 4550 | 4550 | 9100 |
| 4600 | 4600 | 9200 |
| 4650 | 4650 | 9300 |
| 4700 | 4700 | 9400 |
| 4750 | 4750 | 9500 |
| 4800 | 4800 | 9600 |
| 4850 | 4850 | 9700 |
| 4900 | 4900 | 9800 |
| 4950 | 4950 | 9900 |
| 5000 | 5000 | 10000 |

Women's Division: 125, 148, 175, 210, 250, 300, 350, 400, 450, 500, 550, 600, 650, 700, 750, 800, 850, 900, 950, 1000, 1050, 1100, 1150, 1200, 1250, 1300, 1350, 1400, 1450, 1500, 1550, 1600, 1650, 1700, 1750, 1800, 1850, 1900, 1950, 2000, 2050, 2100, 2150, 2200, 2250, 2300, 2350, 2400, 2450, 2500, 2550, 2600, 2650, 2700, 2750, 2800, 2850, 2900, 2950, 3000, 3050, 3100, 3150, 3200, 3250, 3300, 3350, 3400, 3450, 3500, 3550, 3600, 3650, 3700, 3750, 3800, 3850, 3900, 3950, 4000, 4050, 4100, 4150, 4200, 4250, 4300, 4350, 4400, 4450, 4500, 4550, 4600, 4650, 4700, 4750, 4800, 4850, 4900, 4950, 5000, 5050, 5100, 5150, 5200, 5250, 5300, 5350, 5400, 5450, 5500, 5550, 5600, 5650, 5700, 5750, 5800, 5850, 5900, 5950, 6000, 6050, 6100, 6150, 6200, 6250, 6300, 6350, 6400, 6450, 6500, 6550, 6600, 6650, 6700, 6750, 6800, 6850, 6900, 6950, 7000, 7050, 7100, 7150, 7200, 7250, 7300, 7350, 7400, 7450, 7500, 7550, 7600, 7650, 7700, 7750, 7800, 7850, 7900, 7950, 8000, 8050, 8100, 8150, 8200, 8250, 8300, 8350, 8400, 8450, 8500, 8550, 8600, 8650, 8700, 8750, 8800, 8850, 8900, 8950, 9000, 9050, 9100, 9150, 9200, 9250, 9300, 9350, 9400, 9450, 9500, 9550, 9600, 9650, 9700, 9750, 9800, 9850, 9900, 9950, 10000.

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TOP 20

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114 lb.

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from July 1, 1985 to July 1, 1986.
Please send a copy of all ADFFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.
Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive FI USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

SQUAT

| | Rank | Name | Weight | 1RM |
|-----|------|--------------|---------|------|
| 1. | 413 | B. Sanders | 511/86 | 1097 |
| 2. | 31 | B. Sanders | 511/86 | 948 |
| 3. | 35 | A. Schlegel | 1019/85 | 943 |
| 4. | 34 | B. Caldwell | 722/85 | 942 |
| 5. | 342 | J. Nguyen | 2122/86 | 925 |
| 6. | 342 | J. Catalano | 722/85 | 925 |
| 7. | 342 | J. Nguyen | 2122/86 | 871 |
| 8. | 336 | D. Anelunde | 511/86 | 854 |
| 9. | 310 | A. Levine | 1016/85 | 827 |
| 10. | 310 | A. Levine | 1016/85 | 827 |
| 11. | 295 | S. Augustine | 928/85 | 821 |
| 12. | 292 | B. Bozzelli | 722/85 | 799 |
| 13. | 286 | D. Wilson | 1123/85 | 799 |
| 14. | 280 | L. Haugland | 311/86 | 790 |
| 15. | 280 | L. Haugland | 311/86 | 790 |
| 16. | 275 | C. Chast | 928/85 | 755 |
| 17. | 264 | C. Mitchell | 119/86 | 738 |
| 18. | 264 | C. Mitchell | 119/86 | 738 |
| 19. | 260 | P. Yellon | 1123/86 | 725 |
| 20. | 260 | P. Yellon | 1123/86 | 725 |

BENCH PRESS

| | Rank | Name | Weight | 1RM |
|-----|------|--------------|---------|------|
| 1. | 413 | B. Sanders | 511/86 | 1097 |
| 2. | 31 | B. Sanders | 511/86 | 948 |
| 3. | 35 | A. Schlegel | 1019/85 | 943 |
| 4. | 34 | B. Caldwell | 722/85 | 942 |
| 5. | 342 | J. Nguyen | 2122/86 | 925 |
| 6. | 342 | J. Catalano | 722/85 | 925 |
| 7. | 342 | J. Nguyen | 2122/86 | 871 |
| 8. | 336 | D. Anelunde | 511/86 | 854 |
| 9. | 310 | A. Levine | 1016/85 | 827 |
| 10. | 310 | A. Levine | 1016/85 | 827 |
| 11. | 295 | S. Augustine | 928/85 | 821 |
| 12. | 292 | B. Bozzelli | 722/85 | 799 |
| 13. | 286 | D. Wilson | 1123/85 | 799 |
| 14. | 280 | L. Haugland | 311/86 | 790 |
| 15. | 280 | L. Haugland | 311/86 | 790 |
| 16. | 275 | C. Chast | 928/85 | 755 |
| 17. | 264 | C. Mitchell | 119/86 | 738 |
| 18. | 264 | C. Mitchell | 119/86 | 738 |
| 19. | 260 | P. Yellon | 1123/86 | 725 |
| 20. | 260 | P. Yellon | 1123/86 | 725 |

DEADLIFT

| | Rank | Name | Weight | 1RM |
|-----|------|--------------|---------|------|
| 1. | 413 | B. Sanders | 511/86 | 1097 |
| 2. | 31 | B. Sanders | 511/86 | 948 |
| 3. | 35 | A. Schlegel | 1019/85 | 943 |
| 4. | 34 | B. Caldwell | 722/85 | 942 |
| 5. | 342 | J. Nguyen | 2122/86 | 925 |
| 6. | 342 | J. Catalano | 722/85 | 925 |
| 7. | 342 | J. Nguyen | 2122/86 | 871 |
| 8. | 336 | D. Anelunde | 511/86 | 854 |
| 9. | 310 | A. Levine | 1016/85 | 827 |
| 10. | 310 | A. Levine | 1016/85 | 827 |
| 11. | 295 | S. Augustine | 928/85 | 821 |
| 12. | 292 | B. Bozzelli | 722/85 | 799 |
| 13. | 286 | D. Wilson | 1123/85 | 799 |
| 14. | 280 | L. Haugland | 311/86 | 790 |
| 15. | 280 | L. Haugland | 311/86 | 790 |
| 16. | 275 | C. Chast | 928/85 | 755 |
| 17. | 264 | C. Mitchell | 119/86 | 738 |
| 18. | 264 | C. Mitchell | 119/86 | 738 |
| 19. | 260 | P. Yellon | 1123/86 | 725 |
| 20. | 260 | P. Yellon | 1123/86 | 725 |

TOTAL

| | Rank | Name | Weight | 1RM |
|-----|------|--------------|---------|------|
| 1. | 413 | B. Sanders | 511/86 | 1097 |
| 2. | 31 | B. Sanders | 511/86 | 948 |
| 3. | 35 | A. Schlegel | 1019/85 | 943 |
| 4. | 34 | B. Caldwell | 722/85 | 942 |
| 5. | 342 | J. Nguyen | 2122/86 | 925 |
| 6. | 342 | J. Catalano | 722/85 | 925 |
| 7. | 342 | J. Nguyen | 2122/86 | 871 |
| 8. | 336 | D. Anelunde | 511/86 | 854 |
| 9. | 310 | A. Levine | 1016/85 | 827 |
| 10. | 310 | A. Levine | 1016/85 | 827 |
| 11. | 295 | S. Augustine | 928/85 | 821 |
| 12. | 292 | B. Bozzelli | 722/85 | 799 |
| 13. | 286 | D. Wilson | 1123/85 | 799 |
| 14. | 280 | L. Haugland | 311/86 | 790 |
| 15. | 280 | L. Haugland | 311/86 | 790 |
| 16. | 275 | C. Chast | 928/85 | 755 |
| 17. | 264 | C. Mitchell | 119/86 | 738 |
| 18. | 264 | C. Mitchell | 119/86 | 738 |
| 19. | 260 | P. Yellon | 1123/86 | 725 |
| 20. | 260 | P. Yellon | 1123/86 | 725 |

California Jr. State Meet

| | Rank | Name | Weight | 1RM |
|-----|------|----------|--------|-----|
| 1. | 114 | B. Smith | 92.5 | 120 |
| 2. | 114 | B. Smith | 92.5 | 120 |
| 3. | 114 | B. Smith | 92.5 | 120 |
| 4. | 114 | B. Smith | 92.5 | 120 |
| 5. | 114 | B. Smith | 92.5 | 120 |
| 6. | 114 | B. Smith | 92.5 | 120 |
| 7. | 114 | B. Smith | 92.5 | 120 |
| 8. | 114 | B. Smith | 92.5 | 120 |
| 9. | 114 | B. Smith | 92.5 | 120 |
| 10. | 114 | B. Smith | 92.5 | 120 |
| 11. | 114 | B. Smith | 92.5 | 120 |
| 12. | 114 | B. Smith | 92.5 | 120 |
| 13. | 114 | B. Smith | 92.5 | 120 |
| 14. | 114 | B. Smith | 92.5 | 120 |
| 15. | 114 | B. Smith | 92.5 | 120 |
| 16. | 114 | B. Smith | 92.5 | 120 |
| 17. | 114 | B. Smith | 92.5 | 120 |
| 18. | 114 | B. Smith | 92.5 | 120 |
| 19. | 114 | B. Smith | 92.5 | 120 |
| 20. | 114 | B. Smith | 92.5 | 120 |

Open Novice Bench

| | Rank | Name | Weight | 1RM |
|-----|------|--------|--------|-----|
| 1. | 18 | H. Kok | 292 | 292 |
| 2. | 18 | H. Kok | 292 | 292 |
| 3. | 18 | H. Kok | 292 | 292 |
| 4. | 18 | H. Kok | 292 | 292 |
| 5. | 18 | H. Kok | 292 | 292 |
| 6. | 18 | H. Kok | 292 | 292 |
| 7. | 18 | H. Kok | 292 | 292 |
| 8. | 18 | H. Kok | 292 | 292 |
| 9. | 18 | H. Kok | 292 | 292 |
| 10. | 18 | H. Kok | 292 | 292 |
| 11. | 18 | H. Kok | 292 | 292 |
| 12. | 18 | H. Kok | 292 | 292 |
| 13. | 18 | H. Kok | 292 | 292 |
| 14. | 18 | H. Kok | 292 | 292 |
| 15. | 18 | H. Kok | 292 | 292 |
| 16. | 18 | H. Kok | 292 | 292 |
| 17. | 18 | H. Kok | 292 | 292 |
| 18. | 18 | H. Kok | 292 | 292 |
| 19. | 18 | H. Kok | 292 | 292 |
| 20. | 18 | H. Kok | 292 | 292 |

USPF Pennsylvania Women's Meet

| | Rank | Name | Weight | 1RM |
|-----|------|-----------|--------|-----|
| 1. | 97 | J. Caputo | 126 | 82 |
| 2. | 97 | J. Caputo | 126 | 82 |
| 3. | 97 | J. Caputo | 126 | 82 |
| 4. | 97 | J. Caputo | 126 | 82 |
| 5. | 97 | J. Caputo | 126 | 82 |
| 6. | 97 | J. Caputo | 126 | 82 |
| 7. | 97 | J. Caputo | 126 | 82 |
| 8. | 97 | J. Caputo | 126 | 82 |
| 9. | 97 | J. Caputo | 126 | 82 |
| 10. | 97 | J. Caputo | 126 | 82 |
| 11. | 97 | J. Caputo | 126 | 82 |
| 12. | 97 | J. Caputo | 126 | 82 |
| 13. | 97 | J. Caputo | 126 | 82 |
| 14. | 97 | J. Caputo | 126 | 82 |
| 15. | 97 | J. Caputo | 126 | 82 |
| 16. | 97 | J. Caputo | 126 | 82 |
| 17. | 97 | J. Caputo | 126 | 82 |
| 18. | 97 | J. Caputo | 126 | 82 |
| 19. | 97 | J. Caputo | 126 | 82 |
| 20. | 97 | J. Caputo | 126 | 82 |

Company Barbell Club, Silver Tanning Center

| | Rank | Name | Weight | 1RM |
|-----|------|--------|--------|-----|
| 1. | 170 | H. Kok | 107.5 | 180 |
| 2. | 170 | H. Kok | 107.5 | 180 |
| 3. | 170 | H. Kok | 107.5 | 180 |
| 4. | 170 | H. Kok | 107.5 | 180 |
| 5. | 170 | H. Kok | 107.5 | 180 |
| 6. | 170 | H. Kok | 107.5 | 180 |
| 7. | 170 | H. Kok | 107.5 | 180 |
| 8. | 170 | H. Kok | 107.5 | 180 |
| 9. | 170 | H. Kok | 107.5 | 180 |
| 10. | 170 | H. Kok | 107.5 | 180 |
| 11. | 170 | H. Kok | 107.5 | 180 |
| 12. | 170 | H. Kok | 107.5 | 180 |
| 13. | 170 | H. Kok | 107.5 | 180 |
| 14. | 170 | H. Kok | 107.5 | 180 |
| 15. | 170 | H. Kok | 107.5 | 180 |
| 16. | 170 | H. Kok | 107.5 | 180 |
| 17. | 170 | H. Kok | 107.5 | 180 |
| 18. | 170 | H. Kok | 107.5 | 180 |
| 19. | 170 | H. Kok | 107.5 | 180 |
| 20. | 170 | H. Kok | 107.5 | 180 |

18 May 86 - Ontario, Canada

| | Rank | Name | Weight | 1RM |
|-----|------|--------|--------|-----|
| 1. | 292 | H. Kok | 292 | 292 |
| 2. | 292 | H. Kok | 292 | 292 |
| 3. | 292 | H. Kok | 292 | 292 |
| 4. | 292 | H. Kok | 292 | 292 |
| 5. | 292 | H. Kok | 292 | 292 |
| 6. | 292 | H. Kok | 292 | 292 |
| 7. | 292 | H. Kok | 292 | 292 |
| 8. | 292 | H. Kok | 292 | 292 |
| 9. | 292 | H. Kok | 292 | 292 |
| 10. | 292 | H. Kok | 292 | 292 |
| 11. | 292 | H. Kok | 292 | 292 |
| 12. | 292 | H. Kok | 292 | 292 |
| 13. | 292 | H. Kok | 292 | 292 |
| 14. | 292 | H. Kok | 292 | 292 |
| 15. | 292 | H. Kok | 292 | 292 |
| 16. | 292 | H. Kok | 292 | 292 |
| 17. | 292 | H. Kok | 292 | 292 |
| 18. | 292 | H. Kok | 292 | 292 |
| 19. | 292 | H. Kok | 292 | 292 |
| 20. | 292 | H. Kok | 292 | 292 |

Greater St. Louis Open

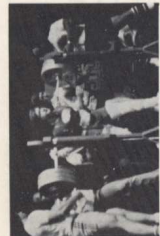
| | Rank | Name | Weight | 1RM |
|-----|-------|------------|--------|-------|
| 1. | 122.5 | B. Bridges | 140 | 277.5 |
| 2. | 122.5 | B. Bridges | 140 | 277.5 |
| 3. | 122.5 | B. Bridges | 140 | 277.5 |
| 4. | 122.5 | B. Bridges | 140 | 277.5 |
| 5. | 122.5 | B. Bridges | 140 | 277.5 |
| 6. | 122.5 | B. Bridges | 140 | 277.5 |
| 7. | 122.5 | B. Bridges | 140 | 277.5 |
| 8. | 122.5 | B. Bridges | 140 | 277.5 |
| 9. | 122.5 | B. Bridges | 140 | 277.5 |
| 10. | 122.5 | B. Bridges | 140 | 277.5 |
| 11. | 122.5 | B. Bridges | 140 | 277.5 |
| 12. | 122.5 | B. Bridges | 140 | 277.5 |
| 13. | 122.5 | B. Bridges | 140 | 277.5 |
| 14. | 122.5 | B. Bridges | 140 | 277.5 |
| 15. | 122.5 | B. Bridges | 140 | 277.5 |
| 16. | 122.5 | B. Bridges | 140 | 277.5 |
| 17. | 122.5 | B. Bridges | 140 | 277.5 |
| 18. | 122.5 | B. Bridges | 140 | 277.5 |
| 19. | 122.5 | B. Bridges | 140 | 277.5 |
| 20. | 122.5 | B. Bridges | 140 | 277.5 |

Below Class II

| | Rank | Name | Weight | 1RM |
|-----|------|------------|--------|-------|
| 1. | 123 | B. Bridges | 140 | 277.5 |
| 2. | 123 | B. Bridges | 140 | 277.5 |
| 3. | 123 | B. Bridges | 140 | 277.5 |
| 4. | 123 | B. Bridges | 140 | 277.5 |
| 5. | 123 | B. Bridges | 140 | 277.5 |
| 6. | 123 | B. Bridges | 140 | 277.5 |
| 7. | 123 | B. Bridges | 140 | 277.5 |
| 8. | 123 | B. Bridges | 140 | 277.5 |
| 9. | 123 | B. Bridges | 140 | 277.5 |
| 10. | 123 | B. Bridges | 140 | 277.5 |
| 11. | 123 | B. Bridges | 140 | 277.5 |
| 12. | 123 | B. Bridges | 140 | 277.5 |
| 13. | 123 | B. Bridges | 140 | 277.5 |
| 14. | 123 | B. Bridges | 140 | 277.5 |
| 15. | 123 | B. Bridges | 140 | 277.5 |
| 16. | 123 | B. Bridges | 140 | 277.5 |
| 17. | 123 | B. Bridges | 140 | 277.5 |
| 18. | 123 | B. Bridges | 140 | 277.5 |
| 19. | 123 | B. Bridges | 140 | 277.5 |
| 20. | 123 | B. Bridges | 140 | 277.5 |

Women's Division

| | Rank | Name | Weight | 1RM |
|-----|-------|------------|--------|-------|
| 1. | 182.5 | B. Bridges | 140 | 277.5 |
| 2. | 182.5 | B. Bridges | 140 | 277.5 |
| 3. | 182.5 | B. Bridges | 140 | 277.5 |
| 4. | 182.5 | B. Bridges | 140 | 277.5 |
| 5. | 182.5 | B. Bridges | 140 | 277.5 |
| 6. | 182.5 | B. Bridges | 140 | 277.5 |
| 7. | 182.5 | B. Bridges | 140 | 277.5 |
| 8. | 182.5 | B. Bridges | 140 | 277.5 |
| 9. | 182.5 | B. Bridges | 140 | 277.5 |
| 10. | 182.5 | B. Bridges | 140 | 277.5 |
| 11. | 182.5 | B. Bridges | 140 | 277.5 |
| 12. | 182.5 | B. Bridges | 140 | 277.5 |
| 13. | 182.5 | B. Bridges | 140 | 277.5 |
| | | | | |



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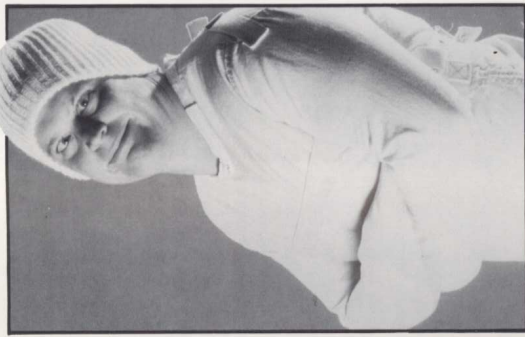
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