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Powerlifting-U-S-A

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NATIONALS/EL DORADO

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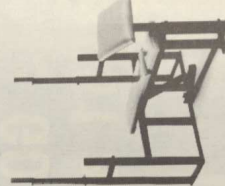
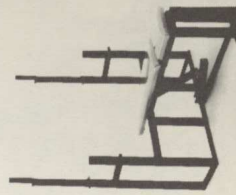
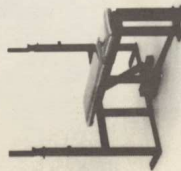
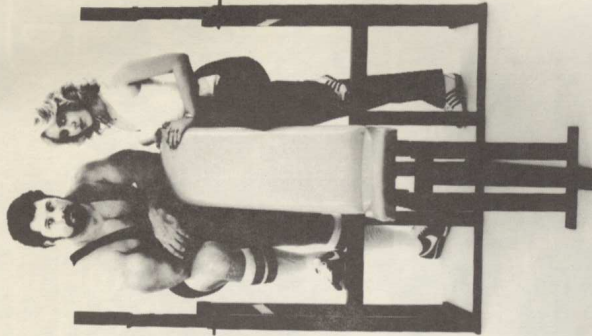
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NEXT MONTH..Special, extra big Bonus issue with full coverage of the Senior Nationals in Madison, Wisconsin...Herb Glosbrenner's All Time Top One Hundred for USA lifters in all classes...and much more!!!

ON THE COVER...Best Lifter (heavy session) at the Nationals, Sam Mangiardi, lets out with a big roar on his final deadlift. (photo by Lambert)

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Powerlifting-U-S-A

NATIONALS/EL DORADO

Bob Ross's Southern hospitality was put to the test at this year's National Powerlifting Championships (formerly called the Junior Nationals) when a total of 125 lifters showed up, but Bob and his crew came through just fine and the result was 16 new National meet records and several attempts at World Records. Someone kept a list and between the lifters, officials, and spectators 44 states were represented...truly a national cross-section, and if you want to count Tony Fitton of Great Britain, there was an international flavor as well. Southern Arkansas can pride itself on some lovely countryside and friendly citizens...they had a lot of rain in the days prior to the meet, which left the humidity high on Friday for the committee meeting, but the weather got better and better as time went on. Indoors, the meet site was very comfortable with excellent air conditioning, clubhouse, warm-up rooms, fine communication system, etc. The only hitch, minor ones, in the arrangement became apparent early on...they needed another set of weights in the warm-up area when two platforms were running, which they got, and there was some difficulty keeping the first row of seats vacant for the lifters to wrap and so forth. Many, many fine people helped to put on the meet, including Bob Ross's whole family, and they should all be thanked...from my point of view it seemed that John Pettitt did an excellent job expediting as well. My own perception of the standard of refereeing was that it was a bit stringent, the platform standard of refereeing was that it was very consistent in most classes.

The lifting itself...very pleasing to watch...there was very fine, close competition in most classes...the best at the places...through the qualifying rounds for this meet are still rather low in the lifts...there were no notable examples of guys squeaking in...just so they could say they lifted at the Nationals...The World beaters of tomorrow come from the ranks of contests like these...and you could see several lifters with the physical equipment, character, and class to go to the top at this meet...so, without further ado...the lifting, please.



Joe Schmidt grifted out this 402 deadlift for the victory.

Introductions for the 114 class brought out some familiar faces...Shio, Hunnicutt, Sauer, Torrelli, have all seen some sort of national competition...Schmidt and Ellis were newcomers to the scene, with Mike boasting a fine 1040 total, making him the fastest rising 114er in the nation, as his credential. With results from Michigan somewhat spotty, the talents of Mr. Joe Schmidt remained mysterious. The squats went well for all the lifters but Mark Shio and Mr. Ellis. Mark missing 352 lbs. twice and Ellis bombing with attempts at 391, 418, and 429. There's no doubt that this Oregonian is a strong lifter, but his lifts were a bit high...and he did not look comfortable with the weight...perhaps all the travel threw his form off a bit...this was the first of several sour episodes for the lifters from the Pacific Northwest, who seemed like fine sportsmen regardless. In the benches, things began to sort out...a bit deceptively, however, as Gary Hunnicutt, the tough lifter/wrestler out of Fremont, California led in subtotal and the eventual winner, Schmidt, was in fourth place. Gary missed the 270 he had



Hunnicutt's muscularity and power were very impressive.

felt certain of making, but the 264 he made was a heck of a lift for a non-steroid user. Long-time bench press ace, Mike Sauer's of Atlanta showed that he's still got potential for more...with a nice try at 281. Mark Shio had further troubles here, once again, only getting his opener.

Joe Schmidt, who finally found a lift he could do well in, and the steady Joe Schmitt, who had a splendid 402, which gave him an 8 for 9 day and a National title. Shio pulled a fine 178 on his 2nd, then...since Gary and he were on the same team a bodyweight was placed and all the marbles, with a 440 that would have given him a very nice 1st place and all the marbles, with a 440 that would have pride in two excellent liftings, who are making fine progress...and the take Joe Schmidt brought glory to his home state of Michigan as well.



Joe Coes gave this 435 a super effort.

In the 123 lb. class, Tetsuo Willy's long run of bad luck in competition continued...missing his first lift, as he almost always does, he was timed off the platform subsequently and his last try to stay in the meet with 440 was no go as well. The man is a line lifter, fully capable of winning a National title...I'm sure his tough-mindedness and dedication, masked on the outside by Oriental reserve, will bring him the kind of victories he deserves in the future. Another Hawaiian lifter, Dale Yoshizu, who also has an excellent future in this class was not present, and things seemed a little foreboding for the Hawaii team at this point. Only two competitors were left to lift in this class, and they were both good ones...Joe Coles and Tom Kuskick. Coles has come up fast, and seems to be an excellent prospect for this class...fresh off a North American Championships win, he seemed ready to go...but he had come up against a very strong fellow in Mr. Kuskick. Though strong, he showed just how much stronger he can be when he gets the hang of things...before this meet he had never worn a Supersuit or wraps and seemed amazed at how much they helped his lifts...he also went 9 for 9 in style that was so strict as to resemble exaggeration. Tom Kuskick also showed himself to be a very humble and honorable sportsman...a fine representative of the Missouri Valley. Coes did not have the best of days...made only 4 lifts, but after lifting only 3 weeks prior in Ohio, not a whole lot of progress could be expected.

June 7th & 8th, 1980/El Dorado, Arkansas/Photos and Report by Mike Lambert



Tom Kuskick looks to see if he made the lift...he did.

Another member of Ernie Frantz's up and coming power team, along with Mr. Coles, was Francis Ruetigler who demonstrated once again the lesson that life seems to be teaching us...Persistence Pays Off. I believe this was his fifth Nationals. After much hard luck previously, he ran away with this one. He showed a little shakiness in the squat, making only 462, out of his 3 attempts, but made all three benches, and his opener DL was more than enough for the victory...his successful second of 512 gave him a new National record total of 1268. Behind Ruetigler the competition bunched up...squatting and benching in a pack...the chunky, muscular Texan...Billy Martin...seemed to be the dominant choice for 2nd place, but the smart lifting of Hawaii's Eddie Morishima bumped Billy down a notch...Berry Cole had that son-of-a-coal-miner toughness in his face and lifted like you'd expect a lifter from Sandusky, Ohio to...well.



Francis Ruetigler made crow meat out of this 462 squat and cruised to the win.

The altar boy looks of Jim McCarty belted some tremendous power in that tanky body, and...as Herb Gossbrenner had been consistently implying for over a year now ('I don't want to say that I told you so...BUT I TOLD YOU SO')...he is the new National Champion in the 148 lb. class. We ought to put something in the rules about a guy having to look as strong as he really is, because McCarty's outward appearance is nothing but pure deception...which lasted until deadlift time. Before then, it looked like the battle would be between Jay Rosciglione, handled by Ken Leistner, and John Topsisglou, handled by Larry Pacifico...with Pokke Brunson a factor and veteran Don Jones an ominous possible spoiler. The big squat is what Jay is starting to get famous for, and he finished with a nice 573, missing a 584...which set the pattern for the day...he made no third attempts, but came within 5 lbs. of his max on each of his 2nd attempts. Topsisglou hung very tough and solidly, made two good deadlifts and then sat down and waited for the bar to reach 600, which would have put him over Rosciglione...whether it was too long a wait or too long a pull the 600 did not go. Still, John has made excellent progress over this previous best under the direction of Larry Pacifico, whose Power Elite sled should be a big factor in the team championship next year. Brunson struggled in squats and benches but finally did something right! as he put it, in the deadlifts where he got himself in this place, but only after a re-weight behind him and Topsisglou...McCarty and Rosciglione were also reweighted, but

there was some discussion about whether that was truly necessary since by Jay's recollection he and McCarty did not weigh the same, despite what was down for official bodyweights...apparently, McCarty felt the same way or he wouldn't have taken the gamble of a reweight when he obviously could have pulled 611 as easily as he did his 606 (I understand that he pulled 600x5 only days



A National Record 573 for Jay Rosciglione.



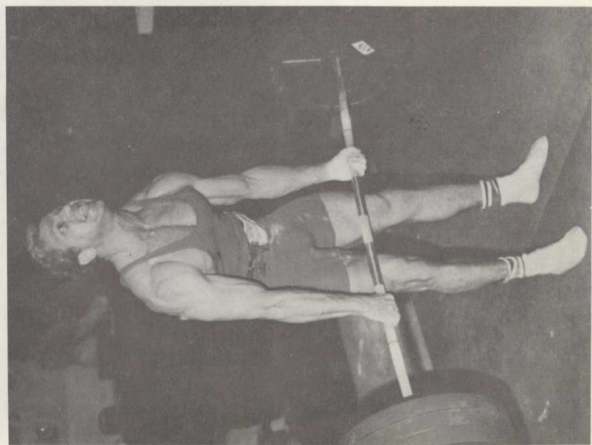
Golden Boy, Jim McCarty, squatted this 545 with no trouble.

before the meet). McCarty wanted a World Record deadlift attempt which probably took a good 10 minutes to prepare...while he discussed about the actual package of current World Record lifts that he had all conceded, by the time the proper pourcentage was agreed on and the plates on the bar added up, it was too

late for Master McCarty, and he could only tug it up halfway. Meanwhile Don Jones had given a pretty nice pull to 622, getting all the way up, I thought, but it was turned down. Don says he's going to take up bowling now. After McCarty there was another attempt at a World Record, by California's lean/mean Bill Cavalier, but 650 responded better to gravity's call than Bill pull and this big class was finally concluded. Quietly, a very darkly named Blaine Chong eased in to 5th place and began to pile up some points for the Hawaii team.



Ray Neeley was in total control of all his squats.



Troy Hicks opener was a toy...699 proved more of a challenge.

There were some real musclemen in the '60s...James Anderson of Houston (that's in Texas, Mildred) saved his show for the deadlifts where an amazing amount of his, arteries, and assorted tric-brac tried to punch their way through his skin and out...a similar display was put on by California state record holder in the 220's, Danny McCormitt, whose lats, arms, delts, and chest had to have been transplanted from some 220 lb. bodybuilder somewhere. Then there was the other California 220, very successfully upholding the tradition started by Bud Ravensworth and Roy Neely, maintaining a spectacular fan on a large horsehead. New York has its fair share of might and drawn...Ohio had a fine representative in the person of Dave Eller, who had a 190 lb. deadlift, looking somewhat like Larry Pacifico in his lighter days. I do some similar lifting, but it was the Tennessee Trojan, the man who won the 190 lb. deadlift, who did what he does, Troy Hicks, who had the field day in this class. He never prematurely groy, but that bar don't care what color your hair is. The moved there. He had to take his 551 squat over again, before missing 573. That is a dog gone good squat for a man who has legs more like a race horse than an elephant. He won easily with his opener deadlift, and then went on to come close with a World Record try of 699, but not too close.

Danny McCormitt died for a couple of months, on tuna fish and water no less, and he was still over a few pounds before the weigh-in and had to drop the weight via diuretics, which made him even more cut up than before. The former bodybuilder got a National bench press record to match his CalState record and missed a try at 435. He's probably going to go 161 from now on, that's another record he could be going for next year. Ray Neeley had a splendid meet, 8 for 9, all his squats and deadlifts looking good for more. It is really pleasing to see someone put in the time and effort and have it pay off so well. Ray is a very careful trainer and consistently makes progress. His 5th place finish was only 44 lbs. out of 1st, so he must be considered a solid contender for the title in the future. Roger Bell, down from recent competitions in the 181 lb. division, lifted well, but needed more than 5 successful attempts to put the ball deep in Hicks court...as in Little Rock two years ago. Roger was enormously popular with the crowd. Phillips, a neat, clean, husky looking fellow had some inexplicable troubles in the squat, but took it all in stride...when you've completed all your deadlifts before a World Record class lifter like Troy has even started, 2nd place is not a bad place to end up. Triphahn and Becker represented Wisconsin capably...the former limiting his performance to 4 successful lifts. Dave Eller doesn't have the bench of the old days, but his squat is well up there...he even had two close tries at 600 and couldn't believe that he wasn't able to make it. Bob Packer was very high on Dolph Pierce, a former bodybuilder, quite tall for this class, and he did make some nice lifts in each category. Jon Smoker had the misfortune of bombing in this class and was quite upset with the judging...we witnessed the spectacle of Jon's spectacles falling off during the performance of his final squat...as well as the troubles of a lifter that Doyle Kenady is very high on. Marc Caplan, in the squat.

Steve Knight, one of Bill Starr's original pupils from Hawaii, showed up at the meet, asked if there was anyone in his class capable of a total of better than 1750, and upon hearing that there wasn't, he proceeded to take a 9 attempt workout. His third attempts all looked like openers...effortless openers at that, and it kind of looks like he was saving something for the Seniors. On a good day, Jim Lem could have pressed Steve quite a bit more, and certainly gotten at least second place, but other people had the good day he was looking for and he



Nothing could stop Steve Knight on this day.

failed to 4th, as friendly Bruce Takala and Chris Garcia cruised into their places on bigger deadlifts that Jim could muster. From North American competitor, George Parigian, who not only lifts well, but looks like an athlete, and is a tremendous fan of the sport, made some good lifts and came close to others including a 694 deadlift, to round out the top 5 in this division. Carl Jones, a Marine previously stationed in Iwakuni, Japan, is one of the driving forces behind Marine Corps Powerlifting, along with Jim Drapal and Robbie Robertson, now that Herb Gowling and Capt. Hinton are getting out of the service.



Fred Dr. Squat: Hatfield looked solid with this 788, but could not come up much higher with it...he's expecting 800 at the Seniors.

The roster held some mighty heavy names in the 198 lb. class...when the smoke had cleared Sam Magliard, almost grateful that he is benching without pain now, led the way, but not until after some fireworks by Fred Dr. Squat. Hatfield and Buddy Duke had run their course. Sam squatted solidly all three attempts, though not with the explosiveness he showed in Little Rock 2 years ago. He is still hampered in his flexibility by the operation on his shoulder, which doesn't allow him to position the bar the way he likes on his back. Slammin' Sammy made all his benches and missed only his last deadlift with 749, his total was a very respectable 1890. Hatfield destroyed a 749 squat very easily, and then went to a World Record attempt of 788...but, in the perception of training partner Randy Wilson...he didn't have no drive at the bottom. Fred one-armed up 380 in the bench, and then totally surprised himself with a 733 deadlift to end up with a 1662 total, evidence that he is very much back in the thick of things now that he has found a class that suits him. Under the guidance of Tony Fitton, Buddy Duke dropped 15 lbs. before weigh-in, showed it a little in the squat, where he only made one attempt, but came back with fire in the deadlift, where his style is unique...he does all his mental preparation before his name is even called...when the bar is ready he just marches out there, bends over quicky, grabs, and pulls...no setting up, wiggling his feet, or bobbing his butt up and down...this man is all business when it comes to the D-lift. A try at 755 was not pulled all the way up, however.

After last year's meet, one would have to say that Rich Woods was the favorite for the title this year...but that was before Sam and Fred came back from under the knife with some success and before Duke emerged from ice house obscurity and started putting together 1800 totals...he still had one of his finest days to date, in spite of barely staying in the meet with 3 attempts to the good, and will certainly be one of the next men to go over 1800 in this division. John Black was happy to be back, had a good day in the bench, without much regard for the gruesome scar that runs up the back of his elbow and a joint that still partially dislocates whenever heavy pressure is put on it...John relates that just about everybody on his team is in good shape for the Seniors...with only a persistent snouther problem keeping Dan Wohbeier from putting together a truly goodie total. Someone incensed that I would dare imply that Roger Estep was the best built man in Powerlifting was Glenn Maur, who kept saying 'NO' whenever he saw me in answer to the question posed on last month's cover...Glenn's done some good bodybuilding himself...that's for sure...winning the prestigious 'Mr. Power' title, and what he has done is particularly notable because when he started out in P.L., in the 242 lb. class, he was carrying around plenty of insulation. Helaga and North Lakorian, Pete Weh tied in total and in the deadlift, with

bodyweight, determining placing in this closely contested division...just back of them was ex-Major Nate Foster, who made a very nice deadlift of 688...and, in keeping with his 2 deadlift philosophy, passed his last attempt in that lift, after having edged out New Yorker Mike Capasso, who missed a lot of lifts, but let himself have a good time at the meet...didn't seem depressed when things didn't exactly slide in his direction. Joe Benicio the Irrespressible One, put on a superb version of his normal lifting display, but let this happiness be known with a 699 deadlift success, which he pulled while gripping the smooth, unknurled section of the bar...just after Bill Thompson, tall, beamed, and lean, benched a National record of 473, that the former record holder, Tom Woods couldn't match in two lifts, John Gill, in the deadlift, as well as the bench press, benched a record attempt of 490...in the deadlift, that Gill buys a lot of credit from MacDonald, it's interesting to note that MacDonald, the both have somewhat similar builds, though Gill seems to be even a bit leaner at 198. Dennis Markon tore a high muscle on his opening squat and had to be hospitalized. As an aside Bob Ross noted that more than a few lifters came to this National meet without AAU cards, made him wonder how they were able to qualify at a sanctioned meet in order to get into the Nationals.



Larry Plumlee had been concentrating so hard on the Nationals that he almost forgot to renew his subscription to Powerlifting USA.

The 220s was another big class, with once again, hard fought competition for almost every place...3 big names were lost right off the bat when Granite City lifter Rick Wickham, who had a frustrating time making weight for the 198s continued the theme of his day by bombing in the squat with 628. Charlie Perkins seemed to get hurt right on his first attempt and none of his tries had any drive out of the bottom...Dave Schneider, definitely a contender of his recent 1905, had some squats called on technicalities...kept jumping in weight as he had no desire to place back in the pack, and had to leave the contest despite handling all his attempts with great ease. Larry Plumlee led from start to finish, made all 9 attempts, and was another of those winners in several classes who were blessed with perfect days on the platform. Larry lifted very coolly, but the surprising potential of Bob Chrosniak surely didn't go unnoticed...Chrosniak, who looks like the kind of guy that Attila the Hun would prefer to have as his chief bodyguard, is big and lean and horribly strong...after making a big PR 749 in the squat he actually jumped to 771, but decided against trying it after he got it out of the racks, and left how heavy it was...his 738 deadlift brought him within 11 pounds of Larry, but he had run out of attempts. And, speaking of lean out of the meet...there were a couple of more in this class...Mark Chaillet could probably go 275 without any problem, but here he was at 220...growing, squinting, roaring through each attempt...covered with sweat and vascularity...troubles in the squat led to his downfall...he tried to make up for it in the deadlift, where he came up with a tough 782 that was turned down. Phil Rosenster, was a real surprise to me...since I have seen him lift before. Phil Rosenster, was a real well...with his collapsing 2" squat style he rises up to a point where he looks like he will stick, then he lets out a big yell and guts it through...he made all his attempts and after each would look at Tony Fitton, who was handling him, and say 'did I make that?!?' as if he were quite unaware of his own abilities...he ex-

ROGER ESTEP

As promised last month, we will now examine the unique training routine of Roger Estep.

"What do you do?" The questions must have seemed most strange to young Roger Estep, who was simply wandering through the halls of his high school in 1974. National Collegiate Powerlifting Championships in California. His effort to drop to a lower weight class had been serious, but he was seriously occupied in considering just what kind of all-around tool he was, but the stranger, and fate, persisted. "What do you do for your legs? How did you get them that big? With legs like that you ought to be abusing those weights!" The man with the questions was George Frenn, one of the greatest powerlifters of all time...an Olympic hammer thrower, Pan American champion, 1970 Sports Illustrated cover man, and much more. Normally somewhat aloof with people he doesn't know, George's enthusiasm for the raw power potential that Roger exhibited even then bubbled over, they talked, and the first tentative threads of a long lasting and deep friendship began to form. There were probably thousands, literally, of young strength athletes in the United States who would have loved the opportunity to get some advice from a man such as Frenn; but George had decided to "pass the torch" of his wisdom and experience to the luckless neophyte, Roger Estep.

George gave Roger a routine, the same one used by the guys at the Westside Barbell Club, the same one used by Roger to this day, the same one that lifters associated with Roger in Ohio and West Virginia have benefited so greatly from. Roger took it back to Ohio and tried to make it work for him in his effort to win the Collegiate title in 1975, but a bum shoulder and the smart lifting of Don Haiselder put Roger into 2nd. Roger gave George a call...they discussed the routine, was Roger using it correctly...was there any way he could make even more progress with it...could Roger come out to California and train with George for the summer? George was hesitant at first...perhaps wondering...did Roger really have what it takes, then he phoned back...and the old enthusiasm was there...Sure Rog, come out for the summer...and train hard!

Before Roger made the trip out to California he was capable of a 600 squat at 202 bodyweight...after five weeks with George it was up to 680...and his other lifts went up as well. Roger went back to Ohio and found a meet in Weirton, West Virginia where he went 630, 660, and 690 in the squat, following himself on each attempt...mind you, this was at a time when the World Record was 710...as you can imagine...the question of the day was "Where did this guy come from?" Roger then lifted in some Cleveland meets in preparation for the 1976 Collegiate, which he won, though not in the fashion he would have hoped...stumbling on the way out with a 685 squat that he felt he could have made. 1977 saw Roger's debut at the Senior Nationals against Larry Pacifico. I was present at that meet, my first Seniors as well, and described Roger as a "Conan-esque power being...which still think is the best way to put into words the awesomeness of Roger's physical presence. Roger got second in this meet, but felt that with better selection of poundages he could have done much better in pressing Larry, a lesson that he has learned well. Roger went into the 1978 Seniors just as his injured leg was healing...squatting 677 and then stood on the stepladder as Jerry Jones punched the record up to 700...a lift which all, including myself, in the excitement of the moment, felt would never be exceeded. Roger takes nothing away from any other, but to be frank, Jerry's lift did not phase him. You will recall that Roger had broken the World Record earlier in the year with a 722 at the West Virginia Championships and just in the final days following the Seniors, during the West Virginia State meet, had written his lift as a major contender, he got his squat up to 900 in training. Then came his mid-blowing performance at the YMCA Nationals, a 769 1/2 squat ON AN OLYMPIC BAR and a 940 total, feats that were truly as earth-shaking as those of the man whose record he had broken, Larry Pacifico. His 1935 total of a few years back had shocked the world. Even that performance showed Roger had more, he could have probably gotten a 790 squat that day had he tried on his 3rd, and, by picking up some of the slack apparent in his other lifts, the magic 2000 lb. total was not only possible, but feasible.

In 1979 Roger won the Senior Nationals. Despite a knee that went out on him just 2 weeks before the meet, the personal problems of his divorce, and the extreme heat he posted one of the best totals in Senior Nationals history and was satisfied with the meet, because he had earned a spot on the World Team and had begun to understand some important lessons about training. Before this time Roger would take it to the limit almost every workout, such was his enthusiasm that his "light" days became every bit as intensive and draining as his "heavy" days, and if he was injured, he would just mask the problem, medically or psychologically, even if it meant screaming out in pain during, during, and after a set. If he was supposed to handle a certain weight on a certain day, he did it, no matter what. As a result of this, he found himself spending half the competitive year injured...essentially, he would train until he literally BROKE. Nowadays, he takes a little different ap-

155kg/375 lb. class	593	473	355	922
R. Hanson	705	584	723	3032
A. Dempsey	771	501	749	2022
J. Cozart	667	490	771	1929
D. Williams	683	485	728	1882
E. Stuber	683	486	728	1882
C. Smith	705	462	711	1879
N. Burniel	705	455	844	1868
M. Robinson	687	437	611	1736
K. Sachs	749	727	451	
D. Patterson	727	727	451	
12+kg/265 lb. class	768	612	768	1698
D. Priebe	782	570	1378	
D. Fely	722	512	655	1590
A. Pregner	711	462	644	1818

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LATE FLASH.. Gayla Crain set all new records at 114 331 50 (4th attempt), 142 BP (4th attempt), 361 deadlift, and an 821 total...all told she broke 9 WRs at this meet, and that makes 27 overall since February. This lifting was done at the Duncan Open with card holders and kilo bar present.

LATE FLASH.. Mike Bridges obliterated the 181 lb. class marks with lifts of 782 473 705 1961 at the Quad City Open in Moline, Illinois, with card holders present and kilo set in use. He is predicting a 2000 total at the Senior Nationals. At the same meet, Ernie Frantz totaled 1951 to tie the existing World Record for the total in the 198 lb. class, the tie occurred when an additional error had Ernie take 2.5kg less than he needed to break the record.

everyone...unfortunately, he was talking as if this might be his last national meet...if you have a chance to tell Bob just how much you enjoyed his presentation, please do so...make that special effort to thank him, he certainly deserves it. You can contact him at 202 W. Grove, El Dorado, Arkansas 71730.



One by one, smiling Bob Ross gave away each of the beautiful awards.

1980 NATIONALS/6X JUNE

32kg/70 lb. class	32	198	402	953
J. Schmidt	320	254	347	942
A. Shmitt	330	226	365	925
J. Torelli	336	226	365	925
M. Sauers	286	270	363	920
56kg/123 lb. class	394			
T. Matick	413	270	462	1146
J. Coles	418	237	407	1063
60kg/132 lb. class	495			
P. Sautiger	462	292	512	1267
B. Martin	424	292	425	1168
R. Worthing	440	292	435	1168
C. Collier	444	331	437	1162
G. Veator	462	292	440	1135
67.5kg/148 lb. class	545			
J. McCarthy	545	319	606	1471
P. Brinson	540	297	600	1433
J. Topolou	551	325	562	1438
B. Chong	518	275	582	1355
M. Cavalier	484	243	500	1320
D. Jones	529	325	562	1300
C. Penate	462	319	518	1300
J. Saccet	509	325	540	1295
75kg/165 lb. class	592			
T. Hicks	551	314	661	1526*
J. Hillips	529	318	573	1521
R. Eiler	557	363	594	1504
D. Neely	523	363	594	1482
J. Pierce	524	347	582	1444
D. McHart	479	429	501	1412
D. Triphan	518	338	501	1377
A. Becker	490	319	523	1333
K. Sharpe	523	325	529	
M. Kaplan	592			
B. Stierman	592			
S. Givert	655	374	650	1835
S. Bakla	633	391	622	1647
C. Garcia	611	385	617	1614
D. Gump	626	380	600	1609
M. Halton	589	330	628	1578
J. Hale	589	330	628	1578
B. Soong	573	380	578	1532
J. Jones	545	350	606	1510
M. Reed	523	310	578	1432
M. Watkins	594			
D. Daniels	573			

SEA-POWER...L/CPL DAVE SINTON,USMC AND HIS TROOPS ARE AFLOAT SOMEWHERE OUT IN THE PACIFIC...THEY GET IN SOME POKER WORKOUTS WHENEVER THEY CAN...LOOK FOR A "FIRE TEAM" POKER TEAM, FOLKS.

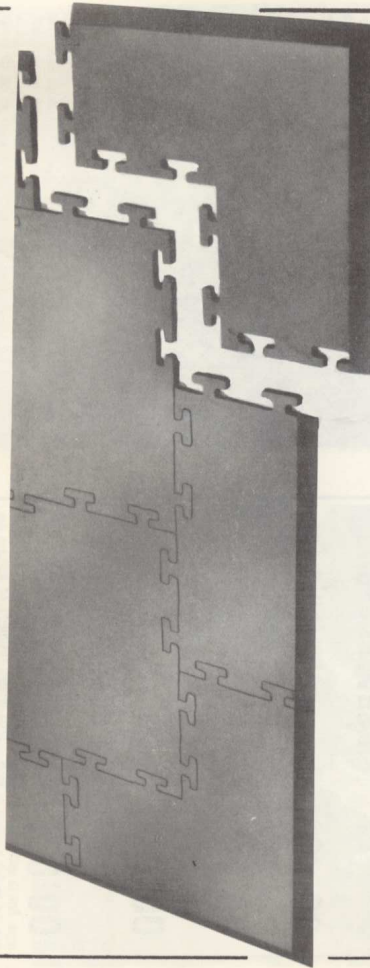


Roger gets ready to bench under the watchful eye of Pl. Immortal, George Frenn, who constantly monitors Roger's form during each set.

proach...training by intuition more, and less by some dogmatic design. CARE is the most prescribed medicine in the world, and if you don't take care, you'll get hurt, says Roger. He has become sensitive to his body...if a set feels heavy when it shouldn't, he'll back off...hit some lighter sets to get a decent amount of work in, and not let it bother him...Maintain a positive attitude...that's one of the great lessons he has learned from George (in fact, that phrase was one of the Golden Rules of the Westside Barbell Club, the other having to do with the passing of gas). This is not to say that Roger doesn't train hard any more, hey...more than anyone, he'll tell you that you've got to have that lust for heavy weights...even now, he maintains the same routine, which includes lots of singles, all year round...in actuality, he is as strong as he can be and trains as heavy as he can...on any given day of the year.

A good routine and positive mental reinforcement are the keys to good progress...particularly the latter. You really have to MAKE YOURSELF BELIEVE IN YOURSELF. You've got to set a goal and think to yourself...if so and so can do it, then I can do it...When Roger first went to West Virginia, Luke Lains was handling around 700 in the squat...later, when he started believing that he could do 800 his squat shot to that mark and beyond...You can not let the weight intimidate you...this is even more important in Powerlifting than it is in Olympic lifting, but the perception of it. Powerlifting is the Star of America...there are no stars in the perception of it. Powerlifters, but the average American tells a tale...to avoid this, the big weights, and they are out there and Roger's lifter, for instance, Roger does lots of "rocking" box squats with 50-75 pounds more than his max in regular sets. You need good spotters for this movement as you rock back on the bench and then rock forward as you stand up with the bar simultaneously, but if you can handle 820 for ten reps, then 780 for a single in a meet is not going to scare you. Box squats are thus a psychological and physical overload that builds confidence and strength, like the guy who goes to the plate swinging three bats, it's just a means of conditioning him into feeling that a single isn't no weight...no hindrance to a smooth, powerful swing...it's also important not to rush your progression in the weights...move them up a few pounds at a

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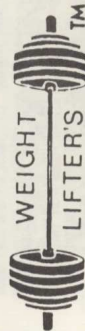
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Calendar of Events

19 JULY...Bench Press Meet, Bill Stevens, 7504 Eastern Ave., Baltimore, Maryland 21224...301-288-9528.
19 JULY...Open Bench Press meet, Wally Henry, 724-15th Ave. N.W., Clinton, Iowa 52732.
19 JULY...Sooner Powerlifting Classic, Open/Class III and Under, Marlon Fisher, 1403 E. Robinson, Norman, OK 73071...405-321-1852
20 JULY...Western Plains Open, Ed Nellor, Omaha Athletic Ctr., 2217 N. & 1st Plaza, Omaha, NE 68134.
26 JULY...North American Open bench press contest, Ron Panissidi, Max's Iron Den, c/o American Legion Post 78, 174 Knickerbocker Rd., Englewood, NJ 07631.
26 JULY...Santa Cruz, Open/Novice/women, Ron Morris, 1600 Mansfield St., Santa Cruz, CA 95062...408-475-6019.
27 JULY...Open Physique and deadlift contest, Ed Jubinville, Box 682, Holyoke, Mass. 01040.
JULY...California Police Olympics, Bud Mucci, 17511 Roscoe Blvd., Norridge, CA 91325.
JULY...Freeman's Olympics, Tom Eldridge, 1621 Melanie Lane, Arcadio, CA 91006.
2 AUG. Regatta Championships, Frank Lamp, 1731 Albany Hwy, Kenwick, W.A. 6107.
3 AUG. Ravenswood Bench Press contest, John Brown, 3 A Colonial Manor, Ravenswood, WV 26164...304-975-5984.
8-10 AUG. Teenage Nationals, Bob Gaida, Sports Fitness Institute, 682 Roosevelt Rd., Glen Ellyn, ILL. 60137...312-790-1660.
9 AUG. Iron Knight Open, Bench press and deadlift meet, Fitness World, Bx 270 AA, Peapacktown, NJ 08067.
16-17 AUG. Open Venice bench meet, Bud Mucci, 17511 Roscoe Blvd., Northridge, CA 91314...213-343-4821.
17 AUG. U.S. bench press championships, Joe Steele, World Gym East, 468 Fort Hale Rd., New Haven, CT 06512.
23 AUG. Calif. State Women's Bill Etnis, Weightlifters Warehouse, 5542 South St., Lakewood, CA 90713...213-920-1232.
23 AUG. Ames Open, Pete Conis, 707 Meadow Pl., Ames, Iowa 50010.
30 AUG. Open N. Calif. (Class 2 and below), Jim Lem, 875 Broadway No. 6, San Francisco, CA 94133...415-433-2376.
30 AUG. State of Florida championships, Mike Stein, CITY OF NORTH MIAMI BEACH RECREATION DEPT., 17011 NE 19 Ave., N. Miami Beach, FL 33162.
31 AUG. Bench press contest, Ed Jubinville, Bx 662, Holyoke, Mass. 01040.
31 AUG. Tri-State Deadlift, Norm Malick, Athletic Dept., Bellarmine College, Newburg Rd., Louisville, KY 40205...502-452-8381.
AUG. Ozark Championships.
6 SEPT. Class II, Teenage, and Master meet, John Pettitt, Bx 761, Cedar Hill, TX 75104...214-299-5595.
13/14 SEPT. Middletown Open, Tim Weidman, 81 Highland Ave., Middletown, NY 10940.
14 SEPT. 2nd Annual Deadlift championships, Mitch Mitchell, 3212 Isabella, Midland, Mich 48640...517-835-7395.
20 SEPT. New Jersey Open bench press, F.A. Nicolini, 98 Chicasaw Dr., Oakland, NJ 07436.
20 SEPT. Southern Iowa Open, Mick Kirks, 621 West Keota, Ottumwa, Iowa 52501.
20 SEPT. Reno Open, Harold Wooten, 14055 Perille Dr., Reno, Nev 89511...702-851-0872.
27 SEPT. Westchester County open bench press, Jeff Copland, 10/ Glen Road, Yonkers, NY 10704.
28 SEPT. N. Calif. Women's open, Jim Schmitz, 828 Valencia St., San Francisco, CA 94110...415-648-9912.

SEPT. Region I Masters Powerlifting, Frank Gancarz, Bx 71, Storrs, CT 06268.
4 OCT. Texas Hill Country meet, Chip McCain, 1500 E. Riverside, No. C-218, Austin, TX 78741...512-442-4450.
4 OCT. Central Calif. Open/Novice/Masters, Bill Kennedy, Mt. Health Club, Bx 807, Frazier Park, CA 93335...805-245-3955.
12 OCT. Open N. Calif. bench press meet, Fairfax Health Club, 713 Center Blvd., Fairfax, CA 94930...415-459-1030.
18 OCT. Eastern USA open (Men's and women's), The Body Shop, 7700 Germanhill Rd., Baltimore, MD 21222...301-285-2222.
18 OCT. Norstar open, Kent Goude, Rt 2, Bx 34 A, Floodwood, MN 55736.
18 OCT. (tentative) Kansas State Power, Ft Leavenworth, KS. 66000.
18 OCT. Region 7 Women's, Jan Steel, 803-13th St., Ames, Iowa 50003.
18/19 OCT. Elmiria Open, N.T. Rogers, 611 Hart St., Elmiria, NY 14905.
8-9 OCT. New Jersey Dist., F.A. Nicolini, 98 Chicasaw Dr., Oakbrook, NJ 07436.
19 OCT. Roundliner Open, Dave Jeffries, c/o Mountaineer BBC, Bx 925, Pa. 25, WV 26101.
24-25 OCT. National Masters Championships, Jay McVeigh, Bx 939, Apple Valley, CA 92307...714-247-5648.
OCT/NOV. Central States Open, G. Glanzer, Des Moines Athletic Ctr. 1120 Walnut, Des Moines, IA 50309.
1 NOV. Open N. Calif. Novice (class III and below), Kerry Alsop, 1010 W. El Monte, Stockton, CA 95207.
6 NOV. (tentative) Class III meet, Lukins Center, Kansas City 64108.
7-9 NOV. World Championships, Clay Patterson, Bx 6024, Arlington, TX 76011...214-647-2115.
8 NOV. 25th Annual Boston Open/Masters/Womens, Rich Pickwell, Asst. Physical Director, Boston YMCA, 615 Huntington Avenue, Boston, Massachusetts 02115.
8 NOV. All-South Bench Press Meet, Rempert Garris, 808 W. Trinity, Durham YMCA, Durham, NC 27707.
15 NOV. Whittier Open, Glenn Maur, 15600 La Forge, Whittier, CA 90609...213-943-0193.
15 NOV. Edward S. Hudson Memorial meet, Hal Hudson, 600 Fannin, No. 305, Houston, TX 77002...713-237-1182.
30 NOV. Orange County closed (tentative), Tim Weidman, 81 Highland Ave., Middletown, NY 10940.
NOV. Bartlesville open bench press, Bartlesville YMCA, 101 NE Osage, Bartlesville, OK 74003, Rick Cornish...918-336-0713.
6 DEC. Midwest open, 11th Midwest open, ISR Weightlifting Club, Tom Beadle, Bx B, Anamosa, Iowa 52205.
6 DEC. Mr. Iron Man and Women, Paul Love, 3050 Story Rd, San Jose, CA 95127...408-926-3765.
6 DEC. (tentative), Missouri State meet, Missouri State Prison, 13 DEC. Brooklyn Open (tentative) Brooklyn, NY.
14 DEC. New Jersey State & Open meet, Max's Iron Den, c/o American Legion post 78, 174 Knickerbocker Rd., Englewood, NJ 07630.
DEC. Arlington Open, Doug Patterson, 2218 Rosedale, Arlington, TX 76012...817-640-0007.
JAN/81. Class III meet, Duncanville, TX.
FEB/81. Texas State open, Doug Young, Brownwood, TX.
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BENCH BIBLE

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2. METHODS OF OVERLOADING

ONE OF THE BEST METHODS OF INCREASING ANY LIFT IS TO CONDITION THE BODY INTO BEING USED TO LIFTING WEIGHTS WHICH ARE HEAVIER THAN THOSE TO BE LIFTED IN ACTUAL COMPETITION. OVERLOADING IS THE NAME OF THIS PRINCIPLE AND IT SHOULD BE USED BY ALL POWERLIFTERS IN ONE OF THE FOLLOWING WAYS: A. CHEATING METHOD: HAVE YOU EVER, DURING A DIFFICULT SET OF BENCH PRESSING, LIFTED YOUR HIPS OFF THE BENCH TO GET INTO A FINISH REP? IF YOU HAVE, YOU CAN OVERLOAD YOUR METHOD TO ACHIEVE A LIFT WHICH YOU CANNOT OTHERWISE DO. B. CHEATING METHOD: THERE ARE SEVERAL WAYS OF OVERLOADING BY RAISING THE HIPSTERS. YOU CAN OVERLOAD BY OVERLOADING ON ONE DAY (TUESDAY) DO THE LIFT IN STRICT FASHION ON THE OTHER DAY (SATURDAY) DO THE SAME LIFT EXCEPT USE SLIGHTLY MORE WEIGHT AND CONSCIOUSLY CHEAT IN THE HEAVIER SETS. THE NUMBER OF REPS IS UP TO YOU. ANOTHER METHOD WOULD BE FOR THE LIFTER TO GO THROUGH A COMPLETE BENCH PRESS ROUTINE. UPON FINISHING, INCREASE THE WEIGHT BY FIVE OR TEN POUNDS OVER YOUR LAST SET AND PERFORM THIS SET CHEATING ONLY WHENEVER NECESSARY. IF YOU DESIRE TO GO A STEP FURTHER, INCREASE THE WEIGHT STILL ANOTHER POUND OR TWO AND LEFT YOUR HIPS ON THE DESCENT AND ASCENT TO GET THE REPS. THIS CONSTITUTES ONLY TWO TO FOUR EXTRA SETS OVER YOUR NORMAL ROUTINE AND CAN BE A BIG ASSET IN YOUR TRAINING.

C. CHEATING METHOD PLUS PADS: IF YOU FEEL THE ABOVE MENTIONED METHOD DOESN'T WORK OR IF YOU CANNOT ACHIEVE A SUBSTANTIALLY GREATER WEIGHT BY CHEATING ALONE, CARRY OUT THE ABOVE WORKOUTS BUT WITH TWO TOUGH RUBBER SPONGE PADS, ONE INCH BY NINE INCHES BY TWENTY INCHES ON YOUR CHEST. THIS WILL FURTHER DECREASE THE DISTANCE FROM THE BAR TO YOUR CHEST. NEVER BOUNCE. SIMPLY LET THE BAR COME TO THE PADS AS YOU WOULD WITHOUT THEM. REMEMBER, MENTIONS A ROUTINE BY LIFTING THROUGH THE PADS AS ONE OF THE ABOVE METHODS. THIS WILL ONLY BE NECESSARY TO USE ONE OR TWO SETS WITH ONE UNTIL YOU FEEL YOU ARE LEFT WITH THE SAME WEIGHT BUT ONLY LIFTING YOUR HIPS. INCREASE THE WEIGHT FIVE OR TEN POUNDS AND USE TWO PADS AGAIN.

D. "TOUGH" METHOD: ANOTHER METHOD OF LETTING THE OVERLOAD SYSTEM IS A METHOD CALLED THE "TOUGH METHOD." LET US SAY THAT A LIFTER IS WORKING ON A SET OF REPETITIONS BUT HAS DIFFICULTY WITH THE LAST FEW. HIS OR HER TRAINING PARTNER PUTS HIS OR HER HAND UNDER THE BAR JUST TOUCHING IT ENOUGH TO HELP THE LIFTER GET MORE WEIGHT. THIS CAN BE WORKED ON WITH THE LIFTER USING SLIGHTLY TRAINING DEVELOPS THAT THE SPOTTER WORKS SO THAT HIS OR HER HAND MERELY TOUCHES THE BAR AND DOES NOT PULL IN AN UPWARD MOTION. HERE THE SPOTTER'S HAND IS ACTING AS A PSYCHOLOGICAL UPLIFT. RATHER THAN A PHYSICAL ONE. TO GO ONE STEP FURTHER, THE SPOTTER SHOULD WORK WITH THE LIFTER UNTIL THE HAND IS SIMPLY PLACED UNDER THE BAR BUT DOES NOT COME IN CONTACT. HERE AGAIN, PSYCHOLOGICAL UPLIFT IS ALL THAT HELPS THE LIFTER GETS. ONE GENERAL RULE OF THUMB WITH THE TOUCH SYSTEM IS THAT IT BE EMPLOYED AFTER THE GENERAL BENCH PRESS ROUTINE AND THAT A WEIGHT MUST BE USED THAT AND REPS ARE UP TO THE LIFTER. HIS OR HER CHEST BY ONESELF. SETS OF FLOOR PRESS LOCK-OUTS: THIS IS A METHOD OF OVERLOADING WHERE THE LIFTER STARTS PRESSING HEAVY WEIGHTS ONLY BY AN INCH OR SO AND SLOWLY WORKS TOWARDS PRESSING THE WEIGHT FOR A DISTANCE OF ABOUT SIX INCHES.

TO EMPLOY THE FLOOR PRESS LOCK-OUTS, TAKE TWO SOLID MILK BOXES, PREFERABLY MADE OF METAL AND LAY ONE BOX ON TOP OF SIX STACKED BOXES WHICH ARE ONE INCH BY TWELVE INCHES BY THREE FEET. PLACE THE BARBELL ON TOP OF THE MILK BOXES AND LIE UNDER THE BAR ON THE FLOOR. WHEN YOU START YOU WILL ONLY PRESS THE WEIGHT ABOUT ONE INCH OFF THE BOXES. WORK-UP VERY THOROUGHLY WORKING UP TO 195 POUNDS ON YOUR BEST BENCH PRESS. THEN PRESS THE WEIGHT OUT SOMEWHAT LIKE THIS: 135 FOR 10, 135 FOR 10, ON THE FLOOR, WORK-OUTS: TAKE TWO MILK BOXES: 235 FOR 3, 285 FOR 2, 350 FOR 3, 300 FOR 6, AND 250 FOR 6. DO THIS EXERCISE THREE TIMES WEEKLY FOR 10-12 WEEKS. DO NOT DO ANY STANDARD BENCH PRESSES. AFTER EVERY FOURTH WORKOUT, TAKE ONE BOARD OUT FROM UNDER EACH MILK BOX. IF YOU CANNOT ACHIEVE THE SAME WEIGHT AFTER REMOVING ONE BOARD, STAY AT THE SAME LEVEL UNTIL IT'S EASIER AND YOU CAN SWITCH. STAY WITH THE ROUTINE UNTIL YOU CAN BENCH PRESS 150 POUNDS IN EXCESS OF YOUR BEST LIFT FROM THE MILK BOXES. THEN INCREASE YOUR BENCH PRESSING AND OVERLOAD SYSTEM SHOULD INCREASE YOUR BENCH PRESSING AND OVERLOAD SYSTEM WHILE PERFORMING THE ROUTINE, YOU EXPERIENCE PAIN IN THE TENDONS

OF THE ELBOWS, TAKE AT LEAST THE NEXT TWO WORKOUTS OFF TO RECOVER. WHILE PERFORMING THIS ROUTINE, DO NO OTHER ASSISTANCE WORK. NEGATIVE TRAINING: ALSO KNOWN AS ECCENTRIC TRAINING, IT HAS BEEN WORKED UPON WITH GREAT SUCCESS BY BECOMING PARTNERS IN BENCH PRESSING. MOST PEOPLE NEED NEGATIVE TRAINING IN BENCH PRESSING BUT YOU CAN EASILY INCLUDE IT IN YOUR ROUTINE WITH A LITTLE PATIENCE.

NEGATIVE TRAINING IS SIMPLY TAKING MORE WEIGHT THAN YOU CAN NORMALLY BENCH PRESS, OFF THE STANDS, AND LOWERING IT SLOWLY, RESISTING ALL THE WAY AS IT DESCENDS TO YOUR CHEST. IT CAN BE DONE SAFELY WITHOUT TRAINING PARTNERS AFTER YOUR BENCH PRESS ROUTINE. UPON FINISHING YOUR BENCH PRESS ROUTINE, TAKE TWO STRONG SAW HORSES AND PLACE THEM ONE ON EACH SIDE OF YOUR BENCH. LOAD YOUR BAR WITH 25 POUNDS ABOVE YOUR MAXIMUM FOR THAT DAY. TAKE THE BAR OFF THE STANDS AND SLOWLY LOWER IT TO YOUR CHEST. TAKE THE BAR OFF THE STANDS AND SLOWLY LOWER IT TO YOUR CHEST. TAKE THE BAR OFF THE STANDS AND SLOWLY LOWER IT TO YOUR CHEST. IN THIS WAY YOU CAN SLIP OUT FROM UNDER IT WHEN FINISHED. DO 3-5 SINGLE ATTEMPTS. UNLOAD THE BAR YOURSELF AND REPLACE THE BAR UPON THE STANDS. WORK UP TO 50 TO 75 POUNDS ABOVE YOUR BEST BENCH PRESS. YOU MUST BE PATIENT IN LOADING AND UNLOADING THE BAR, BUT IT MAY BE WELL WORTH IT. THIS EXERCISE WILL DEFINITELY HELP YOU GET USED TO USING HEAVIER WEIGHTS. PERFORM IT ONLY ONCE A WEEK.

EXERCISE STARTS USING THE SAW HORSE OF WHICH THE ABOVE MENTIONED EXERCISE WAS PERFORMED. OVERLOAD THEM UP BY GOING THROUGH YOUR NORMAL BENCH PRESS ROUTINE PRIOR TO SETTING UP THE SAW HORSES. LIE ON YOUR BENCH WITH THE SAW HORSES AT EACH SIDE. HAVE THE BARBELL LYING ACROSS THE HORSES AND NOT ON THE STANDS. LOAD THE BAR UP TO APPROXIMATELY 10 OR 15 POUNDS OVER YOUR BEST BENCH PRESS. SIMPLY DRIVE THE BAR FROM THE HORSES TO YOUR STICKING POINT. NOT ATTEMPTING TO GO THROUGH IT. DO THREE SETS OF THREE REPETITIONS. PERFORM THIS EXERCISE ONCE PER WEEK.

OUR FINAL OVERLOADING EXERCISE IS KNOWN AS "TIPPING" OR GETTING YOUR STICKING POINT. ONCE AGAIN, PLACE ON EACH SIDE OF YOUR BENCH TWO STRONG SAW HORSES. LOAD THE BAR UP TO 10 POUNDS ABOVE YOUR BEST BENCH PRESS. START WITH SOMETHING 75-100 POUNDS LESS THAN YOUR BEST. TAKE THE WEIGHT OFF THE STANDS AND LOWER IT TO THE POINT WHERE YOU STICK. PRESS BACK UP TO LOCKOUT. THIS WILL HELP YOU BREAK THROUGH THE TRANSITIONAL STAGE OF YOUR STICKING POINT (WHERE ONE MUSCLE GROUP SWITCHES TO ANOTHER, WITHOUT GOING THROUGH THE TOIL OF A FULL RANGE MOTION). THE SETS SHOULD CONSIST OF TWO OR THREE, AND REPS SHOULD BE LOW BUT NOT SINGLES.

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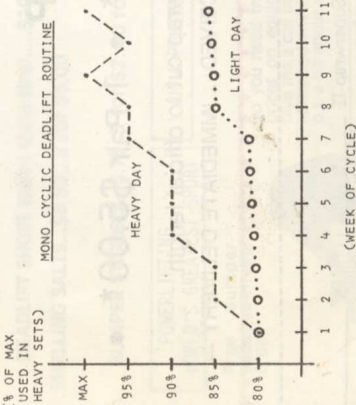
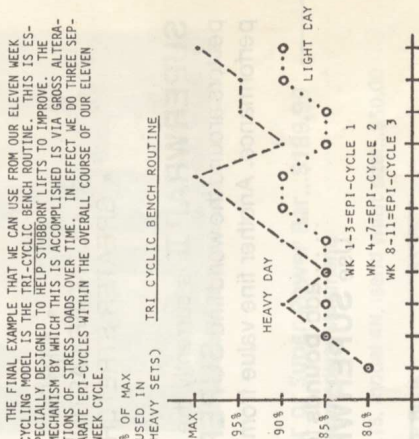
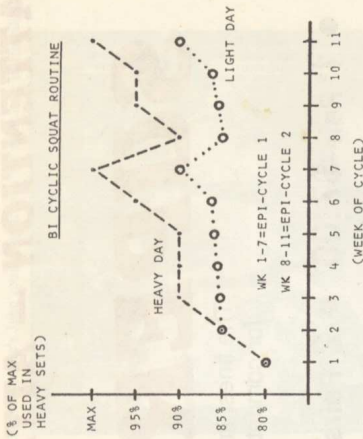
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CYCLING THE POWERLIFTS!

by George Elder

PART TWO

(Refer to last month's article for the workout index/tables associated with the following graphs)



SIMPLY PRESENTING THIS MODEL PROGRAM WILL BE OF LITTLE HELP IF WE DO NOT UNDERSTAND SOME OF THE BASIC THEORETICAL CONCEPTS BEHIND CYCLE TRAINING. LET US NOW GO INTO SOME OF THE RATIONALE BEHIND CYCLING IN LIMITED DETAIL. IF WE UNDERSTAND THE REASONS UNDERLYING THE CYCLING PRINCIPLE IT WILL MAKE IT MUCH EASIER TO DESIGN OUR OWN PERSONAL PROGRAM. THE MAIN PURPOSE OF CYCLING IS TO HELP THE INTERMEDIATE AND ADVANCED LIFTER CONTINUE TO REALIZE GAINS IN HIS LIFTING. MANY LIFTERS HAVE STALED THEIR LIFTS. HIGH INTENSITY ADAPT TO THE STRESSES BEING IMPOSED AND WILL NO LONGER RESPOND. IN SOME CASES, THERE IS A MARKED DETERIORATION IN STRENGTH LEVELS AS THE LIFTER DESPERATELY "FORCES" HIS BODY TO DO A WORKOUT IT NO LONGER WANTS TO DO.

THE BODY RESPONDS BEST TO VARIATIONS IN STRESS LOADS. IF WE BACK OFF, SO TO SPEAK, AND ALLOW OUR BODY TO REST ITSELF IT WILL BE BETTER ABLE TO HANDLE INCREASED STRESS LOADS IN THE FUTURE. THE NEEDED LOWERING OF GENERAL BLOOD LACTIC ACID AND THE NEEDED LOWERING OF NATURAL ANDROGENIC ACTIVITIES IS ENHANCED BY BEST CYCLIC SYSTEMS. REPEATED TRAINING THIS IS WHY WHEN DESIGNING CYCLING PROGRAMS, ONE SHOULD CAREFULLY CONSIDER THE STRESS LOADS HE IS USING.

IN MOST CYCLE TRAINING, GROSS GENERAL BODY MOVEMENTS, SUCH AS DEADLIFTS, REQUIRE A LONG AND PROGRESSIVELY UPWARD GRADED CYCLE TO REALIZE GOOD STRENGTH GAINS. AS AN EXAMPLE OF THIS WE SHOULD CONSIDER OUR ELEVEN WEEK PROGRESSIVE MOPE INTENSE MODEL WORKOUT SETS BECOME OVER THE COURSE OF THE ELEVEN WEEK MONO-CYCLIC DEADLIFT ROUTINE.

PLEASE UNDERSTAND THAT THE PREVIOUS MATERIAL HAS BEEN PRESENTED AS AN EXAMPLE AND NOT NECESSARILY AS A PROGRAM IN AND OF ITSELF. YOU MAY OR MAY NOT WANT TO FOLLOW THIS CYCLING ROUTINE BUT TRY TO UNDERSTAND THE THEORY BEHIND IT. ONCE THE RATIONALE BEHIND CYCLING IS UNDERSTOOD THE ASPIRING LIFTER SHOULD BE ABLE TO DESIGN HIS OWN PROGRAM WHICH CAN HELP HIM ALONG THE ROAD TO HIS GOALS.

ALL % OF MAXES DURING THE INITIAL STAGES OF A NEW CYCLING PROGRAM ARE DETERMINED FROM THE BEST MAX ACHIEVED IN THE PRIOR CYCLE OR COMPETITION. THE % OF MAXES IN THE LATTER STAGES OF A PARTICULAR EPI-CYCLIC PROGRAM ARE DETERMINED FROM THE HIGHEST NEW MAX ACHIEVED DURING THE PRIOR EPI-CYCLIC PERIOD. IN THIS FASHION WE CAN INSURE WORKING UP TO OUR ABSOLUTE POTENTIAL THROUGHOUT BOTH THE INITIAL AND LATTER STAGES OF A CYCLE.

A LIFTER MAKES LITTLE SENSE TO PREDICATE THE ENTIRE COURSE OF A CYCLIC PROGRAM FROM A SINGLE FIGURE, AS THIS IS GOING TO CHANGE OVER THE COURSE OF THE CYCLE. SOMEONE WHO ASSUMES THAT ESPECIALLY ABOVE 90% OF MONO-CYCLIC PROGRAMS, ASSUME THAT SOME PROGRESS HAS TAKEN PLACE AND MODIFY YOUR PROGRAM TO TAKE INTO ACCOUNT YOUR HOPEFULLY IMPROVING MAX. THESE SHOULD BE ONLY SLIGHT CHANGES IN THE POUNDAGES USED.

IN CLOSING, WE SHOULD CONSIDER THAT THE QUEST TO EVOLVE THE IDEAL PROGRAM IS A PERSONAL ONE. ONE HAS TO LITERALLY STUDY ALL THE ASPECTS OF MANY SYSTEMS AND TRY TO FIND WHAT PARTS OF THEM WILL BE USEFUL TO ADVANCING HIS LIFTING. THERE ARE ALL TOO MANY MONEY-HUNGRERS WHO WILL TRY TO SELL YOU A SYSTEM THAT IS GUARANTEED TO MAKE YOU STRONG. THAT IS, GENERALLY SPEAKING, B.S. THESE HUCKSTERS DON'T KNOW YOU AND ALL THAT EXPERIMENTATION CAN ENJOY WITH FREE KNOWLEDGE AND LOGIC. EXPERIMENTATION CAN ENJOY WITH THE ULTIMATE PERSONAL SYSTEM TO MEET YOUR SPECIFIC NEEDS.

GEORGE ELDER

Crain's Corner

This month Rickey Dale answers questions from Jeff Driskill of Chicago, Illinois. (YOU are questions you'd like answered in this column, please send them to CRAIN'S CORNER, c/o box 467, Camarillo, CA 93010.)

QUESTION: What is the comparison between the traditional and sumo style deadlift as far as leverage and strength distribution is concerned?
ANSWER: In comparing the two styles, we could fill up a book, but I will quickly summarize the advantages of each, as well as some leverage points, along with the advantages of persons who prefer one style over another. The sumo style has been shown to be more effective with lifters shorter than 5 ft. 8 in. and weighing less than 200 lbs. It seems the bigger lifters should not get into the proper position to use this style to their advantage. (Editor's note...one exception is Texan Bennett Clayton). It is also typical that the lifter with the smaller upper body, in the lat and shoulder area (i.e. usually a man who is not a top benchler) will use this style more to his advantage. Mike Bridges and Walter Thomas are exceptions to this rule. A large upper body seems to hinder keeping a flat back and still maintaining some height at the top of the thigh before the pull begins.

QUESTION: How do you execute the sumo style deadlift properly, and how do you train for it?
ANSWER: The execution begins with the feet in a comfortable, but wide stance, toes pointing 45° or more outward, bar usually low in the hands, back flat, shoulders back, chest forward. The pull will be very hard from the floor, but if the beginning position is maintained the finish will be easy. Thus the good leg & hip squatter should typically be a good sumo deadlifter. The conventional style uses the lower back very much at the start. Thus the start is quite rapid (there are exceptions) with the finish more difficult, with only the traps and upper back muscles to finish the lift out.

QUESTION: What is the proper way to cycle training as far as reps and intensity goes when training for a contest?
ANSWER: Cycling is a matter of priority and time. Basically, starting light in weight, high in reps and moving toward heavy weight with few reps. Cycling is discussed in length in Dr. Terry Todd's book "INSIDE POWERLIFTING". A beginner should always keep to simple routines and remember "It is better to do too little, than too much" and "It is better to undertrain than to overtrain".

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LETTER TO THE EDITOR

Dear Mike: I must express agreement with Tony Fitton on the 'B' team situation at the 1980 World Women's Championships. Although anyone reading the minutes of the IPF decision in Dayton last November would get the impression this was an IPF decision, the fact is that the decision was made outside of Congress by a handful of officials—under pressure from those concerned with the TV contract.

The TV people, through Terry Todd I understand, expressed concern over the 'low standard' of the Championships unless IPF rules on teams were broken and the USA allowed an open (unlimited) entry. This was opposed on 2 grounds: it pre-empted the standard in other nations; and it discriminated in one nation's favor. A compromise was reached...any nation could send a "second" team of guest lifters.

I admit there may be times and good reasons for ignoring rules—this was not one such time.

Bill Keir
 Australian IPF Delegate 1979



POWERLIFTING IS IN THE WORLD GAMES!!!! Powerlifting has become one of the charter members of the World Games that will be held in Santa Clara, California in July of 1981. We will have more information in future issues of PL USA, but...as Jay Patterson put it after his trip with Dennis Burke to South Korea for the creation of the World Games, "the IPF and the United States will be working closely together to make the first World Games a success."

SPECIAL NOTICE: JOE ZARELLA WOULD LIKE ALL CONCERNED TO KNOW THAT THE AGENDA FOR THE NATIONAL COMMITTEE MEETING AT THE SENIOR NATIONALS IS NOT OPEN...IT IS SPECIFICALLY LIMITED AND DEDICATED TO THE DISCUSSION AND ACCEPTANCE OF THE NEW USPF CONSTITUTION, DEVELOPED BY LYLE SCHWARTZ. MEETINGS REGARDING OTHER SUBJECTS WILL BE SCHEDULED AS POSSIBLE IN MADISON.

ERRATA: Joe Steinfield's lifts at the New Rochelle meet were 160-112.5-170-442.5, not 160-122.5-205-487.5...also, we blew it...Tony Dixon's 485 BP and 7665 total should have been on the TOP 100 220 list...Tony's only 19 years old, by the way.

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DATE: September 14th, 1980. Sunday, 1980 2nd Annual Deadlift Championship, 3 ft. trophies w/DL figures, and 5 trophies for women by formula.

Contact: Mitch Mitchell-3212 Isabella Midland, Michigan-48840 (517)-835-7395 or Jeff Hallada (517)-835-9590.

Emerald Valley Deadlift Competition, 19 July, contact Larry Woodruff, 83293 N. Dale Kuni Rd., Creswell, Oregon 97425

STERIOD TESTS... I understand that 3 weeks before the British Championships it was announced that random steroid tests, one per class, will be made...naturally, this has caused quite a stir. The cost for each test is rumored to be around \$6. If steroid tests are ever given at the World Championships, I think that most people would agree that a full year's notice of that fact would be appropriate.

T-SHIRTS



WE OFFER OUR NEWEST T-SHIRT, "THE CADILLAC OF T-SHIRTS", COLORS, WHITE, YELLOW, POWDER BLUE, TAN, RED, GREEN, NAVY, BLACK, ORANGE. SIZES S-M-L-XL-2X-3X-4X (MEN) AND S-M-L-XL (WOMEN). PRICES: \$6.50 EACH, 2 FOR \$12. FOR 5-M-L-XL FOR 2X-3X-4X ADD \$1 EACH. OTHER LOGOS IN STOCK: MEN'S WORLD DEADLIFT POWERLIFTING, USA DEADLIFT POWERLIFTING, BENCH PRESS, SQUAT, 3 LIFTS, MUSCLE POWER, PUMPING IRON, WOMEN'S...3 LIFTS, SQUAT, BODY BEAUTIFUL, DEADLIFT, MUSCLE POWER, PUMPING IRON.

PRINTED T-SHIRTS BY THE DOZEN IN LOGO SHOWN \$54 PER DOZEN PLUS \$2.50 SHIPPING.

(ADD \$1.50 SHIPPING PER ORDER)

(ALSO...USA WORLD TEAM CHAMPS LOGO)

WE ALSO DO CUSTOM ART WORK FOR CLUBS, INDIVIDUALS, TEAMS, ETC.

ALSO AVAILABLE: SILK SCREEN IRON-ONS, JUST 25 SECONDS AND A HOT IRON AND YOU CAN SCREEN ANY T-SHIRT, SWEAT SHIRT, JACKET, ETC. ANY OF THE LOGOS ABOVE ARE AVAILABLE FOR BOTH MEN AND WOMEN AT \$1.50 EACH, OR 4 FOR \$5.00...PLUS SHIPPING CHARGE OF \$.50 PER ORDER. JUST STATE THE COLOR OF THE GARMENT YOU WISH TO SILK SCREEN AND WE WILL SEND YOU THE COLOR IRON-ON TO CONTRAST WITH THE COLOR OF THE GARMENT.

MIGHTY WRAPS

...now introducing the wrap that holds everything in place while you squat, bench press and deadlift. Gets firmer, and tighter as you squat lower and lower. WASHES BEAUTIFULLY...will last the competitive lifter for many YEARS of competition. \$10.00 A PAIR OR 2 FOR \$18.00 plus \$1.00 shipping.

POWER CAPS



THE FOLLOWING LOGOS ARE AVAILABLE FOR THE POWER CAPS... "WORLD CHAMPIONS USA", "POWERLIFTING USA", "PUMPING IRON", "BENCH PRESS", "POWERLIFTER", "SQUAT", "LOGO", "DEADLIFT" LOGO, "MUSCLE POWER", "ELITE", "MASTER", "CLASS I", "CLASS II", "CLASS III". THE HATS ARE \$5.00 EACH PLUS \$1.00 SHIPPING.

THE HATS ARE 100% POLYESTER FRONT, AND MESH REAR...ONE SIZE FITS ALL...AND THEY ARE COMPLETELY WASHABLE!

LIFTING BELTS

MADE FROM THE FINEST LEATHER THAT HARNESS MAKERS USE...10 CM. WIDTH, 9 MM SINGLE THICKNESS, NATURAL COLOR...\$35.00 EACH PLUS \$2 SHIPPING. SIZES S (28-32), M (34-38), L (40-44), XL (46-50)

SEND CHECK OR MONEY ORDER

TO: J.W. McVEAGH CO.

P.O. BOX 935

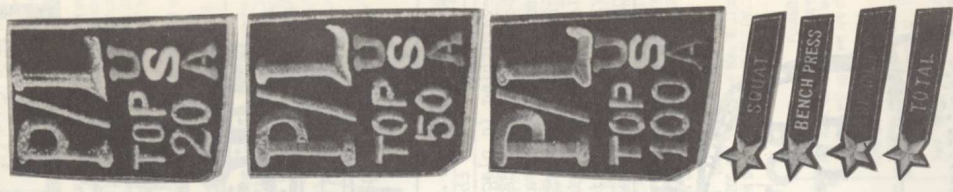
VICTORVILLE, CA 92392

TOP 100

2nd heavyweights

For USA lifters competing from JUNE 1979 through MAY 1980.

Rank	Name	Country	Weight	Year
1	SOBAT			
2	155 McCormick, S	USA	155	1979
3	155 Clayton, S	USA	155	1980
4	155 Patterson, C	USA	155	1979
5	155 Wilson, S	USA	155	1979
6	155 Dimpick, S	USA	155	1979
7	155 Dimpick, S	USA	155	1979
8	155 Dimpick, S	USA	155	1979
9	155 Dimpick, S	USA	155	1979
10	155 Dimpick, S	USA	155	1979
11	155 Dimpick, S	USA	155	1979
12	155 Dimpick, S	USA	155	1979
13	155 Dimpick, S	USA	155	1979
14	155 Dimpick, S	USA	155	1979
15	155 Dimpick, S	USA	155	1979
16	155 Dimpick, S	USA	155	1979
17	155 Dimpick, S	USA	155	1979
18	155 Dimpick, S	USA	155	1979
19	155 Dimpick, S	USA	155	1979
20	155 Dimpick, S	USA	155	1979
21	155 Dimpick, S	USA	155	1979
22	155 Dimpick, S	USA	155	1979
23	155 Dimpick, S	USA	155	1979
24	155 Dimpick, S	USA	155	1979
25	155 Dimpick, S	USA	155	1979
26	155 Dimpick, S	USA	155	1979
27	155 Dimpick, S	USA	155	1979
28	155 Dimpick, S	USA	155	1979
29	155 Dimpick, S	USA	155	1979
30	155 Dimpick, S	USA	155	1979
31	155 Dimpick, S	USA	155	1979
32	155 Dimpick, S	USA	155	1979
33	155 Dimpick, S	USA	155	1979
34	155 Dimpick, S	USA	155	1979
35	155 Dimpick, S	USA	155	1979
36	155 Dimpick, S	USA	155	1979
37	155 Dimpick, S	USA	155	1979
38	155 Dimpick, S	USA	155	1979
39	155 Dimpick, S	USA	155	1979
40	155 Dimpick, S	USA	155	1979
41	155 Dimpick, S	USA	155	1979
42	155 Dimpick, S	USA	155	1979
43	155 Dimpick, S	USA	155	1979
44	155 Dimpick, S	USA	155	1979
45	155 Dimpick, S	USA	155	1979
46	155 Dimpick, S	USA	155	1979
47	155 Dimpick, S	USA	155	1979
48	155 Dimpick, S	USA	155	1979
49	155 Dimpick, S	USA	155	1979
50	155 Dimpick, S	USA	155	1979
51	155 Dimpick, S	USA	155	1979
52	155 Dimpick, S	USA	155	1979
53	155 Dimpick, S	USA	155	1979
54	155 Dimpick, S	USA	155	1979
55	155 Dimpick, S	USA	155	1979
56	155 Dimpick, S	USA	155	1979
57	155 Dimpick, S	USA	155	1979
58	155 Dimpick, S	USA	155	1979
59	155 Dimpick, S	USA	155	1979
60	155 Dimpick, S	USA	155	1979
61	155 Dimpick, S	USA	155	1979
62	155 Dimpick, S	USA	155	1979
63	155 Dimpick, S	USA	155	1979
64	155 Dimpick, S	USA	155	1979
65	155 Dimpick, S	USA	155	1979
66	155 Dimpick, S	USA	155	1979
67	155 Dimpick, S	USA	155	1979
68	155 Dimpick, S	USA	155	1979
69	155 Dimpick, S	USA	155	1979
70	155 Dimpick, S	USA	155	1979
71	155 Dimpick, S	USA	155	1979
72	155 Dimpick, S	USA	155	1979
73	155 Dimpick, S	USA	155	1979
74	155 Dimpick, S	USA	155	1979
75	155 Dimpick, S	USA	155	1979
76	155 Dimpick, S	USA	155	1979
77	155 Dimpick, S	USA	155	1979
78	155 Dimpick, S	USA	155	1979
79	155 Dimpick, S	USA	155	1979
80	155 Dimpick, S	USA	155	1979
81	155 Dimpick, S	USA	155	1979
82	155 Dimpick, S	USA	155	1979
83	155 Dimpick, S	USA	155	1979
84	155 Dimpick, S	USA	155	1979
85	155 Dimpick, S	USA	155	1979
86	155 Dimpick, S	USA	155	1979
87	155 Dimpick, S	USA	155	1979
88	155 Dimpick, S	USA	155	1979
89	155 Dimpick, S	USA	155	1979
90	155 Dimpick, S	USA	155	1979
91	155 Dimpick, S	USA	155	1979
92	155 Dimpick, S	USA	155	1979
93	155 Dimpick, S	USA	155	1979
94	155 Dimpick, S	USA	155	1979
95	155 Dimpick, S	USA	155	1979
96	155 Dimpick, S	USA	155	1979
97	155 Dimpick, S	USA	155	1979
98	155 Dimpick, S	USA	155	1979
99	155 Dimpick, S	USA	155	1979
100	155 Dimpick, S	USA	155	1979

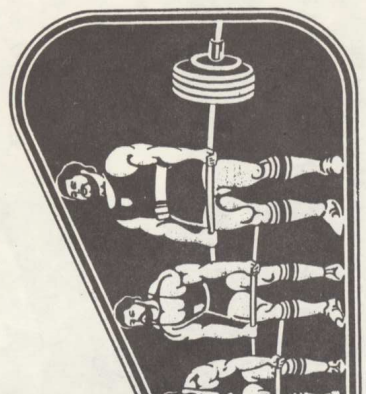


POWERLIFTING USA Achievement Patches!! If your name is on the list, or you make the list in any category after your last USA competition, you qualify for TOP 20 patch (TOP 100 patch \$3.50)...and the lift classification patches are \$2 each. 100s of these patches have been sold, they go good with any color warmups or gym bag. Order today! becomes harder and harder to make it, so if you qualify your ORDER NOW. Send your check to POWERLIFTING USA, BOX 467, CAMARILLO, CA 93010.

Cools Presents

1980 World Powerlifting Championships

November 7-9, 1980
Rodeway Inn, Arlington, Texas



Class	Competition	Gen. Adm.
59KG / 56KG	12:00 Noon	\$ 5.00
60KG / 67KG	5:00 P.M.	\$ 5.00
75KG	9:00 A.M.	8.00
80KG	9:00 P.M.	8.00
90KG	7:00 P.M.	19.00
100KG	10:00 A.M.	
110.110 +KG	10:00 P.M.	

Friday, Nov. 7
Saturday, Nov. 8
Sunday, Nov. 9

Nov. 7
Nov. 8
Nov. 9
Weekend Pass

Ticket Prices:

SEND ALL ORDERS, RESERVATIONS AND INQUIRIES TO:
CHAMPION SPORTS AGENCY, INC.
P. O. BOX 6920
ARLINGTON, TEXAS 76011
PHONE (817) 647-8115

ROOM RESERVATIONS
Double 144 - 148
Triple 150 - 158
Twin/Double 144 - 158

Includes 16 night rooms with bathroom.
Taxes included.
Arrival Date: _____ Departure Date: _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Reservations for 16 night rooms with bathroom.
Taxes included.
Arrival Date: _____ Departure Date: _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____

TICKETS
Nov. 7
Nov. 8
Nov. 9
Weekend Pass

Includes 16 night rooms with bathroom.
Taxes included.
Arrival Date: _____ Departure Date: _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____

WORLD CHAMPIONSHIP T-SHIRT
\$5.00 Each
Small
Medium
Large
Xtra-Large

Total Amount Enclosed \$ _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____

WORLD CHAMPIONSHIP CALCULATED SHEET
Small
Medium
Large
Xtra-Large

Total Amount Enclosed \$ _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____

SEND ALL ORDERS, RESERVATIONS AND INQUIRIES TO:
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ARLINGTON, TEXAS 76011
PHONE (817) 647-8115

Accommodations
The Rodeway Inn will be the site of all events and will be the home of all lifters and officials during their stay at the championships. Special rates are available for lifters and officials for accommodations at special rates upon arrival 14 days prior to the event. Contact the Promoter for Reservations.

Tickets
Reserved tickets will be sold on a first come - first served basis for seats in the arena. The cost is \$8.00 per day or \$18.00 for a weekend pass. General admission seats will be available for \$5.00 per day or \$19.00 for a weekend pass. Tickets should be purchased promptly upon receipt of check or money order and the coupon below.

T-Shirts
The Standard Meet T-Shirt displaying the emblem on this brochure is now available for \$5.00 each in sizes: Small, Medium, Large and Xtra-Large. A Champion T-Shirt is available for \$6.00 each. These very special shirts will be collectors items. Order in sizes: Small, Medium, Large or Xtra-Large.

CYCLONE BELTS



PICTURED IS MODEL "6S"

PAT'S POWER PRODUCTS

Patrick E. Malone
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WHY BUY FROM US?

- I. BECAUSE WE ARE A WHOLESALE DISTRIBUTOR, DIRECT TO THE LIFTER
- II. BECAUSE WE HAVE THE LARGEST VARIETY AND THE BEST QUALITY EQUIPMENT AT THE LOWEST COST.
- III. BECAUSE WE HAVE A FULL MONEY BACK GUARANTEE ON ALL BELTS
-30 DAYS FREE TRIAL-
- IV. BECAUSE WE HAVE A CLUB DISCOUNT.....5% ON ALL ORDERS OVER 200 DOLLARS, 10% ON ALL ORDERS OVER 500 DOLLARS
- V. BECAUSE ALL TAX AND SHIPPING IN THE CONTINENTAL UNITED STATES IS INCLUDED IN THE LISTED PRICES.
- VI. AND THESE BELTS ARE NOW BEING WORN BY MANY NATIONAL AND WORLD CHAMPIONS.

MODEL NO.	LAYERS	COVERING	THICKNESS	PRICES
4 N	1	Natural	6-8 m m	\$29**
5 N	2	Natural	10-12 m m	\$49**
6 N	3	Natural	12-13 m m	\$59**
4 S	1	Suede	10-12 m m	\$49**
5 S	2	Suede	11-13 m m	\$59**
6 S	3	Suede	12-13 m m	\$69**

ALL BELTS ARE 10 CM WIDE WITH HEAVY DUTY, DOUBLE PRONG BUCKLES.
15 COLORS OF SUEDE: ROYAL BLUE, NAVY BLUE, BLACK, BROWN, RUST, LIGHT BLUE, LIGHT GREEN, DARK GREEN, GOLD, RED, GRAY, PURPLE, MAROON, LIGHT BROWN, AND SAND.

'SPECIAL OPTIONS'

1. BLACK STITCHING.....2 DOLLARS EXTRA.
2. NATURAL LEATHER DYED ANY COLOR.....4 DOLLARS EXTRA
3. CHROME PLATED BUCKLES.....4 DOLLARS EXTRA
4. WRITE FOR MORE INFORMATION ABOUT OTHER CUSTOMIZING OF BELTS.

NAME _____ PH. _____
 ADD. _____
 _____ city _____ state _____ zip _____
 Waist size _____ Model no. _____ Color _____ Chrome buckle _____



The Annapolis VFM team with its 5th team victory in a row for 1980 at the Jermolow Open. Left to right: Chuck Iona, Art Montini, Al Gensch, Jerry Turner, Herman Salting, Tony Pharr, and Phil Rosenbaum. photo courtesy Jermolow

12TH ANNUAL JERMOLOW S. BLMN OPEN
5/77-19/80-AMBRIDGE, PA

114. PATERNITI	162.58	105	192.5	4600
N. MORELAND	87.5	147.5	360	
T. PERREA	97.5	80	157.5	315
C. VITTO	85	120	290	
R. PATTON	85	60	105	250
R. ENDELJAC	85	60	105	250
K. KOZEL	77.5	45	105	227.5
B. JORDO	172.5*	92.5	195	470
G. ZEDLA	150	100	157.5	407.5
C. DOOLITTLE	95	57.5	125	277.5
K. WELLY	62.5	47.5	90	200
J. LISK	150	100	187.5	437.5
M. IGOU	125	102.5	172.5	400
M. BOSTEN	125	97.5	170	392.5
C. WELLS	111	77.5	152.5	347.5
J. MADRISCO	140	67.5	131.5	345
G. COLE	87.5	158	197.5	
R. VOBEL				
146. SCHROEDER	170	137.5	195	492.5
R. CALIN	177.5	105	195	477.5
D. DWYER	180	122.5	170	472.5
C. KUHNN	162.5	127.5	177.5	467.5
M. HANSEN	155	87.5	158	397.5
K. STINGER	155	87.5	158	397.5
165	282.5	190*	280	722.5*
J. HELCH	210	137.5	220	560
M. STEELE	210	137.5	220	560
T. AMADIO	182.5	132.5	237.5	552.5
M. LANCASTER	205	110	222.5	537.5
R. ROSETTA	155	125	185	362.5
D. MYERS	137.5	122.5	185	445
A. MONTANT	150	110	180	440
R. FENING	259*			
R. CALVALO	92.5			
T. BULJAT				
181	242.5	185	260	687.5
J. PHARR	217.5	130	260	672.5
L. LUTHER	217.5	130	260	672.5
A. EVANS	215	125	257.5	597.5
G. BENFORD	242.5	130	292.5	635
B. KRATZ	210	142.5	215	562.5
C. SMITH	207.5	142.5	222.5	572.5
D. KOLLAR	205	137.5	227.5	570
R. JAMSEY	195	132.5	215	545
T. MILLER				
D. TRANTER				
B. TUNER	235	162.5	250	647.5
M. SCHWARTZ	227.5	147.5	262.5	637.5
N. WATHEN	195	127.5	227.5	540
N. GARCIA	210	137.5	192.5	540
P. HOFFMAN				
R. MC COY				
D. MYERS				
220	317.5	197.5	327.5	842.5
M. DIMIDUK	292.5	137.5	320	750
P. ROSENSTEIN	277.5	150	337.5	675
E. HALL JR	217.5	150	337.5	675
C. ZYLINSKI	217.5	142.5	337.5	675
K. MARANGHA	205	142.5	330	577.5
K. BYERLY	190	122.5	230	542.5
S. BROWN	172.5	112.5	197.5	482.5
S. FOX				
242	302.5	187.5	327.5	777.5
10010	292.5	195	362.5	750
G. SICHERRI	292.5	195	362.5	750
E. BALLINGER				
272	275	172.5	295	735
R. BROWN	250	187.5	312.5	735
S. MILLER	255	150	240	545
R. BRAMM	257.5	137.5	242.5	637.5
S.W. SHERICK				
SW				
H. SELLING JR	197.5	142.5		
T. HAGENS JR				
QUIST, LIFTERS- SATURDAY:				
1. JACK WELCH	2. NORBERT PATERNITI:			
QUIST, LIFTERS- SUNDAY:				
1. MARK DIMIDUK	2. TONY PHARR	3. CHUCK		
10010:				
TEAM TROPHIES:	1. AMBRIDGE VFM BSC			
	2. HAMPDEN BSC			
	3. HAMPDEN BSC			

LOADERS: ADRIAN ZAJAC, DEAN WALKER, BRENT MC COY, JOYCE MC COY, LUJANN MC COY, DALENE ALMERIC, HERMAN SELLING, ALER SEBARDO.
 SCOREBOARD TENDERS: HARRY MC COY FOR RESULTS.
 # BENOTES FEMALE LIFTER
 * BENOTES AMA RECORD
 * BENOTES WMA STATE RECORD
 * BENOTES WMA STATE RECORD
 SPONSORED BY MR AND MRS LOUIS BLUM & JERMOLOW BSC IN MEMORY OF THE LATE JERMOLOW S. BLUM, SANCTIONED BY THE ANNE ARUNDEL COUNTY POWERLIFTERS ASSOCIATION OF THE BAL.

RED BODDLEY FOR JUDGING & SCORING.
 AS YOU CAN SEE, WE HAD QUITE A FEW CHARGED NEW YORK LOG LB PLATES FOR THE MEET, BUT NEGLECTED TO TURNER OUT THAT THEY WEIGHED 105# EACH.
 I KNOW YOUR ONLY PRIZEMATE WAS 280 POUND THAT A 5% ERROR IS UNREASONABLE.
 90 LBS PER FOOT HAD 125 LBS WHICH I BELIEVE IS IN EXCESS OF THE WOMEN'S 97 LB RE-ABOUT 2 MONTHS HER TRAINING PART-STRONG IN SPIE OF WEBS, I BELIEVE SOME BIG BRICHES IN THE NEAR FUTURE.
 MY CO-DIRECTOR G. BENESKY SELF WOULD LIKE TO APPOLOGIZE FOR NOT WEIGHING THE NEW POWERLIFTERS HAS ONLY TO LBS HEAVY & MOST OF THE BOMB-DIRECTOR TO START.
 WE HOPE TO START HOLDING REGULAR CONTESTS IN THE NEAR FUTURE.
 1. BENJAMIN BARRELL
 2. CY BELCO POKERISE
 3. WEST CHESTER BB
 4. LEARN FROM OUR MISTAKES.

THANKS TO TED KURLONCZ FOR RESULTS.
 "I WOULD LIKE TO THANK YOU FOR THE TROPHIES, MESSER, TONY DIMIDUK, CRAIG RICHTER, DOLO."
 THANKS TO TED KURLONCZ FOR RESULTS.
 "I WOULD LIKE TO THANK YOU FOR THE TROPHIES, MESSER, TONY DIMIDUK, CRAIG RICHTER, DOLO."
 "I DON'T CARE WHAT YOU SAW AT THE MOVIES - THAT'S NOT A SUPER SUIT!"
 7/1/80

ATTENTION -- ATTENTION -- ATTENTION

SUPERWRAP II

"The finest knee wrap available for competition or training"

• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00*
(Sold under other names and by other companies at Higher Prices.)

- STRONGER • HEAVIER •
- LONGER LASTING • OFFICIAL LENGTH •
- GREATER STRETCH WITH BETTER COMFORT •

SUPERWRAP II is currently the most effective knee wrap used. Top competitors around the world find **SUPERWRAP II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

"... add pounds to your SQUAT & TOTAL."
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. . . the original heavy duty knee wrap cut to official length.
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56 KG	175 260 745
60 KG	175 260 745
67.5 KG	175 260 745
75 KG	175 260 745
82.5 KG	175 260 745
90 KG	175 260 745
97.5 KG	175 260 745
105 KG	175 260 745
112.5 KG	175 260 745
120 KG	175 260 745
127.5 KG	175 260 745
135 KG	175 260 745
142.5 KG	175 260 745
150 KG	175 260 745
157.5 KG	175 260 745
165 KG	175 260 745
172.5 KG	175 260 745
180 KG	175 260 745
187.5 KG	175 260 745
195 KG	175 260 745
202.5 KG	175 260 745
210 KG	175 260 745
217.5 KG	175 260 745
225 KG	175 260 745
232.5 KG	175 260 745
240 KG	175 260 745
247.5 KG	175 260 745
255 KG	175 260 745
262.5 KG	175 260 745
270 KG	175 260 745
277.5 KG	175 260 745
285 KG	175 260 745
292.5 KG	175 260 745
300 KG	175 260 745
307.5 KG	175 260 745
315 KG	175 260 745
322.5 KG	175 260 745
330 KG	175 260 745
337.5 KG	175 260 745
345 KG	175 260 745
352.5 KG	175 260 745
360 KG	175 260 745
367.5 KG	175 260 745
375 KG	175 260 745
382.5 KG	175 260 745
390 KG	175 260 745
397.5 KG	175 260 745
405 KG	175 260 745
412.5 KG	175 260 745
420 KG	175 260 745
427.5 KG	175 260 745
435 KG	175 260 745
442.5 KG	175 260 745
450 KG	175 260 745
457.5 KG	175 260 745
465 KG	175 260 745
472.5 KG	175 260 745
480 KG	175 260 745
487.5 KG	175 260 745
495 KG	175 260 745
502.5 KG	175 260 745
510 KG	175 260 745
517.5 KG	175 260 745
525 KG	175 260 745
532.5 KG	175 260 745
540 KG	175 260 745
547.5 KG	175 260 745
555 KG	175 260 745
562.5 KG	175 260 745
570 KG	175 260 745
577.5 KG	175 260 745
585 KG	175 260 745
592.5 KG	175 260 745
600 KG	175 260 745
607.5 KG	175 260 745
615 KG	175 260 745
622.5 KG	175 260 745
630 KG	175 260 745
637.5 KG	175 260 745
645 KG	175 260 745
652.5 KG	175 260 745
660 KG	175 260 745
667.5 KG	175 260 745
675 KG	175 260 745
682.5 KG	175 260 745
690 KG	175 260 745
697.5 KG	175 260 745
705 KG	175 260 745
712.5 KG	175 260 745
720 KG	175 260 745
727.5 KG	175 260 745
735 KG	175 260 745
742.5 KG	175 260 745
750 KG	175 260 745
757.5 KG	175 260 745
765 KG	175 260 745
772.5 KG	175 260 745
780 KG	175 260 745
787.5 KG	175 260 745
795 KG	175 260 745
802.5 KG	175 260 745
810 KG	175 260 745
817.5 KG	175 260 745
825 KG	175 260 745
832.5 KG	175 260 745
840 KG	175 260 745
847.5 KG	175 260 745
855 KG	175 260 745
862.5 KG	175 260 745
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FREE SUPERWRAPS

SUPER SUITS

NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT II** (stronger material)
Navy Blue, Royal Blue, Scarlet (Red) **\$32.00***
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- Do Not accept substitutes! These suits are custom sized to fit for greater support.

Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

Free Pair of Superwraps with Each Suit Purchased!

Help Increase Your Total

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company. The numbered sizes give you a better fit ... DO NOT Accept substitutes.

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Currently the most effective knee wrap used for the SQUAT.

- STRONGER • HEAVIER • LONGER LASTING •
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• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00* •

(Sold under other names, by other companies at higher prices.)

... add pounds to your SQUAT & TOTAL.

Also ... SUPERWRAP

• 3 Pairs \$12.00* • 1 Pair \$5.00*

... the original heavy duty knee wrap cut to official length.

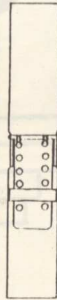
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- EACH BELT IS HAND ASSEMBLED TO ASSURE YOU TOP QUALITY AND WORKMANSHIP.

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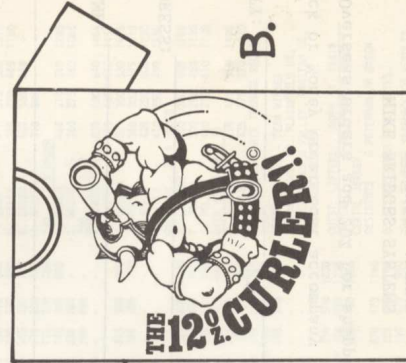
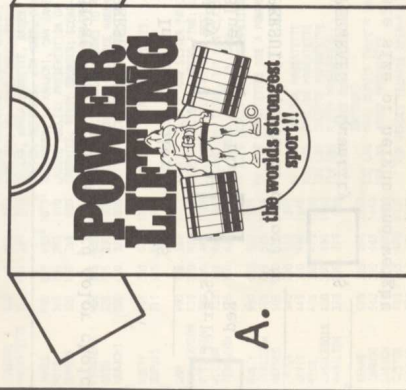
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	H. BELISKI	410 195 475* 1080	J. BAKER	440 330 500 1270
	H. FERNANDEZ	385 245 455 1085	R. MARGISON	520 320 600* 1440*
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	J. CAMPANELLA	340 280 425 1025	LIKE TO THANK GABE STIVERS FOR	
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155	85	205	445	R. WOLAN	385	230	440	1055
123	240	180	300	J. DUBBERS				
	515	315	645	B. CLARK	450	250	465	1165
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	350	190	455	* DENOTES SENIOR TOTAL				
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	325	195	410	920				
	300	220	400	920				
	440	270	440	1150				

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 50% COTTON 50% POLYESTER,
 FOR LONG WEAR AND COMFORT.



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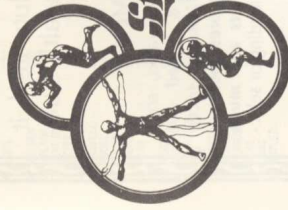


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From the makers of the ELITE suit, here is a wrap designed especially for Powerlifting competition. Using synthetic materials, the weave of the wrap is designed to stretch to its maximum length, and then stop stretching. This gives the lifter extra support in the bottom of the squat, the critical position. These are the best wraps on the market and, if bought from Strength Systems, they are **GUARANTEED FOR 3 MONTHS**

2 METER LENGTH
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(from date of shipment, against
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**ELITE® COMPETITION
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The suit you have been hearing about. Now being worn by virtually all the top men in our sport. Scientifically designed to shift the stress from the body to the suit. Sizes 26-40 in Black, Red, and Royal Blue. (specify 1st and 2nd choice). Team prices available on orders of 8 or more. Get the advantage the champions are getting, order Now!!

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Benches, incline benches, pec decks, power racks, scott benches, hack machines, standing calf & seated calf machines, squat racks, cable crossovers, lat isolators, tricep isolators, lat pull machines, leg extension, leg press, pullover machines, dumbbells, barbells, Olympic sets and much much more. All machines available as plate loading or selectorized units.

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strong enough to bear the strain...
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The shirt you've all been waiting for! The logo is it all! (S,M,L,XL)...\$6 each or 3 for \$16...plus \$1 postage

IF YOU ARE A DEDICATED POWERLIFTER THEN YOU SHOULD OWN ONE OF THESE "POWERLIFTING USA" T-SHIRTS!

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BETTER THAN ANY PRESENTLY IN USE!

GUARANTEED TO KEEP YOUR HANDS FASTENED TO THE BAR, A MUST FOR TRAINING....

INCLUDE A TRACING OF YOUR HAND & WRIST ON A SHEET OF PAPER....

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NAME _____ STATE _____ ZIP _____
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CITY _____

765	NATIONAL WHEELCHAIR	765	AS CHUCK ROEBEL -	USA ARMED FORCES
766	STEFANIC	766	WON OF EAST BROWNS -	CHAMPIONSHIPS
767	BROWN	767	WON 4/13/80 AT	4/26/80-CLOVIS, NH
768	STRETTWATER	768	HEAVY LIFTER IN THE	A. SILVA
769	IDOUA	769	HEAVY CLASSES.	132
770	SMITH	770	JUST BARELY MET	845
771	SMITH	771	WHICH WOULD HAVE	146
772	SMITH	772	KICK REEF CAME IN	REL'6
773	SMITH	773	2ND. BENCH PRESSING	1025
774	SMITH	774	WORLD RECORD CHUCK	R. MILKSON
775	SMITH	775	110. QUITE A FEAT	960
776	SMITH	776	HE WAS INSPIRED	885
777	SMITH	777	BY HIS OWN	16
778	SMITH	778	& BROUGHT ALL THE	1260
779	SMITH	779	BENCHES & RACKS FOR	D. HENLEY
780	SMITH	780	LESS DUMB BELLS	1190
781	SMITH	781	DEAL TO PAUL. OUR	C. WALKER
782	SMITH	782	1ST PLACE MAN JIM	A. DOUGLAITTE
783	SMITH	783	TEST PLACE MAN	1190
784	SMITH	784	DEMP (FELDO OPENED	D. MITCKER
785	SMITH	785	SCRATCH DUE TO AN	1035
786	SMITH	786	JURY. I TALKED HIM	J. SHENOM
787	SMITH	787	INTO COMPETING BUT	1600
788	SMITH	788	PRESS THE BAR ONLY &	C. POPPIN
789	SMITH	789	TAKE A 2ND ATTEMPT	R. PARKER
790	SMITH	790	PHY. WELL. HE BENCHED	1405
791	SMITH	791	PLUS 270 LBS MORE FOR	M. POBATA
792	SMITH	792	TEAM MEMBERSHIP	J. WHITE
793	SMITH	793	THIS IS JUST ANOTHER	1205
794	SMITH	794	DETERMINATION OF	1975
795	SMITH	795	HAVE A TRY AND WE	TEAM MEMBERSHIP
796	SMITH	796	PUT ON A MEET IN	UP TO HILL AFF.
797	SMITH	797	TO EVERYONE WHO	HEAT WITH HOLLMAN
798	SMITH	798	PARAPLEGIC LIFTERS	AFB IN 2ND
799	SMITH	799	WANT TO MEET IN	DANSON FOR RESULTS
800	SMITH	800	SPRING THING	NEWPORT NEWS, VA.
801	SMITH	801	5/17/80	D-165
802	SMITH	802	654	M. HIGGINS
803	SMITH	803	166-INL	220
804	SMITH	804	166-INL	220
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840	SMITH	840	166-INL	220
841	SMITH	841	166-INL	

ROANOKE VALLEY OPEN-5/10/80 ROANOKE, VA		QUEBEC CHAMPIONSHIPS-QUEBEC, CANADA 5/7/80	
114	245 180 375 300*	114	265 210 330 805
F. PROVIZANO	275 160 275 700	R. GAUVREAU	230 130 240 600
M. LAMSON	225 140 210 635*	R. CAYER	230 130 240 600
S. BAKER	180 145 270 615	M. PARENT	315 210 380 905
J. BARFIELD	210 100 250 560	J. ROBILO	205 275 360 840
M. COY	310 200 350 860	J. MORASSE	265 165 300 730
M. BRUNSON	290 225 365 910*	J. BOUQUET	245 155 265 665
R. OWENS	300 165 365 830	R. CAYER	270 285 470 1125
T. PROVERZANO	225 165 295 685	R. TALON	400 260 415 1075
S. COLEMAN	205 185 255 645*	D. OUBE	320 235 400 955
C. PROVIZANO	220 130 280 630	M. ROY	450 310 450 1210
M. COY	195 455 1000	J. GAUVIN	445 245 480 1170
M. BRUNSON	245 135 365 765	F. BOUCHARD	405 270 430 1105
M. NICOLETTI	250 185 330 785	D. LAFORET	500 325 500 1325
N. WRIGHT	305 265 530 1300	D. ROUQUAC	375 230 550 1150
M. OLE	590 240 400 1120	M. BEGARD	370 260 390 1030
C. DUBE	390 225 440 1055	R. DALGLE	535 290 600 1425
J. JAMESON	375 235 425 1035	R. VERMETTE	375 320 475 1170
S. ENNIS	375 235 425 1035	R. DUBEAU	560 315 565 1440
S. MOULINE	370 200 430 1000	P. VILLENEUVE	600 370 575 1545
M. NICOLETTI	250 190 370 810	J. GIRARD	682 440 687 1789
G. JENNINGS	455 305 510 1270	S.M.	525 215 605 1355
M. BRANSON	475 310 485 1270	M. GOSSSELIN	225 510 60 795
P. POFF	470 295 470 1235	QUEBEC WOMEN'S CHAMPIONSHIPS 5/7/80-QUEBEC, CANADA	
C. WILLIAMS	405 295 430 1130	95#	135 65 176 376
B. REYNOLDS	405 260 440 1105	S. CAYER	150 135 240 565
R. KELLEY	340 250 460 1050	C. O'DONNE	150 100 200 450
J. WILKER	330 230 425 985	T. WOREL	148
F. SPENGER	300 270 390 960	M. GAGNON	180 90 280 550
L. CROCKETT	365 220 350 935	L. PETROWITCH	240 130 280 650
M. CLARA	340 270 370 890		
T. BONDURANT	275 175 380 830		
P. SUTPHIN	605 365 615 1525		
T. MC COY	545 315 550 1410		
K. TILLMAN	520 320 555 1395		

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ZIP _____

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WEAR THE BELT THAT CHAMPIONS AND RECORD HOLDERS WEAR!!!!
MANY COLORS OF SUEDE!



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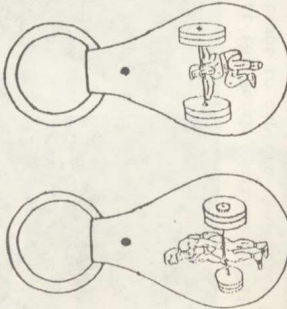
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Style _____ Size _____ BUCKLE Size _____ Exp. Date _____
Color _____ 2nd Choice _____ Signature _____
Acct. No. _____

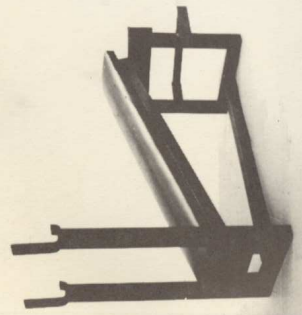
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K. HESCU 100 97.5 130 335	P. GEE 185 100 220 485	123 J. DANSON
J. RASCON 97.5 92.5 142.5 332.5	M. SHILO 340 185 400 925	132 K. WORSCHER
M. HAGMAN 112.5 87.5 142.5 322.5	K. WESTLER 315 315 450 960	L. GIOIA 206
S. JAYKINSON 97.5 80 112.5 290	148 M. RAFAEL 490 415**495 1380*	A. OSWELL 430 280 500 1220
B. TRUBE 127.5 102.5	J. ALINE 370 325 470 1165	L. DURAN 430 280 500 1215
75 KG	P. HENDEZ 370 325 470 1165	M. JAMES 395 225 385 975
J. ORTIZ 150 105 200 455	A. PRIDE 285 175 380 840	J. BACKMAN
J. D. GREGG 132.5 92.5 172.5 430	85* T. AETA 555 330 505 1390	86* T. AETA 555 330 505 1390
J. D. GREGG 132.5 92.5 172.5 430	R. CONO 520 310 520 1350	R. CIRILIANO 440 330 555 1325
J. W. MARTINEZ 190 137.5 225 572.5	R. CIRILIANO 430 365 455 1250	R. SHILO 355 290 540 1195
J. MARTINEZ 190 137.5 225 572.5	R. SHILO 355 290 540 1195	L. PAREDES 400 270 475 1145
J. BERNANDEZ 167.5 115 210 592.5	P. RECH 315 220 440 1085	P. RECH 315 220 440 1085
J. BELLA 115 100 145 365.5	M. ORR 290 220 350 860	F. STIEBERT 390 355 616
J. CHIDDIO 115 95 150 380	87* T. AETA 555 330 505 1390	88* T. AETA 555 330 505 1390
88.5 KG	89* T. AETA 555 330 505 1390	90* T. AETA 555 330 505 1390
M. MCLELLON 150 140 220 567.5	91* T. AETA 555 330 505 1390	92* T. AETA 555 330 505 1390
M. MCLELLON 150 140 220 567.5	93* T. AETA 555 330 505 1390	94* T. AETA 555 330 505 1390
P. ARDOP 100 107.5 137.5 327.5	95* T. AETA 555 330 505 1390	96* T. AETA 555 330 505 1390
S. ANDERSON 187.5 127.5 222.5 537.5	97* T. AETA 555 330 505 1390	98* T. AETA 555 330 505 1390
J. WOTKES 102.5 102.5 200 470	99* T. AETA 555 330 505 1390	100* T. AETA 555 330 505 1390
J. WOTKES 102.5 102.5 200 470	101* T. AETA 555 330 505 1390	102* T. AETA 555 330 505 1390
J. WOTKES 102.5 102.5 200 470	103* T. AETA 555 330 505 1390	104* T. AETA 555 330 505 1390
S. ENCHELLER 135 102.5 171.5 422.5	105* T. AETA 555 330 505 1390	106* T. AETA 555 330 505 1390
F. LOPEZ 182.5 92.5 220 492.5	107* T. AETA 555 330 505 1390	108* T. AETA 555 330 505 1390
A. ULIBARRI 147.5 112.5 172.5 427.5	109* T. AETA 555 330 505 1390	110* T. AETA 555 330 505 1390
J. GARCIA 140 112.5 172.5 425	111* T. AETA 555 330 505 1390	112* T. AETA 555 330 505 1390
J. GARCIA 140 112.5 172.5 425	113* T. AETA 555 330 505 1390	114* T. AETA 555 330 505 1390
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J. DONALEZ 140 112.5 190 442.5	127* T. AETA 555 330 505 1390	128* T. AETA 555 330 505 1390
J. TRULLIO 120 102.5 170 425	129* T. AETA 555 330 505 1390	130* T. AETA 555 330 505 1390
M. HILL 140 140	131* T. AETA 555 330 505 1390	132* T. AETA 555 330 505 1390
M. HILL 140 140	133* T. AETA 555 330 505 1390	134* T. AETA 555 330 505 1390
M. HILL 140 140	135* T. AETA 555 330 505 1390	136* T. AETA 555 330 505 1390
M. HILL 140 140	137* T. AETA 555 330 505 1390	138* T. AETA 555 330 505 1390
M. HILL 140 140	139* T. AETA 555 330 505 1390	140* T. AETA 555 330 505 1390
M. HILL 140 140	141* T. AETA 555 330 505 1390	142* T. AETA 555 330 505 1390
M. HILL 140 140	143* T. AETA 555 330 505 1390	144* T. AETA 555 330 505 1390
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M. HILL 140 140	147* T. AETA 555 330 505 1390	148* T. AETA 555 330 505 1390
M. HILL 140 140	149* T. AETA 555 330 505 1390	150* T. AETA 555 330 505 1390
M. HILL 140 140	151* T. AETA 555 330 505 1390	152* T. AETA 555 330 505 1390
M. HILL 140 140	153* T. AETA 555 330 505 1390	154* T. AETA 555 330 505 1390
M. HILL 140 140	155* T. AETA 555 330 505 1390	156* T. AETA 555 330 505 1390
M. HILL 140 140	157* T. AETA 555 330 505 1390	158* T. AETA 555 330 505 1390
M. HILL 140 140	159* T. AETA 555 330 505 1390	160* T. AETA 555 330 505 1390
M. HILL 140 140	161* T. AETA 555 330 505 1390	162* T. AETA 555 330 505 1390
M. HILL 140 140	163* T. AETA 555 330 505 1390	164* T. AETA 555 330 505 1390
M. HILL 140 140	165* T. AETA 555 330 505 1390	166* T. AETA 555 330 505 1390
M. HILL 140 140	167* T. AETA 555 330 505 1390	168* T. AETA 555 330 505 1390
M. HILL 140 140	169* T. AETA 555 330 505 1390	170* T. AETA 555 330 505 1390
M. HILL 140 140	171* T. AETA 555 330 505 1390	172* T. AETA 555 330 505 1390
M. HILL 140 140	173* T. AETA 555 330 505 1390	174* T. AETA 555 330 505 1390
M. HILL 140 140	175* T. AETA 555 330 505 1390	176* T. AETA 555 330 505 1390
M. HILL 140 140	177* T. AETA 555 330 505 1390	178* T. AETA 555 330 505 1390
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M. HILL 140 140	181* T. AETA 555 330 505 1390	182* T. AETA 555 330 505 1390
M. HILL 140 140	183* T. AETA 555 330 505 1390	184* T. AETA 555 330 505 1390
M. HILL 140 140	185* T. AETA 555 330 505 1390	186* T. AETA 555 330 505 1390
M. HILL 140 140	187* T. AETA 555 330 505 1390	188* T. AETA 555 330 505 1390
M. HILL 140 140	189* T. AETA 555 330 505 1390	190* T. AETA 555 330 505 1390
M. HILL 140 140	191* T. AETA 555 330 505 1390	192* T. AETA 555 330 505 1390
M. HILL 140 140	193* T. AETA 555 330 505 1390	194* T. AETA 555 330 505 1390
M. HILL 140 140	195* T. AETA 555 330 505 1390	196* T. AETA 555 330 505 1390
M. HILL 140 140	197* T. AETA 555 330 505 1390	198* T. AETA 555 330 505 1390
M. HILL 140 140	199* T. AETA 555 330 505 1390	200* T. AETA 555 330 505 1390
M. HILL 140 140	201* T. AETA 555 330 505 1390	202* T. AETA 555 330 505 1390
M. HILL 140 140	203* T. AETA 555 330 505 1390	204* T. AETA 555 330 505 1390
M. HILL 140 140	205* T. AETA 555 330 505 1390	206* T. AETA 555 330 505 1390
M. HILL 140 140	207* T. AETA 555 330 505 1390	208* T. AETA 555 330 505 1390
M. HILL 140 140	209* T. AETA 555 330 505 1390	210* T. AETA 555 330 505 1390
M. HILL 140 140	211* T. AETA 555 330 505 1390	212* T. AETA 555 330 505 1390
M. HILL 140 140	213* T. AETA 555 330 505 1390	214* T. AETA 555 330 505 1390
M. HILL 140 140	215* T. AETA 555 330 505 1390	216* T. AETA 555 330 505 1390
M. HILL 140 140	217* T. AETA 555 330 505 1390	218* T. AETA 555 330 505 1390
M. HILL 140 140	219* T. AETA 555 330 505 1390	220* T. AETA 555 330 505 1390
M. HILL 140 140	221* T. AETA 555 330 505 1390	222* T. AETA 555 330 505 1390
M. HILL 140 140	223* T. AETA 555 330 505 1390	224* T. AETA 555 330 505 1390
M. HILL 140 140	225* T. AETA 555 330 505 1390	226* T. AETA 555 330 505 1390
M. HILL 140 140	227* T. AETA 555 330 505 1390	228* T. AETA 555 330 505 1390
M. HILL 140 140	229* T. AETA 555 330 505 1390	230* T. AETA 555 330 505 1390
M. HILL 140 140	231* T. AETA 555 330 505 1390	232* T. AETA 555 330 505 1390
M. HILL 140 140	233* T. AETA 555 330 505 1390	234* T. AETA 555 330 505 1390
M. HILL 140 140	235* T. AETA 555 330 505 1390	236* T. AETA 555 330 505 1390
M. HILL 140 140	237* T. AETA 555 330 505 1390	238* T. AETA 555 330 505 1390
M. HILL 140 140	239* T. AETA 555 330 505 1390	240* T. AETA 555 330 505 1390
M. HILL 140 140	241* T. AETA 555 330 505 1390	242* T. AETA 555 330 505 1390
M. HILL 140 140	243* T. AETA 555 330 505 1390	244* T. AETA 555 330 505 1390
M. HILL 140 140	245* T. AETA 555 330 505 1390	246* T. AETA 555 330 505 1390
M. HILL 140 140	247* T. AETA 555 330 505 1390	248* T. AETA 555 330 505 1390
M. HILL 140 140	249* T. AETA 555 330 505 1390	250* T. AETA 555 330 505 1390
M. HILL 140 140	251* T. AETA 555 330 505 1390	252* T. AETA 555 330 505 1390
M. HILL 140 140	253* T. AETA 555 330 505 1390	254* T. AETA 555 330 505 1390
M. HILL 140 140	255* T. AETA 555 330 505 1390	256* T. AETA 555 330 505 1390
M. HILL 140 140	257* T. AETA 555 330 505 1390	258* T. AETA 555 330 505 1390
M. HILL 140 140	259* T. AETA 555 330 505 1390	260* T. AETA 555 330 505 1390
M. HILL 140 140	261* T. AETA 555 330 505 1390	262* T. AETA 555 330 505 1390
M. HILL 140 140	263* T. AETA 555 330 505 1390	264* T. AETA 555 330 505 1390
M. HILL 140 140	265* T. AETA 555 330 505 1390	266* T. AETA 555 330 505 1390
M. HILL 140 140	267* T. AETA 555 330 505 1390	268* T. AETA 555 330 505 1390
M. HILL 140 140	269* T. AETA 555 330 505 1390	270* T. AETA 555 330 505 1390
M. HILL 140 140	271* T. AETA 555 330 505 1390	272* T. AETA 555 330 505 1390
M. HILL 140 140	273* T. AETA 555 330 505 1390	274* T. AETA 555 330 505 1390
M. HILL 140 140	275* T. AETA 555 330 505 1390	276* T. AETA 555 330 505 1390
M. HILL 140 140	277* T. AETA 555 330 505 1390	278* T. AETA 555 330 505 1390
M. HILL 140 140	279* T. AETA 555 330 505 1390	280* T. AETA 555 330 505 1390
M. HILL 140 140	281* T. AETA 555 330 505 1390	282* T. AETA 555 330 505 1390
M. HILL 140 140	283* T. AETA 555 330 505 1390	284* T. AETA 555 330 505 1390
M. HILL 140 140	285* T. AETA 555 330 505 1390	286* T. AETA 555 330 505 1390
M. HILL 140 140	287* T. AETA 555 330 505 1390	288* T. AETA 555 330 505 1390
M. HILL 140 140	289* T. AETA 555 330 505 1390	290* T. AETA 555 330 505 1390
M. HILL 140 140	291* T. AETA 555 330 505 1390	292* T. AETA 555 330 505 1390
M. HILL 140 140	293* T. AETA 555 330 505 1390	294* T. AETA 555 330 505 1390
M. HILL 140 140	295* T. AETA 555 330 505 1390	296* T. AETA 555 330 505 1390
M. HILL 140 140	297* T. AETA 555 330 505 1390	298* T. AETA 555 330 505 1390
M. HILL 140 140	299* T. AETA 555 330 505 1390	300* T. AETA 555 330 505 1390
M. HILL 140 140	301* T. AETA 555 330 505 1390	302* T. AETA 555 330 505 1390
M. HILL 140 140	303* T. AETA 555 330 505 1390	304* T. AETA 555 330 505 1390
M. HILL 140 140	305* T. AETA 555 330 505 1390	306* T. AETA 555 330 505 1390
M. HILL 140 140	307* T. AETA 555 330 505 1390	308* T. AETA 555 330 505 1390
M. HILL 140 140	309* T. AETA 555 330 505 1390	310* T. AETA 555 330 505 1390
M. HILL 140 140	311* T. AETA 555 330 505 1390	312* T. AETA 555 330 505 1390
M. HILL 140 140	313* T. AETA 555 330 505 1390	314* T. AETA 555 330 505 1390
M. HILL 140 140	315* T. AETA 555 330 505 1390	316* T. AETA 555 330 505 1390
M. HILL 140 140		

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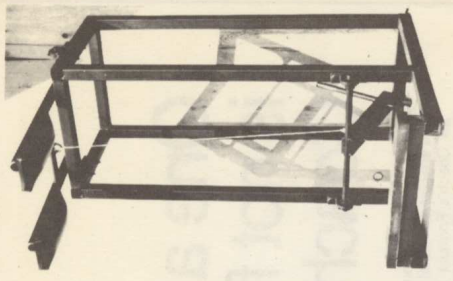
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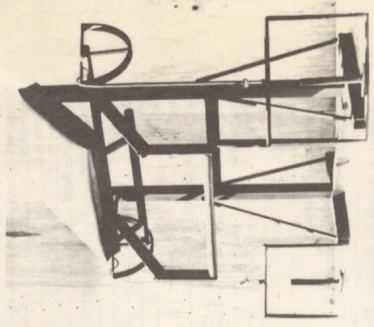
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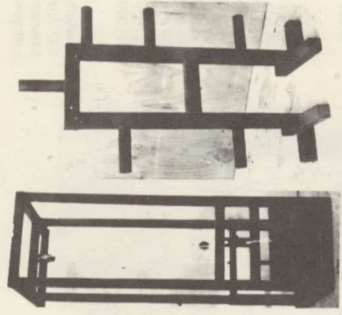
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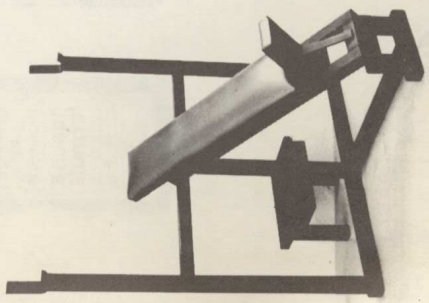
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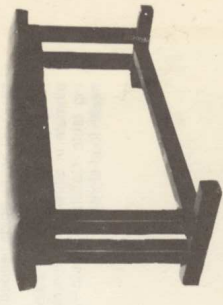


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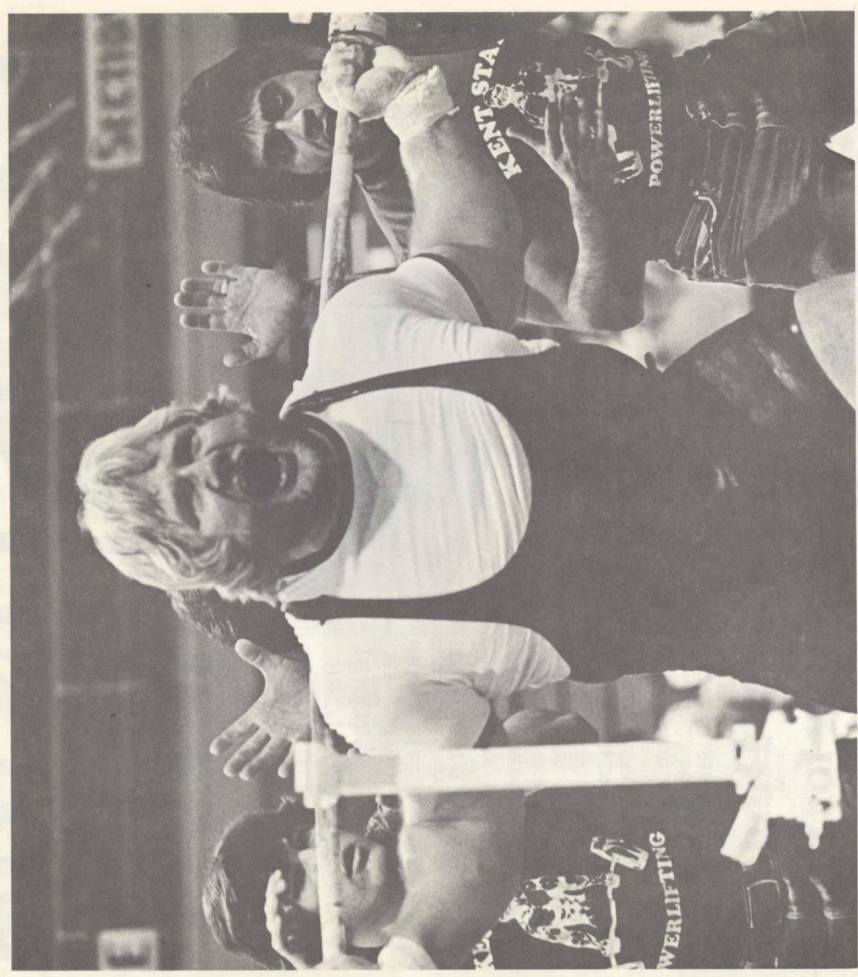
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DAVE WADDINGTON, shown here with his WR 968 Squat at the North Americans, will join the other top lifters from Sandusky, Ohio in an attempt to capture the Senior National team championship trophy in Madison. photo by John Strauss



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