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VOL.8

NO.3

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keep Jim McCarty
out of the Olympics?



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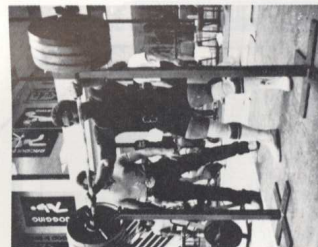
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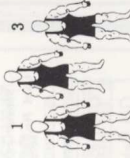


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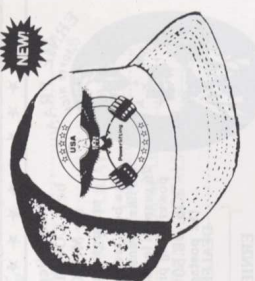
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ON THE COVER....Jim McCarty powers up with a squat
NEXT MONTH....a forum on the recently proposed and controversial 'Rounds System' of lifting competition.

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POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

The Triple Crown...not for horses only: JIM McCARTY...by Jeff Everson

Standing over the heavy barbell for his last clean and jerk in what he hoped would be his final and successful attempt to make the 1984 Olympic Weightlifting team, you might think that this was the most exciting time ever for 165 pound Jim McCarty. Not so.

In 1978, Jim had taken some time off and was on an overnight camping trip in the Midwest. Nothing unusual about that, but in the middle of the night, Jim felt a small sting of pain that awakened him briefly. He thought it must be a simple insect bite; no big deal. In the morning he woke and looked inside his bag and found a small, dead spider, which had been the biting culprit from the evening before. Again, no big deal.

Later in the day, Jim started feeling feverish. His face began to turn deep red as the heat inside his body became frighteningly high. Then his body broke out in red dots, and his hands, fingers and feet swelled up like balloons. He barely found the energy to make it to the hospital and by that time, his temperature had reached 106 degrees and his mouth and eyes were swollen shut, making speech and sight impossible. Jim was scared to say the least.

Turns out, that little old spider was the latest rage of entomologists, the deadly Brown Recluse. If you remember, scientists called the spider the Fiddler because of the violin-shaped pattern on its back, and it was found to be as poisonous as the more well known Black Widow.

Obviously Jimbo lived, but it wasn't easy. Before his allergic reaction, buffed by life saving medication, he had run his course, he had lost 18 pounds. He missed the Junior World Championships in Olympic lifting that year.

Jim McCarty may be the best all-around bodyman who ever lived. At the present time, he's double Elite, in both Powerlifting and Olympic lifting, and is homing in on a bodybuilding career, all at the tender age of 24!

In 1980, Jim was a virtual unknown as he entered the Junior National Powerlifting Championships. Oh, yeah, he'd won the 1980 National Collegiate already, but no one really paid much attention to him against the big boys entered in his meet. They should have. In the Collegiate, Jim went 523, 292, 556. In the Juniors, at the same 145 pounds bodyweight, Jim dunked with 545, benched 325, and made his opening deadlift with 545. At that point, he was 60 pounds out of first and no one was paying him any mind. He set back and watched as the others finished. He needed 606 pounds in the deadlift to win. Here was a guy who had only been powerlifting for little more than a year and was trying a weight good enough to win the Nationals. Jim pulled the 606 like a

ton bases their choices on comparative rankings of each lifter against the World Championships from the year before. Eaton's total would have placed him 10th in the world; McCarty's best would have been 11th. Everyone knows through that competition is more severe in the middle classes.

In 1979 the committee picked a person ahead of Jim for an International meet that Jim had beaten by 11 pounds in total. Jim says, "I have not been picked for three International meets because I'm also a powerlifter. This is my opinion, but has been substantiated by statements from high ranking officials who always ask me, 'Why waste your time powerlifting? Why are your arms and chest so big?'"

To his credit, Jim takes such baloney in stride and just goes out and lifts big weights, whether it's over his head or off his chest.

McCarty started training under the guiding hand of famed statistician, Herb Glosbrenner, in the Hoosier state of Indiana. Just a little while when he began, Jim found, however, he was blessed with blazing speed and the spring of a pogo stick (38 inch vertical jump). He started training in 1975 and at 15 years of age and 109 pounds dropping wet, and lifted 90 pounds in the snatch and 160 pounds in the jerk. In 1976, at the USA Olympic Trials, Jim placed fourth with 143 and 192 pounds.

In 1979, Jim bulked all the way up into the 132 pound division and was ranked number two in the nation with 226 pounds snatch and 281 pound jerk. Still, despite his success, Jim felt something was wrong. He just wasn't strong enough. When he started powerlifting in 1980, that changed.

By the time Jim got into strength



At the Seniors of Powerlifting, Jim prepares for a heavy deadlift pull. piece of cake. He asked for 640 pounds, a world record. Others thought, 'Who is this guy?'. Jim pulled the 640 over his knees. People named as an alternate to the team.

In the year 1980, lifting may have seen its greatest all around performance by a single individual in both Powerlifting and Olympic lifting. Besides the National Collegiate and the Juniors in Powerlifting, Jim won two more National lifting titles that year. After training but five weeks for the Junior National Olympic lifting championships, Jim put together a 253 snatch and 319 clean and jerk to win. A couple of months later, Jim won his first International meet, when, versus Canada, he made 270 and 330 at 149 pounds bodyweight.

McCarty, who descended from stubborn Irish stock, has always been a rebel in lifting. It's no secret that many of the powers-that-be in Olympic lifting don't cotton to Jim's Powerlifting. Jim himself feels that his wide interest in the strength game has worked to his disfavor on several occasions.

Take the Olympic trials for example. Jim's total of 661 in the 165 pound class was reportedly the sixth highest according to the Sinclair for-



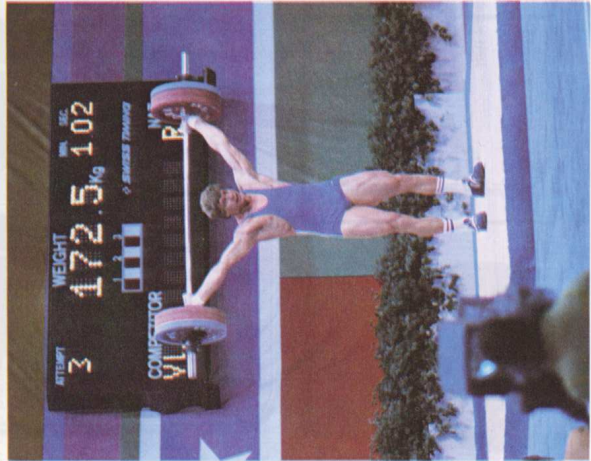
Back in 1976, Jim was just getting started. In this Howard Miller photo, Jim is kneeling at lower left, and behind him is his coach, Herb Glosbrenner.

ound snatch and 330 pound jerk. For an American, that was the highest total for the year. Here was a guy, only 22, who had the highest total over a year's time for an American in both Power and Olympic lifting!

At this juncture, Jim suffered several injuries to his knees, but still lifted onward and upward. At the Indiana States in '82, Jim made 606 and 844 squats in the deadlift. This exceeded the world record by six pounds. He did this at 149 pounds bodyweight, and actually had 666 pounds in the deadlift up to the top, but for this grip, he was missing 286 pounds in the snatch and 368 in the jerk at 160 pounds bodyweight; amazing accomplishments.

In 1982, Jim's patellas were pulsating, painful, and in patry shape. He took a layoff and planned a move to California. His goal was to rest, rest, and then return to the Olympic Games. Before he left though, he decided on a whim to enter the Powerlifting Seniors. Because of all the trouble he was under (planning the move, starting a mail order business, starting a gym, AND getting married), Jim couldn't get his weight up, so he tried to get back down to 148 pounds. He didn't quite make it though and had to lift in the 65s. Jungle Jim lifted 1660 pounds, but in doing so he re-injured his knee. Again, he took time off.

After getting situated, Jim put his efforts towards making the 1984 Olympic team. Part of his training



Did Powerlifting Keep McCarty Out of the Olympics?...it is a shame that Jim didn't get the opportunity to share the platform with such greats as Nicu Vlad of Romania, 196 lb. champ at the 1984 Olympic Games.

At the Seniors of Olympic Lifting, Jim pulls a heavy snatch. Klemens photo.

shall see a miniature blue-eyed, blonde-haired Conan who can deadlift over four times his bodyweight!

Jim McCarty's Triple Threat Training:

Day 1, Monday:
 Snatch, warmups, 253x3 singles, 270-290x1 from the floor with straps plus 1-2 from the ring up to 352x3x3
 Snatch pulls, 303x3 up to 352x3x3
 Power squats, 135x10, 225x10, 315x6, 405x3, 450, 500, 550, 575, 600 x1x1, 625x5
 1/2 Squats, 700-800x3 setsx5 reps.
Day 2, Tuesday:
 Bench presses, 135x8, 225x8, 275x3, 325x1... 370x, 400x2, 245x325 (pauses)
 Close grip benches, 4x3x330
 Pushdowns, 4x6-8
 Good mornings, 250x5, 300x5, 350x5, 400x1
Day 3, off
Day 4, Thursday:
 Power cleans, up to 352 for singles, 303x325x3x3
 Clean pulls, up to 450x3x3
 Push jerks off rack, up to 370 for singles, 303x2x3
 High bar squats, up to 550 for single to triples, 405x455x8
 Behind neck presses, 135x8, 185x5, 205x5, 225x5, 240x1, 260x1, 205x5
 Leg extensions/curls... 5x12-15
Day 5, off
Day 6, Saturday:
 Bench presses, up to 415-440 for singles touch and go, 330x340x2x8
 Incline, 5x3x305
 Sumo deadlifts, 135, 225, 315, 405, 495, 575, 625 all for 3, 670x3, 700x2, 725x1, 600x10
 Stiff legs off blocks, 3x8x500
 Shrugs, 405x3x8

When the 1984 Seniors of Olympic lifting came, Jim was still suffering from his knees and had 303 pounds in the snatch and 360 pounds in the jerk. He lost the title bodyweight, though, by 1/2 pound. He followed up at the Trials in Vegas with 286 pounds and 374 pounds in the snatch and jerk respectively. He cleaned 380, but missed the jerk.

At the age of 24, Jim McCarty has accomplished more than 99 percent of most lifters will in a lifetime. What can be possibly do for an encore? "Who knows," says Jim. "Bodybuilding is next." Jim also is heavily involved in selling weight equipment in Canoga Park, California and some modeling for commercial ventures. Perhaps, in the next few years, we

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Lance Stewart, a National Referee from Marshalltown, Iowa, feels a false impression was conveyed in a previous edition of POWERLIFTING USA regarding Francis Wilson's lifting at the National High School Championships. "I have never seen Francis take a 'token' attempt on any squat or deadlift; he always lifts to the best of his abilities. Certainly, he could lift more weight if he weren't limited by Muscular Dystrophy, but 'token' is not in his vocabulary."

POWER HOTLINE REPORT, twice each month we publish a newsletter, called POWER HOTLINE and send it out via air class mail. Its readers get the news of Powerlifting quicker and more often than any other published source on the sport. There's just some of what has been covered in the last couple of the IPF in the July 31 issue we had coverage of the IPF's response to the USPF, information by Steve Franzi's on IPF's September, November and plans of fast rising (655) 220 lb. benchmarker Paul Dicks, the news of Walter Thomas's Drug Free Nationals in Chicago, Tony Sites about his recent heart attack, IPF President Heino Vuerthaler's plans for the future, etc. In the August 15th issue, we mentioned possible bids for the 1988 Junior Nationals, how Mauro DiPasquale's new book on drug use and detection is doing, Mike MacDonald's recent bad luck on an extensive report on drug use at the Olympics, news on a new magazine on home gym's to come out soon, etc. To obtain your own First Class subscription to POWER HOTLINE, send a check for \$28 payable to Powerlifting USA, to Box 3238, Camarillo, CA 93011.

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ANABOLIC STEROID USE BY WOMEN ATHLETES

By William N. Taylor MD, Sports Medicine Editor

are not athletic, which are reported in the medical science and scientific literature. What would not be scientific and scientific theories on the subject. anecdotal information derived from personal interviews, clinical observations, diary information, longitudinal athletic performance changes and so on.

In order to place credence with anecdotal information, it is imperative to consider something about the persons who have gathered this information. My wife, Susan, has been instrumental in several aspects of this issue, for she had been a registered nurse for over a decade and she is knowledgeable about the use of anabolic steroids in these patients. She has completed six marathons and she is an active member of the American Medical Association. She has been an Official Drug Officer and part of the medical team at the 1984 Women's World Powerlifting Championships in which she helped supervise the International Olympic Committee's (IOC) protocol for the collection and testing of the participants. She has also been active in weight training, she has attended and judged bodybuilding contests for women, and she had attended several national and international sports medicine meetings where the experts have discussed anabolic hormone use. Therefore, she has read about, studied, conversed with and urine tested a variety of women athletes who have discussed some of their concerns about the rising incidence of anabolic hormone use among women athletes. As a result of these aforementioned acknowledgements, and with the hundreds of hours of discussions with me about her anecdotal findings and testimonies, especially regarding the psychological changes in the women athletes using the drugs, her opinions have proved to be invaluable to this topic.

The manner in which anabolic steroid use may afford advantages to a woman's athletic performance stem from both physiological and psychological mechanisms. These are summarized below:

- increased hemoglobin concentration and directly enhanced maximum aerobic capacity and endurance capacity;
- increased muscle mass formation in response to training which is over and above that of athletic training alone;
- tendency to allow for greater reduction in body fat percentage and increases in the lean body mass per pound ratio.

Beneficial Factors on Women's Athletic Performance
Since there have been no reported scientific studies on the beneficial effects which anabolic steroids may afford to women athletes, my discussion of this topic must be composed of the following sources of information:

- studies of the effects of anabolic steroids on women with various health disorders which are reported in the medical science literature;
- studies of the effects of anabolic steroids on normal women who

- tendency to cause an increased vascularity to the trained muscles;
- ability to hasten injury healing responses to tendons, muscles and bones, which directly affects the ability to train with greater intensity;
- probable protection against stress fractures;
- reduced post-training period catabolic responses which high intensity training causes.

Psychological Effects

- general "psychological high"
- increased desire to train and excel
- increased aggressive behavior
- increased tendency for hostility
- increased mental intensity and ability to concentrate
- increased pain tolerance
- increased inability to accept poor personal performance
- increased ability to set and achieve goals

Therefore, with so many potential real avenues to enhance the athletic capacity in women, and from a strictly benefit point of view, it is not difficult to understand why anabolic steroid use among women athletes is increasing.

Adverse Factors on the Health of Women Athletes

Any change that a particular drug causes in its user, which is not one of the desired effects, is usually considered an adverse effect. However, what is a desired effect or a tolerable change for one woman may be quite the opposite for another woman. For instance, anabolic steroids may cause a variety of changes in a woman athlete that have nothing to do with her athletic performance, but for any given woman, some of these changes may or may not be viewed as adverse. However, some of the changes which anabolic steroids can cause primarily in the appearance and psychological make-up of the women who use them would be considered adverse changes by most people.

To further confuse the issue of the adverse conditions associated with anabolic steroid use in women athletes, primarily in the changes in her appearance and psyche are the following concepts:

- many of the adverse effects are dose-related, time-related, both or neither;
- many of the adverse effects are reversible after the drugs are discontinued, but some of the changes are permanent;
- many of the adverse effects of the drugs occur while the woman is actively taking them;
- some of the adverse effects are seen only after the drugs are discontinued;
- some of the adverse effects seem to have an accumulative nature to them;
- the long term adverse physical effects on a woman who has used anabolic steroids extensively are not known;
- the long term adverse psychological changes may be the adverse condition of greatest concern.

The following tables contain many of the physical adverse conditions and the psychological and behavioral changes which can occur in a dose-related fashion in women athletes who use anabolic steroids.

Special Psychological and Psychosexual Considerations for Women Athletes Using Anabolic Steroids

Women athletes who use anabolic steroids to enhance their potentials definitely undergo some significant changes in their thought processes, observed psychological profiles, behavioral characteristics and psychosexual activities. It would be ignorant to really believe that these derivatives would not cause psychological changes along with the observed physical changes in women athletes. In fact, there seems to be a much more complex array of disturbances to the natural hormonal balance of women athletes who take anabolic steroids than in the men athletes who take them. These disturbances probably stem from factors revolving around the nature of a primarily estrogen-controlled system converted to a system which may be receiving ambivalent, bipolar or conflicting hormonal input signals.

In many tissues of the body, the steroid molecules are believed to "compete" for tissue receptors. In other tissues it is currently believed that there are specific receptors for these anabolic steroids. Once the steroid molecules bind to these receptors and other obvious psychological changes within the female mind is beyond even the comprehension of the most intuitive experts of our time. Even without accurate modern theory to explain them, and without any method to scientifically test or prove them, these psychological changes in many women athletes are real, and they may have devastating long-term results.

It has been suggested previously that the hormonal balance of humans is linked in some manner with their thought processes, psychological behavior and psychosexual behavior. It also seems from clinical observations that exogenous anabolic steroid use in women athletes, it tends

With the aforementioned comparison, it seems that the significant anabolic steroid use by women athletes may result in a long-term psychological nonrecognition of herself (or by society). Once the obvious irreversible changes in appearance occur in the woman athlete, there is a return to the prior steroid state. In other words, it tends

Table 1: ADVERSE PHYSICAL CONDITIONS OCCURRING IN WOMEN USING ANABOLIC STEROIDS

fluid retention	Partly Irreversible
facial hair growth	Clitoral enlargement
"flushed" face	facial pore enlargement
decreased breast size	only skin
non-scarring acne	
menstrual irregularities	

Table 2: PSYCHOLOGICAL AND BEHAVIORAL CHANGES OCCURRING IN WOMEN USING ANABOLIC STEROIDS

Sex Drive	increased	ON THE DRUGS	etation
Social pleasure	increased	temporarily decreased	short-tempered
self-esteem	increased	remains increased	mental intensity
energy level	increased	temporary decrease	
pain tolerance	increased	temporary decrease	
moods		depressive state	
		listlessness	
		suicidal thoughts	

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steroids which some women athletes could take at low doses and avoid many of the virilizing effects. However, there are no studies to support this concept. Currently, it seems that the competitive woman athlete who must face urine drug testing measures, is turning to the use of testosterone itself instead of the synthetic less virilizing anabolic steroids. This is due to the fact that it is more difficult to accurately detect the use of testosterone, or even with the newly implemented test for testosterone, its detection relies on a partially subjective ratio measurement. This ratio measurement is based on the normal ratio in the urine of testosterone and epitestosterone (a epimer metabolite of testosterone) is one to one. Therefore, it is proposed that any additional testosterone which the athlete takes will upset this balance, which can now be measured in the urine. It is difficult to determine how much confidence to place in this test, and for the 1984 Olympic Games, a ratio of six to one is the cut-off ratio. This means that an athlete can still use limited amounts of testosterone, even just prior to and during the Games and "pass" the urine test. In effect, urine testing in women has forced the women using the less virilizing anabolic steroids to now use the more virilizing testosterone! To circumvent this entire situation, many experts, including Olympic coaches and trainers, agree that the men and women athletes are using human growth hormone, and that the incidence is increasing.

to a one-way street for the woman athlete. It is very difficult for women with a beard, bass-like voice, acne, a virilized face and a highly muscular physique to currently fit in to the flow of society.

Since the definition of adulthood in the USA is an arbitrary one, and it is one which is assigned to the late teen-age years, and since synthetic less virilizing anabolic steroids in the USA have the privilege to determine which of the many choices they will choose, and since these young adults will choose some directions prior to being fully educated as to the route they are choosing, then we must continue to thrust forward with education. In most cases, an ounce of education is worth a pound of cure.

Table 1: ADVERSE PHYSICAL CONDITIONS OCCURRING IN WOMEN USING ANABOLIC STEROIDS

dark hair on face	IRREVERSIBLE
body hair growth	Depending on the dose
scalp hair loss	

Table 2: PSYCHOLOGICAL AND BEHAVIORAL CHANGES OCCURRING IN WOMEN USING ANABOLIC STEROIDS

probable overall increase	ULTIMATE EFFECTS
probable overall increase	
probable overall increase	
probable overall increase	
reflective self-denial	
introspective remorse	

The use of anabolic steroids in women athletes has never been studied by any formal investigation research group. However, there are current medical indications for the use of these male hormone derivatives in women with selected health disorders. Some of these disorders include:

- women with post-menopausal osteoporosis; this condition has recently been estimated to annualy cost the United States over 4 billion dollars to treat the women afflicted with this degenerative condition;
- women with various types of cancers to limit the catabolic responses due to the cancer and the treatment with radiation and chemotherapeutic drugs;
- women with endometriosis, which is a common cause of infertility and infection in young women;
- women with various types of anemia which do not respond to other therapeutic modalities;
- elderly women for maintaining muscle mass, strength and immune system functions;
- women with sexual frigidity or to potentiate the women's orgasmic response;
- women with various types of collagen vascular diseases such as rheumatoid arthritis, scleroderma and systemic lupus erythematosus;
- women afflicted with anorexia nervosa.

Therefore, it can be stated that in some cases for some women, that anabolic steroid usage has beneficial effects on their health.

Normally, the average woman has approximately 100 times less male hormone in their blood serum than does the average man. This tiny amount of male hormone which occurs naturally in women is secreted by the adrenal glands, which are all glands located essentially on the outer aspect of the kidneys. And, since the adrenal glands secrete a variety of hormones and other active molecules, especially in response to stress and exercise, the normal amount of male hormone in normal women may vary to a significant degree. Even in training women athletes, it is the relatively low muscular mass, strength, and red blood cell parameters in the blood.

The diagnosis of anabolic steroid use in women athletes will consist of the following topics:

1. Beneficial factors on women's athletic performance.
2. Adverse factors on the health of women athletes.
3. Special psychological and psychosexual considerations for women athletes.

Before these topics are presented it is important for the reader to accept this point: anabolic steroids and human growth hormone among women athletes is significant and increasing. Almost every area of sport, and even in some fitness-oriented women who do not compete in any sport, now has women who are using anabolic steroids for their belev-

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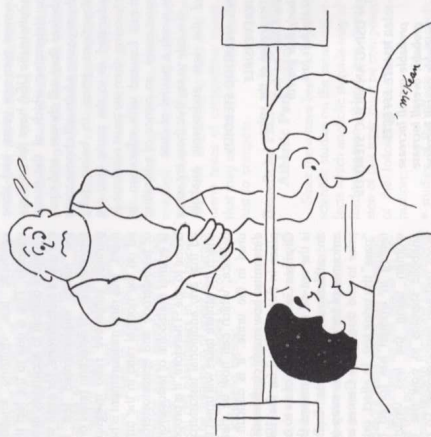
by Mike Fitzpatrick

In this proposed offseason training program, you lift on alternate days, e.g., Monday, Wednesday, Friday, and rest the other days. This is done to allow recuperation, a necessity if you are to progress. The program is comprised of two separate workouts: A and B, and they are to be performed as follows:

WEEK 1		WEEK 2	
Day	Workout	Day	Workout
Day 1	Workout A	Day 1	A
Day 2	Workout B	Day 2	B
Day 3	Workout A	Day 3	B

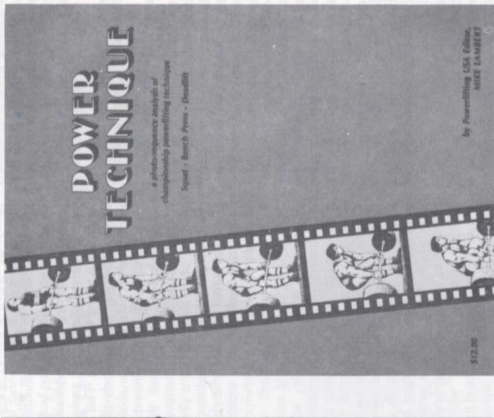
The lifter continues week after week alternating the workouts as explained previously. The exercises used and the sets and reps are:

WORKOUT A		WORKOUT B	
Exercise	Reps	Exercise	Reps
Squat	8	Bench Press	8
Leg Extension	8	Flies	8
Leg Curl	10	Deadlift	8
Press Behind Neck	8	Bent Row	8
Side Laterals	8	Pull-down	8
Barbell Curl	8	Lying Tricep Extension	8
DB Curl	8	Tricep Pushdown	8
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Calf Raise	12	Ab Work	3
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I trust that everyone enjoyed last month's column. Yeah, what we need is more truth in Powerlifting, and it's a shame that we have to take the time to separate truth from commercial bias. Unfortunately, like every other area of endeavor, athletes offers the enterprising individual plenty of opportunity to scam lots of bucks, courtesy of the athlete's naivete. You would think that anyone who is willing to take the time to sit down, spend hours devising what they think will be an effective training program, pour over training diaries to review past trends, eat in a strict and controlled manner, and then actually to into the gym and bust but for hours on end, would take the time to do a bit of research or reading to ascertain the effectiveness of the various training and nutritional aids offered to them. It never fails to surprise me that many top level athletes, and believe me, powerlifters, bodybuilders and olympic lifters seem more prone to this than any other group of gladiators; successful in their fields and well educated, never grasp the Big Picture, and spend a small fortune on worthless items. Worse, they continue to abuse their pocket-books month after month, waiting for the promises to be delivered by the latest and greatest training discovery. I'm reminded of all this because I just spent a few hours in the company of the Cincinnati Bengals. The Bengals are a bit unusual in comparison to many NFL teams; the management is a bit more involved with the overall health and well being of their players. They take a preternal stance when it comes to the many moral issues that often blacken the eye of professional sport, and they have been making a sincere effort for many years to educate their people on the value of proper nutrition and weight training. I met a few players new to the game. Mike Obrovac is an offensive lineman who is, as my friend with the team said, "skinny at 280 pounds". Here with hands the size of frying pans, yet it was true. Despite an obviously high degree of muscular development, 280 pounds worth in fact, he was lean and almost slender. Yeah, 6 ft, 6 in., is a lot of vertical space to fill out, but skinny? Pete Koch, their top draft choice from Maryland (and a Long Island Boy to boot), also looked like he could hold more weight, but he was in the 260 range, but looked lean as could be.

I've mentioned in previous columns that lots of powerlifters like to harp on the fact that they can bench press more than the local pro football powerhouse, which means little because the gragger doesn't paid to bench press, but rather to kick someone's butt in 9 or better. Still, these men, or many of them anyway, could teach the powerlifting community an important lesson. Pro camp is hell; the running, lifting, hitting and drilling, asking the athlete to really expend his body's resources. Football at that level is tough too, because it's a game of brutality, smacking and punching and gouging

More From Ken Leistner



Dr. Ken with 1000 lb. squatter Lee Moran at the Seniors. Kathy Tuite photo.

that all of these big guys who don't have the stamina to run 30 yards without buckling up, who haven't been on a football field since high school, who aren't really "tough" guys despite their great power (a real requisite for the game of football on the pro level) would take the hint and stick to squats, bench presses and deadlifts.

I received a telephone call from a gentleman who informed me that he was going to arrange for contracts with the pros for a number of excellent lifters. I always want to see everyone cash in on their dream, but this bordered on the absurd because he was talking about some guys who had never played football. "The most important thing about playing football," I said, "is to know how to play football; something you can't do too well unless you actually play". I was told that their great powerlifting strength would make up for this. "Well..." I continued, "I know that (so and so), despite his great lifting in the Seniors every year, isn't really very strong. He does well because his leverage allows him to move the bar very short distances in all of the lifts. I was again told that strength would prevail. "Before I hang up," I said in exasperation, "don't insult my intelligence by telling me that a lifter well under 200 pounds is going to

play pro ball, especially without a football background. The stuff only happens in the movies." I was again told that the man's big lift to convert into great lifting back abilities. Hey guys, let's wake up to the fact that our very best lifters are the bar in these very competitive events, and it is possible to get really efficient at doing just that, but this guy wastes neither professional athletic ability, nor the ability to exert great power when moving the bar in other movements. Being 250 pounds and strong won't get you the pro's, and, if all of the gym lifts we hear about are even half true, won't we hear when I tell you that the lifting community is seen as being more arrogant than even the track people with their attitude that "my special ability" will get me to the pros despite the lack of everything else needed for that game.

The Bengals who do train with weights, and their participation is higher than most teams, train hard, briefly, and use a rather limited number of exercises and sets. They prove the adage that hard work done at the highest levels of intensity, in limited amounts, leaving plenty of time for rest and recuperation, is the most efficient way to get strong, not only for football, but for any sport. When you have five or six linemen who can lift as much as most top lifting competitors in proportion to their height and weight, and who can then utilize that strength in a number of athletic ways, who carry relatively little bodyfat at weights in excess of 265, and who are generally healthier than the average lifter, who is often suffering the effect of too much drug/diuretic use and/or not enough aerobic work, then it's time to consider the incorporation of some of their attitudes and approach if not their actual exercises and dietary practices. Diet too comes down to the basics. As I first stated in this column, the muscle oriented community seems to be more prone to book for magical ways and means to build muscle and power, forgetting that most of us would benefit best from eating two to four meals per day, made up of lots of complex carbohydrates, moderate amounts of protein, and low amounts of fat. Again, no secrets to this, except eating well balanced meals, controlling caloric consumption to dictate bodyweight gains and losses, getting lots of variety to insure the intake of the full spectrum of nutrients, and taking the long range view that dietary habits will have a definite effect on the quality and length of life sounds very unglamorous and non-mysterious, and certainly won't make money for anyone, but it's the best way to go.

Believe it or not, this particular column brings you more "secrets" and the type of training advice that will bring you long range success and long lasting results, but you know what, I couldn't sell that to most of you. Until next month, train hard, train briefly, get lots of rest, and eat soundly and well.

Women's Corner

Hello Ladies and Gents. With the fall season here and summer fading fast, I think of two things: the beginning of a new football season (I'm a Steeler fan) and the beginning of a new powerlifting season. This applies more to the women lifters than the men since our Nationals are held in January instead of July. With only four months between now and the Nationals, I thought I'd pass on what I know about the meet. Sue Elwyn and Michelle Greenspan are the meet directors, and they have selected the Boston Park Plaza for the meet site. The room rates are \$68 per single, \$78 per double, and \$10 more for each extra body in the room. I suggest you make reservations as early as possible and, also, plan to leave on Monday rather than Sunday evening, as Michelle and Sue have scheduled a banquet to be held after the lifting on Sunday. Usually, the banquets are the only time and place you have to get to know some of the other lifters and socialize. One of the best things being done with this year's meet is the lowering of the admission rate for the spectators. In past years we have been able to lift before only a handful of people, and the ticket prices may have been the reason why. In 1985 it will cost \$4 a day, definitely much more reasonable. Entry fees are \$15 per lifter and \$25 per team. Hope to see many of you there.

I don't know about you, but I spent two weeks glued to my TV set, watching our Olympic athletes compete and win a record number of medals. Seeking them makes me very impatient about what seems to be the small space our sport is taking to get into the Games. We athletes may have to take responsibility for this and go about doing it on our own. I don't care what anyone says, I still believe it is possible.

As we all know, there is a terrible shortage of qualified coaches for women. A large percentage of women lifters end up with either a husband, boyfriend, or father as their instructor. If the man has been training longer than you, chances are they will want to be active in your career. For those of you that have worked this out, my hat is off to you, for there are many more out there who can not work it out. Jealousy can cause a lot of guilt for some women. They may have risen to the top or near the top in a short period of time, while their companion is still in the Class II arena. We women often have more trouble handling our success than we do handling our failures. We might feel bad if we bring home first place, while he brings in a third or fourth. After all, weren't we taught from the beginning that a

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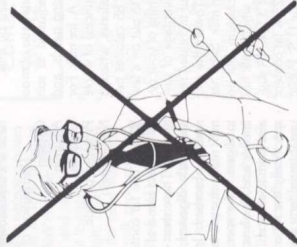
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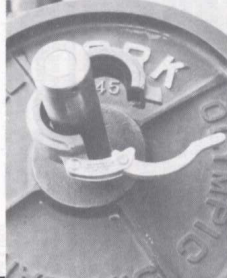
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The Referee's Corner

The sport of powerlifting has become extremely popular during the past few years, and as a result, we have experienced a phenomenal growth rate. As the sport continues to expand throughout the country, more officials and lifters are becoming involved in controversies regarding the existing rules governing the sport. In almost any meet, the same, familiar misinterpretations are occurring and people are finding it difficult to agree on what is really meant by what is written in the rule book. This column has been approved by the USA F. and will hereafter serve as the official interpretation of all U.S.F.F. rules which are currently in effect.

Question: Should the judging at a local meet be on a parity with National and International events?

Answer: Judging should be consistent at all powerlifting meets. Realistic, in-lift speaking, however, judging will vary from meet to meet, because it involves a subjective analysis of a lifter's ability to perform a lift without committing any disqualifying errors. The more experience a referee acquires, the more capable he should become in detecting errors. With the implementation of the practical exam for National Referees, judging will be more consistent throughout the country.

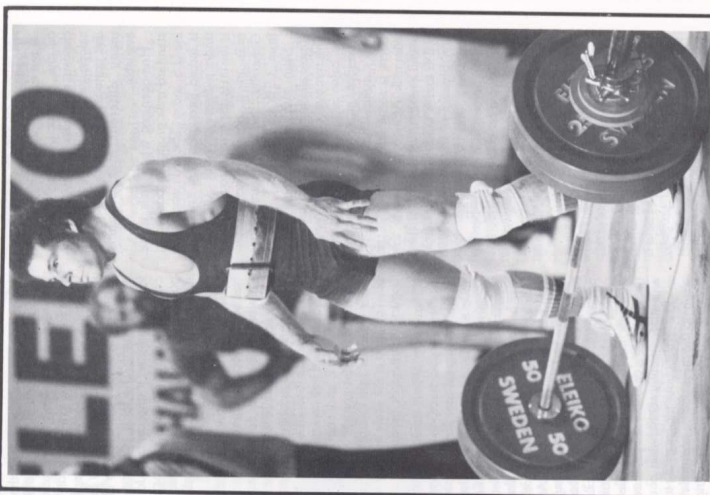
The basic rules for the satisfactory performance of each lift, and the disqualifying factors affecting the lifts are clearly defined in the I.P.F. rulebook. If a lifter accomplishes a lift as it is described and does not commit any of the disqualifying offenses, he will receive white lights from the evaluating referees. It is not within the authority of any referee to deviate from this policy. When referees take it upon themselves to "set standards" for a particular meet based upon the experience and ability of the lifter, they violate the authority that is entrusted to them, and they do a disservice to the lifter, themselves, and the sport of powerlifting. In addition, they encourage improper technique thereby inhibiting proper growth and development in the fledgling lifter. Eventually, this variation in judging causes referees to be type classified as either "liberal" or "strict" when they should all be under the same classification of accurate, fair and impartial. Inconsistent judging is unfair and it encourages lifters to "shop" for meets where they can find officials who will pass their unacceptable lifts. It is incumbent upon each athlete to have a comprehensive understanding of the rules of Powerlifting, and to train properly in order to compete and win fairly. It is equally incumbent upon every official to be capable of identifying in evaluating the technical aspects of each lift and to be capable of proficient in disqualifying factors.

Question: What type of shoes is a lifter permitted to wear while competing in a meet?

Answer: Lifting shoes or boots are permissible as long as the heel does not extend laterally beyond the shoe sides directly above the heel. Shoes include boots, trainers, gymnastic slippers, or any other foot covering that has a patterned molding or foot type outline that provides an inner sole. Most running shoes will not be accepted because of the flared heel that extends laterally beyond the upper portion of the shoe. In making a determination on the legality of a flared heel, referees should place the shoe on a table and use a 90 degree square next to the heel to see if it conforms with standards. Shoes with metal cleats or spikes are strictly prohibited. (Note from Dr. Conrad Cotter is that the I.P.F. Technical Committee has unanimously approved the item regarding cleats and spikes, and it is expected to become a part of the rules following the I.P.F. Congress in November, and referees are encouraged to begin enforcing it now.)

Please address all correspondence regarding this column to: BILL HARTMANN, 138 S. Valencia 'G', Glendora, CA 92740

INSPIRATION by Frank Caramico...this piece is not intended for the champion powerlifter, but for the gym rat, the man who has to bust his gut for a 300 pound bench press. The message is...do not quit! I have been training for nineteen years. I am 32 years old, 6 ft. 3 in. tall and weigh between 235-240 pounds. I am just now within twenty pounds of a Class III total in Powerlifting. I know what it is like to enter a meet and have the first place lifter have your total beaten without even taking a deadlift. Lifters like you have to work for the personal glory of the sport; to try to improve within ourselves and not worry about dreaming of the championships that will always elude us. Lifters like us do not have the talent or God-given ability to reach the top of our sport even at the local level, but we must go on. We must champion our own cause, celebrate our five pound increase in total as if it were a national championship; be proud of our accomplishments even when we have sweated, strained, ached and worked ourselves as hard as the champions of the sport. So we should hold our heads high and continue on. To give up because we do not have a trophy winning is possible is to just throw away all the years of toil that we have put into the sport. Continue on, have heart, work hard, find some young people to teach. Our sport has shown us discipline, courage and humility, all very fine qualities. Be proud of what you have done; hold your head high and walk with dignity, YOU HAVE EARNED IT!



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TOP 100

for USA lifters competing from Aug 1983 through Jul 1984

LIGHTWEIGHTS (148 3/4 lb./67.5 kg.)

	DEADLIFT	SQUAT	BENCH PRESS	TOTAL
1	633 Wahl, B 11/10/83	633 Wahl, B 11/10/83	400 Bullock, D 11/21/83	1699 Austin, D 7/7/84
2	611 Finch, J 7/7/84	611 Finch, J 7/7/84	390 Demayo, A 10/22/83	625 Allen, D 2/18/84
3	606 Alexander, A 6/2/84	606 Alexander, A 6/2/84	390 Demayo, A 10/22/83	1543 Finch, J 10/1/83
4	578 Hartz, L 3/3/84	578 Hartz, L 3/3/84	375 Altom, R 6/29/83	1537 Alexander, A 6/2/84
5	575 Handson, C 4/28/84	575 Handson, C 4/28/84	370 Lugo, F 3/14/84	1530 Fausander, C 10/2/84
6	565 Oshige, T 4/18/84	565 Oshige, T 4/18/84	369 Hayashi, F 9/20/83	1520 Fausander, C 10/2/84
7	556 Ruetigler, F 12/17/83	556 Ruetigler, F 12/17/83	369 Austin, D 9/7/84	1471 Bridges, R 9/24/83
8	556 Wofarska, C 3/3/84	556 Wofarska, C 3/3/84	365 Schachte, C 4/28/84	1460 Dyles, T 2/11/84
9	556 Rodriguez, J 3/17/84	556 Rodriguez, J 3/17/84	363 Tsutsui, R 2/18/84	1444 Glenn, D 6/2/84
10	556 Lawson, J 6/20/83	556 Lawson, J 6/20/83	358 McCarly, R 8/6/84	1432 Ruetigler, F 12/17/83
11	551 Glenn, D 6/2/84	551 Glenn, D 6/2/84	358 Alexander, A 7/7/84	1432 Miniz, L 2/14/84
12	551 Glenn, D 6/2/84	551 Glenn, D 6/2/84	357 Farris, V 7/28/84	1416 Kowalskie, T 6/2/84
13	550 Dyles, J 2/11/84	550 Dyles, J 2/11/84	352 Martin, B 1/15/83	1372 Lami, V 7/28/84
14	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
15	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
16	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
17	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
18	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
19	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
20	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
21	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
22	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
23	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
24	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
25	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
26	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
27	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
28	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
29	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
30	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
31	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
32	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
33	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
34	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
35	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
36	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
37	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
38	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
39	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
40	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
41	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
42	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
43	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
44	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
45	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
46	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
47	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
48	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
49	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84
50	545 Ryan, J 1/28/84	545 Ryan, J 1/28/84	350 Simmons, A 8/13/83	1405 Okubo, G 4/20/84

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Wayne Bouvier

Class II Championships

2, 3, June 84 - Ashboro, NC

WOMEN (FORMULA)	SO	BP	DL	Total
Carol Gasky-bl	215	95	280	590
Susan Allen	260	100	275	635
Susan Allen	260	100	275	635
Jan Powell	215	115	260	610
Michelle Schrest	425	265	440	1130
Martha Monroe	350	250	425	1025
Mike Dixon	390	270	410	1070
Donna White	405	205	440	1050
Judy Moses	175	100	205	480
Angela Lamar	180	80	190	450
Martha Monroe	135	80	210	425
MASTERS (FORMULA)				
Fletcher Elliott-bl	460	270	475	1205
Mark Byrd	470	270	475	1215
Tom Cable	550	340	550	1440
Tom Cable	550	340	550	1440
Ron Murphy	500	315	525	1340
Roger Pritchard	375	225	420	1020
Julian Clemenger	350	175	485	1010
CLASS II OPEN				
T. Bumgardner-bl	335	220	350	905
Bill Diakwell	310	185	320	815
Greg Fox	265	115	250	630
D. O'Donnell	550	275	550	1375
L. Ferrar	465	300	500	1265
Mike Johnson	440	320	475	1235
Barry Bingham	470	235	580	1285
Len Sellers	475	240	540	1255
Chris Urban	490	285	475	1250

Men	SO	BP	DL	Total
Rick Miller	550	360	575	1485
Ron Johnson	605	320	530	1455
Tom Uggale	695	320	600	1615
Buddy Nash	560	335	550	1445
Jed Ball	590	375	550	1515
Bill Camp	530	375	550	1455
Buddy Nash	520	335	505	1360
Kim Ferguson	560	325	585	1470
Roy Jones	475	320	550	1345
SHW	440	340	550	1330
SHW	440	340	550	1330
Wen Edgerton	590	340	660	1590
Ken Christie	600	275	525	1405
Bob Moore	510	315	500	1325
Bob Moore	510	315	500	1325

Thanks to Charles Beane for results. Sponsored by Nautilus Fitness Ctr. Thanks to all those who helped.

State Correctional Institution meet

6/30/84 - Graterford, Pa

	SO	BP	DL	Total
Carl Mosley	250	150	325	725
John Lopes	285	185	300	670
John Lopes	285	185	300	670
Don Carter	500	300	480	1280
Don Middleton	500	300	515	1315
Fred Kenyon	505	270	505	1280
John Manning	380	270	425	1075
John Manning	380	270	425	1075
John Marrero	375	225	405	1005
181				
David Fedel	575	300	575	1450
Gerald Bredeen	500	300	600	1400
Angel Matos	425	275	485	1185
David Feaster	385	240	450	1075
Tom Hillard	675	400	700	1775
Ed Schuck	600	330	675	1605
Ben Palmer	650	375	570	1595
Ben Palmer	650	375	570	1595
Mario Inabiani	500	360	530	1490
David Pride	475	285	530	1290
R. Bredeen	415	320	550	1285
220				
220				
Preston Ryan	600	435	640	1675
David Drabalki	385	345	575	1305
David Abrahamson	420	650	600	1775
John Harris	500	310	535	1345
John Reza	500	310	535	1345
275				
Ed Riley	650	400	700	1690
Ed Riley	650	400	700	1690
SHW	475	330	605	1410
Revell Cook	550	325	605	1475

10 lifters were from outside; all squats were like the previous meet. Thanks to Jim Messer, James Caputo, Brad Harris, meet director, Power Spunto, activities director. Thanks to Jim Messer for results.

High Desert Bench Press Contest

5/84 - Oregon

WOMEN-OPEN	SO	BP	DL	Total
M. Roberts	100	220	220	540
T. Brown	135	275	275	685
T. Graves	100	A. Bond	315	315
SHW	155	242	360	757
S. Malar	155	B. Hayesw	400	555
T. Dickinson	95	275	310	680
MEN-NOVICE				
114				
114				
132				
S. Scudlock	135	G. Wise	310	445
148				
C. Kowarth	235	R. Altonzo	275	510
R. Novak	180	J. Payne	375	555
165				
D. Graddock	300	M. Ferris	330	630
P. Centilaro	198	J. Miller	330	528
P. C. Casey	230	P. Christianson	310	540
181				
S. Berge	320	J. Harms	455	775
198				
D. Heinz	285	A. Pakkonen	440	725
L. Ellis	340	A. Stanton	380	720
D. Tugawa	310	P. Rockefeller	385	695

Terry Simons from Kennedy's Gym who normally lifts in the 220 lb class put on a bench press exhibition and did 3 reps with 300 lbs recently. Thanks to Vincent Eldridge for results, of outstanding lifter.

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CLUB MEMBERSHIP APPLICATION

TO THE REGISTRATION COMMITTEE CHAIRMAN OF THE UNITED STATES
POWERLIFTING FEDERATION:

THE (NAME OF CLUB) HEREBY MAKES APPLICATION FOR
MEMBERSHIP IN THE INFORMATION REQUIRED TO ACCOMPANY
APPLICATION BEING SUPPLIED BELOW. YOU WILL FIND ENCLOSED \$25.00
(Twenty-Five) PAYABLE TO U.S.P.F., TO COVER THE AMOUNT OF THE DUES
FOR THE CURRENT YEAR.

ADDRESS OF THE CLUB

Street _____ CITY _____ STATE _____ ZIP CODE _____

DATE OF ORGANIZATION _____

NAMES AND ADDRESSES OF OFFICERS OF THE CLUB

NUMBER OF U.S.P.F. MEMBERS AS OF DATE OF THIS APPLICATION _____

(SIGNATURE OF CLUB SECRETARY)

IF APPROVED, HEREBY AGREES TO ABIDE BY THE
BY-LAWS OF THE UNITED STATES POWERLIFTING FEDERATION AND RESPECT
THE DECISIONS OF THE EXECUTIVE COMMITTEE AND REGISTRATION COMMITTEE OF
THE U.S.P.F.

Question & Answer

This month, training questions are answered again by Roger Estep, 1979 Sr. National Champion and World Record breaker in the 198 lb. class. If you have a training question, send it to **QUESTION & ANSWER, 1413 Holgate Dr. Anaheim, CA 92802.**

Dear Roger: Could you please tell your experiences regarding knee and shoulder trouble you may have encountered in your lifting career and how did you remedy them. Thank you very much. **Mike Fitzpatrick**

Dear Mike: I will guess that 100% of all top powerlifters have had joint problems sometime in their career. Every one of them probably has their own method of treatment, which would depend on the individual and his pain threshold, but there are some basic rules to follow.

If you have an injury that gives you severe pain, limit your range of motion in the joint. I would suggest that you see a physician that specializes in sports medicine. You should explain to him that you are a competitive lifter and have an injury coming up in a short time and want to get back to training as soon as possible.

For the general everyday aches and pains of joints you will find that stretching out before the workout will help relieve the discomfort. This will also help prevent any further injury. If you have an injury that is starting to effect your lifting and don't feel it's severe enough to see a doctor, then you might want to try some basic physical therapy. There are two methods for rules to follow. The first applies before the workout. You should warm up the area as much as possible.

Midwest Drug Free Open (ADFFA)

23/24 June 84 - Rice Lake, Wis

TEEN	SQ	BP	DL	Total	Tom Don	470	235	505	1210
114	235	165	330	730	Justin Weiberg	505	285	505	1295
115	215	160	280	655	Mike Tocko	485	245	500	1230
116	200	115	260	575	Tom Don	470	235	505	1210
117	200	115	260	575	Tim Buranik	440	255	430	1025
118	181	135	240	556	J. Schroeder	535	335	580	1450
119	175	130	230	535	Tom Gregor	475	300	550	1325
120	175	130	230	535	John Hager	475	300	550	1325
121	175	130	230	535	Kevin Bay	400	260	500	1160
122	175	130	230	535	Walt Miner-ml	425	230	450	1105
123	175	130	230	535	242	425	335	595	1405
124	175	130	230	535	Rick Marke	520	340	540	1400
125	175	130	230	535	E. Krakiewicz-ml	355	240	355	950
126	175	130	230	535	Jim Stein-gl	630	460	570	1660
127	175	130	230	535	Jeff Moon	630	370	720	1720
128	175	130	230	535	Raymond Bruch	540	350	535	1425
129	175	130	230	535	R. Sadowski	600	265	565	1430
130	175	130	230	535	Joe Gallian	415	245	415	1075
131	175	130	230	535	Joe Gallian	415	245	415	1075
132	175	130	230	535	Joe Gallian	415	245	415	1075
133	175	130	230	535	Joe Gallian	415	245	415	1075
134	175	130	230	535	Joe Gallian	415	245	415	1075
135	175	130	230	535	Joe Gallian	415	245	415	1075
136	175	130	230	535	Joe Gallian	415	245	415	1075
137	175	130	230	535	Joe Gallian	415	245	415	1075
138	175	130	230	535	Joe Gallian	415	245	415	1075
139	175	130	230	535	Joe Gallian	415	245	415	1075
140	175	130	230	535	Joe Gallian	415	245	415	1075
141	175	130	230	535	Joe Gallian	415	245	415	1075
142	175	130	230	535	Joe Gallian	415	245	415	1075
143	175	130	230	535	Joe Gallian	415	245	415	1075
144	175	130	230	535	Joe Gallian	415	245	415	1075
145	175	130	230	535	Joe Gallian	415	245	415	1075
146	175	130	230	535	Joe Gallian	415	245	415	1075
147	175	130	230	535	Joe Gallian	415	245	415	1075
148	175	130	230	535	Joe Gallian	415	245	415	1075
149	175	130	230	535	Joe Gallian	415	245	415	1075
150	175	130	230	535	Joe Gallian	415	245	415	1075

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DRUG FREE TOP 20/275

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from June 1, 1983 to July 31, 1984. Please send a copy of all ADFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.

SQUAT		BENCH		DEADLIFT		TOTAL	
1	2	1	2	1	2	1	2
777 J. Kuc 7/22/84	755 J. Kuc 7/22/84	755 J. Kuc 7/22/84	205	142.5	217.5	565	
744 D. Miller 7/22/84	452 M. Miller 7/22/84	452 M. Miller 7/22/84	295	190	295	780	
738 M. Peak 7/22/84	716 L. Shepard 3/31/84	716 L. Shepard 3/31/84	275	142.5	242.5	667.5	
441 J. Kuc 7/22/84	441 J. Kuc 7/22/84	441 J. Kuc 7/22/84	192.5	132.5	242.5	577.5	
694 L. Garitano 7/31/83	683 D. Miller 7/22/84	683 D. Miller 7/22/84	185	120	227.5	532.5	
678 L. Grasse 7/22/84	673 B. Gillespie 7/31/83	673 B. Gillespie 7/31/83	167.5	87.5	182.5	427.5	
656 T. Giordani 7/22/84	656 T. Giordani 7/22/84	656 T. Giordani 7/22/84	267.5	152.5	290	705	
660 K. Toth 10/22/83	650 D. Markle 12/11/83	650 D. Markle 12/11/83	250	172.5	260	662.5	
650 L. Garro 4/14/84	640 R. Pranner 4/14/84	640 R. Pranner 4/14/84	210	172.5	265	647.5	
640 V. Handson 4/14/84	635 L. Mellillo 11/20/83	635 L. Mellillo 11/20/83	210	147.5	250	607.5	
635 L. Mellillo 11/20/83	634 M. Peak 5/6/84	634 M. Peak 5/6/84	210	147.5	250	607.5	
635 L. Mellillo 11/20/83	615 L. Garro 4/14/84	615 L. Garro 4/14/84	210	147.5	250	607.5	
391 S. Grill 7/22/84	606 J. McNeil 5/5/84	606 J. McNeil 5/5/84	210	147.5	250	607.5	
623 B. Gillespie 7/31/83	605 K. Toth 10/22/83	605 K. Toth 10/22/83	210	147.5	250	607.5	
386 D. Silas 4/11/84	601 R. Sadowski 5/6/84	601 R. Sadowski 5/6/84	210	147.5	250	607.5	
615 D. Salsouma 4/28/84	600 V. Handson 4/14/84	600 V. Handson 4/14/84	210	147.5	250	607.5	
615 D. Salsouma 4/28/84	596 G. Lafance 3/18/84	596 G. Lafance 3/18/84	210	147.5	250	607.5	
601 J. Severino 2/18/84	596 G. Lafance 3/18/84	596 G. Lafance 3/18/84	210	147.5	250	607.5	
585 K. Albern 3/18/84	575 G. Lafance 3/18/84	575 G. Lafance 3/18/84	210	147.5	250	607.5	

Pomona Police/Fire/Women's/Open 4/29/84 - Pomona, CA (kl06)

WOMEN	SR DIV	OPN DIV	OPN DIV	OPN DIV
K. Reagan(52)	85	45	112.5	242.5
D. Robinson(56)	82	40	92.5	212.5
S. Williams(57)	82.5	37.5	87.5	202.5
G. Griffith(67.5)	97.5	47.5	110	255
POLICE/FIRE DIV				
Bill McElwain	205	145	240	590
Dan Reynolds	192.5	142.5	230	570
90kg DIV				
Ted Mosbacher	295	167.5	295	762
Chuck Wheeler	255	155	247.5	657.5
Jerry Wright	200	145	240	577.5
100kg DIV				
Mark Ohta	230	137.5	222.5	542.5
100kg DIV				
Gojo Zangas	267.5	152.5	290	705
John Miller	250	172.5	260	662.5
John Glover	210	147.5	265	647.5
Vic Grier	210	147.5	265	647.5
Ray Baster	210	147.5	265	647.5
Ron Krack	127.5	117.5	182.5	420
100kg DIV				
Andrew Shaffer	262.5	182.5	327.5	762.5
Dan Martin	230	140	260	630
SR DIV				
75kg	205	142.5	217.5	565
80kg	149	97.5	156.5	403
85kg	132.5	87.5	142.5	362.5
90kg	122.5	77.5	132.5	332.5
95kg	112.5	67.5	122.5	302.5
100kg	102.5	57.5	112.5	272.5
105kg	92.5	47.5	102.5	232.5
110kg	82.5	37.5	92.5	192.5
115kg	72.5	27.5	82.5	152.5
120kg	62.5	17.5	72.5	112.5
125kg	52.5	7.5	62.5	72.5
130kg	42.5	-	52.5	32.5
135kg	32.5	-	42.5	-
140kg	22.5	-	32.5	-
145kg	12.5	-	22.5	-
150kg	2.5	-	12.5	-

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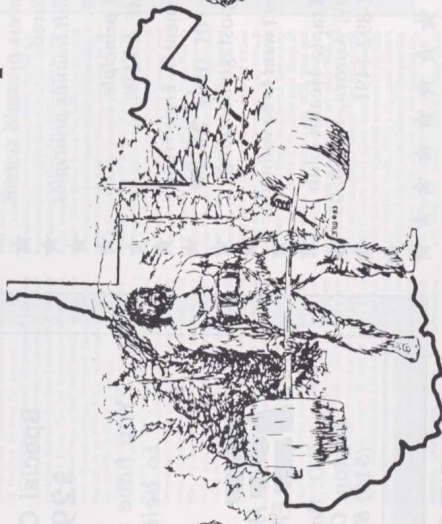
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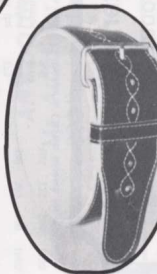
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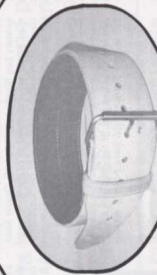
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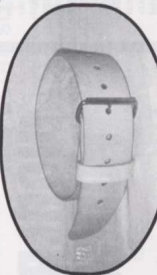
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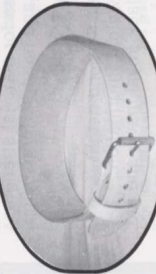
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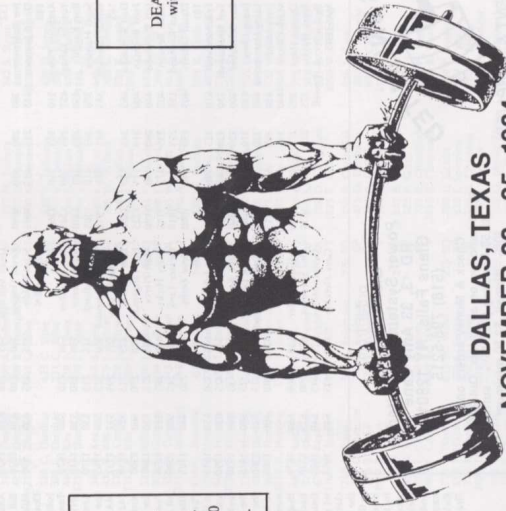
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November 23 3:00 p.m. 52K, 56K, 60K Weight Classes, Equipment Check, First Attempts, Drawing of Lots, Empire Room Lift, Convention Center
November 24 6:00 p.m. 67.5K and 75K Equipment Check
9:00 a.m. Lift
1:00 p.m. 82.5K and 90K Equipment Check
4:00 p.m. Lift
November 25 6:00 a.m. 100K and 110K Equipment Check
9:00 a.m. Lift
1:00 p.m. 125K & SHW Equipment Check
4:00 p.m. Lift
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158 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415
159 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415
160 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415
161 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415
162 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415
163 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415
164 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415
165 Geddiss 155	132 J. Dawson 215	290 450	1190 981 School 181	540 380 525	1415

LOUISIANA STATE HIGH SCHOOL	LOUISIANA STATE COLLEGE	LOUISIANA STATE OPEN	LOUISIANA STATE WORLD RECORDS
315 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
316 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
317 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
318 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
319 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
320 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
321 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
322 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
323 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
324 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
325 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
326 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
327 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
328 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
329 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
330 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
331 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
332 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
333 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
334 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
335 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
336 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
337 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
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341 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
342 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
343 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
344 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
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347 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
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351 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
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361 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
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363 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
364 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
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366 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
367 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
368 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
369 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
370 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
371 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
372 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
373 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
374 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
375 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
376 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
377 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
378 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
379 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114
380 C. Sledge 114	380 M. Ferreira 114	315 C. Sledge 114	380 M. Ferreira 114

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Iceland vs Scotland

7/8/84 - (Kilos) Paisley, Scotland

22kg	54kg	85kg	90kg	200kg	475kg
123	141	165	185	220	220
124	142	166	186	221	221
125	143	167	187	222	222
126	144	168	188	223	223
127	145	169	189	224	224
128	146	170	190	225	225
129	147	171	191	226	226
130	148	172	192	227	227
131	149	173	193	228	228
132	150	174	194	229	229
133	151	175	195	230	230
134	152	176	196	231	231
135	153	177	197	232	232
136	154	178	198	233	233
137	155	179	199	234	234
138	156	180	200	235	235
139	157	181	201	236	236
140	158	182	202	237	237
141	159	183	203	238	238
142	160	184	204	239	239
143	161	185	205	240	240
144	162	186	206	241	241
145	163	187	207	242	242
146	164	188	208	243	243
147	165	189	209	244	244
148	166	190	210	245	245
149	167	191	211	246	246
150	168	192	212	247	247
151	169	193	213	248	248
152	170	194	214	249	249
153	171	195	215	250	250
154	172	196	216	251	251
155	173	197	217	252	252
156	174	198	218	253	253
157	175	199	219	254	254
158	176	200	220	255	255
159	177	201	221	256	256

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Kanto District Championships 7/15/84 - Yokohama, Japan

WOMEN	SQ	BP	DL	Total
H. Yoshida	127.5*	57.5	137.5*	322.5*
48kg Sudo	110	45	142.5*	297.5
N. Shirasaki	125	65	140	330
54kg Higashigawa	135	57.5	127.5	320
60kg A. Higokawa	135	65	115	315
67.5kg T. Yoshimizu	120	55	125	300
SHW Y. Shimizu	150	50	150	350
MEN				
Y. Kikuchi	165	90	205	460
56kg H. Inaba	240	117.5	230	587.5
64kg M. Higashigawa	200	90	220	510
72.5kg T. Shinohara	225	115	215	552.5
81kg M. Higashigawa	210	130	230	590
82.5kg S. Suenaga	250	170	255	675
110kg T. Yoshida	260	195	260	715

* Japanese women's record. Thanks to Susumu Yoshida for results.

New Mexico Open 6/10/84 - (kilos)

NOVICE DIV	SQ	BP	DL	Total
A. Grando	115	82.5	155	352.5
J. Carlson	162.5	110	195	467.5
J. Gonzales	170	112.5	192.5	475
B. Ordanoz	142.5	105	177.5	425
C. Wood	127.5	87.5	155	370
D. Bryant				
J. Gonsa				
J. Munoz				
165				
J. Bustos	175	120	220	515
S. Alcala	162.5	105	195	462.5
B. Robertson	160	122.5	197.5	480
M. Skibyak	172.5	135	205	512.5
P. Johnson	155	120	200	475
S. Smith	155	120	200	475
T. Sotelo	132.5	105	195	432.5
D. Ramsey				
181				
D. Wilson	187.5	127.5	242.5	557.5
A. Pickover	195	152.5	210	557.5
M. Hanson	187.5	127.5	227.5	542.5
S. Ruyuan	165	142.5	205	512.5
J. Miner	150	105	210	465
T. Harvey	167.5	125	170	462.5
J. Miza	227.5	140	242.5	610
M. Miller	215	140	227.5	582.5
T. Navarrette	160	137.5	147.5	445
V. Samuel	257.5	145	245	647.5

OPEN DIV-WOMEN

132					
148	oman	75	40	82.5	197.5
K. Sarason	95	50	120	265	
181	Skibyak	155	80	155	390
OPEN MEN					
148					
M. Grando	195	122.5	220	537.5	
155					
C. Wilcox	232.5	142.5	232.5	607.5	
J. Bustos	175	120	220	515	
F. Barosky	175	125	215	515	
181					
M. Raymond	255	175	255	685	
F. Stephens	187.5	137.5	237.5	562.5	
P. Carlson	190	82.5	217.5	490	
198	Johnson	265	172.5	380	717.5
M. Hanson	187.5	127.5	227.5	542.5	
220					
D. Burrell	335	227.5	292.5	855	
SHW	227.5	140	242.5	610	
L. Russell	295	182.5	220	697.5	

This meet was simply great. We had some of the best in the world here; what they lacked on tracks they made up for in the gym. Duane Burrell from Houston, TX had a great day for his week rest from the Jr's but there were several others who had great days also. They were Lance Johnson, R. Raymond, Becky

Steve Marino, Gil Scanzini, Joe Steinfield, Tom Tarter, John Bologna, Leaders of the West Harrison Fitness Ctr. Special Thanks to the West Harrison Fitness Club for the use of their facility.

The 1st annual New Rochelle Open BP contest was held at the Rocco Bellonini Jr Ctr, Club West Harrison YCA and the Boys Club West Harrison. Awards were sponsored by R&F Trophies of Larchmont, NY. Results submitted by John Bologna.

5th Volontown Festival Bench Press 7/28/84 - New London, CT

WOMEN	SQ	BP	DL	Total
130 lbs & under				
Larry Chernoff	265	130	265	660
Mike Mason	245	120	245	610
Dave Creamer	225	110	225	560
Sue Gerhardt	40	20	40	100
131 lbs & up				
Tom Samokar	340	170	340	850
Pete Krzywicki	280	140	280	700
Steve Petreccelli	215	105	215	535
D. MacArthur	43	21	43	107
Bob Sello	15	7	15	37
155 & up				
Steve Bellavance	315	155	315	785
Jim Savage	11	5	11	27
Joe Steele	260	130	260	650
Ed Lanoue	455	225	455	1135
Augie Cardillo	365	180	365	910
Mark Hogan	330	165	330	825
181				
Joe Mugovero	390	195	390	975
Don Harris	380	190	380	950

1st team: Willets Ave Powerlifter's Gym East, meet director: Joe Mugovero, MC: Frank Gancarz, head judge: Bruce Martin, results: Joe Mugovero.

Judges: Steve Marino, Gil Scanzini, Joe Steinfield, Tom Tarter, John Bologna, Leaders of the West Harrison Fitness Ctr. Special Thanks to the West Harrison Fitness Club for the use of their facility.

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Joe Steele	260	130	260	650
Ed Lanoue	455	225	455	1135
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1st team: Willets Ave Powerlifter's Gym East, meet director: Joe Mugovero, MC: Frank Gancarz, head judge: Bruce Martin, results: Joe Mugovero.

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- 1984 Senior National Championships
- 1983 Senior National Championships
- 1982 Senior National Championships
- 1984 Womens National Championships
- 1983 Womens National Championships
- 1984 Junior National Championships
- 1983 Collegiate National Championships
- 1983 Womens Teenage Nationals
- 1983 North Americans
- 1983 Hawaii Invitational

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Longhorn Classic		7/7/84 - Garland, TX		4th Lost Pines Bench/DL Classic		8/5/84 - Bastrop, Texas											
NATURAL DIV	Sq	Bp	DL	Total	WOMEN-OPEN	Men's Contests	Women's Contests										
L. Pastnek	85	92.5	165	342.5	Nancy Ottroff	114	123	132	148	165	181	198	220	242	275	SHW	
D. Alexander	170	100	205	475	Dave Vasek	625	720	785	925	1050	1100	1125	1250	1300	1325	1340	1360
J. Birt	160	92.5	172.5	425	J. Schiebel	700	790	905	1050	1100	1175	1250	1300	1325	1340	1360	1360
L. Burk	170	142.5	200	312.5	Pete Rivas	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505	1505
D. Georges	95	142.5	242.5	640	OPEN-186 Lip	900	1064	1146	1279	1505	1650	1700	1755	1800	1870	1870	1870
K. Ridinger	185	125	210	530	Hub Aston	350	390	440	490	540	590	640	690	740	790	840	890
B. Murray	245	165	250	660	Ed J. Sanders	400	440	480	520	560	600	640	680	720	760	800	840
B. Jackson	227.5	167.5	215	610	Ed J. Sanders	400	440	480	520	560	600	640	680	720	760	800	840
J. Turner	250	205	320	775	Frank Alvarez	315	355	395	435	475	515	555	595	635	675	715	755
SHW	300	197.5	285	782.5	Bob Benfro	335	375	415	455	495	535	575	615	655	695	735	775
W. Schultz	185	125	210	530	Jim Lampton	350	390	430	470	510	550	590	630	670	710	750	790
W. Schultz	185	125	210	530	Jim Lampton	350	390	430	470	510	550	590	630	670	710	750	790
W. Schultz	185	125	210	530	Jim Lampton	350	390	430	470	510	550	590	630	670	710	750	790
C. Linman*	127.5	52.5	137.5	317.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
C. Coleman	97.5	52.5	137.5	287.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
C. Coleman	97.5	52.5	137.5	287.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
C. Campbell	130	65	140	335	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
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K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
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K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
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K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
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K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380	420	460	500	540	580	620	660	700	740
K. Campbell	110	107.5	182.5	422.5	Richard Fly	300	340	380									

Coming Events

MEET DIRECTIONS. This list is published as a FREE service to publicize your contest to lifters everywhere each month. Send details in at least 3 months prior to date of event. For more information, proper advance notice for your event. Write to: **Coming Events, P.O. Box 467, Cananville, CA 93011** to obtain your free information card.

- 13 OCT. (new date)** Fairlane Village Mall Open (USPF sanction 876-84). Fairlane Village, PA 17021. 7:00-9:00 AM. R: 61.
- 13 OCT.** Northern California Open & Novice Bench Press. Bob Taketa, 4252 91st Ave S, Lynnwood, WA 98035.
- 13 OCT.** Southeastern Carolina Open II. Women's Open. Novice. Masters. Teenage Masters. Double Bodyweight. 13434. Farmington, NC.
- 13, 14 OCT.** Texas Cup. Open. Novice. Women. Teenage Masters. Leslie Allen, 104 Tropic, Austin, TX 78759.
- 13/14 OCT. National Masters.** (Washington, DC area). **Bob Edmondson, 14204 Randall Dr., Woodbridge, VA 22192.** 9:30-11:30 AM.
- 14 OCT.** Metro Detroit Open Bench. Fairlane Village, PA 17021. 7:00-9:00 AM. R: 61.
- 14 OCT.** Powerlifting Meet. Amarillo, TX. Rich Peters, Box 1753, Norman, OK.
- 20 OCT.** 2nd Annual National Powerlifting Championships. Tim Goodman, 2705 Ross Clark Circle, Dothan, AL 36023.
- 20 OCT.** Novice (Class II) Men's and Women's. Masters and Women's. 213-835-5970. Long Beach, CA.
- 20 OCT.** Region VII Women's Championships. Mark Jones, Jim Evans, PO Box 612-8721, Portland, OR 97208.
- 20 OCT.** Portland Powerlifting Championships. Men's and Women's Open. Sam Nouri, 4142 247th St, Vancouver, BC V7L 1K1.
- 20/21 OCT.** Southern States Championships. Mike Stern, 17011 N.E. 19 Avenue, Seattle, WA 98148.
- 21 OCT.** Hawaii State Championships. Gus Reithaus, 910 Alana No. 1103, Honolulu, HI 96813.
- 21 OCT.** Gold's Gym of York Bench Press Championships. Open and Women. Kevin Caulfield, c/o Gold's Gym of York, 515-244-7913. York, PA 17403.
- 21 OCT.** Northeast Open. Jim Howley, The Body Shop, Brentwood, CT.
- 27 OCT.** Oklahoma Powerlifting and Bench Press Championships. Stan Pace, Central Branch YMCA, Box 778, 73301 W. 10th St, Oklahoma City, OK 73107.
- 27 OCT.** Mid America Bench Press Championships. Open. Novice. Teenage. Masters. and Women. Mike Foglia, 171 515-244-7913. York, PA 17403.
- 27 OCT.** Class 2 and Below Meet. Jon Carr, Route 1, St. Joseph, MO 64507.
- 27 OCT.** Michigan Women's Snor Meet. Lloyd Coon, 5119 Worcester, Swetz, Michigan, MI 49783.
- 6 OCT.** Greater Hainesburg Championships. Open. Class II & Below. Women. Masters. Dan Lott, R. 4, Box 547, Hainesburg, NY 12529.
- 6 OCT.** 11th Tri-State Hills Open. Fitness & Strength, 4810 St. Barnabas, 301-423-8888.
- 7 OCT.** 2nd Annual Ft. Myers Beach Open Bench Press Meet. Dave Green, 33908 S. 813 St. 487-7892. Ft. Myers, FL 33908.
- 13 OCT.** Powerlifting Meet. Norman, OK. Rich Peters, Box 1753, Norman, OK.
- 19 OCT.** Maxine Power Open 3. Dong Peterson, 608 Woodman Ave., Muscatine, Iowa 52701. 319-264-2452.
- 13 OCT.** Bartlesville Invitational. Phil Peterson, Bartlesville, OK 74004. office: 918-461-7397; home: 918-534-1720.
- 3 NOV.** Biggest Bench Press in the Midwest II. Open. Novice. Women's. Teenage Masters. Double Bodyweight. 314-664-1900. Westfield, IN.
- 3 NOV.** Edward S. Hudson Memorial Championships. Open. Novice. Masters. 6099 Farnam, Suite 217, Houston, Texas 77002. 713-659-8500 or 713-237-0188.
- 10 NOV.** Powerlifting Meet. Garland, TX. Rich Peters, Box 1753, Norman, OK 73070.
- 10 NOV.** Ohio State University Meet. Men's Class I and below and Women's Open. Linton Hall, Ohio State University, Columbus, OH 43210.
- 10 NOV.** Eden YMCA Open. Jim B. Eden, NC 27288.
- 10 NOV.** Hawaii's Strongest Man and Women's Deadlift Contest. (Residents only) 42011 Lee Ave, Kaneohe, HI 96741.
- 10/11 NOV.** Mountaintop Open. (Open, Class II, Women, Masters). Dave Jeffrey, 304-529-0100. Huntington, WV 25776.
- 11 NOV.** Athletic Ocean Deadlifting Championships. Joe Steele, 54 Champlain St., New Haven, CT 06512.
- 11 NOV.** SIUC Open. Intramural Recreational Sports. Southern Illinois University, Carbondale, IL 62901.
- 11 NOV. (new date)** Central Maryland Open Under Class I Championships. Central Maryland Masters, Ladies and Teen Open. 5000 Westwood, MD 21134.
- 11 NOV.** Whittier Open. Richard Gill, Whittier, CA 92691.
- 11 NOV.** Philadelphia S.I. Cup. Europe, U.S. & Canada. 313-557-3564.
- 14-17 NOV.** U.S. & Canada Powerlifting Championships. Chicago, IL 60630.
- 12 JAN.** Del Rio Miller Like Open. Dave Miller, Del Rio, TX 78840. 512-757-8464.
- 12 JAN.** Powerlifting Meet. Houston, TX. Rich Peters, Box 1753, Norman, OK.
- 12 JAN.** 2nd Annual Ft. Knox Bench Press Open. Women. Morale Support Activities. ATTN: Sports Director, Ft. Knox, KY 40121. 502-604-3641 ask for Room 1204.
- 19/20 JAN.** Region II Collegiate (Men & Women). Matthew Machay, Rm. 4, International Bldg., University Park, PA 16802.
- 26 JAN.** Bartlesville High School Open. Phil Cooper, 625 IC Building, Bartlesville, OK 74004. office: 918-661-7397; home: 918-661-7397.
- 26/27 JAN. Women's Nationals.** Sue Elwyn, 206 Main St., Maynard, MA 01754. 617-897-4668.
- 2 FEB.** Powerlifting Meet. Ft. Lauderdale, FL. Rich Peters, Box 1753, Norman, OK.
- 9 FEB.** Oklahoma State Meet. Rich Peters, Box 1753, Norman, OK 73070.
- 24/25 MAR. National Collegiate.** NY State Military Academy, West Point, NY 10996.
- 11/12 MAY.** ADFPA Women's National Championships. Dennis Beard, 8400 W. 10th St., Overland Park, KS 66160.
- 6/7 JUL.** Senior Nationals. Ralph Sasso, 4408 N. Milwaukee Ave., Chicago, IL 60630. 312-435-0449.

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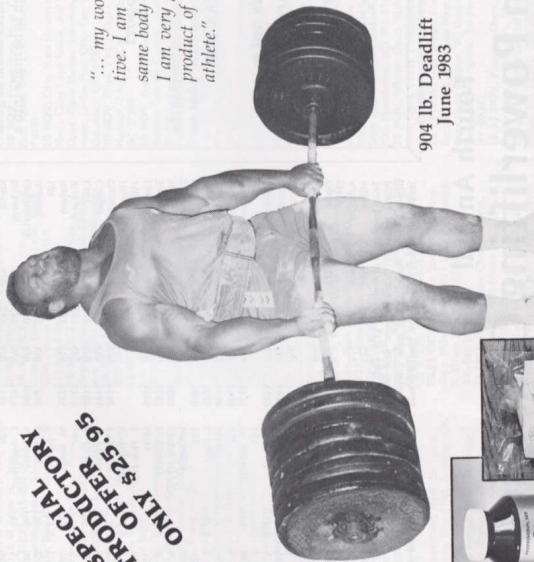
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Western PA Class II & below Open 7/27/84 - Butler, Pa		9th Annual Sooner BP-DL meet 14 July 84 - (killos) Norman, OK	
SQ	BP	SQ	BP
123	280	132	290
136	315	140	325
148	340	148	350
158	360	155	365
168	375	162	375
178	390	170	385
188	405	178	395
198	420	185	405
208	435	192	415
218	450	200	425
228	465	208	435
238	480	215	445
248	495	222	455
258	510	230	465
268	525	238	475
278	540	245	485
288	555	252	495
298	570	260	505
308	585	268	515
318	600	275	525
328	615	282	535
338	630	290	545
348	645	298	555
358	660	305	565
368	675	312	575
378	690	320	585
388	705	328	595
398	720	335	605
408	735	342	615
418	750	350	625
428	765	358	635
438	780	365	645
448	795	372	655
458	810	380	665
468	825	388	675
478	840	395	685
488	855	402	695
498	870	410	705
508	885	418	715
518	900	425	725
528	915	432	735
538	930	440	745
548	945	448	755
558	960	455	765
568	975	462	775
578	990	470	785
588	1005	478	795
598	1020	485	805
608	1035	492	815
618	1050	500	825
628	1065	508	835
638	1080	515	845
648	1095	522	855
658	1110	530	865
668	1125	538	875
678	1140	545	885
688	1155	552	895
698	1170	560	905
708	1185	568	915
718	1200	575	925
728	1215	582	935
738	1230	590	945
748	1245	598	955
758	1260	605	965
768	1275	612	975
778	1290	620	985
788	1305	628	995
798	1320	635	1005
808	1335	642	1015
818	1350	650	1025
828	1365	658	1035
838	1380	665	1045
848	1395	672	1055
858	1410	680	1065
868	1425	688	1075
878	1440	695	1085
888	1455	702	1095
898	1470	710	1105
908	1485	718	1115
918	1500	725	1125
928	1515	732	1135
938	1530	740	1145
948	1545	748	1155
958	1560	755	1165
968	1575	762	1175
978	1590	770	1185
988	1605	778	1195
998	1620	785	1205
1008	1635	792	1215
1018	1650	800	1225
1028	1665	808	1235
1038	1680	815	1245
1048	1695	822	1255
1058	1710	830	1265
1068	1725	838	1275
1078	1740	845	1285
1088	1755	852	1295
1098	1770	860	1305
1108	1785	868	1315
1118	1800	875	1325
1128	1815	882	1335
1138	1830	890	1345
1148	1845	898	1355
1158	1860	905	1365
1168	1875	912	1375
1178	1890	920	1385
1188	1905	928	1395
1198	1920	935	1405
1208	1935	942	1415
1218	1950	950	1425
1228	1965	958	1435
1238	1980	965	1445
1248	1995	972	1455
1258	2010	980	1465
1268	2025	988	1475
1278	2040	995	1485
1288	2055	1002	1495
1298	2070	1010	1505
1308	2085	1018	1515
1318	2100	1025	1525
1328	2115	1032	1535
1338	2130	1040	1545
1348	2145	1048	1555
1358	2160	1055	1565
1368	2175	1062	1575
1378	2190	1070	1585
1388	2205	1078	1595
1398	2220	1085	1605
1408	2235	1092	1615
1418	2250	1100	1625
1428	2265	1108	1635
1438	2280	1115	1645
1448	2295	1122	1655
1458	2310	1130	1665
1468	2325	1138	1675
1478	2340	1145	1685
1488	2355	1152	1695
1498	2370	1160	1705
1508	2385	1168	1715
1518	2400	1175	1725
1528	2415	1182	1735
1538	2430	1190	1745
1548	2445	1198	1755
1558	2460	1205	1765
1568	2475	1212	1775
1578	2490	1220	1785
1588	2505	1228	1795
1598	2520	1235	1805
1608	2535	1242	1815
1618	2550	1250	1825
1628	2565	1258	1835
1638	2580	1265	1845
1648	2595	1272	1855
1658	2610	1280	1865
1668	2625	1288	1875
1678	2640	1295	1885
1688	2655	1302	1895
1698	2670	1310	1905
1708	2685	1318	1915
1718	2700	1325	1925
1728	2715	1332	1935
1738	2730	1340	1945
1748	2745	1348	1955
1758	2760	1355	1965
1768	2775	1362	1975
1778	2790	1370	1985
1788	2805	1378	1995
1798	2820	1385	2005
1808	2835	1392	2015
1818	2850	1400	2025
1828	2865	1408	2035
1838	2880	1415	2045
1848	2895	1422	2055
1858	2910	1430	2065
1868	2925	1438	2075
1878	2940	1445	2085
1888	2955	1452	2095
1898	2970	1460	2105
1908	2985	1468	2115
1918	3000	1475	2125
1928	3015	1482	2135
1938	3030	1490	2145
1948	3045	1498	2155
1958	3060	1505	2165
1968	3075	1512	2175
1978	3090	1520	2185
1988	3105	1528	2195
1998	3120	1535	2205
2008	3135	1542	2215
2018	3150	1550	2225
2028	3165	1558	2235
2038	3180	1565	2245
2048	3195	1572	2255
2058	3210	1580	2265
2068	3225	1588	2275
2078	3240	1595	2285
2088	3255	1602	2295
2098	3270	1610	2305
2108	3285	1618	2315
2118	3300	1625	2325
2128	33		

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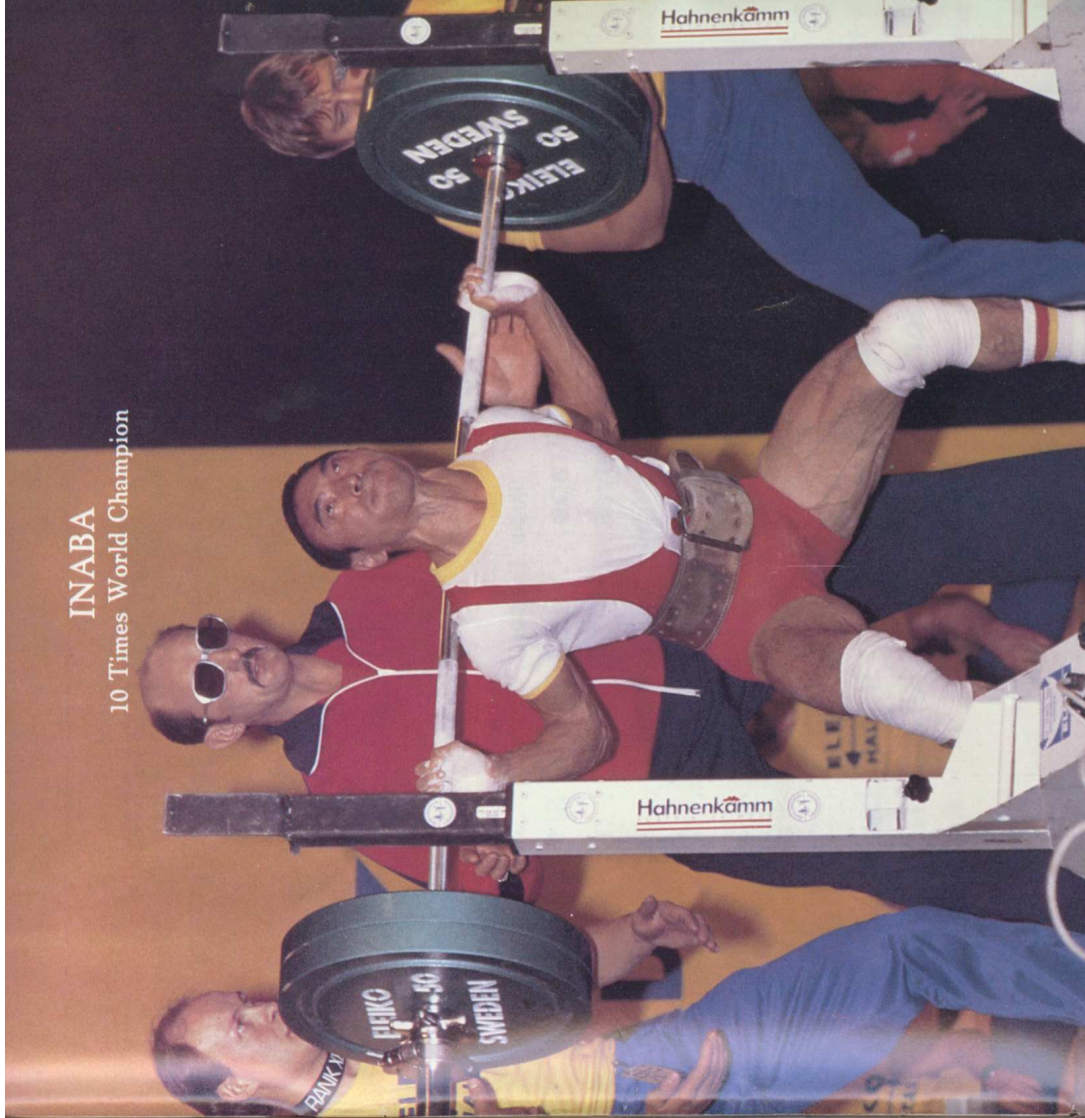
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