

USA LIFTING Magazine

Special Issue

Louis Martin
1st British
World Champion

2006
Joe Dube
Classic

Competition
Warm-Ups

2007 Arnold
Classic Preview

Meet Results



CASEY BURGNER

Louis Martin - Britain's First World Champion

By Frank Rothwell

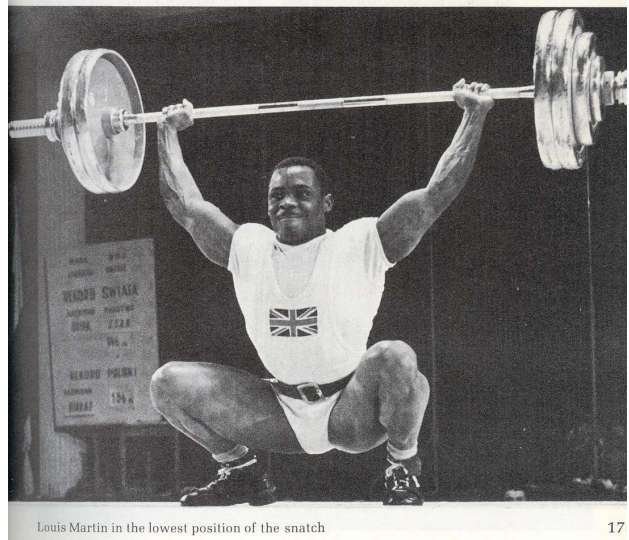
The year was 1959 and the occasion was the World Weightlifting Championships held in Warsaw Poland. Two years previously a twenty one year old Jamaican bodybuilder living in Derby England had been introduced to Olympic Weightlifting. His name was Louis Martin. He had made such rapid progress in the sport that one month before the World Championships he had won the British Mid Heavy title with a total of 965 pounds.

Back now to 1959 and the Mid Heavy Class of the World Championships. The main contenders for the title were, Vorobyev or Dvigun of the USSR, both lifters had exceeded the 1000 pound total mark and either one would be favourite to win. The others were Martin of Britain, Pulskamp, the American medical student who was standing in for Clyde Emerich, and Bialas of Poland.

On the Press Pulskamp came out for 275 lbs and failed, this was his first major appearance and he was obviously nervous. He made it on his second attempt and then lifted a good 286 lbs for his third. Martin came in at this poundage for a strong success. His pressing style was very similar to the American heavyweight Jim Bradford, upright stance and a strict even press. Bialas took 292 lbs for his third attempt and made a good lift. Martin moved to 303 lbs for his second attempt and made an excellent lift. The Russians had decided to enter Vorobyev instead of Dvigun so Vorobyev came out for his first attempt with 308 lbs and to everyone's amazement, missed it badly, pressing the weight only inches off his shoulders. Martin tried this weight for his third attempt but failed. Vorobyev came out for the 308 lbs again and although this time he pressed the weight to arms length, the lift was ruled out for stopping. Vorobyev had one attempt left and no score on the board. The tension in the Hall was intense. Well this time he just managed to keep

the bar moving for a good lift and to remain in the competition.

Pulskamp opened the Snatch with a lift of 264 lbs. He then missed 275 lbs twice and was virtually out of contention for a medal. Bialas opened with 275 lbs which he misses. He got it on his second attempt and then finished with an excellent 286 lbs for his third.



Louis Martin in the lowest position of the snatch

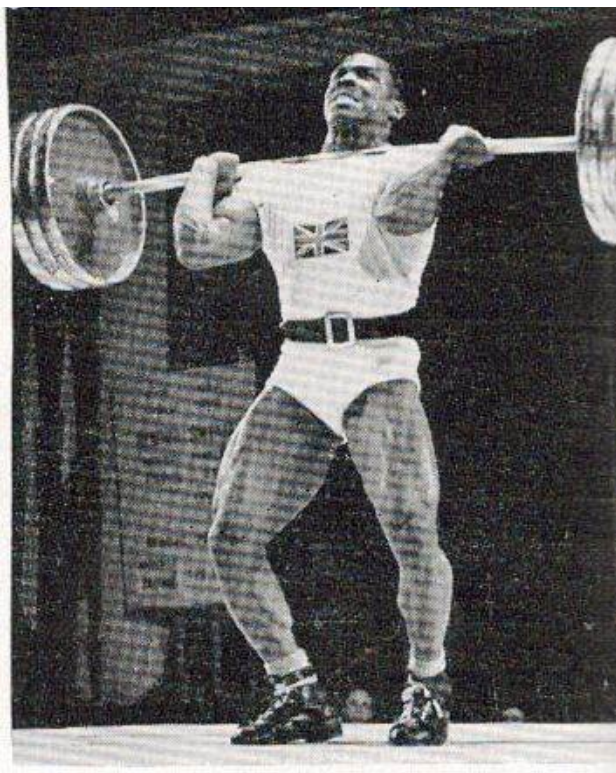
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In the meantime Martin had started with 270 lbs for an easy lift.

Vorobyev came out for 286 lbs and caused another sensation by missing it. Oscar State was the British Team Manager advising Martin and it was beginning to look as if Martin might make a close match of it. Martin made a good solid Snatch for his second attempt and Vorobyev also lifted this weight on his second try. Martin played safe in his battle with Bialas for the Silver medal and lifted 292 lbs for his third attempt. Vorobyev showed some of his true form when he made a superb 297 for his third.

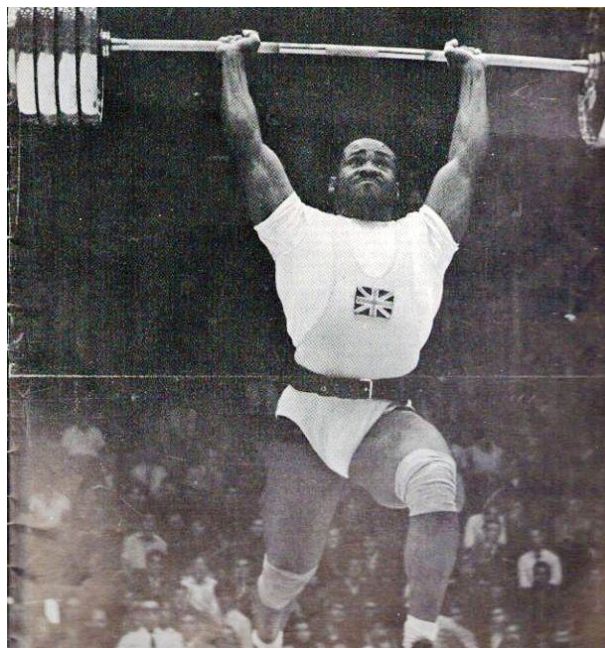
The position after two lifts was, Vorobyev 606 lbs, Martin 595 lbs, and Bialas 578 lbs. It appears that Pulskamp may have sustained an injury because when he missed his opening Clean and Jerk of 341 lbs he retired from the competition. Bialas and Martin opened with 352 lbs and both made good lifts. Vorobyev moved 22 pounds ahead of Martin when he lifted 363 lbs for his opener. Martin lifted this 363 lbs for his second attempt to claw back

11 pounds. Bialas made a big increase to 369 in an effort to put pressure on Martin, but missed twice to finish with a total of 931 lbs.



clean and a stronger jerk and Britain had her first World Champion.

The excitement in the British camp was great. Louis whisked Oscar up into his arms and carried him around the stage. In just two years and at 23 years old he had beaten the world.



Events were now heating up between Vorobyev and Martin. Vorobyev had two attempts left and Martin one. Oscar State made the decision to 'wait out' Vorobyev. 374 lbs was loaded on the bar and Vorobyev came out and lifted it to put himself 22 pounds ahead again. Still Martin waited. The Russians called for 380 lbs to be loaded for Vorobyev's final lift. Martin's best going into this contest was 369 lbs. If Vorobyev lifted the 380 lbs he would need 391 lbs, 20 pounds above his best. Vorobyev came out, cleaned the weight but had no chance with the jerk.

Oscar State now knew what weight was required for Martin to equal Vorobyev's 980 lbs total and as Martin was the lighter man become champion. 385 lbs was loaded, 15 pounds more than Louis had ever lifted before. This lift showed the fighting spirit which marked Martin's illustrious career. He came out like a Tiger stalking the weight, walked straight up to the bar. no hesitating, into the get set position, a strong

In analysing the contest it is fair to say that the Russian camp made a serious error in entering a below par Vorobyev instead of Dvignon, but that cannot take from Louis Martin's performance. He rose to the occasion, improved his total by 15 pounds and proved to be the best man on the day and that is what it is all about.

Final Result Mid Heavy Class.

- | | | | | |
|---------------------------|-----|-----|-----|------|
| 1. L. Martin Britain..... | 303 | 292 | 385 | 980 |
| 2. A. Vorobyev USSR... | 308 | 297 | 374 | 980 |
| 3. A. Bialas Poland..... | 292 | 286 | 352 | 931. |

2006 Joe Dube Classic

By Jesse Reynolds

The Joe Dube Classic was started in 2002 in the Jacksonville, FL area to honor America's last male World Champion weightlifter, Joe Dube. Because Joe Dube is so well known and loved in

the weightlifting community, lifters have traveled from as far away as Colorado, Missouri, and North Carolina to celebrate his many accomplishments by competing in the Classic. A few of the many great lifters that have participated over the years include Cheryl Haworth, Suzanne Leathers, Amber Davis, Samantha Turnbull, Teresa Gaume, Natalie Friend, Henry Brower, Robert Hall, Patrick Judge, and Anthony Martin. This meet has been one of the biggest and most successful weightlifting competitions in the southeastern United States for the past five years and this year's competition was no exception.



The 2006 Joe Dube Classic was November 4-5 at Episcopal High School in Jacksonville, FL. Over the two days, 86 lifters competed in seven different sessions. There was a wide range of weightlifting talent participating. For some lifters it was their first meet and for others they were just taking it easy after returning from the 2006 World Championships. Every session had close competition for medals and team points.

Session 1

The first session on Saturday was the women's 48 kg, 53 kg, and 58 kg categories. The 48 kg class was won by Heather Wolfe, a 15 year old from Spruce Creek High School. This was Heather's first competition and she went 3 for 6 with lifts of 34 kg and 45 kg for a 79 kg total. In the 53 kg class Spruce Creek's Leigha Nave lifted unopposed, but she did not let that deter her from

going 4 for 6, winning the Best Junior Female award, and setting three new Joe Dube Classic records. She lifted 64 kg and 72 kg for a 136 kg total. The 58 kg class saw Spruce Creek's Sara Cowles and Altamonte's Robin Feuerman battle back and forth to try and qualify for the 2006 American Open. After three snatches each Sara was successful with 55 kg and Robin with 60 kg. Going into the clean and jerk Sara hit an easy 70 kg and then jumped to 80 kg to attempt the 135 kg total she needed to qualify for the American Open, but was unsuccessful. Robin opened with the 75 kg necessary to qualify, but was unsuccessful all three times with very close misses. Sara won this battle, but we are sure to see many more battles between these two young ladies in the future.

Session 2

The next session had the men's 56 kg and 62 kg categories compete. Spruce Creek's Jordan Miller went 5 for 6 and easily won the 56 kg class. Jordan lifted 77 kg and 102 kg for a 179 kg total. The 62 kg class saw Altamonte's Nick Kennedy battle his teammate Zachary Miller for top honors. Both men snatched 85 kg and Zach was the lighter lifter. In the clean and jerk Zach opened with 105 kg and missed his first two attempts before finally making his third for a 190 kg total. Then Nick opened with an easy 110 kg, but went on to miss 114 kg on his second and 115 kg on his third. Luckily that 195 kg total was enough for the win and enough for a new Joe Dube Classic record.

Session 3

The third session of the day was the women's 63 kg and 69 kg categories. Hallah Fattouh of Spruce Creek only made two lifts, but her 63 kg snatch and 72 kg clean and jerk were more than enough to beat out Episcopal's Anna Lester to win the 63 kg class. There were many great lifters in the 69 kg class. Natalie Friend of War Eagle Weightlifting snatched an easy 76 kg for a new Joe Dube Classic record and appeared to have a commanding lead over her competitors. Spruce Creek's Ashley Fides snatched 67 kg,

Samantha Zimmerman of Gayle Hatch Weightlifting snatched 65 kg, Team Savannah's Stephanie Martin went 3 for 3 with 63 kg, and her teammate Alice Kohler ended up with 62 kg. During the clean and jerk is when things got more interesting. Natalie Friend wound up missing all three attempts at 98 kg in the clean and jerk. Alice Kohler clean and jerked 71 for a 133 kg total. Stephanie Martin also lifted 71 kg and edged her out with a 134 kg total. Ashley Fides clean and jerked 80 kg for a 147 kg total and what was first place at the time, but then Samantha Zimmermann overcame an 11 kg deficit during the snatch by clean and jerking 85 kg for a 150 kg total. In doing so she also set new Joe Dube Classic records in the clean and jerk and total.

Session 4



The men's 69 kg and 77 kg categories competed in Saturday's final session. Jacob Fortin, a schoolage lifter from Spruce Creek, easily won the 69 kg class by completing his first four lifts. He lifted 102 kg in the snatch and 117 kg in the clean and jerk for a 219 kg total. The 77 kg class also had an impressive winning total. Mike Soha of Jacksonville went 6 for 6 with personal records of 111 kg, 141 kg, and 252 kg.

Session 5

Sunday morning started off by seeing some excellent lifting out of the men's 85 kg and 94 kg categories. Team Savannah's Robert Hall made his return to the platform to win the 85 kg class.

Robert had not competed in almost a year, but looked like he never took a day off. He easily completed his first five lifts and threw up an impressive 125 kg snatch. He then matched that with a 143 kg clean and jerk. His total of 268 kg beat out second place finisher, Spruce Creek's Dustin Adams, by 38 kg. The 94 kg class had very tight competition with five lifters totaling 250 kg or more and was another class to be won by a schoolage lifter. Wesley's Keith Swing only lifted his opening snatch of 117 kg and was 8 kg behind Pierre Suter going into the clean and jerk. Pierre missed his third jerk and was credited with 140 kg and had a total of 265 kg. Then Keith went on to clean and jerk 155 kg for a 272 kg total and the win.



Session 6

The next session of the day was the final women's session of the weekend with the women's 75 kg and 75+ kg categories competing. In the 75 kg class Teresa Gaume competed on short rest after the 2006 World Championships. Teresa made all five of her attempts and in doing so she won her weight class and set three new Joe Dube Classic records. Teresa snatched 85 kg, clean and jerked 105 kg, and totaled 190 kg. The winner of the 75+ kg class was one of Teresa's teammates from the 2006 World Championship Team, Team Savannah's Cheryl Haworth. Cheryl took it easy and went 6 for 6 on her way to winning the Best Senior Female award. Cheryl lifted 105 kg in the snatch along with 130 kg in the clean and jerk for a 235 kg total. Cheryl's

snatch and total were new Joe Dube Classic records.

Session 7

The final session of the weekend had the 105 kg and 105+ kg categories. The 105 kg class was also won by a Team USA member, Anthony Martin of Team Savannah. Anthony made six easy lifts of 140 kg and 163 kg for a 303 kg total. Anthony's 303 kg total at 95 kg body weight helped him win the Best Senior Male award. The winner of the 105+ kg closed out the competition with the heaviest clean and jerk of the weekend. Sarasota's Patrick Judge only hit two lifts, but two lifts were all he needed. Pat's 146 kg snatch, 180 kg clean and jerk, and 326 kg total helped him set three new Joe Dube Classic records and win the Best Junior Male award.



This year's Joe Dube Classic was full of exciting moments. It was great to see Joe interact with all of the lifters and provide autographed photos for all of the competitors. It has been a true honor to work with Joe and help put on this meet to honor him every year. Everyone involved has always had a great time and I look forward to seeing more lifters come from even further across the country to honor our last male World Champion.

Date: 11/4-5/2006 Location: Episcopal High School - Jacksonville, FL
 Meet Director: Jesse Reynolds Sanction Number: 14-06-12
 Officials: Dennis Sneath, C.J. Bennett, Rich Lansky

USAW #	Class	Lifter	YOB	Division	BD	WT	Snatch	C&J	Total	Place
New	48	Heather Wolfe	1991	Schoolage	47.42	34	45	79	1	
New	48	Alyssa Indelcato	1993	Schoolage	42.16	25	39	64	2	
New	48	Hannah Riffe	1994	Schoolage	46.00	28	36	64	3	
141320	48	Emily Borges	1994	Schoolage	43.70	16	19	35	4	
144258	48	Sydney Borges	1997	Schoolage	40.42	15	15	30	5	
142413	53	Leigha Nave	1989	Schoolage	52.92	64	72	136	1	
143910	58	Sara Cowles	1990	Schoolage	56.70	55	80	125	1	
150872	58	Kelly David	1989	Schoolage	57.18	51	58	109	2	
140886	58	Amy Braunstein	1990	Schoolage	57.98	30	42	72	3	
150506	58	Brianna Bass	1996	Schoolage	53.02	25	32	57	4	
140652	58	Robin Feuerman	1990	Schoolage	57.92	60	-	-	-	
141793	63	Mahassen Fattouh	1989	Schoolage	62.08	63	72	135	1	
150071	63	Anna Lester	1991	Schoolage	60.94	41	56	97	2	
138876	69	Samantha Zimmerman	1987	Junior	68.54	65	85	150	1	
136108	69	Ashley Fides	1988	Junior	67.18	67	80	147	2	
113279	69	Stephanie Martin	1977	Senior	68.72	63	71	134	3	
140568	69	Alice Kohler	1990	Schoolage	68.82	62	71	133	4	
150784	69	Sara Campbell	1990	Schoolage	67.24	33	52	85	5	
135217	69	Natalie Friend	1988	Junior	64.82	76	-	-	-	
138656	69	Ashton Glick	1989	Schoolage	64.84	35	-	-	-	
121791	75	Teresa Gaume	1982	Senior	72.90	85	105	190	1	
1162171	75	Keri Goodrich	1969	Master	74.12	80	97	177	2	
139779	75	Samantha Tollman	1989	Schoolage	73.30	58	65	123	3	
142410	75	Britney Adamek	1989	Schoolage	73.24	48	70	118	4	
143047	75	Jocelyn Watkins	1990	Schoolage	74.90	47	68	115	5	
124571	75+	Cheryl Haworth	1983	Senior	140.34	105	130	235	1	
132687	75+	Jackie Licata	1980	Senior	96.10	85	100	185	2	
120438	75+	Suzanne Leathers	1972	Senior	87.40	70	92	162	3	
142206	75+	Kellie King	1989	Schoolage	82.60	42	59	101	4	
150736	75+	Cheryl Roberts	1989	Schoolage	80.52	38	58	96	5	
150108	75+	Caitlin Miller	1989	Schoolage	102.70	43	47	90	6	
136857	56	Jordan Miller	1988	Junior	55.88	77	102	179	1	
143021	56	Nick Albert	1990	Schoolage	55.12	53	81	134	2	
150348	56	J.T. Raymond	1991	Schoolage	55.08	56	71	127	3	
142175	56	Austin Tollman	1993	Schoolage	51.42	35	48	83	4	
150590	56	Max Alpert	1992	Schoolage	49.74	33	43	76	5	
150925	56	Paul Matthew Hinson	1994	Schoolage	40.42	30	40	70	6	
150636	56	Lance Hill	1991	Schoolage	51.86	31	37	68	7	
141321	56	Jordan Borges	1996	Schoolage	36.58	22	31	53	8	
142910	56	Sean Gallagher	1996	Schoolage	27.48	20	22	40	9	
150667	56	Christopher Otero	1997	Schoolage	30.48	10	19	29	10	
142166	62	Nick Kennedy	1986	Junior	61.96	85	110	195	1	
150783	62	Zachary Miller	1989	Schoolage	60.80	85	105	190	2	
136622	62	Jordan Beaver	1989	Schoolage	60.80	77	87	164	3	
142441	62	Vernon Ramsey	1989	Schoolage	61.28	70	91	161	4	
139999	62	Ryan Borges	1992	Schoolage	58.72	73	86	159	5	
143077	62	John Michael Hinson	1991	Schoolage	61.16	65	91	156	6	
150112	62	Bradley Roseberry	1990	Schoolage	56.30	43	53	96	7	
150166	69	Jacob Fortin	1989	Schoolage	66.14	102	117	219	1	
142165	69	Brian Kennedy	1986	Junior	67.96	90	120	210	2	
150983	69	Kyle Crooks	1988	Junior	68.04	87	116	203	3	
120119	69	Herford Southwood	1971	Master	67.18	92	110	202	4	
143779	69	Keith Porter	1990	Schoolage	67.82	75	92	167	5	
142906	69	Ian Burns	1990	Schoolage	67.68	72	88	160	6	
150402	69	Frank Scott	1989	Schoolage	65.60	68	87	155	7	
138936	69	John Cassidy	1989	Schoolage	67.86	60	81	141	8	
140223	77	Walter Soha	1985	Senior	76.82	111	141	252	1	
138937	77	Patrick Cassidy	1988	Junior	76.56	105	125	230	2	
142416	77	Chris Lenahen	1991	Schoolage	71.56	85	110	195	3	
150939	77	Morgan Kain	1989	Schoolage	70.12	75	105	180	4	
150938	77	Daniel Fernandez	1990	Schoolage	69.62	70	100	170	5	
150158	77	James Tolison	1987	Junior	72.00	54	80	134	6	
New	77	Brian Lenahen	1988	Junior	70.62	46	65	111	7	
128337	85	Robert Hall	1983	Senior	78.22	125	143	268	1	
New	85	Dustin Adams	1987	Junior	77.38	105	125	230	2	
136212	85	Matthew Levy	1989	Schoolage	78.08	80	106	186	3	
142914	85	Paul Jones	1991	Schoolage	81.46	55	76	131	4	
New	85	Robert Lombardo	1989	Schoolage	77.52	50	70	120	5	
128736	94	Keith Swing	1989	Schoolage	92.08	117	155	272	1	
197	94	Pierre Suter	1973	Senior	91.76	125	140	265	2	
126428	94	Kyle Beger	1986	Junior	86.46	112	143	255	3	
New	94	Bruce Varnadore	1980	Senior	90.32	115	140	255	4	
126038	94	Don Smith	1979	Senior	93.24	110	140	250	5	
142119	94	Stephen Wood	1983	Senior	86.34	97	125	222	6	
141780	94	John Clutter	1979	Senior	91.98	82	110	192	7	
142934	94	Shaun Melady	1991	Schoolage	91.38	62	91	153	8	
124540	105	Anthony Martin	1981	Senior	95.38	140	163	303	1	
125341	105	Chris Singleton	1975	Senior	104.70	120	148	268	2	
140356	105	Joel Belgard	1990	Schoolage	98.46	80	110	190	3	
140009	105+	Patrick Judge	1986	Junior	157.14	146	180	326	1	
135297	105+	James Webb	1986	Junior	135.08	115	151	266	2	
142110	105+	Johnny Mondello	1990	Schoolage	134.22	122	143	265	3	
New	105+	Brian Secrest	1982	Senior	106.06	105	150	255	4	
138591	105+	Deac Story	1975	Senior	145.06	85	106	191	5	
136980	105+	Mitchel Woodlief	1958	Master	122.28	81	106	187	6	
New	105+	Robert Arceneaux	1985	Senior	107.26	43	53	96	7	

Arnold is Coming!

By Dan Bell

The most exuberant celebration of weightlifting and sport in North America is coming around again. Those who have been to the Arnold Weightlifting Championships and Arnold Expo go home evangelical in their enthusiasm. Those seeing the event for the first time may be overwhelmed, but are never disappointed.

For a fan of weight sports, the Arnold Expo is Mecca. Weightlifting is one of fourteen Olympic sports contested, but the strength fan is also treated to WPO Powerlifting, The Arnold Strongman competition, arm wrestling, the World Bench Press Challenge and the bodybuilding that started it all. Include boxing, gymnastics, martial arts, archery, table tennis, fencing, sumo, wrestling, figure skating, cheerleading, speed skating and now, UFC, and you have a weekend no fan of weightlifting and strength sports should miss. It is truly strength heaven.

Four years ago, Mark Cannella, Megan Tornstrom and Dan Bell of the Columbus Weightlifting Club saw the promotional potential for weightlifting at the Arnold. The meet they have created has grown rapidly in quality and reputation. Guided by their philosophy that this should be a meet “for weightlifters, by weightlifters”, they have given the weightlifting community a great time and memorable lifting.

The Arnold Weightlifting Championships is the only meet in North America where a twelve year old schoolage athlete or sixty year old master can lift in the same meet with national and international stars. Competitors have included National champions, Junior World champions, World champions and Olympians. International

stars have been a regular part of the meet, with lifters such as Russian World Champion 105Kg Dimitri Klokov, Junior World Champion and 4th place finisher in the 2004 Olympics Armen Garzarian, 69kg, of Armenia, Belarus Olympian and former Soviet team member Oleg Kechko, and the Canadian National Team competing. International greats who have also taken part through demonstrations and special events include



Chinese Olympic Gold Medalists Le Maosheng, Shi Zhiyong and Zhang Gouzheng, Georgian Gold Medalist Georgi Asinidze, and Bulgarian Olympic Bronze Medalist Valichko Cholokov. Last year, Russian +105kg national weightlifting champion Misha Klokaiev dropped by the day after finishing third in the Arnold Strongman Challenge. He gave the Sunday crowd a show rarely seen on American soil when he Clean & Jerked 240 kilograms, then stayed around for an hour signing autographs for young (and some not so young) fans.

Weightlifting is such a draw at The Arnold that stars from other sports drop by just to watch. Last year, schoolage lifters had a thrill when international level athletes from the powerlifting and strongman cheered their performances, including strongmen Phil Phister, Odd Haugen, Mariuz Pudzianowski and weightlifter turned strongman Raimonds Bergmanis.

Fans and athletes alike have enjoyed meeting some of the legends of the game and they in turn have enjoyed reunions with old friends and competitors. The Arnold Weightlifting Championships have had the honor of hosting Tommy Kono (two golds and a silver in the Olympics), Chuck Vinci (two time gold medal Olympian), Ike Berger (gold and two silvers), Yuri Vardanyan (Soviet Olympic gold medal winner), Leonid Zhabotinski (two time Soviet gold medal winner), native Ohioan Kurt

Setterberg and Bob Giordano ('80 USA Olympic team), Bulgarian Stefan Botev (gold and bronze, Olympics), Mark Cameron (lightest American to Clean & Jerk over 500 pounds) and Ohio's Jim Benjamin (two time national champion and international team member). These veterans of the sport signed autographs, swapped memories, lies and damn lies and downed a few(?) beers at a nearby watering hole.

Past competitions have produced some heated battles, with head to head fights that will be long remembered. In 2004 Oleg Kechko outlasted Armen Garzarian and Shane Hamman for the top check of \$3,000.00.

The 2005 Arnold saw a showdown at 85kg between beefed up returning champ Oleg Kechko, who had decided to move up a weight class, and National Champion Chad Vaughn, also up a weight class from his usual 77kg. They went lift for lift in the snatch, with Vaughn taking a PR 152.5 snatch and a 2.5kg

lead into the clean & jerks and the crowd jamming with Kechko to AC/DC's Hells Bells. The two traded good clean & jerks until Vaughn hit another PR with 192.5. Kechko loaded the 195 he needed for a win on bodyweight. With Hells Bells again rocking him to the platform and through the lift, Oleg stuck the jerk for a big win, Chad later hugging him in congratulation.

Unfortunately for Oleg, Dimitri Klokov, fresh off his first Russian national championship, flew in for the meet and went six for six, hitting a 180 snatch and 220 clean & jerk at 105kg bodyweight, good for first place and \$3,200.00.

Last year, Dimitri returned to defend his Arnold

title as the reigning World Champion at 105kg, only to face fellow Russian 105kg Peter Stetsiuk and fast rising USA star Donnie Shankle. Fans yelled themselves hoarse as the three hit lift after lift, Stetsiuk making 164, Klokov and Shankle closing out the snatches with 165 apiece. In the clean & jerks, Klokov took a tough 195 for a good lift. Shankle appeared to have dropped out of the race with a 196 miss on his second attempt. Stetsiuk hit 199 and waited. Klokov came out for 200 and smoked it. Donnie loaded 201 for the lead and made a strong lift, but Peter Stetsiuk wasn't done. He jumped all the way to 209. It proved to be too much—and Donnie Shankle had

the upset win in the 105kg class over World Champion Klokov. The slim one kilogram victory wasn't enough to compensate for Klokov's lower bodyweight, however, and Donnie had to settle for second place prize money on the thinnest of margins, the overall winner being determined



Oleg Kechko

by formula across weight classes.

The only meet in North America to award significant prize money, the Arnold Weightlifting Championships has awarded nearly \$40,000.00 in cash and other prizes since the meet began in 2003.

Of course, Arnold always makes an appearance. He has never missed an Arnold Expo and visits every sport venue at some point during the weekend. That tradition hasn't been interrupted by details like becoming governor of California. Insiders say he always overstays his allotted time at weightlifting, his fist love. He was a member of the Austrian National Team that won a

European championship. The Arnold Weightlifting Championship is where he finally met his childhood weightlifting hero, Leonid Zhabotinski, and where he dried the tears of Thirteen-year-old Jenny Sawyer when his entrance caused her to miss a third attempt clean & jerk. He was the head cheerleader for the extra attempt granted her by the judges. She made the lift and he made her year.

What is in store for Arnold Weightlifting fans this year? On Friday, don't miss the nationally sanctioned USAW World Team Qualifier, where lifters will compete for slots on Team USA for the World Championships. Saturday lifters will be chasing the big dollars again, with late entries making predictions impossible. But count on big lifts by lifters from around the world. Micronesian lifters and top ten finishers in the 2006 Worlds, Manuel Minginfel and Peter Yukio plan to add a new country to the list of those discovering the Arnold Weightlifting Championships, now listed on the IWF calendar of upcoming meets.

Invited for this year are honorees Bob Takano, long time coach of Phat Elvis and coach of multi-time National Champion and Olympian Albert Hood, President Ma of the Chinese Weightlifting Federation, Joe Dube, the last USA male World Champion in 1969, and, if he is well and the stars align, the man who may be, along side Tommy Kono, the greatest weightlifter in history, the enigmatic Norbert Schemansky.

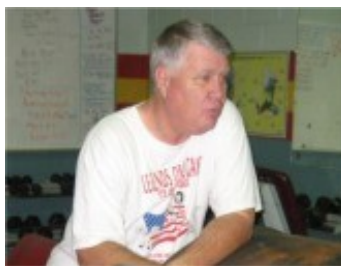


Donnie Shankle

The Arnold Weightlifting Championships and Arnold Expo are an international level weightlifting meet, a sports festival, a reunion, a party and a day at the circus all rolled into one unbeatable weekend. Don't let your friends tell you how great it was this year—just get your butt to Columbus, March 2nd, 3rd, and 4th. If you regret the trip, you'll be the first.

WARMING UP AND OPENING ATTEMPTS

By Marty Schnorf



Warming up at competitions, and picking opening attempts, are areas of great importance to lifters and coaches.

Like the old axiom says, "You can't win a competition in the warm up room, but you sure can lose it there."

There are many different approaches to warming up and picking opening attempts; I will outline my thoughts. Others may disagree somewhat, but I hope most would agree with at least a good part of it.

First, I would encourage lifters and coaches not to get locked in to certain weights as far as openers. BE FLEXIBLE. Base your opener off of what things look and feel like on that day.

It is beneficial to have a coach one has confidence in. If you do, let him or her (hereafter I will use he; no disrespect meant to females.) do the worrying, and

trust him to start you at the highest weight with which you can safely start.

Different coaches have different ideas on how safe SAFE is. To me, if you are missing 20% - 25% of your openers, you are starting too high. This is especially true for beginners, who ought to probably make 90% or more of openers.

A coach certainly wants to get input from the lifter as to how the lifter feels on his warm ups. However, some lifters get overly optimistic about their capabilities, and the coach needs to be sure not to be swayed into opening too high.

There are many variables at a meet which are not present in training. How far did you travel to the meet? How much sleep did you get? What time are you lifting as compared to when you train? Were you overweight in training? Also, in training you can take a lift when you want; this is not true at a meet.

Let's say a lifter has done 100 in training. Is 98 a

safe opener? Did the lifter make 100 5 out of 5 times in training? 2 out of 5? Was he overweight? Using straps? I sometimes ask lifters not only what their best in training is but what the least they have missed is. A lifter needs to strive for consistency. If he misses 90 or 85 one day and makes 100 another, starting at or near 100 can be dangerous.



Jenny Sawyer, Kari Davis, Kierstyn Davis

Some lifters are competition lifters. However, although there are exceptions to every general rule, lifters and coaches must remember that competitions are seldom won on opening attempts, but they are lost there. Be careful about trying to up your openers to keep up with your competition.

Strategy for picking 2nd and 3rd

attempts is beyond this article. However, suffice it to say that openers usually keep you in the competition, while the 2nd and 3rd attempts allow you to jockey for positions and medals.

When warming up, one has to base it partly off what he does in training. Do you train at a fast pace or slow pace? Big jumps or small jumps? (One might vary his training as far as jumps and time between lifts, etc., just to be prepared for anything in competition.)

Here is an example of how we might warm up. Let's say we have decided on 70 kgs. as a tentative opener. Look and see how many attempts are ahead of you. Anyone starting at 60 or below will probably take all three attempts before any of yours. Lifters starting at 66 might take anywhere from 1 -3 ahead of you. So, I may frequently say that a lifter has 11 - 13 attempts ahead of him, based on misses.

A coach also has to look for gaps in attempts.

Let's say only one person opens between 50 and 62, and he opens with 58. You are next with 70. Clearly, the lifter opening at 58 will probably follow himself on all three lifts. Some coaches might add another lift to the count to account for 2 minute clocks. (When a lifter follows himself he gets 2 minutes to lift instead of the normal 1 minute.) This is extremely important, and can affect how quickly one warms up.

In addition, the more weight changes there are, the more slowly the competition will move. Consider that, as well as how quickly the loaders are loading the weights.

Since we train at a fast pace, we might allow 2 - 2 1/2 attempts per warm up. In other words, if we had 5 warm ups left, we would want about 13 attempts ahead of us. Here is how our warm ups might go, starting with 70.

Stretch and warm up (25+ attempts out)

15 (empty bar) x several overhead squats and snatch balances/drop snatches (21 out)

15 x 3 (18 out)

35 x 2 - 3 - maybe power first rep (15 - 16 out)

43 x 2 (13 out)

50 x 1 - 2 (10 - 11 out)

56 x 1 (8 out)

61 x 1 (5 - 6 out)

66 x 1 (2 - 3 out)

A few caveats. I would take slightly longer rests with the heavier warm ups, and maybe less reps in the C&J, certainly no more reps than in the snatch.

I feel the last warm up is the most important. Better to be a little ahead of schedule than behind. If necessary, you can repeat one of your warm ups if you are too far ahead. I would say that 56 or 50 would be the best to repeat with in this example. The earlier warm ups might have less rest between them than the last one.

Take into consideration how far your platform is from the competition platform. If it is a long ways, maybe try to allow for that. Bigger lifters may need to warm up at a slower pace, and one doesn't want to rush them onto the platform. I might warm lifters up at a slightly slower pace in

the C&J than in the snatch. Also, the competition will move slightly slower in the C&J.

Remember that you are allowed 2 changes on each attempt, so long as the competition hasn't moved by where you would have been called. Some coaches and lifters may jump from their posted openers, so keep that in mind in counting attempts.

Generally, if one of my lifters has 6 attempts or more between lifts, I will have them do another warm up between lifts, maybe at about 75% in the snatch or 70% or so in the C&J. Another option is to do a pull at 80% or a power clean and jerk at maybe 70%. I might do this at about 2-3 lifts out. If there are 12 or more, we might do 2, with the first one being lighter. I personally don't like to see lifters sitting still for 10 minutes.

I hope some of these ideas are of some help. Good luck, and good lifting.

2007 FHSAA Girls Weightlifting State Championships



By Jesse Reynolds

On February 10, 2007 the Florida High School Athletic Association held its 4th sanctioned state championships for girls weightlifting. The competition lasted all day and had 240 girls compete in 10 different weight classes. Girls weightlifting has not been around as long as boys weightlifting here in Florida, but it has grown so fast that it is just as competitive. There are 200 high schools that recognize girls weightlifting as a varsity sport in Florida and some of those teams have as many as 40 girls compete during the

recognized winter season that runs from November through February. There are as many if not more girls competing in high school girls weightlifting in Florida between the ages of 14 and 18 as there are registered with USAW in that same age group. This program has served as an excellent feeder for a lot of Florida's top schoolage, junior, and senior female lifters over the past 10 years as it has done for the boys over the past 40 years. Some top USAW lifters you may recognize that came from this program are Samantha Turnbull, Angela Candage, and Jessica Fides. Every year there have been some very impressive lifts from these female lifters and this year saw the greatest level of competition yet.

Spruce Creek High School continued to do what it is best known for and that is beat every other team in the state without any other team even thinking about competing against them. Spruce Creek won its 4th straight girls weightlifting title and did so in a convincing fashion. Creek accumulated 33 points, while second place Port Charlotte scored 18 points, and Gainesville finished third with 16 points. High school weightlifting is scored differently than USAW National events. Points are only awarded to the top six finishers as follows; 1st - 7, 2nd - 5, 3rd - 4, 4th - 3, 5th - 2, 6th - 1. In high school lifting the athletes compete in the bench press and clean and jerk and everything is done in pounds. There are many strong ladies competing in this sport, but at the top level typically a girl must be able to clean and jerk a lot of weight in order to succeed. Of the 240 girls who competed 14 clean and jerked enough weight to have medaled at the 2006 National Junior Championships in their weight class and 59 of them clean and jerked enough weight to have medaled at the 2006 National Schoolage Championships. That many girls with big clean and jerks were impressive enough, but you should also know that many of them did power cleans and had less than desirable technique. If every one of these young ladies learned how to snatch and had a little instruction in proper technique for the clean and jerk there

would be a tremendous increase in the level of competition at all of our National Schoolage and National Junior meets. There are many teams that have USAW coaches working with the girls and it is no coincidence that some of those teams placed 1st, 2nd, 4th, 7th, and 8th.

FHSAA recognizes 10 weight classes as opposed to the eight that USAW recognizes. The FHSAA weight classes are 101 lb, 110 lb, 119 lb, 129 lb, 139 lb, 154 lb, 169 lb, 183 lb, 199 lb, and heavyweight. The first session of the day had the 101 lb, 110 lb, 119 lb, 129 lb, and 139 lb classes compete on five different platforms. Every weight class saw close competition between all the lifters from the state champion all the way down to the last place finisher. The 101 lb class was won by Spruce Creek's Heather Wolfe. This 16 year old was the 2006 Joe Dube Classic Champion in the 48 kg class and now added 2007 FHSAA State Champion to her list of accomplishments. Heather managed to clean and jerk 130 lbs at only 99 lbs. The 110 lb class saw Gainesville High School's Erica Cook move up a weight class after her 2006 victory in the 101 lb class last year. Erica won her second straight title and managed to clean and jerk 150 lb at only 108 lbs. In the 119 lb class the top three finishers were all medalists at the 2006 National Schoolage Championship. Jessica Gallagher of Lake Brantley High School was a bronze medalist at the 2006 National Schoolage Championships this year and she was again beat out by two other Team Florida teammates. Jessica's 160 lb clean and jerk tied Spruce Creek Sara Cowles, but she was slightly edged out on bodyweight by 0.8 lbs. Sara was a silver medalist in Detroit last summer and also was a participant in the 2006 National Schoolage Camp held at the Olympic Training Center last July. Spruce Creek's Leigha Nave edged out both Sara and Jessica by five pounds with a 165 lb clean and jerk at 117 lbs and set a new state record. Leigha was the 2006 Joe Dube Classic 53 kg Champion and Outstanding Junior Female, the 2006 National Schoolage Champion, and she was also a silver medalist at the 2006 Sub 17 Pan American Championship in Ecuador this

past September. We will definitely continue to see tremendous lifting out of these three young ladies over the next few years. The 129 lb class was won by another Team Florida lifter, Kelly David of Lake Brantley. Kelly is a former gymnast and has just recently started weightlifting. She will be a lifter to watch at the National Juniors this March. Morgan Candage of Seabreeze High School won the 139 lb class with a 170 lb clean and jerk.

The second session of lifting had the girls compete in the 154 lb, 169 lb, 183 lb, 199 lb, and heavyweight classes. In the 154 lb class Ashley Fides of Spruce Creek High School was the returning state champion from 2006. Ashley lifted an impressive clean and jerk of 190 lb, but she was edged out by St. Cloud High School's Sara Hansell who set a new FHSAA state record of 195 lbs en route to winning her first state title. Ashley's teammate Brittany Adamek suffered the same upset as she did. Brittany was the returning state champion in the 169 lb class and also clean and jerked 190 lb only to be beat out by five lb by New Smyrna Beach's Patrice Doemer. The 183 lb class did not see as impressive clean and jerks, but Anachelle Mejias of Avon Park easily won by pairing a state record 215 lb bench press along with a 165 lb clean and jerk. In the 199 lb class Port Charlotte's Katie Ryck clean and jerked a new state record of 195 lbs, but she placed second to Alexa DeCristofaro of New Smyrna Beach who benched a new state record of 220 lbs to go along with her 175 lb clean and jerk. Booker's Jessica Reynolds won her 3rd straight heavyweight state title when she clean and jerked 210 lbs to set a new state record and beat out North Marion's Lakitta Johnson who clean and jerked 205 lbs.

Although FHSAA weightlifting has girls compete in the bench press in place of the snatch it does serve as an excellent way to expose thousands of high school girls to the clean and jerk. In the future there will hopefully be a change to replace the bench press with the clean and jerk, but until then it should be appreciated as a fun sport for girls to participate in. Hopefully the success of

high school weightlifting in Florida will catch on in other states so our great sport of weightlifting can continue to grow.

Note: Complete results listed in following Results Section, because of the number of competitors, magnification of the results may be required by clicking on the magnifying glass or the + sign on the toolbar.

Lakeville Junior Open High School Meet
 2/10/2007
 Kenwood Trail Middle School Lakeville MN
 Sanction 30-07-03

SA=16&under		JR=17-20		Wt			Body	Best	Best	
Sex	Div	Class	Name	YOB	Team	Weight	Sna	C&J	Total	
F	SA	44	Maria Fruechte	94	Caledonia	41.73	38	50	88	
F	SA	44	Maddy Mullins	95	Caledonia	41.57	28	38	66	
F	SA	58	Natalie Witschorik	92	Northfield	56.85	27	39	66	
F	SA	69	Taylor Filzen	91	Northfield	67.36	36	47	83	
F	SA	69+	Lacey Buettel	91	Armstrong	80.14	40	53	93	
F	JR	48	Narula Biliik	88	Northfield	47.11	40	55	95	
F	JR	48	Sabrina Behr	89	Northfield	46.32	28	37	65	
F	JR	53	Leah Morgan	89	Farmington	50.42	42	48	90	
F	JR	53	Celia Oney	89	Northfield	52.45	31	45	76	
F	JR	58	Lindsey Eggers	89	Northfield	56.83	39	51	90	
F	JR	58	Noelle Heinrich	90	Northfield	55.76	34	51	85	
F	JR	58	Roxanne Desseyen	90	Farmington	57.93	32	48	80	
F	JR	63	Laura Jensen	89	Northfield	60.22	50	57	107	
F	JR	63	Morgan Weinand	90	Farmington	60.51	33	0	0	
F	JR	69	Chelsea Backer	90	Lakeville	66.45	52	63	115	
F	JR	69	Shannon Ripley	90	Cannon	67.90	48	60	108	
F	JR	69	Brittany LaFavre	88	Northfield	68.44	37	60	97	
F	JR	69extra	Megan Murphy	89	Farmington	63.01	35	55	90	
F	JR	69extra	Nicole Heinrich	90	Farmington	63.74	32	47	79	
F	JR	75	Abigail Hefer	89	Northfield	73.05	60	73	133	
F	JR	75	Sarah Lemke	89	Armstrong	70.80	48	57	105	
F	JR	75+	Hanna Barsness	89	Northfield	86.60	60	75	135	
F	JR	75+	Alicia Emery	90	Cannon	143.40	60	75	135	
F	JR	75+	Kassie Young	89	Lakeville	83.32	45	63	108	
F	JR	75+	Megan Goldstein	90	Northfield	80.90	40	50	90	
M	SA	50	Tony Ferrozzo	91	Farmington	44.25	37	58	95	
M	SA	50	Charlie Pahl	92	Lakeville	45.06	37	45	82	
M	SA	50	Kyle Rassmussen	91	Northfield	45.66	34	47	81	
M	SA	50	Zach Monte	0	Lakeville	40.95	32	40	72	
M	SA	50	Jordan Erickson	94	Cannon	40.90	20	27	47	
M	SA	50	Kyle Peters	94	Cannon	39.22	18	25	43	
M	SA	56	Tri Phu	91	Farmington	53.16	48	72	120	
M	SA	56	Alex Roschen	92	Farmington	55.53	37	54	91	
M	SA	62	Nick Pierce	91	Farmington	56.96	48	68	116	
M	SA	62	Sam Jerin	92	Farmington	56.40	46	56	102	
M	SA	69	Marc Estes	91	Farmington	64.03	55	70	125	
M	SA	69	Tracy Kruchten	92	Northfield	66.71	53	67	120	
M	SA	69	Collin Fossum	93	Lakeville	67.75	54	65	119	
M	SA	69	Blake Britton	91	Farmington	68.52	47	70	117	
M	SA	69	Patrick Dougherty	94	Cannon	68.00	43	46	89	
M	SA	77	Derek Waldbillig	91	Farmington	72.81	68	93	161	
M	SA	77	Cameron Hagen	91	Northfield	76.03	65	91	156	
M	SA	77	Devin Smith	91	Lakeville	74.91	60	80	140	
M	SA	77	Matt Bettinger	92	Northfield	75.57	50	82	132	
M	SA	77	Dan Stroberger	93	Lakeville	76.96	42	58	100	
M	SA	77	Mitch Patrikus	92	Northfield	75.73	41	54	95	
M	SA	77	Alexander Fritz	91	Northfield	72.57	38	53	91	
M	SA	77	Marcus Meier	91	Lakeville	72.83	0	0	0	
M	SA	85	Ethan Miller	92	Lakeville	79.96	55	70	125	
M	SA	85	Dan Jimenez	92	Spartacus	81.95	54	70	124	
M	SA	94	Brett Wolf	91	Kennedy	86.35	71	90	161	
M	SA	94	Jacob McClure	92	Lakeville	89.06	41	60	101	
M	SA	94	Ryan McMorrow	94	Cannon	92.47	43	56	99	
M	SA	94	Reid Olson	94	Northfield	92.01	41	56	97	
M	SA	94	John Simon	91	Northfield	91.70	0	0	0	
M	SA	94+	Sam Ruby	91	Northfield	110.76	72	100	172	
M	SA	94+	Rodney Emery	91	Cannon	100.66	75	95	170	
M	SA	94+	William Daly	91	Northfield	114.01	67	88	155	
M	SA	94+	Aaron Wratz	91	Farmington	102.00	60	85	145	
M	SA	94+	Josh Corbin	92	Northfield	101.26	57	73	130	
M	SA	94+	Andrew Robinson	91	Red Wing	102.95	48	61	109	
M	JR	62	Adam Fuller	90	Farmington	61.92	56	76	132	
M	JR	62	Andrew Froehling	90	Farmington	57.15	39	53	92	
M	JR	69	Alex Dahl	88	Northfield	68.84	85	105	190	
M	JR	69	Charles Litecky	89	Lakeville	68.16	68	95	163	
M	JR	69	Jesse Andrews	88	Lakeville	68.91	60	76	136	
M	JR	77	Chris Smith	89	Northfield	76.24	92	112	204	
M	JR	77	Ryan Mix	90	Lakeville	72.86	77	105	182	
M	JR	77	Ben Langfeldt	90	Northfield	74.15	77	105	182	
M	JR	77	Yujie Sun	90	Northfield	75.06	75	97	172	
M	JR	77	Michael Hanks	90	Northfield	75.23	74	90	164	
M	JR	77	Lucas Jones	90	Farmington	73.90	72	85	157	
M	JR	77	Mike Assell	90	Lakeville	75.63	65	90	155	
M	JR	77	Tim Bohmert	89	Lakeville	74.10	58	73	131	
M	JR	77	Nate Erickson	89	Northfield	74.53	0	95	0	
M	JR	77	Josh Meillier	90	Northfield	76.47	0	0	0	
M	JR	77	Collin Miller	88	Northfield	76.55	85	0	0	
M	JR	85	Chanse Durdahl	88	Cannon	81.73	82	100	182	
M	JR	85	Dana Flury	89	Lakeville	82.45	64	86	150	
M	JR	85	Robby Peters	89	Lakeville	81.51	59	75	134	
M	JR	85	Andrew Flor	90	Farmington	78.17	55	70	125	
M	JR	85	Mike Moore	90	Farmington	83.57	50	65	115	
M	JR	94	Jared Thompson	90	Cannon	91.56	80	92	172	
M	JR	94	Duke Ameyaw	90	Farmington	89.20	58	84	142	
M	JR	94	Chase Lomas	90	Lakeville	92.00	58	75	133	
M	JR	105	Ross Koehnen	90	Brainerd	104.85	50	60	110	
M	JR	105+	Cory Callahan	89	Northfield	125.26	105	130	235	
M	JR	105+	Trey Davis	88	Farmington	127.95	104	131	235	
M	JR	105+	Andy Jacobs	88	Northfield	133.82	75	115	190	

PITTSBURGH OPEN
LOCATION: Martial Arts & Sports Complex
DATE: Sunday, January 28th, 2007

Weight Class	Name	Year of Birth	Team	Body Weight	Snatch			Clean & Jerk			Total
					1	2	3	1	2	3	
M=Master											
Novice											
94	Max Ziegler	1975	Pgh BBC	88.60	-80	85	-90	-110	-110	110	195
94	Kevin Cornell	1988	Pgh BBC	85.80	70	75	-80	90	95	100	175
85	Zach Boyt	1988	Pgh BBC	79.64	55	60	70	85	90	95	165
M105+	Jim Long	1942	ECG	108.75	50	55	58	70	75	80	138
<i>Best Novice Lifter: Max Ziegler</i>											
Women											
58	Chelsea Kyle	1989	Team Houston	57.01	55	58	-61	75	80	-85	138
58	Michelle Downs	1988	ECG Naval Aca	58.00	47	-49	49	65	68	70	119
63	Erin Zwier	1981	UNA	61.75	50	53	55	58	63	67	122
63	Veronica Aquila	1978	ECG	59.84	42	47	51	62	-67	-67	113
69	Sarah Coleman	1985	ECG-Naval Aca	68.18	-57	-60	-60	77	81	-83	0
75+	Jackie Licata	1981	ECG	100.20	80	84	87	92	97	-101	184
75+	Joanna Jones	1976	West Park Y	111.33	70	-72	-74	80	-83	-84	150
75+	Megan Defourney	1974	CLWC	85.62	43	46	-51	54	58	63	109
M75+	Melinda Schmidt	1968	S. Buffalo	77.55	40	45	47	55	58	-60	105
75+	Jill Burzynski	1987	S. Buffalo	89.59	40	-45	45	55	60	-62	105
<i>Best Women's Lifter: Jackie Licata</i>											
Men											
56	Justin Humenik	1993	Pendragon	53.90	-42	42	-45	50	55	-60	97
62	Michael Graber	1984	South Buffalo	61.97	75	-78	-78	-105	-105	-105	0
69	Kevin Sofka	1984	Pgh BBC	66.36	100	105	-107	130	-135	-135	235
69	J. Tissenbaum	1989	Pgh BBC	68.98	-85	85	90	115	120	-125	210
69	Phillip Schneider	1990	Pendragon	68.98	72	-75	75	98	101	105	180
69	Jeffrey Smith	1993	CWLC	65.09	-58	58	-62	77	80	-83	138
69	Jacob Doll	1993	CWLC	71.20	44	-47	47	54	-57	57	104
69	Simon Villa	1993	CWLC	64.78	42	45	47	52	56	-60	103
77	Chris Gilman	1982	Pgh BBC	76.26	95	-102	-107	135	140	142	237
77	Brandon Shriner	1984	ECG	76.90	95	-100	101	120	-125	-128	221
77	Stefan Stelk	1990	Pendragon	71.00	67	72	75	95	100	103	178
77	Eric Arrington	1991	Pgh BBC	74.90	64	68	70	86	-90	-90	156
77	Mark Miskovski	1988	S. Buffalo	76.50	-100	-100	-100	-125	-125	-126	0
85	Robert Webber	1986	Pendragon	81.10	100	105	110	125	130	-135	240
85	Marcus Muchock	1986	Pgh BBC	80.60	80	-90	-90	105	110	-120	190
85	Rajeev Brown	1985	CWLC	84.90	80	-85	-90	105	107	-117	187
94	Joe Fondale	1977	ECG	93.70	120	125	130	150	155	160	290
94	Jason Nicula	1977	Pendragon	92.70	117	123	128	148	153	155	283
94	Phil Sabatini	1982	ECG	92.20	105	110	115	142	147	150	265
94	Bob Davis	1981	CWLC	93.80	-112	112	-115	-143	147	-153	259
94	James Michalec	1989	Pendragon	93.50	90	95	98	115	120	125	223
94	Mike Nackoul	1991	Pgh BBC	86.70	-85	90	95	117	122	127	222
M94	Chris Rice	1948	CWLC	93.80	-65	-65	65	85	90	95	160
M105	Jim McAlister	1972	CWLC	104.60	115	120	123	153	160	-164	283
M105	Jerry Morales	1967	CMG	102.50	108	115	-120	130	135		250
105	Matt Helinski	1974	Pgh BBC	103.20	100	105	-110	120	130	140	245
M105	Jay Tieder	1969	UNA	98.80	80	83	85	100	108	115	200
105	Manuel Morales Ortiz	1974	CWLC	94.80	-111	-112	-112	140	144	148	0
105+	Zach Beadle	1983	CWLC	124.60	125	-130	130	151	155	-160	285
M105+	Chris Feenstra	1970	CWLC	107.80	110	-120	-120	145	155	-160	265
105+	Dave Nackoul	1987	Pgh BBC	122.30	110	115	-117	140	145	150	265
105+	Ian Quirk	1989	ECG	129.60	100	108	-115	130	140	-145	248
M105+	Dave Sneberger	1951	UNA	110.40	67	72	-80	90	95	100	172
M105+	Staz T. Winter	1966	Pgh BBC	106.70	70	-75	-75	90	-95	95	165
M105+	Jim Fetters	1968	CWLC	110.20	-60	60	65	75	80	85	150

Best Men's Open Lifter: Joe Fondale

Best Master Lifter: Chris Feenstra

C. Sec: Bernard McDonough

Referees for all sessions: J. Willette-Brown, M. Tornstrom-DeFourney, Leo Totten, Bruce Ketter, Kurt Setterburg, Al Vogt, Kathleen Brenneman, Joanna Jones

Scorekeeper: Robert Palastra, Nicole McDonald, Joanna Jones

Meet Directors: Rege Becker & Kathie Brenneman

2007 FHSAA Girls Weightlifting Finals

101-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Heather Wolfe	Spruce Creek (Port Orange)	125	130	255	99.6
Kaiti O'Brien	Fort Walton Beach	120	125	245	99.8
Jasmine Kinsler	Gainesville	135	95	230	100.0
Kaysie Junco	Spruce Creek (Port Orange)	100	120	220	97.8
Jenna Ro	Manatee (Bradenton)	105	110	215	98.8
Caralyne Maerz	Sebastian River (Sebastian)	115	95	210	98.6
Samantha Schmidt	Bradford (Starke)	95	110	205	97.4
Amanda Wood	Keystone Heights	100	100	200	100.2
Courtney Comeau	Fort Charlotte	100	95	195	100.2
Samantha Collins	Olympia (Orlando)	90	105	195	100.2
Stephanie Babin	Rutherford (Springfield)	110	80	190	93.0
Becca Branch	Crystal River	95	95	190	99.0
Samantha Smith	Dr. Phillips (Orlando)	90	95	185	101.0
Suyery Lobo-Stone	Sebring	80	95	175	100.0
Brianna Emanuel	Ocoee (Kissimmee)	70	105	175	100.8
Madelyn Gapko	Seminole Ridge (Loxahatchee)	90	85	175	100.8
Tracy Rivers	Lincoln (Tallahassee)	90	80	170	99.0
Heather Bruce	Seminole Ridge (Loxahatchee)	85	80	165	95.8
Stacy Cabral	Winter Springs	--	--	--	98.4
Charlenia Davis	Mosley (Lynn Haven)	--	--	--	96.6
Gabby Strand	Fort Walton Beach	--	--	--	100.8
Megan McCall	Niceville	--	--	--	101.0
Natalie Marengi	River Ridge (New Port Richey)	--	--	--	--
Cassie Waldron	North Marion (Otra)	--	--	--	--

154-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Sara Hansel	St. Cloud	180	195	375	151.0
Ashley Fides	Spruce Creek (Port Orange)	185	190	375	152.2
Kelly Leigh	Bradford (Starke)	165	170	335	148.6
Christine Alberts	Springstead (Spring Hill)	165	150	315	153.2
Tania Jackson	Fort Charlotte	155	155	310	150.2
Kali Hunter	Fort White	160	150	310	151.0
Crystal Hill	Gainesville	145	160	305	143.0
Kristian Rainge-Campbell	Spruce Creek (Port Orange)	125	160	285	143.6
Victoria Mble	Leclaire	145	140	285	147.8
Nicole Humphreys	Fort Walton Beach	115	155	270	150.2
Erin Finnegan	Fort Charlotte	125	145	270	153.0
Samantha Tolman	Lake Brantley (Altamonte Springs)	125	145	270	153.8
Bianca Ramos	Colonial (Orlando)	130	135	265	144.8
Erinly McCall	Sebastian River (Sebastian)	125	140	265	152.0
Chelsea Delois	Jupiter	130	125	255	149.6
Ava-Lee Stewart	Boynton Beach	130	125	255	151.8
Amelia McBreath	Mosley (Lynn Haven)	125	125	250	154.0
Melia Graff	Rutherford (Springstead)	120	125	245	144.8
Madison Kite	Olympia (Orlando)	130	--	--	144.6
Rachele Maddox	Choctawhatchee (Fort Walton B)	--	--	--	146.6
Kelsey Vance	Southeast (Bradenton)	--	--	--	146.6
Cori Fidgett	Villages	--	--	--	150.2
Nicole Corey	Choctawhatchee (Fort Walton B)	--	--	--	150.4
Whitney Whitehead	Lincoln (Tallahassee)	--	--	--	153.4

110-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Erica Cook	Gainesville	160	150	310	108.0
Jennifer Zola	Fort Charlotte	130	150	280	109.0
Flecia Wong	Niceville	120	145	265	109.8
Brianna Hooker	River Ridge (New Port Richey)	130	125	255	107.0
Kelly Spradling	Gainesville	115	135	250	106.6
Delayna Sterling	Fort Charlotte	125	130	250	108.0
Marissa English	Santa Fe (Alachua)	125	125	250	109.8
Alison James	Lake Mary	105	135	240	108.0
Ariel Cavazos	Ocoee (Kissimmee)	115	120	235	106.8
Nicola Gough	New Smyrna Beach	125	110	235	108.2
Karlee Oliver	Fort Walton Beach	110	125	235	108.6
Raquel Abadia	Spruce Creek (Port Orange)	115	115	230	102.6
Shan Shan Chan	St. Cloud	110	120	230	104.8
Amarillis Rosario	Poinciana (Kissimmee)	120	110	230	105.4
Mason Gardberg	Lemon Bay (Englewood)	115	110	225	109.8
Gina Hosaflook	Bellevue	110	105	215	105.0
Sandra Garcia	Pasco (Dade City)	110	105	215	106.8
Allison Burd	Mosley (Lynn Haven)	110	100	210	109.8
Mary White	Jupiter	105	105	210	110.0
Torey Jo Nunn	Wakulla (Crawfordville)	105	100	205	107.2
Kaylan Beauchamp	Altha	105	100	205	109.0
Melissa Forte	South Fork (Stuart)	90	105	195	105.0
Karah Black	Sebastian River (Sebastian)	90	95	185	107.8
Kley Bechtel	Choctawhatchee (Fort Walton B)	--	--	--	--

169-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Patrice Doern	New Smyrna Beach	170	195	365	162.5
Brittany Adamek	Spruce Creek (Port Orange)	175	190	365	166.5
Meagan Selman	Ridge wood (New Port Richey)	185	180	365	168.0
Ashley Rivera	Colonial (Orlando)	165	165	330	160.0
Taluya McKinnie	Navarre	165	160	325	160.0
Amber Hbbard	Rutherford (Springstead)	170	150	320	168.0
Martesa Williams	North Marion (Otra)	150	160	310	168.1
Jolene Hill	Columbia (Lake City)	160	150	310	168.5
Lashaun Hart	Fort Charlotte	145	160	305	161.0
Erin Pereira	Navarre	145	155	300	156.5
Rickiera Lindale	Pahokee	155	145	300	168.0
Stephanie Lindquist	Oviedo	160	135	295	154.5
Laura Sroka	Lincoln (Tallahassee)	150	145	295	164.1
Cally McDowell	Fort Walton Beach	145	150	295	164.5
Kristen Crowe	Ocoee	140	150	290	161.5
Lynn Louis	Fort Charlotte	150	140	290	167.5
Vanessa Volkema	University (Orlando)	155	130	285	168.5
Danielle McCoy	Venice	150	120	270	166.0
Stephanie Mayo	Altha	130	135	265	160.5
Paige Cole	Keystone Heights	135	125	260	155.5
Hannah Tucker	Union County (Lake Butler)	120	135	255	164.2
Mlainie Jean-Paul	Boynton Beach	110	130	240	163.2
Ashaia Miller	Fort Pierce Central	120	115	235	162.0
Stephanie Hill	Bellevue	--	--	--	--

119-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Leigha Nave	Spruce Creek (Port Orange)	140	165	305*	117.4
Sara Cowles	Spruce Creek (Port Orange)	130	160	290	117.8
Jessica Gallagher	Lake Brantley (Altamonte Springs)	125	160	285	118.6
Courtney Dehart	Gainesville	135	140	275	117.4
April Richardson	South Sunter (Bushnell)	140	125	265	116.2
Anjali Matzicoff	Fort Charlotte	125	135	260	116.8
Tiffany Jones	Arnold (Panama City Beach)	140	120	260	118.8
Lauren Schroeder	St. Cloud	130	125	255	115.6
Armanda Perez	Ridge wood (New Port Richey)	130	125	255	117.2
Tara Stephens	Columbia (Lake City)	115	130	245	117.8
Unique Singleton	Ocoee (Kissimmee)	110	135	245	119.0
Cydney Chasky	Lakewood Ranch (Bradenton)	120	120	240	118.4
Taylor Bistarker	Fort Charlotte	115	125	240	118.8
Jennifer DeJesus	Gainesville	125	110	235	115.4
Tinisha Thomas	Navarre	110	125	235	117.2
Hannah Battle	Wakulla (Crawfordville)	110	120	230	117.4
Sabrina Harriel	Sebastian River (Sebastian)	110	115	225	115.0
Ashley Haggard	Ridge wood (New Port Richey)	110	110	220	113.0
Hilary Gibbs	Palm Beach Central (Wellington)	105	115	220	119.0
Michelle Oulim	South Fork (Stuart)	110	100	210	114.2
Brittney Taylor	Escambia (Pensacola)	--	--	--	117.8
Catie Cox	Fort Walton Beach	--	--	--	--
Kah White	Colonial (Orlando)	--	--	--	--

183-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Anachelle Mejias	Avon Park	215	165	380	182.5
Celeste Gomez	Columbia (Lake City)	170	165	335	179.5
Kaleigh Tibbs	Interlachen	155	145	300	175.5
Adrienne Randel	Gulf Breeze	145	155	300	181.0
Cari Kirkland	Manatee (Bradenton)	155	140	295	178.0
Candace Poirier	Spruce Creek (Port Orange)	145	150	295	179.5
Jennifer Watts	St. Cloud	150	140	290	173.0
Renee Quail	Oviedo	140	150	290	175.0
Tiffany Warren	Seminole (Sanford)	165	125	290	179.5
Kat Godina	Charlotte (Punta Gorda)	140	145	285	175.5
Erinly Smith	Boone (Orlando)	140	140	280	169.8
Kristian Stephens	Hernando (Brooksville)	150	125	275	169.2
Baley Monismith	Eastside (Gainesville)	140	135	275	169.8
Bryona Bolden	Dr. Phillips (Orlando)	140	125	265	181.0
Jasmin Wyer	Woodham (Pensacola)	135	130	265	181.8
Carolyn Lord	Seminole Ridge (Loxahatchee)	115	145	260	180.5
Charly Lane	Navarre	115	140	255	171.5
Jessica Espada	Titus (Inverness)	125	130	255	177.5
Nicole Yates	South Sunter (Bushnell)	135	115	250	169.2
Ashley White	Lincoln (Tallahassee)	120	125	245	173.1
Winter Harris	Royal Palm Beach	125	110	235	181.8
Chelsea Collins	Wakulla (Crawfordville)	--	--	--	178.0
Ashley Goff	Altha	--	--	--	--

129-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Kelly David	Lake Brantley (Altamonte Springs)	165	145	310	126.6
Jacquyn Seffern	Crystal River	140	165	305	125.6
Kayla Ovellet	Boone (Orlando)	145	155	300	124.6
Kristin Boyer	Fort Walton Beach	135	165	300	125.2
Carmen Figueroa	Gulf (New Port Richey)	165	130	295	123.6
Armanda Carr	Charlotte (Punta Gorda)	145	140	285	128.8
Rachel Woltzky	Charlotte (Punta Gorda)	135	145	280	125.4
Kayla Willis	Oviedo	145	130	275	124.8
Lauren Garza	Lemon Bay (Englewood)	135	135	270	126.2
Brianna Johnson	University (Orlando)	125	140	265	124.4
Kaitlyn Penney	Altha	135	130	265	124.6
Summer Dupler	Leclaire	145	120	265	128.8
Farah Schmitt	Gulf Breeze	135	125	260	128.6
Alexis Cataldo	Jupiter	125	125	250	126.2
Christiana Le	Altha	125	125	250	127.6
Shevaun McCormick	Interlachen	120	125	245	128.6
Kiersten Campos-Van Zant	Arnold (Panama City Beach)	115	110	225	123.4
Margaret Oplia	Martin County (Stuart)	95	120	215	128.0
Cher Jedrey	Sebastian River (Sebastian)	90	110	200	128.8
Cassandra Crosby	Gainesville	130	--	130	125.2
Kendra Scott	Olympia (Orlando)	125	--	125	127.2
Christie Andrews	Fort Walton Beach	120	--	120	126.2
Jessica Burghart	Middleburg	105	--	105	124.0
Amanda Philips	New Smyrna Beach	135	--	135	122.2

199-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Alexa DeCristofaro	New Smyrna Beach	220	175	395	193.5
Katie Ryck	Fort Charlotte	175	195*	370	190.0
Goena Jasinski	Fort Charlotte	180	170	350	190.5
Alisa Ring	Columbia (Lake City)	155	180	335	196.5
Chanel Gadsden	Ocoee	165	155	320	196.2
Hannah Crowe	Manatee (Bradenton)	150	165	315	188.0
Kasey Franks	Bozeman (Panama City)	160	155	315	194.1
Kari Stanford	Crystal River	160	150	310	183.2
Kimberly Daniel	South Sunter (Bushnell)	165	145	310	189.0
Mchelle Miller	River Ridge (New Port Richey)	155	145	300	198.3
Stephanie Canfield	Mosley (Lynn Haven)	140	155	295	194.1
Sesha Robinson	Olympia (Orlando)	145	145	290	191.2
Brittani Whitehurst	Interlachen	145	135	280	189.1
Victoria Channels	Seabreeze (Daytona Beach)	155	120	275	197.2
Elizabeth Ensminger	Spruce Creek (Port Orange)	135	135	270	197.0
Nina Holland	Bozeman (Panama City)	145	120	265	192.1
Su'Terrica Jackson	Navarre	125	140	265	194.1
Shayla Suggs	Woodham (Pensacola)	130	120	250	194.1
Katie Solis	Pine Forest (Pensacola)	135	110	245	185.2
Tishandre Hanna	Palm Beach Central (Wellington)	135	105	240	186.4
Midred Snyder	Sebastian River (Sebastian)	110	130	240	195.6
Kamille Williams	Ocoee	150	--	--	186.1
Abigail Edemdong	Dwyer (Palm Beach Gardens)	110	--	--	186.1
Lile Myers	Keystone Heights	145	--	--	190.1

139-Pound Weight Class

Name	School	Bench	Clean	Total	Weigh-In
Jessica Reynolds	Booker (Saracota)	250	210	460	251.0
Zakita Johnson	North Marion (Otra)	215	205	420	263.1
Opj Rollins	Columbia (Lake City)	240	170	410	329.0
Breshia Williams	Fort Walton Beach	210	195	405	379.1
Ebone Jackson	Eastside (Gainesville)	205	160	365	222.1
Corie White	Fleming Island	200	155	355	232.1
Johnisha Jackson					

**USA WEIGHTLIFTING
RESULTS REPORTING FORM**

NAME OF EVENT: Can You Cut The Mustard?

SANCTION NO: 28-07-01 **DATE:** February 10, 2007

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LOCATION: Saint Joseph, MO

MEET DIRECTOR: Kyle Beger and Heather Snethen **OFFICIALS:** Justin Devereux, Heather Snethen
Anna Martin, Jordan Beaver, Kevin Schubert, Kelley Lynch, Eryl Polk, Jon Carr, Amanda Atkinson, Tom Cross
Ann Dotson, Walt Zuk, Teresa Gaume, Chris Harris, Andrea Carr, Dennis Snethen

USAW No.	Wt. Class	Athlete Name	YOB	BODY WT.	CLUB/ TEAM	BEST SNA	BEST C&J	TOTAL
143911	31	Trevor Thompson	99	30.23	Trax	18	20	38
150977	31	Michael Jenkins	97	27.16	Wesley	12	19	31
140851	39	Amez Stillman	97	35.23	Wesley	30	39	69
140674	39	McCabe Davis	96	37.42	Wesley	19	34	53
151712	39	Deryk Thompson	96	35.48	Trax	18	28	46
150031	44	Kenneth Grant	94	43.4	Wesley	30	47	77
150372	44	Seth Wheeler	95	42.99	Trax	29	40	69
143990	44	Sterling Lehman	94	41.48	Boris	28	38	66
143834	44	Tanner Dredge	97	41.21	Wesley	22	31	53
151792	44	Isaac Barnes	93	43.81	Wesley	22	31	53
150956	44	Landon Adams	97	43.51	Wesley	12	18	30
150972	44	Bryson Smoke	98	40.57	Wesley	9	16	25
150472	50	Trent Hosick	93	49.2	Trax	40	50	90
143997	50	Logan Powell	96	50	Boris	32	42	74
151399	56	Zack Sprague	90	53.76	Trax	40	60	100
142987	56	Maxwell Baumann	96	53.12	Wesley	19	29	48
143027	69	Daniel Gorski	86	65.43	Boris	100	120	220
136622	69	Jordan Beaver	89	62.58	Wesley	75	95	170
143294	69	Blake Gee	92	62.71	Trax	38	66	104
150973	69	Israel Lujan	97	62.59	Wesley	9	17	26
143883	69+	Kyle Annigian	95	71.42	Wesley	32	44	76
142989	69+	Kaleb Dunn	96	70.31	Wesley	22	33	55
151699	77	Guy Stone	91	73.6	Trax	65	92	157
135843	77	Bryan Ward	91	74.53	UNA	50	67	117
151646	77	Tyler Walker	92	72.98	Salina	50	64	114
150554	77	Christian Jordan	92	71.06	Trax	46	63	109
134044	85	Kayle Wilderman	90	80.45	Salina	81	95	176
150720	85	John Ford	86	79.64	Wesley	65	96	161
143998	85	Lucas Powell	93	79.3	Boris	50	65	115
128736	94	Keith Swing	89	92.09	Wesley	130	160	290
150756	94	Jaeson Rogers	86	88.42	Pioneer	80	130	210
150819	94	Tom Nuzum	72	92.09	UNA	82	120	202
151681	94	Marshall Smith	87	86.58	Pioneer	71	85	156
150755	94	Patrick Donelan	87	93.08	Boris	60	93	153
151585	94	Dan Kline	88	87.05	Trax	42	65	107
Applied	94	Jay Elo	92	86.5	Wesley	39	53	92
123499	105	John Harris	82	96.5	Wesley	137	172	309
134874	105	Jacob Miller	88	102.44	Boris	123	145	268
151684	105	Marshall Marquardt	83	98.22	Omaha	105	127	232
150413	105	Drew Pilgrim	92	97.45	Salina	58	76	134
482	105+	Jason Atkinson	72	112.13	Wesley	132	175	307
136662	105+	Eryl Polk	88	106.82	Wesley	122	156	278
137870	105+	Sean Betz	76	129.8	Omaha	100	138	238
141187	105+	Kyle Pavin	89	109.15	Trax	95	120	215
139984	105+	Justin Fricke	79	109.29	Pioneer	82	125	207
151230	31	Macy Pilgrim	96	30.3	Salina	15	20	35
150982	31	Katelynn Myers	97	28.4	Wesley	13	21	34
150958	31	Abbey Hirter	98	29.4	Wesley	11	17	28
151319	39	McKenzie Pilgrim	96	38.59	Salina	19	25	44
151823	39	Madison Erickson	95	36.6	Wesley	14	28	42
150024	48	Kendall Grant	95	47.5	Wesley	35	40	75
151081	48	Kayla Walker	96	47.98	Wesley	9	13	22
141054	53	Jacque Taylor	89	50.58	Trax	48	54	102
134394	58	Brianna Barnett	92	57.46	Wesley	58	75	133
141359	58	Kizzi Roberts	87	56.4	Trax	55	71	126
150903	58	Megan Stodden	92	57.88	Trax	32	45	77
Applied	58+	Marissa Klingseis	95	73	Wesley	42	59	101
151587	58+	Grace Kline	94	107.4	Trax	28	40	68
143305	63	Emily Kuenzi	89	61.49	Boris	58	73	131
134840	63	Sadie Dahle	91	59.87	Wesley	53	70	123
140566	63	Katie Inmon	91	58.41	Trax	40	58	98
151793	63	Becky Clinton	85	58.49	Wesley	35	48	83
130680	63	Beth Butler	51	60.15	UNA	32	49	81
151795	63	Sydney Wheeler	93	62.45	Trax	30	40	70
128732	75	Whitney Rodden	79	73.85	Pioneer	50	63	113
122392	75	Anna Martin	79	72.03	Wesley	0	95	0
138922	75+	Kendra Enright	90	134.87	UNA	76	95	171
150414	75+	Rebecca Skillman	91	88.48	Pioneer	52	65	117
144161	75+	Hannah Clifford	90	79.27	Onaga	45	55	100

*** Record set at this meet