

2013 AAU NATIONAL BENCH, DEADLIFT, PUSH/PULL AND USA RECORD BREAKERS POWERLIFTING APRIL 6-7

						WT	SQ	4 SQ	BP	4 BP	DL	4 DL	TOT	TOT #	CURLS
F	SARAH	SNEIDER	ARCADIA	CA	USA	68	114	BENCH	RLM 65-69	107.6			27.5	60.6265	
F	RUTH	HARRISON	ESCONDIDO	CA	USA	48	165	BENCH	RM 45-49	153.6			75	165.345	
F	KENADEE	WEDDINGTHEMET		CA	USA		77	DEADLIFT	RY 10-11		77		47.5	104.7185	
F	DIANA	BRINDUSAI	RIVERSIDE	CA	USA	25	148	DEADLIFT	R OPEN					0	0
F	CARRIE	HELDT	LAS VEGAS	NV	USA	17	199	DEADLIFT	RY 10-11	222.6		107.5	112.5	107.5	236.9945
F	CARMELLA	BAQUI		HI	USA		105	POWERLIFT	RM 45-49					0	0
F	CHEYENNE	TAVARES		HI	USA		114	POWERLIFT	R OPEN					0	0
F	CHRISTINA	LUCKY	SAN DIEGO	CA	USA	30	123	POWERLIFT	R OPEN	136.4		95	112.5	207.5	457.4545
F	JENNIFER	MASSEY		CA	USA		123	POWERLIFT	R OPEN					0	0
F	KAREN	FULTZ	ATAWATER	CA	USA	57	148	PUSH/PULL	R MIL/LAW	147.4		42.5	75.5	118	260.1428
F	KAREN	FULTZ	ATAWATER	CA	USA	57	148	PUSH/PULL	RLM 55-59	147.4		42.5	75.5	118	260.1428
F	KAREN	FULTZ	ATAWATER	CA	USA	57	148	PUSH/PULL	RM 55-59	147.4		42.5	75.5	118	260.1428
M	MAX	CROFTON	SHREVEPORT	LA	USA	9	66	BENCH	RY 8-9	61.8		26	27	26	57.3196
M	JASON	DIVIS		CA	USA	10	88	BENCH	RY 10-11	86.5		52.5	56.5	52.5	115.7415
M	BEN	DELOUCHE	SHREVEPORT	LA	USA	9	105	BENCH	RY 8-9	102.8		30	31	30	66.138
M	NOAH	CROFTON	SHREVEPORT	LA	USA	13	123	BENCH	RY 12-13	115.6		52.5		52.5	115.7415
M	ANTONIO	SANTILIAN	AVOCADO HTS	CA	USA	10	132	BENCH	RY 10-11	125.6		35		35	77.161
M	LEVI	MERRELL		CA	USA		148	BENCH	RY 12-13					0	0
M	DEVIN	DIMMITT	N. PLATT3	NE	USA	19	148	BENCH	T 18-19	147.8		157.5		157.5	347.2245
M	MARK	LAUREL	MURIELTA	CA	USA	52	165	BENCH	LM 50-54	162.4		156.5		156.5	345.0199
M	MARTIN	DRAKE	NUEVO	CA	USA	62	165	BENCH	LM 60-64	165		135		135	297.621
M	ROBERT	BENVIENU	LAFAYETTE	LA	USA	64	165	BENCH	LM 60-64	164		87.5		87.5	192.9025
M	JOHN	LOPEZ	KINGMAN	AZ	USA	76	165	BENCH	LM 75-79	171.8		135		135	297.621
M	MARK	LAUREL	MURIELTA	CA	USA	52	165	BENCH	M 50-54	162.4		156.5		156.5	345.0199
M	MARTIN	DRAKE	NUEVO	CA	USA	62	165	BENCH	M 60-64	165		135		135	297.621
M	MARTIN	DRAKE	NUEVO	CA	USA	62	165	BENCH	R LIFE	165		135		135	297.621
M	MARTIN	DRAKE	NUEVO	CA	USA	62	165	BENCH	R OPEN	165		135		135	297.621
M	MARTIN	DRAKE	NUEVO	CA	USA	62	165	BENCH	RLM 60-64	165		135		135	297.621
M	JOHN	LOPEZ	KINGMAN	AZ	USA	76	165	BENCH	RLM 75-79	171.8		105		105	231.483
M	MARTIN	DRAKE	NUEVO	CA	USA	62	165	BENCH	RM 60-64	165		135		135	297.621
M	ROCK	WEDDINGTHEMET		CA	USA	14	165	BENCH	RT 14-15	165		77.5		77.5	170.8565
M	HENRY	FULTZ	ATAWATER	CA	USA	54	181	BENCH	LM 50-54	180.2		180		180	396.828
M	HENRY	FULTZ	ATAWATER	CA	USA	54	181	BENCH	M 50-54	180.2		180		180	396.828
M	RUBEN	LOPEZ	FOUNTAIN VALLEY	CA	USA	36	198	BENCH	OPEN	194.4		167.5		167.5	369.2705
M	DERREK	MURDOCH	KINGMAN	AZ	USA	24	198	BENCH	R MIL/LAW	194.6		137.5	210	347.5	766.0985
M	RUBEN	LOPEZ	FOUNTAIN VALLEY	CA	USA	36	198	BENCH	R OPEN	194.4		167.5		167.5	369.2705
M	HAMID	NABHANI	HAWTHORNE	CA	USA	37	198	BENCH	R OPEN	183.4		120		120	264.552
M	SCOTT	HALEY	HUNTINGTON BCH	CA	USA	25	198	BENCH	R OPEN	188.2		107.5		107.5	236.9945
M	HAMID	NABHANI	HAWTHORNE	CA	IRAN	37	198	BENCH	R SUB	183.4		120		120	264.552
M	JACK	LYNCH	ARCADIA	CA	USA	69	198	BENCH	RLM 65-69	187.6		125		125	275.575

M TONY	RODRIGUE	LAS VEGAS	NV	USA	43	181	DEADLIFT	R OPEN	179.2				275		275	606.265	
M TONY	RODRIGUE	LAS VEGAS	NV	USA	43	181	DEADLIFT	RM 40-44	179.2				275		275	606.265	
M SCOTT	HALEY	HUNTINGTON BCH	CA	USA	25	198	DEADLIFT	R OPEN					182.5		182.5	402.3395	
M JASON	GILLETTE	EL SEGUNDO	CA	USA	25	198	DEADLIFT	R OPEN							0	0	
M GREGG	GILLETTE	EL SEGUNDO	CA	USA	55	198	DEADLIFT	RLM 55-59	197				185		185	407.851	
M GREGG	GILLETTE	EL SEGUNDO	CA	USA	55	198	DEADLIFT	RM 55-59	197				185		185	407.851	
M CHRIS	DELOUCHE	SHREVEPORT	LA	USA	13	198	DEADLIFT	RY 12-13	88.5				136.5	140	136.5	300.9279	
M BILL	BEEKLEY	TAMPA	FL	USA	53	220	DEADLIFT	RM 50-54							0	0	
M DAVE	YANCEY	CAMPBELL	CA	USA	65	242	DEADLIFT	RLM 65-69	240.8				175	186.5	175	385.805	
M MATT	HARRIS	CORONA	CA	USA	42	242	DEADLIFT	RM 40-44	271.8				185		185	407.851	
M DAVE	YANCEY	CAMPBELL	CA	USA	65	242	DEADLIFT	RM 65-69	240.8				175	186.5	175	385.805	
M RANDY	NACCAROT	CLINTON	IN	USA	52	275	DEADLIFT	M 50-54							0	0	
M JOHN	HELDT	LAS VEGAS	NV	USA	43	320	DEADLIFT	RLM 40-44	328.4				275		275	606.265	
M BEAU	MOORE	LARGO	FL	USA	47	320	DEADLIFT	RM 45-49							0	0	
M MAX	CROFTON	SHREVEPORT	LA	USA	9	66	POWERLIFT	RY 8-9	61.8	42.5		26	27	58	126.5	278.8819	
M MAX	CROFTON	SHREVEPORT	LA	USA	9	66	POWERLIFT	RY 8-9	61.8	42.5		26	27	58	126.5	278.8819	
M BEN	DELOUCHE	SHREVEPORT	LA	USA	9	105	POWERLIFT	RY 8-9	102.8	52.5		30	31	72.5	155	341.713	
M NOAH	CROFTON	SHREVEPORT	LA	USA	13	123	POWERLIFT	RY 12-13	115.6	70		52.5		91	93	213.5	470.6821
M NOAH	CROFTON	SHREVEPORT	LA	USA	13	123	POWERLIFT	RY 12-13	115.6	70		52.5		91	93	213.5	470.6821
M ROBERT	BENVIENU	LAFAYETTE	LA	USA	64	165	POWERLIFT	LM 60-64	164	77.5		87.5	137.5		302.5	666.8915	
M MARTIN	DRAKE	NUEVO	CA	USA	62	165	POWERLIFT	M 60-64	165	65		135	100		300	661.38	
M DAMIEN	LONGLEY	LAS VEGAS	NV	USA	28	165	POWERLIFT	R OPEN	162.2	135		105	215		455	1003.093	
M ROCK	WEDDING	THEMET	CA	USA	14	165	POWERLIFT	RT 14-15	165	102.5		77.5	120		300	661.38	
M TONY	RODRIGUE	LAS VEGAS	NV	USA	43	181	POWERLIFT	R OPEN	179.2	215		125	275		615	1355.829	
M JOSH	KEENE	LAS VEGAS	NV	USA	28	181	POWERLIFT	R OPEN	178.4	167.5		130	230		527.5	1162.9265	
M KEVIN	GOODRICH	KINGMAN	AZ	USA	28	181	POWERLIFT	R OPEN	180.6	120		110	217.5		447.5	986.5585	
M MARK	SUN	POWAY	CA	USA	28	181	POWERLIFT	R OPEN	177.4	155		85	192.5		432.5	953.4895	
M JUNNELL	MILLEZA	DALY CITY	CA	USA	36	181	POWERLIFT	R SUB	174.8	102.5		77.5	125		305	672.403	
M TONY	RODRIGUE	LAS VEGAS	NV	USA	43	181	POWERLIFT	RM 40-44	179.2	215		125	275		615	1355.829	
M DEVRON	LEWIS	LAS VEGAS	NV	USA	41	198	POWERLIFT	R OPEN	196.2	180		155	255		590	1300.714	
M JASON	KISSELBUR	SALT LAKE CITY	UT	USA	29	198	POWERLIFT	R OPEN	191.8	180		142.5	235		557.5	1229.0645	
M JASON	GILLETTE	EL SEGUNDO	CA	USA	25	198	POWERLIFT	R OPEN	196.8	177.5		137.5	232.5		547.5	1207.0185	
M JONATHAN	LUCKY	SAN DIEGO	CA	USA	36	198	POWERLIFT	R OPEN	216	185		140	205		530	1168.438	
M BRANDON	GARST	SAN DIEGO	CA	USA	28	198	POWERLIFT	R OPEN	204.6	165		122.5	182.5		470	1036.162	
M SCOTT	HALEY	HUNTINGTON BCH	CA	USA	25	198	POWERLIFT	R OPEN		150		107.5	182.5		440	970.024	
M DUSTIN	PAULIDO	PHOENIX	AZ	USA	23	198	POWERLIFT	R OPEN							0	0	
M DEVRON	LEWIS	LAS VEGAS	NV	USA	41	198	POWERLIFT	RM 40-44	196.2	180		155	255		590	1300.714	
M CHRIS	DELOUCHE	SHREVEPORT	LA	USA	13	198	POWERLIFT	RY 12-13	88.5	90		52.5	136.5	140	279	615.0834	
M CHAD	DRECKSEL	SAINT GEORGE	UT	USA	58	220	POWERLIFT	LM 50-54	235.2	252.5		187.5	260		700	1543.22	
M JERRY	HOMER JR	KINGMAN	AZ	USA	50	220	POWERLIFT	LM 50-54	219.2	255	262.5	190	212.5		657.5	1449.5245	
M JERRY	HOMER JR	KINGMAN	AZ	USA	50	220	POWERLIFT	MIL/LAW 5	219.2	255	262.5	190	212.5		657.5	1449.5245	
M JEREMY	DREKSEL	WEST JORDAN	UT	USA	42	220	POWERLIFT	OPEN	197.6	262.5		177.5	250		690	1521.174	
M NICK	WILLIAMS	TAYLORSVILLE	UT	USA	33	220	POWERLIFT	OPEN	212.2	217.5		162.5	200		580	1278.668	

M DAN	MILBRAND GREENWOOD	WI	USA	31	220	POWERLIFTR MIL						0	0	
M ROBERT	NORRIS SAN DIEGO	CA	USA	31	220	POWERLIFTR OPEN	225.6	170	145	202.5	517.5	1140.8805		
M AUSTIN	DRECKSEL SALT LAKE CITY	UT	USA	32	242	POWERLIFTR LIFE	236.6	240	145	217.5	602.5	1328.2715		
M MATT	MILSTEAD KINGMAN	AZ	USA	28	242	POWERLIFTR OPEN	238.4	175	152.5	227.5	555	1223.553		
M GREGG	PAWLIK SAN DIEGO	CA	USA	30	242	POWERLIFTR OPEN	237.8	142.5	110	207.5	460	1014.116		
M DAVE	YANCEY CAMPBELL	CA	USA	65	242	POWERLIFTR OPEN	240.8	137.5	125	175	437.5	964.5125		
M GEORGE	STEVENS KINGMAN	AZ	USA	28	242	POWERLIFTR OPEN	240.8	0	0	0	0	0		
M DAVE	YANCEY CAMPBELL	CA	USA	65	242	POWERLIFTRLM 65-69	240.8	137.5	145.5	125	175	186.5	437.5	964.5125
M DAVE	YANCEY CAMPBELL	CA	USA	65	242	POWERLIFTRM 65-69	240.8	137.5	145.5	125	175	186.5	437.5	964.5125
M MICHAEL	HIGUERA KINGMAN	AZ	USA	18	242	POWERLIFTR 18-19	226	175	137.5	220	532.5	1173.9495		
M COLLIN	BONNEAU SHERWOOD PRK	ALB	CAN	65	275	POWERLIFTRLM 65-69	252	240	190	200	210	630	1388.898	
M COLLIN	BONNEAU SHERWOOD PRK	ALB	CAN	65	275	POWERLIFTRM 65-69	252	240	190	200	210	630	1388.898	
M DALLAS	DRECKSEL	UT	USA		275	POWERLIFTR OPEN	262.2	305	190	332.5	827.5	1824.3065		
M COLLIN	BONNEAU SHERWOOD PRK	ALB	CAN	65	275	POWERLIFTRLM 65-69	252	187.5	165.5	150	503	1108.9138		
M COLLIN	BONNEAU SHERWOOD PRK	ALB	CAN	65	275	POWERLIFTRM 65-69	252	187.5	165.5	150	503	1108.9138		
M TIM	BURNS TAMPA	FL	USA	43	308	POWERLIFTRM 40-44					0	0		
M BEAU	MOORE LARGO	FL	USA	47	320	POWERLIFTR OPEN					0	0		
M BEAU	MOORE LARGO	FL	USA	47	320	POWERLIFTRM 45-49					0	0		
M MAX	CROFTON SHREVEPORT	LA	USA	9	66	PUSHPULL RY 8-9	61.8		26	27	58	84	185.1864	
M MAX	CROFTON SHREVEPORT	LA	USA	9	66	PUSHPULL Y 8-9	61.8		26	27	58	84	185.1864	
M JASON	DIVIS	CA	USA	10	88	PUSHPULL RY 10-11	86.5		52.5	56.5	103	115.5	155.5	342.8153
M BEN	DELOUCHE SHREVEPORT	LA	USA	9	105	PUSHPULL RY 8-9	102.8		30	31	72.5	102.5	225.9715	
M NOAH	CROFTON SHREVEPORT	LA	USA	13	123	PUSHPULL RY 12-13	115.6		52.5		91	93	143.5	316.3601
M NOAH	CROFTON SHREVEPORT	LA	USA	13	123	PUSHPULL Y 12-13	115.6		52.5		91	93	143.5	316.3601
M ANTONIO	SANTILIAN AVOCADO HTS	CA	USA	10	132	PUSHPULL RY 10-11	125.6		35		80	115	253.529	
M STEVE	LINDSEY VALLEJO	CA	USA	32	148	PUSHPULL R LIFE	145.6		92.5		127.5	220	485.012	
M ROBERT	BENVIENU LAFAYETTE	LA	USA	64	165	PUSHPULL LM 60-64	164		87.5		137.5	225	496.035	
M JEFF	SHORT LAS VEGAS	NV	USA	28	165	PUSHPULL R MIL/LAW	161.8		130		200	210	330	727.518
M JEFF	SHORT LAS VEGAS	NV	USA	28	165	PUSHPULL R OPEN	161.8		130		200		330	727.518
M BRENT	BOOTHE MESQUITE	NV	USA	75	181	PUSHPULL RLM 75-79	178.8			77.5	105	105	231.483	
M BRENT	BOOTHE MESQUITE	NV	USA	75	181	PUSHPULL RM 75-79	178.8			77.5	105	105	231.483	
M COLTON	BROWNE KINGMAN	AZ	USA	14	181	PUSHPULL RT 14-15						0	0	
M JAMES	BURGESS WHITE FISH	SD	USA	34	198	PUSHPULL LIFE	191.6		107.5		210	317.5	699.9605	
M JAMES	BURGESS WHITE FISH	SD	USA	34	198	PUSHPULL OPEN	191.6		107.5		210	317.5	699.9605	
M ZACH	PARTRIDGE KINGMAN	AZ	USA		198	PUSHPULL OPEN						0	0	
M DAVID	WILLIAMS KINGMAN	AZ	USA	20	198	PUSHPULL R JR						0	0	
M DERREK	MURDOCH KINGMAN	AZ	USA	24	198	PUSHPULL R MIL/LAW	194.6		137.5		210	347.5	766.0985	
M DUSTIN	PAULIDO PHOENIX	AZ	USA	23	198	PUSHPULL R OPEN						0	0	
M DAVID	WILLIAMS KINGMAN	AZ	USA	20	198	PUSHPULL R OPEN						0	0	
M SEAN	SPEES LAS VEGAS	NV	USA	42	198	PUSHPULL RM 40-44						0	0	
M CHRIS	DELOUCHE SHREVEPORT	LA	USA	13	198	PUSHPULL RY 12-13	88.5		52.5		136.5	140	189	416.6694
M DAVE	YANCEY CAMPBELL	CA	USA	65	242	PUSHPULL RLM 65-69	240.8		145.5	125	175	186.5	300	661.38
M DAVE	YANCEY CAMPBELL	CA	USA	65	242	PUSHPULL RM 65-69	240.8			125	175	186.5	300	661.38

M ED	COLLINS	PACHECO	CA	USA	242	PUSHPULL	RM 65-69	238		137.5	147.5	285	628.311	
M MICHAEL	HIGUERA	KINGMAN	AZ	USA	18	242	PUSHPULL	RT 18-19	226	175	137.5	220	532.5	1173.9495
M RANDY	NACCAROT	CLINTON	IN	USA	52	275	PUSHPULL	M 50-54	259.2		172.5	182.5	355	782.633

Top Scorers
All-Around Competition, AAU FOS Nationals, Apr 6-7, 2013

Division	Athlete	All-Around Points ^a
Female (age 20+)	Kim, Andrea	1,227
	Sneider, Sarah	1,049
	Lucky, Christina	392
Female Youth (age 6-19)	Martinez, Samantha	1,759
	Martinez, Angela	1,723
	Martinez, Alyssa	1,682
	Nunez, Emma	1,222
Male (age 20+)	Lynch, Jack	2,394
	Weinstock, Bill	2,151
	Aguirre, Patrick	2,135
	Nunez, Kevin	2,037
	Homer Jr, Jerry	1,877
	Longley, Damien	1,866
	Murdock, Derek	1,758
	Drake, Martin	1,587
	Sun, Shu Chung	1,571
	Thomsen, Jeff	1,561
	Smith, Silas	1,478
	Yaggie, Matt	1,461
	Cheatheam, Randy	1,438
	Johnson, Dick	1,375
	Harris, Matt	1,182
	Mausisa, Arnel	1,152
	Weddington, Ron	1,116
Male Youth (age 6-19)	Higuera, Michael	1,957
	Nunez, Nathan	1,315
	Mausisa, Joshua	1,299
	Crofton, Maximus	1,282
	Weddington, Rock	1,274
	Crofton, Noah	1,226
	DeLouche, Ben	1,110

a Point Score for each athlete is the summation of points of his/her top four scoring events

**MULTI-EVENT & TEAM AWARDS, AAU FOS NATIONAL CHAMPIONSHIPS
APR. 6-7, 2013, LAUGHIN NV**

ALL-AROUND

Men

1. Jack Lynch, 2386
2. Bill Weinstock, 2151
3. Patrick Aguirre, 2143

Women

1. Andrea Kim, 1250
2. Sarah Sneider, 1049
3. Christina Lucky, 392

Male Youth

1. Mike Higuera, 1957
2. Nathan Nunez, 1315
3. Joshua Mausisa, 1299

Female Youth

1. Samantha Martinez, 1759
2. Angela Martinez, 1723
3. Emma Nunez, 1237

MOST VERSATILE ATHLETE

Men

1. Bill Weinstock, 4113
2. Jack Lynch, 3953
3. Patrick Aguirre, 3413

Women

1. Sarah Sneider, 1261
2. Andrea Kim, 1250
3. Christina Lucky, 392

Male Youth

1. Mike Higuera, 1957
2. Nathan Nunez, 1356
3. Joshua Mausisa, 1299

Female Youth

1. Samantha Martinez, 1849
2. Angela Martinez, 1788
3. Emma Nunez, 1302

**MULTI-EVENT & TEAM AWARDS, AAU FOS NATIONAL CHAMPIONSHIPS
APR. 6-7, 2013, LAUGHIN NV**

OPEN TEAMS

Heavy Metal Gym,	7496
Rhino Elite,	5782
Crossfit Sun,	5176
Jimmy And Friends,	3989
Team Weddington,	2797
Natural Power,	2135
Crossfit Sun R&D,	1295

YOUTH TEAMS

Team Asuksa,	7701
Jets Powerlifting,	4175

Results by Event -- AAU Nationals - Laughlin NV 4/06-07/13

Name	State	Division ^a	Wt Class	Age Group	Event	Result	Units ^b	Std Wt	Wt Used
Sneider, Sarah	CA	F	114	65-69	Bench Press for Reps	19	reps/kg	40	20
Fultz, Karen	CA	F	148	55-59	Bench Press for Reps	5	reps/kg	50	35
Dreger, Zeak	CA	M	114	Open	Bench Press for Reps	13	reps/kg	90	25
Drake, Martin	CA	M	165	60-64	Bench Press for Reps	8	reps/kg	80	103
Longley, Damien	NV	M	165	Open	Bench Press for Reps	7	reps/kg	90	90
Weinstock, Bill	CA	M	181	65-69	Bench Press for Reps	1	reps/kg	80	80
Boothe, Brent	NV	M	181	75-79	Bench Press for Reps	4	reps/kg	70	70
Aguirre, Patrick	CA	M	198	20-23	Bench Press for Reps	4	reps/kg	100	110
Nunez, Kevin	CA	M	198	40-44	Bench Press for Reps	13	reps/kg	90	90
Lynch, Jack	CA	M	198	65-69	Bench Press for Reps	11	reps/kg	80	97.5
Murdock, Derek	AZ	M	198	Open	Bench Press for Reps	10	reps/kg	100	100
Weddington, Ron	CA	M	220	45-49	Bench Press for Reps	22	reps/kg	100	100
Homer Jr, Jerry	AZ	M	220	50-54	Bench Press for Reps	12	reps/kg	85	95
Bonneau, Colin	LB/CA	M	242	60-64	Bench Press for Reps	22	reps/kg	85	85
Crofton, Maximus	LA	MY	66	8-9	Bench Press for Reps	11	reps/kg	20	20
DeLouche, Ben	LA	MY	105	8-9	Bench Press for Reps	17	reps/kg	20	20
Crofton, Noah	LA	MY	105	12-13	Bench Press for Reps	11	reps/kg	30	40
Weddington, Rock	CA	MY	165	12-13	Bench Press for Reps	29	reps/kg	40	40
Delouche, Chris	LA	MY	198	12-13	Bench Press for Reps	3	reps/kg	50	50
Higuera, Michael	AZ	MY	220	18-19	Bench Press for Reps	6	reps/kg	105	117
Sneider, Sarah	CA	F	114	65-69	Deadlift for Reps	14	reps/kg	37.5	20
Dreger, Zeak	CA	M	114	Open	Deadlift for Reps	7	reps/kg	120	67.5
Weinstock, Bill	CA	M	181	65-69	Deadlift for Reps	15	reps/kg	110	132.5
Aguirre, Patrick	CA	M	198	20-23	Deadlift for Reps	11	reps/kg	135	135
Murdock, Derek	AZ	M	198	Open	Deadlift for Reps	19	reps/kg	135	135
Cheatham, Randy	AZ	M	220	50-54	Deadlift for Reps	20	reps/kg	120	120
Homer Jr, Jerry	AZ	M	220	50-54	Deadlift for Reps	25	reps/kg	120	120
Harris, Matt	CA	M	275	40-44	Deadlift for Reps	3	reps/kg	165	155
Thomsen, Jeff	AZ	M	275	55-59	Deadlift for Reps	24	reps/kg	120	90
Higuera, Michael	AZ	MY	220	18-19	Deadlift for Reps	10	reps/kg	135	175
Higuera, Michael	AZ	MY	220	18-19	Farmers Walk	49.25	sec/lb	125	175
Sneider, Sarah	CA	F	114	65-69	Farmer's Walk	22.22	sec/lb	50	25
Martinez, Angela	CA	FY	66	6-7	Farmer's Walk	28.44	sec/lb	25	25
Nunez, Emma	CA	FY	77	10-11	Farmer's Walk	30.97	sec/lb	25	25
Martinez, Samantha	CA	FY	132	12-13	Farmer's Walk	22.10	sec/lb	25	35
Martinez, Alyssa	CA	FY	165	10-11	Farmer's Walk	22.10	sec/lb	35	35
Nunez, Nathan	CA	M	114	12-13	Farmer's Walk	15.47	sec/lb	35	35
Dreger, Zeak	CA	M	114	Open	Farmer's Walk	26.13	sec/lb	125	100
Longley, Damien	NV	M	165	Open	Farmer's Walk	24.22	sec/lb	125	125
Weinstock, Bill	CA	M	181	65-69	Farmer's Walk	33.90	sec/lb	125	125
Johnson, Dick	CA	M	181	75-79	Farmer's Walk	29.50	sec/lb	75	75
Aguirre, Patrick	CA	M	198	20-23	Farmer's Walk	28.60	sec/lb	125	150
Lynch, Jack	CA	M	198	65-69	Farmer's Walk	34.50	sec/lb	125	125
Murdock, Derek	AZ	M	198	Open	Farmer's Walk	30.63	sec/lb	125	150
Cheatham, Randy	AZ	M	220	50-54	Farmer's Walk	30.38	sec/lb	125	150
Homer Jr, Jerry	AZ	M	220	50-54	Farmer's Walk	28.53	sec/lb	125	150
Thomsen, Jeff	AZ	M	275	55-59	Farmer's Walk	26.97	sec/lb	125	125
Crofton, Maximus	LA	MY	66	8-9	Farmer's Walk	34.56	sec/lb	25	25
DeLouche, Ben	LA	MY	105	8-9	Farmer's Walk	32.00	sec/lb	25	25

Results by Event -- AAU Nationals - Laughlin NV 4/06-07/13

Name	State	Division ^a	Wt Class	Age Group	Event	Result	Units ^b	Std Wt	Wt Used
Santillan, Antonio	CA	MY	132	10-11	Farmer's Walk	19.46	sec/lb	35	35
Weddington, Rock	CA	MY	165	12-13	Farmer's Walk	26.00	sec/lb	50	100
Lucky, Christina	CA	F	123	Open	Power Clean	160.9	lb		
Kim, Andrea	CA	F	132	Open	Power Clean	159.8	lb		
Sun, Shu Chung	CA	M	165	Open	Power Clean	198.4	lb		
Sun, Mark	CA	M	181	50-54	Power Clean	253.5	lb		
Smith, Silas	CA	M	181	Open	Power Clean	220.5	lb		
Lucky, Jon	CA	M	198	35-39	Power Clean	237.0	lb		
Garst, Brandon	CA	M	198	Open	Power Clean	233.7	lb		
Norris, Robert	CA	M	220	Open	Power Clean	264.6	lb		
Crofton, Maximus	LA	MY	66	8-9	Power Clean	60.6	lb		
DeLouche, Ben	LA	MY	105	8-9	Power Clean	66.1	lb		
Crofton, Noah	LA	MY	105	12-13	Power Clean	132.3	lb		
Delouche, Chris	LA	MY	198	12-13	Power Clean	132.3	lb		
Kim, Andrea	CA	F	132	Open	Pushups for Reps	22	reps		
Harrison, Ruth	CA	F	165	45-49	Pushups for Reps	38	reps		
Martinez, Samantha	CA	FY	132	12-13	Pushups for Reps	13	reps		
Martinez, Alyssa	CA	FY	165	10-11	Pushups for Reps	3	reps		
Nunez, Nathan	CA	M	114	12-13	Pushups for Reps	25	reps		
Sun, Shu Chung	CA	M	165	Open	Pushups for Reps	80	reps		
Yaggie, Matt	CA	M	165	Open	Pushups for Reps	35	reps		
Mausisa, Arnel	CA	M	181	55-59	Pushups for Reps	36	reps		
Weinstock, Bill	CA	M	181	65-69	Pushups for Reps	34	reps		
Johnson, Dick	CA	M	181	75-79	Pushups for Reps	19	reps		
Smith, Silas	CA	M	181	Open	Pushups for Reps	46	reps		
Aguirre, Patrick	CA	M	198	20-23	Pushups for Reps	39	reps		
Nunez, Kevin	CA	M	198	40-44	Pushups for Reps	34	reps		
Lynch, Jack	CA	M	198	65-69	Pushups for Reps	68	reps		
Murdock, Derek	AZ	M	198	Open	Pushups for Reps	37	reps		
Weinstock, Michael	CA	M	198	Open	Pushups for Reps	30	reps		
Cheathem, Randy	AZ	M	220	50-54	Pushups for Reps	40	reps		
Bonneau, Colin	LB/CA	M	242	60-64	Pushups for Reps	40	reps		
Harris, Matt	CA	M	275	40-44	Pushups for Reps	3	reps		
Mausisa, Joshua	CA	MY	148	16-17	Pushups for Reps	25	reps		
Sneider, Sarah	CA	F	114	65-69	PushupsForReps	6	reps		
Martinez, Angela	CA	FY	66	6-7	PushupsForReps	22	reps		
Nunez, Emma	CA	FY	77	10-11	PushupsForReps	31	reps		
Sneider, Sarah	CA	F	114	65-69	Standing Long Jump	62.50	in		
Kim, Andrea	CA	F	132	Open	Standing Long Jump	76.00	in		
Martinez, Angela	CA	FY	66	6-7	Standing Long Jump	54.50	in		
Nunez, Emma	CA	FY	77	10-11	Standing Long Jump	54.50	in		
Martinez, Samantha	CA	FY	132	12-13	Standing Long Jump	62.50	in		
Martinez, Alyssa	CA	FY	165	10-11	Standing Long Jump	69.50	in		
Nunez, Nathan	CA	M	114	12-13	Standing Long Jump	77.25	in		
Dreger, Zeak	CA	M	114	Open	Standing Long Jump	72.50	in		
Longley, Damien	NV	M	165	Open	Standing Long Jump	93.25	in		
Sun, Shu Chung	CA	M	165	Open	Standing Long Jump	101.0	in		
Yaggie, Matt	CA	M	165	Open	Standing Long Jump	93.50	in		
Mausisa, Arnel	CA	M	181	55-59	Standing Long Jump	72.50	in		

Results by Event -- AAU Nationals - Laughlin NV 4/06-07/13

Name	State	Division ^a	Wt Class	Age Group	Event	Result	Units ^b	Std Wt	Wt Used
Weinstock, Bill	CA	M	181	65-69	Standing Long Jump	86.00	in		
Johnson, Dick	CA	M	181	75-79	Standing Long Jump	70.50	in		
Smith, Silas	CA	M	181	Open	Standing Long Jump	106.5	in		
Aguirre, Patrick	CA	M	198	20-23	Standing Long Jump	96.75	in		
Nunez, Kevin	CA	M	198	40-44	Standing Long Jump	84.50	in		
Lynch, Jack	CA	M	198	65-69	Standing Long Jump	74.25	in		
Murdock, Derek	AZ	M	198	Open	Standing Long Jump	84.50	in		
Weinstock, Michael	CA	M	198	Open	Standing Long Jump	80.25	in		
Homer Jr, Jerry	AZ	M	220	50-54	Standing Long Jump	97.00	in		
Harris, Matt	CA	M	275	40-44	Standing Long Jump	80.75	in		
Crofton, Maximus	LA	MY	66	8-9	Standing Long Jump	66.00	in		
DeLouche, Ben	LA	MY	105	8-9	Standing Long Jump	57.25	in		
Crofton, Noah	LA	MY	105	12-13	Standing Long Jump	79.75	in		
Mausisa, Joshua	CA	MY	148	16-17	Standing Long Jump	93.50	in		
Delouche, Chris	LA	MY	198	12-13	Standing Long Jump	70.50	in		
Lindsey, Steve	NV	M	148	Open	Strict Curl	104.7	lb		
Drake, Martin	CA	M	165	60-64	Strict Curl	110.2	lb		
Weinstock, Bill	CA	M	181	65-69	Strict Curl	99.21	lb		
Lynch, Jack	CA	M	198	65-69	Strict Curl	99.2	lb		
Murdock, Derek	AZ	M	198	Open	Strict Curl	99.2	lb		
Smith, Duane	AZ	M	242	75-79	Strict Curl	82.7	lb		
Harris, Matt	CA	M	275	40-44	Strict Curl	99.2	lb		
Sneider, Sarah	CA	F	114	65-69	Strict Pullups	3	reps		
Longley, Damien	NV	M	165	Open	Strict Pullups	28	reps		
Sun, Shu Chung	CA	M	165	Open	Strict Pullups	21	reps		
Yaggie, Matt	CA	M	165	Open	Strict Pullups	11	reps		
Mausisa, Arnel	CA	M	181	55-59	Strict Pullups	3	reps		
Weinstock, Bill	CA	M	181	65-69	Strict Pullups	9	reps		
Johnson, Dick	CA	M	181	75-79	Strict Pullups	1	reps		
Johnson, Dick	CA	M	181	75-79	Strict Pullups	4	reps		
Smith, Silas	CA	M	181	Open	Strict Pullups	14	reps		
Aguirre, Patrick	CA	M	198	20-23	Strict Pullups	6	reps		
Lynch, Jack	CA	M	198	65-69	Strict Pullups	24	reps		
Murdock, Derek	AZ	M	198	Open	Strict Pullups	8	reps		
Cheatham, Randy	AZ	M	220	50-54	Strict Pullups	9	reps		
Crofton, Maximus	LA	MY	66	8-9	Strict Pullups	1	reps		
Crofton, Noah	LA	MY	105	12-13	Strict Pullups	10	reps		
Kim, Andrea	CA	F	132	Open	Tire Flip	41.23	sec/lb	117	225
Martinez, Angela	CA	FY	66	6-7	Tire Flip	44.35	sec/lb	98	98
Nunez, Emma	CA	FY	77	10-11	Tire Flip	43.63	sec/lb	98	49
Weddington, Kenadee	CA	FY	77		Tire Flip	54.44	sec/lb	98	117
Martinez, Samantha	CA	FY	132	12-13	Tire Flip	29.03	sec/lb	98	98
Martinez, Alyssa	CA	FY	165	10-11	Tire Flip	30.44	sec/lb	98	98
Nunez, Nathan	CA	M	114	12-13	Tire Flip	30.00	sec/lb	98	117
Dreger, Zeak	CA	M	114	Open	Tire Flip	45.66	sec/lb	185	185
Longley, Damien	NV	M	165	Open	Tire Flip	33.79	sec/lb	185	225
Yaggie, Matt	CA	M	165	Open	Tire Flip	30.72	sec/lb	185	225
Mausisa, Arnel	CA	M	181	55-59	Tire Flip	38.72	sec/lb	185	225
Weinstock, Bill	CA	M	181	65-69	Tire Flip	42.88	sec/lb	117	225

Results by Event -- AAU Nationals - Laughlin NV 4/06-07/13

Name	State	Division ^a	Wt Class	Age Group	Event	Result	Units ^b	Std Wt	Wt Used
Johnson, Dick	CA	M	181	75-79	Tire Flip	37.75	sec/lb	117	117
Aguirre, Patrick	CA	M	198	20-23	Tire Flip	29.09	sec/lb	185	225
Nunez, Kevin	CA	M	198	40-44	Tire Flip	28.00	sec/lb	185	225
Lynch, Jack	CA	M	198	65-69	Tire Flip	56.19	sec/lb	117	225
Haley, Scott	CA	M	198	Open	Tire Flip	25.94	sec/lb	185	225
Murdock, Derek	AZ	M	198	Open	Tire Flip	29.25	sec/lb	185	225
Weinstock, Michael	CA	M	198	Open	Tire Flip	30.94	sec/lb	185	225
Weddington, Ron	CA	M	220	45-49	Tire Flip	29.22	sec/lb	185	225
Burgess, James	CA	M	220	50-55	Tire Flip	42.00	sec/lb	185	185
Harris, Matt	CA	M	275	40-44	Tire Flip	39.87	sec/lb	185	225
Thomsen, Jeff	AZ	M	275	55-59	Tire Flip	32.50	sec/lb	185	225
Crofton, Maximus	LA	MY	66	8-9	Tire Flip	48.72	sec/lb	98	49
DeLouche, Ben	LA	MY	105	8-9	Tire Flip	53.37	sec/lb	98	98
Santillan, Antonio	CA	MY	132	10-11	Tire Flip	53.53	sec/lb	98	117
Mauisisa, Joshua	CA	MY	148	16-17	Tire Flip	28.75	sec/lb	117	117
Weddington, Rock	CA	MY	165	12-13	Tire Flip	126	ft/lb	98	225
Sneider, Sarah	CA	F	114	65-69	Tire Throw	8.80	ft/lb	16	16
Martinez, Angela	CA	FY	66	6-7	Tire Throw	5.20	ft/lb	16	16
Nunez, Emma	CA	FY	77	10-11	Tire Throw	6.30	ft/lb	16	16
Martinez, Samantha	CA	FY	132	12-13	Tire Throw	12.95	ft/lb	16	16
Martinez, Alyssa	CA	FY	165	10-11	Tire Throw	14.35	ft/lb	16	16
Nunez, Nathan	CA	M	114	12-13	Tire Throw	13.45	ft/lb	16	16
Drake, Martin	CA	M	165	60-64	Tire Throw	30.50	ft/lb	16	16
Longley, Damien	NV	M	165	Open	Tire Throw	30.80	ft/lb	16	16
Yaggie, Matt	CA	M	165	Open	Tire Throw	30.55	ft/lb	16	16
Rodriquez, Tony	NV	M	181	40-44	Tire Throw	28.45	ft/lb	16	16
Mausisa, Arnel	CA	M	181	55-59	Tire Throw	20.25	ft/lb	16	16
Weinstock, Bill	CA	M	181	65-69	Tire Throw	31.65	ft/lb	16	16
Aguirre, Patrick	CA	M	198	20-23	Tire Throw	52.15	ft/lb	16	16
Nunez, Kevin	CA	M	198	40-44	Tire Throw	46.25	ft/lb	16	16
Lynch, Jack	CA	M	198	65-69	Tire Throw	20.65	ft/lb	16	16
Burgess, James	CA	M	198	Open	Tire Throw	17.50	ft/lb	16	16
Haley, Scott	CA	M	198	Open	Tire Throw	27.60	ft/lb	16	16
Murdock, Derek	AZ	M	198	Open	Tire Throw	36.10	ft/lb	16	16
Weinstock, Michael	CA	M	198	Open	Tire Throw	28.70	ft/lb	16	16
Homer Jr, Jerry	AZ	M	220	50-54	Tire Throw	30.35	ft/lb	16	16
Harris, Matt	CA	M	275	40-44	Tire Throw	25.80	ft/lb	16	16
Thomsen, Jeff	AZ	M	275	55-59	Tire Throw	30.35	ft/lb	16	16
Crofton, Maximus	LA	MY	66	8-9	Tire Throw	5.65	ft/lb	16	16
DeLouche, Ben	LA	MY	105	8-9	Tire Throw	9.25	ft/lb	16	16
Mauisisa, Joshua	CA	MY	148	16-17	Tire Throw	24.45	ft/lb	16	16
Higuera, Michael	AZ	MY	220	18-19	Tire Throw	38.90	ft/lb	16	16
Sneider, Sarah	CA	F	114	65-69	Weighted Pullups	110.2	lb		
Longley, Damien	NV	M	165	Open	Weighted Pullups	303.5	lb		
Sun, Shu Chung	CA	M	165	Open	Weighted Pullups	291.0	lb		
Mausisa, Arnel	CA	M	181	55-59	Weighted Pullups	227.5	lb		
Mausisa, Arnel	CA	M	181	55-59	Weighted Pullups	198.4	lb		
Weinstock, Bill	CA	M	181	65-69	Weighted Pullups	210.7	lb		
Smith, Silas	CA	M	181	Open	Weighted Pullups	242.3	lb		

Results by Event -- AAU Nationals - Laughlin NV 4/06-07/13

Name	State	Division ^a	Wt Class	Age Group	Event	Result	Units ^b	Std Wt	Wt Used
Aguirre, Patrick	CA	M	198	20-23	Weighted Pullups	231.5	lb		
Nunez, Kevin	CA	M	198	40-44	Weighted Pullups	252.2	lb		
Lynch, Jack	CA	M	198	65-69	Weighted Pullups	301.5	lb		
Crofton, Noah	LA	MY	105	12-13	Weighted Pullups	126.1	lb		

Footnotes:**a Divisions**

M=Male (age 20+)

MY=Male Youth (age 6-17)

F=Female (age 20+)

FY=Female Youth (age 6-17)

b Units:

in = inches

ft = feet

lb = pounds

rep/kg = number of reps/barbell weight (kg)

Farmer's Walk: sec/lb = time (sec)/weight of each handle (lb)

Tire Throw: ft/lb = distance thrown (ft)/tire weight (lb)

Farmer's Walk: ft/lb = distance traveled (ft)/weight of each handle (lb)

Bench Press for Reps & Deadlift for Reps: reps/kg = number of reps/barbell weight (kg)