

## RESULTS--AAU FOS SO CAL OUTDOOR &amp; INDOOR NATIONALS, Jan 23-24, 2016

Name	State	Division	Body-weight (lb)	Wt Class (lb)	Age	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Scott, Dave	CA	M	165.0	165	57	55-59	Tire Toss (12 lb)	44.2	ft/lb	12	12	SW-1C	Wildomar CA	2/23/2016	X		
Perkins, Jim	CA	M	155.0	165	61	60-64	Tire Toss (12 lb)	25.4	ft/lb	12	12	SW-1C	Wildomar CA	2/23/2016	X		
Weinstock, Bill	CA	M	175.0	181	69	65-69	Tire Toss (12 lb)	36.2	ft/lb	12	12	SW-1C	Wildomar CA	2/23/2016	X		
Alatorre, Bryan	CA	MY	175.0	181	14	14-15	Tire Toss (12 lb)	26.3	ft/lb	12	12	SW-1C	Wildomar CA	2/23/2016	X		
O'Neil, Carrie	CA	F	121.5	123	43	40-44	2" Axle Clean & Press	95.0	lb				Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	2" Axle Clean & Press	85.0	lb				Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	167.0	181	29	OPEN	2" Axle Clean & Press	75.0	lb				Wildomar CA	1/23/2016	X		
McClurg, Loren	CA	M	273.0	275	60	60-64	2" Axle Clean & Press	140.0	lb				Wildomar CA	1/23/2016	X		
O'Neil, Carrie	CA	F	121.5	123	43	40-44	2" Axle Deadlift	130.0	lb				Wildomar CA	1/23/2016	X		
Kotvis, Sherry	CA	F	135.0	148	57	55-59	2" Axle Deadlift	90.0	lb				Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	167.0	181	29	OPEN	2" Axle Deadlift	135.0	lb				Wildomar CA	1/23/2016	X		
Weinstock, Bill	CA	M	175.0	181	69	65-69	2" Axle Deadlift	220.0	lb				Wildomar CA	1/23/2016			
Sanchez, Jacob	CA	M	196.0	198	20	20-23	2" Axle Deadlift	315.0	lb				Wildomar CA	1/23/2016	X		
Kane, Earl	CA	M	194.0	198	70	70-74	2" Axle Deadlift	190.0	lb				Wildomar CA	1/23/2016	X		
Anderson, Ray	CA	M	255.0	275	61	60-64	2" Axle Deadlift	220.0	lb				Wildomar CA	1/23/2016			
McClurg, Loren	CA	M	273.0	275	60	60-64	2" Axle Deadlift	220.0	lb				Wildomar CA	1/23/2016			
Hatch, Grant	CA	MY	302.0	308	19	18-19	2" Axle Deadlift	305.0	lb				Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	165.0	165	29	OPEN	Atlas Stones Ascending Weight	5, 51.96	no./sec	3	3	165#OpenSW	Wildomar CA	1/23/2016	X		
Kupach, Stacy	CA	F	163.0	165	61	OPEN	Atlas Stones Ascending Weight	5, 36.84	no./sec	3	1	165#OpenSW	Wildomar CA	1/23/2016			
Foley-Witham, Kieran	CA	F	217.0	220	41	40-44	Atlas Stones Ascending Weight	5, 43.87	no./sec	3	3	SW	Wildomar CA	1/23/2016	X		
Scott, Dave	CA	M	165.0	165	57	55-59	Atlas Stones Ascending Weight	4, 46.93	no./sec	3	5	SW+2 Seq	Wildomar CA	1/23/2016	X		
McCann, Mike	CA	M	162.0	165	70	70-74	Atlas Stones Ascending Weight	4, 39.73	no./sec	2	1	SW	Wildomar CA	1/23/2016	X		
Sanchez, Jacob	CA	M	196.0	198	20	20-23	Atlas Stones Ascending Weight	4, 60	no./sec	5	7	SW+2 Seq	Wildomar CA	1/23/2016	X		
Anderson, Ray	CA	M	255.0	275	61	60-64	Atlas Stones Ascending Weight	5, 32.0	no./sec	5	6	SW+1 Seq	Wildomar CA	1/23/2016	X		
Alatorre, Bryan	CA	MY	175.0	181	14	14-15	Atlas Stones Ascending Weight	5, 38.09	no./sec	2	2	SW	Wildomar CA	1/23/2016	X		
Hatch, Grant	CA	MY	302.0	308	19	18-19	Atlas Stones Ascending Weight	5, 16.76	no./sec	5	7	SW+2 Seq	Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	Crucifix Hold (sledgehammers)	43.7	sec/lb	15	15	148#OpenSW	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	165.0	165	29	OPEN	Crucifix Hold (sledgehammers)	51.4	sec/lb	20	15	165#OpenSW	Wildomar CA	1/23/2016			
Kupach, Stacy	CA	F	163.0	165	61	OPEN	Crucifix Hold (sledgehammers)	69.0	sec/lb	20	15	165#OpenSW	Wildomar CA	1/23/2016	X		
McCann, Mike	CA	M	162.0	165	70	70-74	Crucifix Hold (sledgehammers)	51.0	sec/lb	15	15	SW	Wildomar CA	1/23/2016	X		
Weinstock, Bill	CA	M	175.0	181	69	65-69	Crucifix Hold (sledgehammers)	53.7	sec/lb	20	20	SW	Wildomar CA	1/23/2016	X		
Anderson, Ray	CA	M	255.0	275	61	60-64	Crucifix Hold (sledgehammers)	31.3	sec/lb	30	35	SW+5#	Wildomar CA	1/23/2016	X		
Neeley, Dean	CA	MY	165.0	165	14	14-15	Crucifix Hold (sledgehammers)	37.0	sec/lb	10	20	SW+10#	Wildomar CA	1/23/2016	X		
Kotvis, Sherry	CA	F	135.0	148	57	55-59	Farmer's Walk (25m)	14.1	sec/lb	50	75	SW+1C	Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	Farmer's Walk (25m)	11.1	sec/lb	75	100	148#OpenSW+1C	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	165.0	165	29	OPEN	Farmer's Walk (25m)	14.4	sec/lb	100	125	165#OpenSW+1C	Wildomar CA	1/23/2016	X		
Kupach, Stacy	CA	F	163.0	165	61	OPEN	Farmer's Walk (25m)	16.0	sec/lb	100	125	165#OpenSW+1C	Wildomar CA	1/23/2016			
Foley-Witham, Kieran	CA	F	217.0	220	41	40-44	Farmer's Walk (25m)	12.9	sec/lb	75	125	SW+2C	Wildomar CA	1/23/2016	X		
Scott, Dave	CA	M	165.0	165	57	55-59	Farmer's Walk (25m)	13.3	sec/lb	100	150	SW+2C	Wildomar CA	1/23/2016	X		
Perkins, Jim	CA	M	155.0	165	61	60-64	Farmer's Walk (25m)	12.4	sec/lb	100	125	SW+1C	Wildomar CA	1/23/2016	X		
Weinstock, Bill	CA	M	175.0	181	69	65-69	Farmer's Walk (25m)	16.8	sec/lb	125	150	SW+1C	Wildomar CA	1/23/2016			
Kane, Earl	CA	M	194.0	198	70	70-74	Farmer's Walk (25m)	13.3	sec/lb	125	125	SW	Wildomar CA	1/23/2016	X		
O'Neil, Carrie	CA	F	121.5	123	43	40-44	Log Clean & Press	105	lb				Wildomar CA	1/23/2016	X		
Kotvis, Sherry	CA	F	135.0	148	57	55-59	Log Clean & Press	65	lb				Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	Log Clean & Press	88	lb				Wildomar CA	1/23/2016	X		

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Name	State	Division	Body-weight (lb)	Wt Class (lb)	Age	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Hinz, Veronica	CA	F	165.0	165	29	OPEN	Log Clean & Press	95	lb				Wildomar CA	1/23/2016	X		
Kupach, Stacy	CA	F	163.0	165	61	OPEN	Log Clean & Press	95	lb				Wildomar CA	1/23/2016	X		
Foley-Witham, Kieran	CA	F	217.0	220	41	40-44	Log Clean & Press	85	lb				Wildomar CA	1/23/2016	X		
Sanchez, Jacob	CA	M	196.0	198	20	20-23	Log Clean & Press	230	lb				Wildomar CA	1/23/2016	X		
Neeley, Dean	CA	MY	165.0	165	14	14-15	Log Clean & Press	145	lb				Wildomar CA	1/23/2016	X		
Alatorre, Bryan	CA	MY	175.0	181	14	14-15	Log Clean & Press	90	lb				Wildomar CA	1/23/2016			
Hatch, Grant	CA	MY	302.0	308	19	18-19	Log Clean & Press	290	lb				Wildomar CA	1/23/2016	X		
O'Neil, Carrie	CA	F	121.5	123	43	40-44	MEDLEY 1 (50# 25m FW, Seq 2 25m SandB, 190# 25m Yoke, 125# 25m Sled Push-Rough Pavement)	2:11	min/sec			SW	Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	MEDLEY 1 (50# 25m FW, Seq 2 25m SandB, 190# 25m Yoke, 125# 25m Sled Push-Rough Pavement)	3:19	min/sec			148#OpenSW	Wildomar CA	1/23/2016	X		
Foley-Witham, Kieran	CA	F	217.0	220	41	40-44	MEDLEY 1 (75# 25m FW, Seq 2 25m SandB, 220# 25m Yoke, 175# 25m Sled Push-Rough Pavement)	3:30	min/sec			SW	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	165.0	165	29	OPEN	MEDLEY 1 (75# 25m FW, Seq 3 25m SandB, 220# 25m Yoke, 200# 25m Sled Push-Rough Pavement)	6:57	min/sec			165#OpenSW	Wildomar CA	1/23/2016	X		
Perkins, Jim	CA	M	155.0	165	61	60-64	MEDLEY 2 (100# 25m FW, Seq 3 25m SandB, 200# 25m Yoke)	1:36	min/sec			SW	Wildomar CA	1/23/2016	X		
Hatch, Grant	CA	MY	302.0	308	19	18-19	MEDLEY 2 (220# 25m FW, Seq 4 25m SandB, 500# 25m Yoke)	2:04	min/sec			SW++	Wildomar CA	1/23/2016	X		
Sanchez, Jacob	CA	M	196.0	198	20	20-23	MEDLEY 2 (220# 25m FW, Seq 5 25m SandB, 500# 25m Yoke)	2:45	min/sec			SW++	Wildomar CA	1/23/2016	X		
Kupach, Stacy	CA	F	163.0	165	61	OPEN	MEDLEY 2 (75# 25m FW, Seq 3 25m SandB, 220# 25m Yoke)	2:16	min/sec			165#OpenSW	Wildomar CA	1/23/2016	X		
Lundgren, Megan	CA	F	132.0	132	35	35-39	Sled Pull (25m)	44.2	sec/lb	125	150	SW+1C	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	167.0	181	29	OPEN	Sled Pull (25m)	42.7	sec/lb	200	200	181#OpenSW	Wildomar CA	1/23/2016	X		
Holbrook, John	CA	M	144.0	148	74	70-74	Sled Pull (25m)	40.4	sec/lb	150	175	SW+1C	Wildomar CA	1/23/2016	X		
Kane, Earl	CA	M	194.0	198	70	70-74	Sled Pull (25m)	31.6	sec/lb	175	175	SW	Wildomar CA	1/23/2016	X		
O'Neil, Carrie	CA	F	121.5	123	43	40-44	Tire Flip (25m)	78.8	sec/lb	150	300	SW+3C	Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	Tire Flip (25m)	145.3	sec/lb	150	300	SW+3C	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	165.0	165	29	OPEN	Tire Flip (25m)	107.4	sec/lb	185	300	165#OpenSW+2C	Wildomar CA	1/23/2016	X		
Foley-Witham, Kieran	CA	F	217.0	220	41	40-44	Tire Flip (25m)	71.1	sec/lb	185	350	SW+2C	Wildomar CA	1/23/2016	X		
Scott, Dave	CA	M	165.0	165	57	55-59	Tire Flip (25m)	43.7	sec/lb	185	300	SW+2C	Wildomar CA	1/23/2016	X		
Perkins, Jim	CA	M	155.0	165	61	60-64	Tire Flip (25m)	47.8	sec/lb	185	300	SW+2C	Wildomar CA	1/23/2016	X		
O'Neil, Carrie	CA	F	121.5	123	43	40-44	Viking Press for Reps	11	reps/lb	108	108	SW	Wildomar CA	1/23/2016	X		
Kotvis, Sherry	CA	F	135.0	148	57	55-59	Viking Press for Reps	6	reps/lb	98	68	SW	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	167.0	181	29	OPEN	Viking Press for Reps	10	reps/lb	133	88	181#OpenSW	Wildomar CA	1/23/2016	X		
Scott, Dave	CA	M	165.0	165	57	55-59	Viking Press for Reps	5	reps/lb	133	133	SW	Wildomar CA	1/23/2016	X		
Weinstock, Bill	CA	M	175.0	181	69	65-69	Viking Press for Reps	7	reps/lb	133	133	SW	Wildomar CA	1/23/2016	X		
McClurg, Loren	CA	M	273.0	275	60	60-64	Viking Press for Reps	6	reps/lb	148	163	SW+10%	Wildomar CA	1/23/2016	X		
Anderson, Ray	CA	M	255.0	275	61	60-64	Viking Press for Reps	7	reps/lb	148	188	SW+20%	Wildomar CA	1/23/2016	X		
Hatch, Grant	CA	MY	302.0	308	19	18-19	Viking Press for Reps	4	reps/lb	183	328	SW+70%	Wildomar CA	1/23/2016	X		
Kotvis, Sherry	CA	F	135.0	148	57	55-59	Wheelbarrow Push (25m)	11.30	sec/lb	200	300	SW+100 lb	Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	Wheelbarrow Push (25m)	11.77	sec/lb	300	500	148#OpenSW+200#	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	167.0	181	29	OPEN	Wheelbarrow Push (25m)	10.40	sec/lb	400	625	181#OpenSW+225#	Wildomar CA	1/23/2016	X		

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Name	State	Division	Body-weight (lb)	Wt Class (lb)	Age	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Holbrook, John	CA	M	144.0	148	74	70-74	Wheelbarrow Push (25m)	17.30	sec/lb	300	400	SW+100 lb	Wildomar CA	1/23/2016	X		
Scott, Dave	CA	M	165.0	165	57	55-59	Wheelbarrow Push (25m)	10.40	sec/lb	400	600	SW+200 lb	Wildomar CA	1/23/2016	X		
Kane, Earl	CA	M	194.0	198	70	70-74	Wheelbarrow Push (25m)	14.20	sec/lb	300	600	SW+300 lb	Wildomar CA	1/23/2016	X		
McClurg, Loren	CA	M	273.0	275	60	60-64	Wheelbarrow Push (25m)	14.30	sec/lb	600	800	SW+200#	Wildomar CA	1/23/2016	X		
Hatch, Grant	CA	MY	302.0	308	19	18-19	Wheelbarrow Push (25m)	13.90	sec/lb	600	1025	SW+400 lb	Wildomar CA	1/23/2016	X		
O'Neil, Carrie	CA	F	121.5	123	43	40-44	Yoke Walk (25m)	16.3	ft/lb	190	300	SW+100 lb	Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	Yoke Walk (25m)	17.4	ft/lb	220	330	SW+100 lb	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	165.0	165	29	OPEN	Yoke Walk (25m)	12.4	ft/lb	220	230	SW	Wildomar CA	1/23/2016	X		
Holbrook, John	CA	M	144.0	148	74	70-74	Yoke Walk (25m)	24.1	ft/lb	190	240	SW	Wildomar CA	1/23/2016	X		
Scott, Dave	CA	M	165.0	165	57	55-59	Yoke Walk (25m)	18.3	ft/lb	220	330	SW+100 lb	Wildomar CA	1/23/2016	X		
Kotvis, Sherry	CA	F	135.0	148	57	55-59	Zercher's Carry (25m)	15.6	sec/lb	75	125	SW+50 lb	Wildomar CA	1/23/2016	X		
D'Amato-Kane, Francesca	CA	F	136.2	148	31	OPEN	Zercher's Carry (25m)	8.4	sec/lb	75	150	148#OpenSW+75#	Wildomar CA	1/23/2016	X		
Hinz, Veronica	CA	F	167.0	181	29	OPEN	Zercher's Carry (25m)	10.8	sec/lb	100	150	181#OpenSW+50#	Wildomar CA	1/23/2016	X		
Holbrook, John	CA	M	144.0	148	74	70-74	Zercher's Carry (25m)	15.0	sec/lb	75	125	SW+50 lb	Wildomar CA	1/23/2016	X		
Scott, Dave	CA	M	165.0	165	57	55-59	Zercher's Carry (25m)	7.9	sec/lb	100	150	SW+75 lb	Wildomar CA	1/23/2016	X		
Weinstock, Bill	CA	M	175.0	181	69	65-69	Zercher's Carry (25m)	15.4	sec/lb	125	150	SW+25 lb	Wildomar CA	1/23/2016	X		
Kane, Earl	CA	M	194.0	198	70	70-74	Zercher's Carry (25m)	12.7	sec/lb	100	175	SW+75 lb	Wildomar CA	1/23/2016	X		
McClurg, Loren	CA	M	273.0	275	60	60-64	Zercher's Carry (25m)	10.5	sec/lb	125	200	SW+75 lb	Wildomar CA	1/23/2016	X		

Notes:

1. Token lifts (i.e., less than 30% of standard weight) are generally not considered for records.
2. A minimum of 2 reps are required for reps events (except pullups and pushups) to be considered for records.

AR = American Record

WR = World Record. Can be set at any world or international championship, including the AAU FOS Indoor World Championships, Outdoor World Championships, and Junior Olympic Games in 2015.

NR = National Record for the country represented other than USA..

OPEN = Record for anyone age 24-34 and anyone else (conforming to the Standard Weights in the OPEN Class).

OPEN Unl = OPEN Unlimited age weight/age record for either males or females of all ages and weight classes.

Legend:

b Units:

in = inches

ft = feet

lb = pounds

sec = seconds

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

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

Tire Toss (12 lb: ft/lb = distance thrown (ft)/tire weight (lb)

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

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

SW+20% = 20% above Standard Weight

For Farmer's Walk, Tire Flip, and Atlas Stones, e.g., SW+3C = 3 Standard Weight Classes above Standard Weight.

For Yoke Walk, Sled Pull, Sled Push, Wheelbarrow, and Zercher's Carry, e.g., SW+200 lb = 200 lb above Standard Weight.

TA=Turnaround

HW=Heavy Weight standard for 242, 275, 308, &amp; 309 weight classes ("Unlimited" weight record category)