

MEET RESULTS--AAU NORTH AMERICANS, APR 8-10, 2016

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units ^b	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
O'Neil, Carrie	CA	F	132	40-44	2" Axle Clean & Press for Reps	8	reps/lb	66	80	SW+20%	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	2" Axle Clean & Press for Reps	2	reps/lb	99	140	SW+40%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	2" Axle Clean & Press for Reps	4	reps/lb	121	243	SW+100%	Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	2" Axle Deadlift	130.0	lb				Laughlin NV	4/8/2016		X	
Weinstock, Bill	CA	M	181	65-69	2" Axle Deadlift	245.0	lb				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	2" Axle Deadlift	325.0	lb				Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	2" Axle Deadlift	230.0	lb				Laughlin NV	4/8/2016	X	X	
Tilson, Rocky	IN	M	275	50-54	2" Axle Deadlift	330.0	lb				Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	2" Axle Deadlift	265.0	lb				Laughlin NV	4/8/2016	X	X	
Anderson, Ray	CA	M	275	60-64	2" Axle Deadlift	240.0	lb				Laughlin NV	4/8/2016			
Waialae, Kimo	CA	MY	308	14-15	2" Axle Deadlift	308.0	lb				Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	2" Axle Deadlift	325.0	lb				Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Bench Press for Reps (60-sec limit)	3	reps/kg	27.5	33.0	SW+20%	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Bench Press for Reps (60-sec limit)	4	reps/kg	40.0	40.0	SW	Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Bench Press for Reps (60-sec limit)	3	reps/kg	80.0	80.0	SW	Laughlin NV	4/8/2016			
Tenove, Glen	CA	M	308	60-64	Bench Press for Reps (60-sec limit)	2	reps/kg	85.0	195.0	SW+130%	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	14-15	Bench Press for Reps (60-sec limit)	2	reps/kg	70.0	125.0	SW+70%	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Deadlift for Reps (60-sec limit)	18	reps/kg	37.5	52.5	SW+40%	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Deadlift for Reps (60-sec limit)	20	reps/kg	60.0	60.0	SW	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Deadlift for Reps (60-sec limit)	5	reps/kg	75.0	105.0	SW+40%	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Deadlift for Reps (60-sec limit)	16	reps/kg	95.0	95.0	SW	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Deadlift for Reps (60-sec limit)	4	reps/kg	125.0	175.0	SW+40%	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Deadlift for Reps (60-sec limit)	8	reps/kg	90.0	180.0	SW+100%	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Deadlift for Reps (60-sec limit)	8	reps/kg	125.0	187.5	SW+50%	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Duck Walk (25m)	15.31	sec/lb	---	100		Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Duck Walk (25m)	11.60	sec/lb	---	305		Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Duck Walk (25m)	22.34	sec/lb	---	200		Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Duck Walk (25m)	15.27	sec/lb	---	200		Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Duck Walk (25m)	14.16	sec/lb	---	305		Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Duck Walk (25m)	13.93	sec/lb	---	305		Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Farmer's Walk (25m)	12.09	sec/lb	35	50	SW+1C	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Farmer's Walk (25m)	13.31	sec/lb	75	125	SW+2C	Laughlin NV	4/8/2016		X	
Scott, Dave	CA	M	165	55-59	Farmer's Walk (25m)	11.56	sec/lb	100	150	SW+2C	Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Farmer's Walk (25m)	11.03	sec/lb	125	125	SW	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Farmer's Walk (25m)	15.80	sec/lb	125	165	SW+1C	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Farmer's Walk (25m)	9.80	sec/lb	125	180	SW+2C	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Hand Gripper	50	lb				Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Hand Gripper	100	lb				Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Hand Gripper	135	lb				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Hand Gripper	370	lb				Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Hand Gripper	225	lb				Laughlin NV	4/8/2016	X	X	
Tilson, Rocky	IN	M	275	50-54	Hand Gripper	270	lb				Laughlin NV	4/8/2016	X	X	

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McClurg, Loren	CA	M	275	60-64	Hand Gripper	180	lb				Laughlin NV	4/8/2016			
Anderson, Ray	CA	M	275	60-64	Hand Gripper	240	lb				Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	308	60-64	Hand Gripper	371	lb				Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Hand Gripper	400	lb				Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	Log Clean(Once)&PressReps(60-sec limit)	12	reps/lb	30	34.0	SW+10%	Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Log Clean(Once)&PressReps(60-sec limit)	2	reps/lb	55	95	SW+70%	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Log Clean(Once)&PressReps(60-sec limit)	4	reps/lb	45	63.5	SW+40%	Laughlin NV	4/8/2016			
Anderson, Ray	CA	M	275	60-64	Log Clean(Once)&PressReps(60-sec limit)	5	reps/lb	45	68.0	SW+50%	Laughlin NV	4/8/2016			
Hatch, Clay	CA	MY	220	14-15	Log Clean(Once)&PressReps(60-sec limit)	8	reps/lb	40	72.5	SW+80%	Laughlin NV	4/8/2016	X	X	
Waiialae, Kimo	CA	MY	308	14-15	Log Clean(Once)&PressReps(60-sec limit)	9	reps/lb	45	86.0	SW+90%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Log Clean(Once)&PressReps(60-sec limit)	5	reps/lb	50	118.0	SW+130%	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Orangutan Hang	54.3	sec				Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	Orangutan Hang	93.9	sec				Laughlin NV	4/8/2016	X	X	
Smith, Damiyah	OK	FY	77	8-9	Orangutan Hang	35.1	sec				Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	165	65-69	Orangutan Hang	63.8	sec				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Orangutan Hang	85.0	sec				Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Sled Pull (25m)	42.44	sec/lb	175	175	SW	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Sled Pull (25m)	80.44	sec/lb	175	275	SW+100#	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Sled Pull (25m)	46.25	sec/lb	300	350	SW+50#	Laughlin NV	4/8/2016	X	X	
Waiialae, Kimo	CA	MY	308	14-15	Sled Pull (25m)	36.07	sec/lb	200	400	SW+200#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Sled Pull (25m)	39.02	sec/lb	250	450	SW+200#	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Sled Pull (25m)	50	ft/lb	250	350	SW+100#	Laughlin NV	4/8/2016			
Dea, Bernice	CA	F	165	45-49	Sled Push (25m)	12.50	sec/lb	150	200	SW+50#	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Sled Push (25m)	21.65	sec/lb	175	275	SW+100#	Laughlin NV	4/8/2016	X	X	
Smith, Damiyah	OK	FY	77	8-9	Sled Push (25m)	9.65	sec/lb	75	77	SW	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	165	55-59	Sled Push (25m)	17.28	sec/lb	200	400	SW+200#	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Sled Push (25m)	31.16	sec/lb	175	350	SW+175#	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Sled Push (25m)	12.16	sec/lb	300	500	SW+200#	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Sled Push (25m)	15.60	sec/lb	250	450	SW+200#	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Sled Push (25m)	11.84	sec/lb	150	450	SW+300#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Sled Push (25m)	12.40	sec/lb	250	450	SW+200#	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Sled Push (25m)	9.41	sec/lb	300	500	SW+200#	Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Sled Push (25m)	42	ft/lb	225	375	SW+150#	Laughlin NV	4/8/2016			
Smith, Damiyah	OK	FY	77	8-9	Standing Long Jump	59.00	in				Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	148	65-69	Standing Long Jump	85.00	in				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Standing Long Jump	113.50	in				Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Standing Long Jump	91.00	in				Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Strict Curl	25.0	kg				Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Standing Long Jump	53.00	in				Laughlin NV	4/8/2016			
Scott, Dave	CA	M	165	55-59	Standing Long Jump	99.50	in				Laughlin NV	4/8/2016			
Luedeker, Lee	AZ	M	165	65-69	Strict Curl	50.0	kg				Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Strict Curl	16.0	kg				Laughlin NV	4/8/2016			

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McClurg, Loren	CA	M	275	60-64	Strict Curl	57.5	kg				Laughlin NV	4/8/2016			
Luedeker, Rocky	AZ	F	97	60-64	Strict Curls for Reps (60-sec limit)	5	reps/kg	15.0	15.0	SW	Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	Strict Curls for Reps (60-sec limit)	14	reps/kg	22.5	22.5	SW	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Strict Curls for Reps (60-sec limit)	11	reps/kg	22.5	22.5	SW	Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Strict Curls for Reps (60-sec limit)	8	reps/kg	30.0	36.00	SW+20%	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Strict Curls for Reps (60-sec limit)	13	reps/kg	27.5	27.5	SW	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Strict Curls for Reps (60-sec limit)	4	reps/kg	35.0	50.0	SW+40%	Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	308	60-64	Strict Curls for Reps (60-sec limit)	3	reps/kg	35.0	72.50	SW+100%	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Tire Toss (16 lb)	10.53	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Smith, Damiyah	OK	FY	77	8-9	Tire Toss (16 lb)	7.25	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	165	55-59	Tire Toss (16 lb)	40.00	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Tire Toss (16 lb)	53.10	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Tilson, Rocky	IN	M	275	50-54	Tire Toss (16 lb)	29.30	ft/lb	16	16	SW	Laughlin NV	4/8/2016			
Anderson, Ray	CA	M	275	60-64	Tire Toss (16 lb)	31.90	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	14-15	Tire Toss (16 lb)	46.70	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Tire Toss (16 lb)	5.20	ft/lb	16	16	SW	Laughlin NV	4/8/2016			
Crowley, Justine	VA	F	220	40-44	Tire Toss (16 lb)	20.95	ft/lb	16	16	SW	Laughlin NV	4/8/2016			
Drake, Martin	CA	M	181	65-69	Tire Toss (16 lb)	29.80	ft/lb	16	16	SW	Laughlin NV	4/8/2016			
Weinstock, Bill	CA	M	181	65-69	Tire Toss (16 lb)	30.60	ft/lb	16	16	SW	Laughlin NV	4/8/2016			
Tilson, Rocky	IN	M	275	50-54	Tire Toss (16 lb)	29.30	ft/lb	16	16	SW	Laughlin NV	4/8/2016			
Luedeker, Rocky	AZ	F	97	60-64	Zercher's Carry (25m)	9.72	sec/lb	50	50	SW	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Zercher's Carry (25m)	13.65	sec/lb	100	180	SW+75#	Laughlin NV	4/8/2016			
Clark, Chad	VA	M	275	40-44	Zercher's Carry (25m)	14.54	sec/lb	150	225	SW+75#	Laughlin NV	4/8/2016			
Crowley, Justine	VA	F	220	40-44	Zercher's Carry (25m)	13.53	sec/lb	100	100	SW	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Zercher's Carry (25m)	13.65	sec/lb	100	180	SW+75#	Laughlin NV	4/8/2016		X	
McClurg, Loren	CA	M	275	60-64	Zercher's Carry (25m)	12.16	sec/lb	125	180	SW+50#	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Zercher's Carry (25m)	9.08	sec/lb	75	310	SW+225#	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	14-15	Zercher's Carry (25m)	10.50	sec/lb	75	310	SW+225#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Zercher's Carry (25m)	10.43	sec/lb	100	310	SW+200#	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Zercher's Carry (25m)	5.96	sec/lb	125	275	SW+150#	Laughlin NV	4/8/2016	X	X	

1. 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.

Note: Current reps event records have a 60-second time limit (except pullups and pushups--unlimited continuous duration). Previous records of 90-sec time limit are archived into a separate

Legend:

b Units:

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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 (16 lb) (16 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 & 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

RESULTS--KING & QUEEN OF MEGA LIFT

EVENT	KING	QUEEN
1. Axle Deadlift (3 attempts) <u>Mega Lift:</u> 120 kg (M), 70 kg (F)	Loren McClurg, 265 lb	
2. Standing Long Jump (3 attempts) <u>Mega Lift:</u> 100 in (M), 70 in (F)		
3. Log Clean (Once) & Press for Reps (60-sec limit) <u>Mega Lift:</u> SW+40% (M), SW+20% (F)	Loren McClurg, 4 reps @ 140 lb (SW+41%) Ray Anderson, 5 reps @ 150 lb (SW+52%)	
4. Hand Gripper (3 attempts) <u>Mega Lift:</u> 180 lb (M), 100 lb (F)	Loren McClurg, 180 lb Ray Anderson, 240 lb Chad Clark, 225 lb	Justine Crowley, 100 lb
5. Tire Toss (3 attempts) <u>Mega Lift:</u> 40 ft (M), 25 ft (F)	Dave Scott, 40.0 ft Kimo Waialae, 46.7 ft	
6. Farmer's Walk (60-sec limit) <u>Mega(M):</u> 15 sec@SW+2Cl <u>Mega(F):</u> 20 sec@SW	Loren McClurg, 180 lb (SW+ 2Cl) in 9.8 sec Dave Scott, 150 lb (SW+ 2Cl) in 11.56 sec	Rocky Luedeker, 50 lb (SW) in 12.09 sec
7. Sled Push (60-sec limit) <u>Mega(M):</u> 15 sec@SW+100# <u>Mega(F):</u> 20 sec@SW		Bernice Dea, 200 lb (SW+50 lb) in 12.50 sec Damiyah Smith, 75 lb (SW) in 9.65 sec
8. Orangutan Hang (no time limit) <u>Mega Lift (M):</u> 70 sec <u>Mega Lift (F):</u> 45 sec		Rocky Luedeker, 54.3 sec
9. Strict Curl (3 attempts) <u>Mega Lift:</u> 57.5 kg (M), 40 kg (F)	Loren McClurg, 126.5 lb	
10. Axle Clean & Press for Reps (60-sec limit) <u>Mega Lift:</u> SW+40% (M), SW+20% (F)	Loren McClurg, 2 reps @ 140 lb (SW+41%)	Carrie O'Neil, 8 reps @ 80 lb (SW+21%)
11. Zercher's Carry (60-sec limit) <u>Mega(M):</u> 15 sec@SW+2Cl <u>Mega(F):</u> 20 sec@SW	Chad Clark, 225 lb (SW+3 Cl) in 14.54 sec Loren McClurg, 175 lb (SW+2 Cl) in 12.16 sec Lee Luedeker, 180 lb (SW+3 Cl) in 9.97 sec Earl Kane, 180 lb (SW+3 Cl) in 13.65 sec	Justine Crowley, 100 lb (SW) in 13.53 sec Rocky Luedeker, 50 lb (SW) in 9.72 sec

RESULTS--KING & QUEEN OF MEGA LIFT

EVENT	KING	QUEEN
12. Sled Pull (60-sec limit) <u>Mega(M):</u> 45 sec@SW+100# <u>Mega(F):</u> 50 sec@SW		Justine Crowley, 175 lb (SW) in 42.44 sec
13. Duck Walk (2-min limit) <u>Mega(M):</u> 25 sec @ 200# <u>Mega(F):</u> 25 sec @ 100#	Loren McClurg, 200 lb in 15.27 sec Chad Clark, 200 lb in 22.34 sec	Justine Crowley, 100 lb in 15.31 sec
14. Bench Press for Reps (60-sec limit) <u>Mega Lift:</u> SW+40% (M), SW+20% (F)		Rocky Luedeker, 3 reps @ 33 kg (SW+20%)
15. Strict Curls for Reps (60-sec limit) <u>Mega Lift:</u> SW+40% (M), SW+20% (F)	Loren McClurg, 4 reps @ 50 kg (SW+43%)	
16. Deadlift for Reps (60-sec limit) <u>Mega Lift:</u> SW+40% (M), SW+20% (F)	Loren McClurg, 4 reps @ 175 kg (SW+40%) Manny Ve'ave'a, 8 reps @ 187.5 lb (SW+50%)	
Overall Place	1. Loren McClurg , 10 events 2. Chad Clark, 3 events 3. Dave Scott, 2 events 4T. Ray Anderson, 1 event 4T. Kimo Waiialae, 1 event 4T. Lee Luedeker, 1 event 4T. Earl Kane, 1 event 4T. Manny Ve'ave'a, 1 event	1T. Justine Crowley , 4 events 1T. Rocky Luedeker , 4 events 3T. Carrie O'Neil, 1 event 3T. Bernice Dea, 1 event 3T. Damiyah Smith, 1 event

RESULTS--KING & QUEEN OF MONDO LIFT

EVENT	KING	QUEEN
1. Axle Deadlift (3 attempts) <u>Mondo Lift:</u> 140 kg (M), 85 kg (F)	Jacob Sanchez, 325 lb Grant Hatch, 325 lb Kimo Waiialae, 308 lb Rocky Tilson, 330 lb	
2. Standing Long Jump (3 attempts) <u>Mondo Lift:</u> 110 in (M), 85 in (F)	Jacob Sanchez, 113.5 in	
3. Log Clean (Once) & Press for Reps (60-sec limit) <u>Mondo Lift:</u> SW+60% (M), SW+40% (F)	Jacob Sanchez, 2 reps @ 210 lb SW+60%) Clay Hatch, 8 reps @ 160 lb (SW+82%) Kimo Waiialae, 9 reps @ 190 lb (SW+92%)	
4. Hand Gripper (3 attempts) <u>Mondo Lift:</u> 240 lb (M), 150 lb (F)	Ray Anderson, 240 lb Rocky Tilson, 240 lb	
5. Tire Toss (3 attempts) <u>Mondo Lift:</u> 50 ft (M), 30 ft (F)	Chad Clark, 53.1 ft	
6. Farmer's Walk (60-sec limit) <u>Mondo(M):</u> 15 sec@SW+4CI <u>Mondo(F):</u> 20 sec@SW+2CI		Justine Crowley, 125 lb (SW+2 CI) in 13.31 sec
7. Sled Push (60-sec limit) <u>Mondo(M):</u> 15 sec@SW+200# <u>Mondo(F):</u> 20 sec@SW+100#	Grant Hatch, 500 lb (SW+200 lb) in 9.41 sec Manny Ve'ave'a, 450 lb (SW+200 lb) in 12.4 sec Chad Clark, 500 lb (SW+200 lb) in 12.16 sec	
8. Orangutan Hang (no time limit) <u>Mondo Lift:</u> (M): 85 sec <u>Mondo Lift:</u> (F): 65 sec	Jacob Sanchez, 85 sec	
9. Strict Curl (3 attempts) <u>Mondo Lift:</u> 62.5 kg (M), 45 kg (F)		
10. Axle Clean & Press for Reps (60-sec limit) <u>Mondo Lift:</u> SW+60% (M), SW+40% (F)		
11. Zercher's Carry (60-sec limit) <u>Mondo(M):</u> 15 sec@SW+4C <u>Mondo(F):</u> 20 sec@SW+2CI		

RESULTS--KING & QUEEN OF MONDO LIFT

EVENT	KING	QUEEN
12. Sled Pull (60-sec limit) <u>Mondo(M):</u> 45 sec@SW+200# <u>Mondo(F):</u> 50 sec@SW+100#	Kimo Waialae, 400 lb (SW+200 lb) in 30.67 sec Manny Ve'ave'a, 450 lb (SW+200 lb) in 39.02 sec	
13. Duck Walk (2-min limit) <u>Mondo(M):</u> 25 sec @ 300# <u>Mondo(F):</u> 25 sec@ 150#	Clay Hatch, 305 lb in 14.16 sec Manny Ve'ave'a, 305 lb in 13.96 sec Jacob Sanchez, 305 lb in 11.60 sec	
14. Bench Press for Reps (60-sec limit) <u>Mondo Lift:</u> SW+60% (M), SW+40% (F)	Kimo Waialae, 2 reps @ 125 kg (SW+79%)	
15. Strict Curls for Reps (60-sec limit) <u>Mondo Lift:</u> SW+60% (M), SW+40% (F)		
16. Deadlift for Reps (60-sec limit) <u>Mondo Lift:</u> SW+60% (M), SW+40% (F)		Justine Crowley, 5 reps @ 105 kg (SW+40%) Rocky Luedeker, 18 reps @ 52.5 kg (SW+40%)
Overall Place	1. Jacob Sanchez , 5 events 2. Kimo Waialae, 4 events 3. Manny Ve'ave'a, 3 events 4T. Chad Clark, 2 events 4T. Grant Hatch, 2 events 4T. Rocky Tilson, 2 events 4T. Clay Hatch, 2 events 8. Ray Anderson, 1 event	1. Justine Crowley , 2 events 2. Rocky Luedeker, 1 event

RESULTS--KING & QUEEN OF DNA LIFT

EVENT	KING	QUEEN
1. Axle Deadlift (3 attempts) <u>DNA Lift:</u> 160 kg (M), 95 kg (F)		
2. Standing Long Jump (3 attempts) <u>DNA Lift:</u> 120 in (M), 95 in (F)		
3. Log Clean (Once) & Press for Reps (60-sec limit) <u>DNA Lift:</u> SW+100% (M), SW+70% (F)	Grant Hatch, 5 reps @ 260 lb (SW+115%)	
4. Hand Gripper (3 attempts) <u>DNA Lift:</u> 300 lb (M), 200 lb (F)	Grant Hatch, 400 lb Jacob Sanchez, 370 lb Glen Tenove, 371 lb	
5. Tire Toss (3 attempts) <u>DNA Lift:</u> 55 ft (M), 35 ft (F)		
6. Farmer's Walk (60-sec limit) <u>DNA(M):</u> 15 sec@SW+6Cl <u>DNA(F):</u> 20 sec@SW+4Cl		
7. Sled Push (60-sec limit) <u>DNA(M):</u> 15 sec@SW+300# <u>DNA(F):</u> 20 sec@SW+200#	Clay Hatch, 450 lb (SW+300 lb) in 11.36 sec	
8. Orangutan Hang (no time limit) DNA Lift (M): 100 sec DNA Lift (F): 85 sec		Carrie O'Neil, 93.9 sec
9. Strict Curl (3 attempts) <u>DNA Lift:</u> 75 kg (M), 50 kg (F)		
10. Axle Clean & Press for Reps (60-sec limit) <u>DNA Lift:</u> SW+100% (M), SW+70% (F)	Grant Hatch, 4 reps @ 243 lb (SW+101%)	
11. Zercher's Carry (60-sec limit) <u>DNA(M):</u> 15 sec@SW+6Cl <u>DNA(F):</u> 20 sec@SW+4Cl	Clay Hatch, 310 lb (SW+9 Cl) in 9.08 sec Kimo Waialae, 310 lb (SW+9 Cl) in 10.50 sec Manny Ve'ave'a, 310 lb (SW+8 Cl) in 10.43 sec Jacob Sanchez, 275 lb (SW+6 Cl) in 9.10 sec Grant Hatch, 275 lb (SW+6 Cl) in 5.96 sec	

RESULTS--KING & QUEEN OF DNA LIFT

EVENT	KING	QUEEN
12. Sled Pull (60-sec limit) <u>DNA(M)</u> : 45 sec@SW+300# <u>DNA(F)</u> : 50 sec@SW+200#		
13. Duck Walk (2-min limit) <u>DNA(M)</u> : 25 sec @ 400# <u>DNA(F)</u> : 25 sec @ 200#		
14. Bench Press for Reps (60-sec limit) <u>DNA Lift</u> : SW+100% (M), SW+70% (F)	Glen Tenove, 2 reps @ 195 kg (SW+130%)	
15. Strict Curls for Reps (60-sec limit) <u>DNA Lift</u> : SW+100% (M), SW+70% (F)	Glen Tenove, 3 reps @ 72.5 kg	
16. Deadlift for Reps (60-sec limit) <u>DNA Lift</u> : SW+100% (M), SW+70% (F)	Clay Hatch, 8 reps @ 180 kg (SW+100%)	
Overall Place	1. Grant Hatch , 4 events 2T. Glen Tenove, 3 events 2T. Clay Hatch, 3 events 4. Jacob Sanchez, 2 events 5T. Manny Ve'ave'a, 1 event 5T. Kimo Waialae, 1 event	1. Carrie O'Neil , 1 event

RECORDS SET AT AAU FOS NORTH AMERICAN CHAMPIONSHIPS, APRIL 8-10, 2016

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units ^b	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
O'Neil, Carrie	CA	F	132	40-44	2" Axle Clean & Press for Reps	8	reps/lb	66	80	SW+20%	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	2" Axle Clean & Press for Reps	2	reps/lb	99	140	SW+40%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	2" Axle Clean & Press for Reps	4	reps/lb	121	243	SW+100%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	OPEN	2" Axle Clean & Press for Reps	4	reps/lb	143	243	308#OpenSW+70%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	ALL	OpenUnl	2" Axle Clean & Press for Reps	4	reps/lb	143	243	OpenUnlSW+70%	Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	2" Axle Deadlift	130.0	lb				Laughlin NV	4/8/2016		X	
Weinstock, Bill	CA	M	181	65-69	2" Axle Deadlift	245.0	lb				Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	OPEN	2" Axle Deadlift	245.0	lb				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	2" Axle Deadlift	325.0	lb				Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	2" Axle Deadlift	230.0	lb				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	OPEN	2" Axle Deadlift	325.0	lb				Laughlin NV	4/8/2016	X	X	
Tilson, Rocky	IN	M	275	50-54	2" Axle Deadlift	330.0	lb				Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	2" Axle Deadlift	265.0	lb				Laughlin NV	4/8/2016	X	X	
Tilson, Rocky	IN	M	275	OPEN	2" Axle Deadlift	330.0	lb				Laughlin NV	4/8/2016	X	X	
Tilson, Rocky	IN	M	ALL	OpenUnl	2" Axle Deadlift	330.0	lb				Laughlin NV	4/8/2016		X	
Waialae, Kimo	CA	MY	308	14-15	2" Axle Deadlift	308.0	lb				Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	2" Axle Deadlift	325.0	lb				Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	OPEN	2" Axle Deadlift	325.0	lb				Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Bench Press for Reps (60-sec limit)	3	reps/kg	27.5	33.0	SW+20%	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	OPEN	Bench Press for Reps (60-sec limit)	3	reps/kg	42.5	33.0	97#OpenSW	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Bench Press for Reps (60-sec limit)	4	reps/kg	40.0	40.0	SW	Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	308	60-64	Bench Press for Reps (60-sec limit)	2	reps/kg	85.0	195.0	SW+130%	Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	308	OPEN	Bench Press for Reps (60-sec limit)	2	reps/kg	130.0	195.0	308#OpenSW+50%	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	14-15	Bench Press for Reps (60-sec limit)	2	reps/kg	70.0	125.0	SW+70%	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Deadlift for Reps (60-sec limit)	18	reps/kg	37.5	52.5	SW+40%	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	OPEN	Deadlift for Reps (60-sec limit)	18	reps/kg	60.0	52.5	97#OpenSW	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Deadlift for Reps (60-sec limit)	20	reps/kg	60.0	60.0	SW	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Deadlift for Reps (60-sec limit)	5	reps/kg	75.0	105.0	SW+40%	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	OPEN	Deadlift for Reps (60-sec limit)	5	reps/kg	95.0	105.0	220#OpenSW+10%	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Deadlift for Reps (60-sec limit)	16	reps/kg	95.0	95.0	SW	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Deadlift for Reps (60-sec limit)	4	reps/kg	125.0	175.0	SW+40%	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	OPEN	Deadlift for Reps (60-sec limit)	4	reps/kg	170.0	175.0	275#OpenSW	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Deadlift for Reps (60-sec limit)	8	reps/kg	90.0	180.0	SW+100%	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	OPEN	Deadlift for Reps (60-sec limit)	8	reps/kg	145.0	180.0	220#OpenSW+20%	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Deadlift for Reps (60-sec limit)	8	reps/kg	125.0	187.5	SW+50%	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	OPEN	Deadlift for Reps (60-sec limit)	8	reps/kg	170.0	187.5	308#OpenSW+10%	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	OPEN	Deadlift for Reps (60-sec limit)	8	reps/kg	170.0	187.5	OpenUnlSW+10%	Laughlin NV	4/8/2016		X	
Crowley, Justine	VA	F	220	40-44	Duck Walk (25m)	15.31	sec/lb	---	100		Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Duck Walk (25m)	11.60	sec/lb	---	305		Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Duck Walk (25m)	22.34	sec/lb	---	200		Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Duck Walk (25m)	15.27	sec/lb	---	200		Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Duck Walk (25m)	14.16	sec/lb	---	305		Laughlin NV	4/8/2016	X	X	

RECORDS SET AT AAU FOS NORTH AMERICAN CHAMPIONSHIPS, APRIL 8-10, 2016

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units ^b	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Ve'ave'a, Manny	CA	MY	308	16-17	Duck Walk (25m)	13.93	sec/lb	---	305		Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Farmer's Walk (25m)	12.09	sec/lb	35	50	SW+1C	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	OPEN	Farmer's Walk (25m)	12.09	sec/lb	50	50	97#OpenSW	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Farmer's Walk (25m)	13.31	sec/lb	75	125	SW+2C	Laughlin NV	4/8/2016		X	
Crowley, Justine	VA	F	220	OPEN	Farmer's Walk (25m)	13.31	sec/lb	100	125	220#OpenSW+1C	Laughlin NV	4/8/2016		X	
Crowley, Justine	VA	F	ALL	OpenUnl	Farmer's Walk (25m)	13.31	sec/lb	100	125	OpenUnlSW+1C	Laughlin NV	4/8/2016		X	
Scott, Dave	CA	M	165	55-59	Farmer's Walk (25m)	11.56	sec/lb	100	150	SW+2C	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	165	OPEN	Farmer's Walk (25m)	11.56	sec/lb	125	150	SW+1C	Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Farmer's Walk (25m)	11.03	sec/lb	125	125	SW	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Farmer's Walk (25m)	15.80	sec/lb	125	165	SW+1C	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	OPEN	Farmer's Walk (25m)	15.80	sec/lb	150	165	198#OpenSW	Laughlin NV	4/8/2016		X	
McClurg, Loren	CA	M	275	60-64	Farmer's Walk (25m)	9.80	sec/lb	125	180	SW+2C	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	OPEN	Farmer's Walk (25m)	9.80	sec/lb	175	180	275#OpenSW	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	ALL	OpenUnl	Farmer's Walk (25m)	9.80	sec/lb	175	180	OpenUnlSW	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Hand Gripper	50	lb				Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Hand Gripper	100	lb				Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Hand Gripper	135	lb				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Hand Gripper	370	lb				Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Hand Gripper	225	lb				Laughlin NV	4/8/2016	X	X	
Tilson, Rocky	IN	M	275	50-54	Hand Gripper	270	lb				Laughlin NV	4/8/2016	X	X	
Anderson, Ray	CA	M	275	60-64	Hand Gripper	240	lb				Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	308	60-64	Hand Gripper	371	lb				Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Hand Gripper	400	lb				Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	Log Clean(Once)&PressReps(60-sec limit)	12	reps/lb	30	34.0	SW+10%	Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Log Clean(Once)&PressReps(60-sec limit)	2	reps/lb	55	95	SW+70%	Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	OPEN	Log Clean(Once)&PressReps(60-sec limit)	2	reps/lb	60	95	198#OpenSW+50%	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Log Clean(Once)&PressReps(60-sec limit)	4	reps/lb	45	63.5	SW+40%	Laughlin NV	4/8/2016	X	X	
Anderson, Ray	CA	M	275	60-64	Log Clean(Once)&PressReps(60-sec limit)	5	reps/lb	45	68.0	SW+50%	Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	ALL	OpenUnl	Log Clean(Once)&PressReps(60-sec limit)	2	reps/lb	65	95	OpenUnlSW+40%	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Log Clean(Once)&PressReps(60-sec limit)	8	reps/lb	40	72.5	SW+80%	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	OPEN	Log Clean(Once)&PressReps(60-sec limit)	8	reps/lb	60	72.5	220#OpenSW+20%	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	14-15	Log Clean(Once)&PressReps(60-sec limit)	9	reps/lb	45	86.0	SW+90%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Log Clean(Once)&PressReps(60-sec limit)	5	reps/lb	50	118.0	SW+130%	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	OPEN	Log Clean(Once)&PressReps(60-sec limit)	9	reps/lb	65	86.0	308#OpenSW+30%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	OPEN	Log Clean(Once)&PressReps(60-sec limit)	5	reps/lb	65	118.0	308#OpenSW+80%	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	ALL	OpenUnl	Log Clean(Once)&PressReps(60-sec limit)	8	reps/lb	65	72.5	OpenUnlSW+10%	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	ALL	OpenUnl	Log Clean(Once)&PressReps(60-sec limit)	9	reps/lb	65	86.0	OpenUnlSW+30%	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	ALL	OpenUnl	Log Clean(Once)&PressReps(60-sec limit)	5	reps/lb	65	118.0	OpenUnlSW+80%	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Orangutan Hang	54.3	sec				Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	Orangutan Hang	93.9	sec				Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	OPEN	Orangutan Hang	93.9	sec				Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	ALL	OpenUnl	Orangutan Hang	93.9	sec				Laughlin NV	4/8/2016	X	X	

RECORDS SET AT AAU FOS NORTH AMERICAN CHAMPIONSHIPS, APRIL 8-10, 2016

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units ^b	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Smith, Damiyah	OK	FY	77	8-9	Orangutan Hang	35.1	sec				Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	165	65-69	Orangutan Hang	63.8	sec				Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	165	OPEN	Orangutan Hang	63.8	sec				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Orangutan Hang	85.0	sec				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	OPEN	Orangutan Hang	85.0	sec				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	ALL	OpenUnl	Orangutan Hang	85.0	sec				Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Sled Pull (25m)	42.44	sec/lb	175	175	SW	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Sled Pull (25m)	80.44	sec/lb	175	275	SW+100#	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Sled Pull (25m)	46.25	sec/lb	300	350	SW+50#	Laughlin NV	4/8/2016	X	X	
Waiialae, Kimo	CA	MY	308	14-15	Sled Pull (25m)	36.07	sec/lb	200	400	SW+200#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Sled Pull (25m)	39.02	sec/lb	250	450	SW+200#	Laughlin NV	4/8/2016	X	X	
Waiialae, Kimo	CA	MY	308	OPEN	Sled Pull (25m)	36.07	sec/lb	400	400	308#OpenSW	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	OPEN	Sled Pull (25m)	39.02	sec/lb	400	450	308#OpenSW+50#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	ALL	OpenUnl	Sled Pull (25m)	39.02	sec/lb	400	450	OpenUnlSW+50#	Laughlin NV	4/8/2016	X	X	
Dea, Bernice	CA	F	165	45-49	Sled Push (25m)	12.50	sec/lb	150	200	SW+50#	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Sled Push (25m)	21.65	sec/lb	175	275	SW+100#	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	OPEN	Sled Push (25m)	21.65	sec/lb	250	275	220#OpenSW+25#	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	OpenUnl	Sled Push (25m)	21.65	sec/lb	250	275	OpenUnlSW+25#	Laughlin NV	4/8/2016	X	X	
Smith, Damiyah	OK	FY	77	8-9	Sled Push (25m)	9.65	sec/lb	75	77	SW	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	165	55-59	Sled Push (25m)	17.28	sec/lb	200	400	SW+200#	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	165	OPEN	Sled Push (25m)	17.28	sec/lb	250	400	165#OpenSW+200#	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Sled Push (25m)	31.16	sec/lb	175	350	SW+175#	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	OPEN	Sled Push (25m)	31.16	sec/lb	350	350	198#OpenSW	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Sled Push (25m)	12.16	sec/lb	300	500	SW+200#	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Sled Push (25m)	15.60	sec/lb	250	450	SW+200#	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	ALL	OpenUnl	Sled Push (25m)	17.28	sec/lb	400	400	OpenUnlSW	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Sled Push (25m)	11.84	sec/lb	150	450	SW+300#	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	OPEN	Sled Push (25m)	11.84	sec/lb	350	450	220#OpenSW+100#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Sled Push (25m)	12.40	sec/lb	250	450	SW+200#	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Sled Push (25m)	9.41	sec/lb	300	500	SW+200#	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	OPEN	Sled Push (25m)	9.41	sec/lb	400	500	308#OpenSW+100#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	OPEN	Sled Push (25m)	12.40	sec/lb	400	450	308#OpenSW+50#	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	OpenUnl	Sled Push (25m)	9.41	sec/lb	400	500	OpenUnlSW+100#	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	ALL	OpenUnl	Sled Push (25m)	11.84	sec/lb	400	450	OpenUnlSW+50#	Laughlin NV	4/8/2016	X	X	
Smith, Damiyah	OK	FY	77	8-9	Standing Long Jump	59.00	in				Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	148	65-69	Standing Long Jump	85.00	in				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Standing Long Jump	113.50	in				Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	OPEN	Standing Long Jump	113.50	in				Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Standing Long Jump	91.00	in				Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Strict Curl	25.0	kg				Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	OPEN	Strict Curl	25.0	kg				Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	165	65-69	Strict Curl	50.0	kg				Laughlin NV	4/8/2016	X	X	

RECORDS SET AT AAU FOS NORTH AMERICAN CHAMPIONSHIPS, APRIL 8-10, 2016

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units ^b	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Luedeker, Rocky	AZ	F	97	60-64	Strict Curls for Reps (60-sec limit)	5	reps/kg	15.0	15.0	SW	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	OPEN	Strict Curls for Reps (60-sec limit)	5	reps/kg	20.0	15.0	97#OpenSW	Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	40-44	Strict Curls for Reps (60-sec limit)	14	reps/kg	22.5	22.5	SW	Laughlin NV	4/8/2016	X	X	
O'Neil, Carrie	CA	F	132	OPEN	Strict Curls for Reps (60-sec limit)	14	reps/kg	22.5	22.5	SW	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Strict Curls for Reps (60-sec limit)	11	reps/kg	22.5	22.5	SW	Laughlin NV	4/8/2016	X	X	
Weinstock, Bill	CA	M	181	65-69	Strict Curls for Reps (60-sec limit)	8	reps/kg	30.0	36.00	SW+20%	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Strict Curls for Reps (60-sec limit)	13	reps/kg	27.5	27.5	SW	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Strict Curls for Reps (60-sec limit)	4	reps/kg	35.0	50.0	SW+40%	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	OPEN	Strict Curls for Reps (60-sec limit)	4	reps/kg	45.0	50.0	275#OpenSW+10%	Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	308	60-64	Strict Curls for Reps (60-sec limit)	3	reps/kg	35.0	72.50	SW+100%	Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	308	OPEN	Strict Curls for Reps (60-sec limit)	3	reps/kg	45.0	72.50	308#OpenSW+60%	Laughlin NV	4/8/2016	X	X	
Tenove, Glen	CA	M	ALL	OpenUni	Strict Curls for Reps (60-sec limit)	3	reps/kg	45.0	72.50	OpenUniSW+60%	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	50-54	Tire Toss (16 lb)	10.53	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Busse, Marsha	NE	F	198	OPEN	Tire Toss (16 lb)	10.53	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Smith, Damiyah	OK	FY	77	8-9	Tire Toss (16 lb)	7.25	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	165	55-59	Tire Toss (16 lb)	40.00	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Scott, Dave	CA	M	165	OPEN	Tire Toss (16 lb)	40.00	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Tire Toss (16 lb)	53.10	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Anderson, Ray	CA	M	275	60-64	Tire Toss (16 lb)	31.90	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	OPEN	Tire Toss (16 lb)	53.10	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	ALL	OpenUni	Tire Toss (16 lb)	53.10	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	14-15	Tire Toss (16 lb)	46.70	ft/lb	16	16	SW	Laughlin NV	4/8/2016	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Zercher's Carry (25m)	9.72	sec/lb	50	50	SW	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	40-44	Zercher's Carry (25m)	13.53	sec/lb	100	100	SW	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	220	OPEN	Zercher's Carry (25m)	13.53	sec/lb	100	100	220#OpenSW	Laughlin NV	4/8/2016	X	X	
Crowley, Justine	VA	F	ALL	OpenUni	Zercher's Carry (25m)	13.53	sec/lb	100	100	OpenUniSW	Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	165	65-69	Zercher's Carry (25m)	9.97	sec/lb	100	180	SW+75#	Laughlin NV	4/8/2016	X	X	
Luedeker, Lee	AZ	M	165	OPEN	Zercher's Carry (25m)	9.97	sec/lb	125	180	165#OpenSW+50#	Laughlin NV	4/8/2016	X	X	
Sanchez, Jacob	CA	M	198	20-23	Zercher's Carry (25m)	9.10	sec/lb	125	275	SW+50#	Laughlin NV	4/8/2016	X	X	
Kane, Earl	CA	M	198	70-74	Zercher's Carry (25m)	13.65	sec/lb	100	180	SW+75#	Laughlin NV	4/8/2016		X	
Sanchez, Jacob	CA	M	198	OPEN	Zercher's Carry (25m)	9.10	sec/lb	150	275	198#OpenSW+125#	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	40-44	Zercher's Carry (25m)	14.54	sec/lb	150	225	SW+75#	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	60-64	Zercher's Carry (25m)	12.16	sec/lb	125	180	SW+50#	Laughlin NV	4/8/2016	X	X	
McClurg, Loren	CA	M	275	OPEN	Zercher's Carry (25m)	12.16	sec/lb	175	180	275#OpenSW	Laughlin NV	4/8/2016	X	X	
Clark, Chad	VA	M	275	OPEN	Zercher's Carry (25m)	14.54	sec/lb	175	225	275#OpenSW+50#	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	14-15	Zercher's Carry (25m)	9.08	sec/lb	75	310	SW+225#	Laughlin NV	4/8/2016	X	X	
Hatch, Clay	CA	MY	220	OPEN	Zercher's Carry (25m)	9.08	sec/lb	150	310	220#OpenSW+225#	Laughlin NV	4/8/2016	X	X	
Waialae, Kimo	CA	MY	308	14-15	Zercher's Carry (25m)	10.50	sec/lb	75	310	SW+225#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	16-17	Zercher's Carry (25m)	10.43	sec/lb	100	310	SW+200#	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	18-19	Zercher's Carry (25m)	5.96	sec/lb	125	275	SW+150#	Laughlin NV	4/8/2016	X	X	
Hatch, Grant	CA	MY	308	OPEN	Zercher's Carry (25m)	5.96	sec/lb	175	275	308#OpenSW+100#	Laughlin NV	4/8/2016	X	X	
Ve'ave'a, Manny	CA	MY	308	OPEN	Zercher's Carry (25m)	10.43	sec/lb	175	310	308#OpenSW+125#	Laughlin NV	4/8/2016	X	X	

RECORDS SET AT AAU FOS NORTH AMERICAN CHAMPIONSHIPS, APRIL 8-10, 2016

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units ^b	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Hatch, Grant	CA	MY	ALL	OpenUnl	Zercher's Carry (25m)	5.96	sec/lb	175	275	OpenUnlSW+100#	Laughlin NV	4/8/2016	X	X	

1. Records are based on all AAU FOS meets held through April 10, 2016 in Laughlin. Records set at the April 8-10, 2016 meet are in bold type.
2. Token lifts (i.e., less than 30% of standard weight) are generally not considered for records.
3. 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.

Note: Current reps event records have a 60-second time limit (except pullups and pushups--unlimited continuous duration). Previous records of 90-sec time limit are archived into a separate

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 (16 lb) (16 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 & 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