

## Results--2019 AAU FOS Legion Sports Expo, Long Beach CA, Nov 9-10, 2019

Name	State	Divi-sid	Class	AgeGroup	Event	Result	Units <sup>b</sup>	Std Wt	WtUsed	Record Classification	AR	WR	Superior Performance Standard	NR
Drake, Martin	CA	M	148	65-69	Axle Clean & Press (2" axle)	50.0	kg							
Meadows, Mike	CA	M	181	50-54	Axle Clean & Press (2" axle)	75.0	kg				X		Mondo	
Weinstock, Bill	CA	M	181	70-74	Axle Clean & Press (2" axle)	48.0	kg				X			
Meadows, Mike	CA	M	181	OPEN	Axle Clean & Press (2" axle)	75.0	kg				X			
Nunez, Kevin	CA	M	220	45-49	Axle Clean & Press (2" axle)	55.0	kg							
Preite, James	CA	M	220	45-49	Axle Clean & Press (2" axle)	65.0	kg				X		Mega	
McClurg, Loren	CA	M	242	60-64	Axle Clean & Press (2" axle)	70.0	kg						Mega	
Osipova, Sardana	Russia	F	148	OPEN	Axle Deadlift (2" axle)	90.0	kg							Russia
Osipova, Sardana	Russia	F	148	OpenUnl	Axle Deadlift (2" axle)	90.0	kg							Russia
Delgado, Michelle	CA	F	ALL	40-44	Axle Deadlift (2" axle)	65.0	kg				X			
Drake, Martin	CA	M	148	65-69	Axle Deadlift (2" axle)	91.0	kg				X			
Drake, Martin	CA	M	148	OPEN	Axle Deadlift (2" axle)	91.0	kg				X			
Sturner, Phillip	CA	M	181	35-39	Axle Deadlift (2" axle)	90.0	kg				X			
Meadows, Mike	CA	M	181	50-54	Axle Deadlift (2" axle)	105.0	kg				X			
Weinstock, Bill	CA	M	181	70-74	Axle Deadlift (2" axle)	90.0	kg							
McClurg, Loren	CA	M	242	60-64	Axle Deadlift (2" axle)	112.0	kg							
Haugen, Odd	CA	M	275	65-69	Axle Deadlift (2" axle)	200.0	kg				X		DNA	
Haugen, Odd	CA	M	275	OPEN	Axle Deadlift (2" axle)	200.0	kg				X			
Haugen, Odd	CA	M	ALL	OpenUnl	Axle Deadlift (2" axle)	200.0	kg				X			
Drake, Martin	CA	M	148	65-69	Bench Press for Reps (60-sec limit)	6	reps/kg	50.0	102.5	SW+100%	X		DNA	
Drake, Martin	CA	M	148	OPEN	Bench Press for Reps (60-sec limit)	6	reps/kg	90.0	102.5	148#OpenSW+10%	X			
Meadows, Mike	CA	M	181	50-54	Bench Press for Reps (60-sec limit)	10	reps/kg	85.0	100.0	SW+10%	X			
Weinstock, Bill	CA	M	181	70-74	Bench Press for Reps (60-sec limit)	3	reps/kg	65.0	65.0	SW				
Bor, Angelo	CA	M	181	OPEN	Bench Press for Reps (60-sec limit)	12	reps/kg	105.0	105.0	181#OpenSW				
Preite, James	CA	M	220	45-49	Bench Press for Reps (60-sec limit)	8	reps/kg	90.0	104.0	SW+10%	X			
Meadows, Mike	CA	M	181	50-54	Deadlift for Reps (60-sec limit)	8	reps/kg	120.0	167.5	SW+40%	X		Mega	
Weinstock, Bill	CA	M	181	70-74	Deadlift for Reps (60-sec limit)	12	reps/kg	95.0	95.0	SW	X			
Bor, Angelo	CA	M	181	OPEN	Deadlift for Reps (60-sec limit)	13	reps/kg	145.0	145.0	181#OpenSW	X			
Meadows, Mike	CA	M	181	OPEN	Deadlift for Reps (60-sec limit)	8	reps/kg	145.0	167.5	181#OpenSW+10%	X			
Nunez, Kevin	CA	M	220	45-49	Deadlift for Reps (60-sec limit)	8	reps/kg	130.0	143.0	SW+10%	X			
Henry, Danny	CA	M	220	45-49	Power Clean	110.0	kg				X		DNA	
McClurg, Loren	CA	M	242	60-64	Power Clean	70.0	kg							
Swenson, Ken	CA	M	275	55-59	Power Clean	50.0	kg				X			
English, Xavier	CA	MY	165	16-17	Power Clean	75.0	kg							
Delgado, Michelle	CA	F	148	40-44	Strict Curl	32.5	kg				X			
Osipova, Sardana	Russia	F	148	OPEN	Strict Curl	35.0	kg							Russia
Preite, Valerie	CA	F	200	45-49	Strict Curl	18.0	kg				X			
Drake, Martin	CA	M	148	65-69	Strict Curl	45.0	kg							
Kim, Min Soo	Korea	M	165	OPEN	Strict Curl	30.0	kg							Korea
Sturner, Phillip	CA	M	181	35-39	Strict Curl	55.0	kg				X			
Meadows, Mike	CA	M	181	50-54	Strict Curl	55.0	kg				X			
Weinstock, Bill	CA	M	181	70-74	Strict Curl	34.0	kg							

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Bor, Angelo	CA	M	181	OPEN	Strict Curl	52.5	kg							
Nunez, Kevin	CA	M	220	45-49	Strict Curl	52.5	kg							
Preite, James	CA	M	220	45-49	Strict Curl	50.0	kg							
McClurg, Loren	CA	M	242	60-64	Strict Curl	52.5	kg							
Swenson, Ken	CA	M	275	55-59	Strict Curl	35.0	kg							
Preite, Valerie	CA	F	200	45-49	Strict Curls for Reps (60-sec limit)	11	reps/kg	25.0	15.0	SW	X			
Meadows, Mike	CA	M	181	50-54	Strict Curls for Reps (60-sec limit)	15	reps/kg	32.5	50.0	SW+50%	X		Mega	
Weinstock, Bill	CA	M	181	70-74	Strict Curls for Reps (60-sec limit)	9	reps/kg	25.0	25.0	SW	X			
Meadows, Mike	CA	M	181	OPEN	Strict Curls for Reps (60-sec limit)	15	reps/kg	42.5	50.0	181#OpenSW+10%	X			
Preite, James	CA	M	220	45-49	Strict Curls for Reps (60-sec limit)	11	reps/kg	35.0	40.0	SW+10%	X			

\*\*For the mega, mondo, DNA, and overall awards, each individual was credited a maximum of one of these categories per event.

1A. Records are based on all AAU FOS meets held through the 10/20/19 FOS Indoor Nationals meet in Buena Vista NJ.

**1B. Records set at the 9/27-28 AAU FOS Indoor Worlds are in bold black type.**

**1C. Records set at the 10/20/19 AAU FOS Indoor Nationals meets are in bold red type.**

**1D. Records set at the 11/09/19 Legion Sports Expo are in bold blue 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.

4. Superior Performance Standards: Mega=lowest level. Mondo=middle level. DNA=highest level.

#### Divisions

M=Male (age 20+)

MY=Male Youth (age 6-17)

F=Female (age 20+)

FY=Female Youth (age 6-17)

AR = American Record, set by Americans in any AAU meet

WR = World Record. Can be set at any world or international championship, including the AAU FOS Indoor World Championships, Outdoor World

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

#### 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)

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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, & 309 weight classes ("Unlimited" weight record category)