

Results--2019 AAU FOS Indoor Worlds

Name	State	Divi-sid	Class	AgeGroup	Event	Result	Units ^b	Std Wt	WtUsed	Record Classification	AR	WR	Perfor-mance	NR
Webb, Mike	OK	M	308	55-59	Bench Press for Reps (60-sec limit)	2	reps/kg	95.0	145.0	SW+50%			Mega	
Webb, Mike	OK	M	308	55-59	Overhead Press	90.5	kg				X	X	Mondo	
Webb, Mike	OK	M	308	OPEN	Overhead Press	90.5	kg				X	X		
Vargo, Anita	WA	F	198	55-59	Axle Deadlift (2" axle)	75.0	kg				X	X	Mega	
Vargo, Anita	WA	F	198	55-59	Bench Press for Reps (60-sec limit)	8	reps/kg	40.0	50.0	SW+20%	X	X	Mega	
Vargo, Anita	WA	F	198	55-59	Deadlift for Reps (60-sec limit)	26	reps/kg	60.0	62.0	SW	X	X		
Vargo, Anita	WA	F	198	55-59	Overhead Press for Reps (60-sec limit)	18	reps/kg	43.0	43.0	SW	X	X		
Vargo, Anita	WA	F	198	OPEN	Overhead Press for Reps (60-sec limit)	18	reps/kg	43.0	43.0	SW	X	X		
Vargo, Anita	WA	F	198	55-59	Power Clean	45.0	kg				X	X		
Vargo, Anita	WA	F	198	55-59	Power Cleans for Reps (60-sec limit)	18.0	reps	32.0	35.0	SW+10%				
Vargo, Anita	WA	F	198	55-59	Strict Curl	32.0	kg							
Vargo, Anita	WA	F	198	55-59	Strict Curls for Reps (60-sec limit)	15	reps/kg	22.5	27.0	SW+20%	X	X	Mega	
Vargo, Anita	WA	F	198	OPEN	Strict Curls for Reps (60-sec limit)	15	reps/kg	25.0	27.0	198#OpenSW	X	X	Mega	
Tilson, Rocky	IN	M	275	55-59	Axle Deadlift (2" axle)	141.0	kg						Mondo	
Tilson, Rocky	IN	M	275	55-59	Dynamometer Hand Grip	83.75	kg Takei				X	X	DNA	
Swenson, Kenneth	CA	M	242	55-59	Overhead Press	45.0	kg				X	X		
Swenson, Kenneth	CA	M	242	55-59	Power Clean	55.0	kg				X	X		
Swenson, Kenneth	CA	M	242	55-59	Standing Long Jump	60.00	in				X	X		
Swenson, Kenneth	CA	M	242	55-59	Strict Curl	30.0	kg							
Sprigo, Victor	NV	M	181	60-64	Deadlift Lockout	145.0	kg							
Sprigo, Victor	NV	M	181	60-64	Power Clean	40.0	kg							
Silver, Valerie	Australia	F	132	70-74	1-Hand Partial Deadlift (plate wt)	42.0	kg	1.5	1.5	132#OpenSW		X	Mega	Australia
Silver, Valerie	Australia	F	132	70-74	1-Hand Partial Deadlift (plate wt)	42.0	kg	1.5	1.5	OpenUnlSW		X		Australia
Silver, Valerie	Australia	F	132	70-74	1-Hand Partial Deadlift (plate wt)	42.0	kg	1.5	1.5	SW		X		Australia
Silver, Valerie	Australia	F	132	70-74	Axle Deadlift (2" axle)	50.0	kg					X		Australia
Silver, Valerie	Australia	F	132	70-74	Deadlift for Reps (60-sec limit)	12	reps/kg	40.0	70.0	SW+70%		X	DNA	Australia
Silver, Valerie	Australia	F	132	70-74	Deadlift Lockout	165.0	kg					X		Australia
Silver, Valerie	Australia	F	132	70-74	Dynamometer Hand Grip	27.5	kg Takei				X	X		Australia
Silver, Valerie	Australia	F	132	70-74	Overhead Press	30.0	kg				X	X		Australia
Silver, Valerie	Australia	F	132	70-74	Power Clean	35.0	kg				X	X		Australia
Silver, Valerie	Australia	F	132	70-74	Strict Curl	23.0	kg					X		Australia
Silver, Valerie	Australia	F	132	70-74	Strict Curls for Reps (60-sec limit)	2	reps/kg	12.5	24.0	SW+90%		X	DNA	Australia
Sessler, Richard	CA	M	181	70-74	Dips for Reps (60-sec limit)	52	reps				X	X	DNA	
Sessler, Richard	CA	M	181	OPEN	Dips for Reps (60-sec limit)	52	reps				X	X		
Sessler, Richard	CA	M	ALL	OpenUnl	Dips for Reps (60-sec limit)	52	reps				X	X		
Sessler, Richard	CA	M	198	70-74	Dips for Reps (60-sec limit)	30	reps						Mega	
Sessler, Richard	CA	M	198	OPEN	Dips for Reps (60-sec limit)	30	reps							
Sessler, Richard	CA	M	181	70-74	Strict Curl	42.0	kg							
Sessler, Richard	CA	M	198	70-74	Strict Curl	37.5	kg							
Sessler, Richard	CA	M	181	70-74	Strict Curls for Reps (60-sec limit)	6	reps/kg	25.0	38.5	SW+50%	X	X	Mega	
Sessler, Richard	CA	M	198	70-74	Strict Curls for Reps (60-sec limit)	2	reps/kg	25.0	35.5	SW+40%	X	X	Mega	
Sessler, Richard	CA	M	181	70-74	Strict Pull/Chin-ups for Reps-60s limit	22	reps	chinups			X	X	Mega	

Results--2019 AAU FOS Indoor Worlds

Name	State	Divi-sid	Class	AgeGroup	Event	Result	Units ^b	Std Wt	WtUsed	Record Classification	AR	WR	Perfor-mance	NR
Sessler, Richard	CA	M	181	70-74	Strict Pushups (60-sec limit)	45	reps				X	X		
Sessler, Richard	CA	M	181	70-74	Weighted Chinup (plate weight)	30.0	kg				X	X	Mega	
Sessler, Richard	CA	M	181	OPEN	Weighted Chinup (plate weight)	30.0	kg				X	X		
Sessler, Richard	CA	M	181	70-74	Weighted Dip (plate weight)	30.0	kg				X	X	Mega	
Sessler, Richard	CA	M	181	OPEN	Weighted Dip (plate weight)	30.0	kg				X	X		
Sessler, Richard	CA	M	198	70-74	Weighted Dip (plate weight)	30.0	kg				X	X	Mega	
Sessler, Richard	CA	M	198	OPEN	Weighted Dip (plate weight)	30.0	kg				X	X		
Ruehle, Katie	CA	F	165	OPEN	Bench Press for Reps (60-sec limit)	5	reps/kg	55.0	66.0	SW+20%	X	X	Mega	
Ruehle, Katie	CA	F	165	OPEN	Deadlift for Reps (60-sec limit)	5	reps/kg	90.0	126.0	SW+40%	X	X	Mondo	
Ruehle, Katie	CA	F	ALL	OpenUnl	Deadlift for Reps (60-sec limit)	5	reps/kg	95.0	126.0	OpenUnlSW+30%	X	X	Mondo	
Revell, Pat	IN	F	181	60-64	Axle Deadlift (2" axle)	57.0	kg							
Revell, Pat	IN	F	181	60-64	Deadlift Lockout	150.0	kg				X	X		
Revell, Pat	IN	F	181	60-64	Dynamometer Hand Grip	39.25	kg Takei				X	X		
Revell, Pat	IN	F	181	60-64	Strict Curl	20.0	kg				X	X		
Osowski, Barbara	IN	F	181	55-59	Deadlift Lockout	150.0	kg				X	X		
Nunez, Kevin	CA	M	220	45-49	Deadlift for Reps (60-sec limit)	14	reps/kg	130.0	130.0	SW	X	X		
Nunez, Kevin	CA	M	220	45-49	Strict Curls for Reps (60-sec limit)	11	reps/kg	35.0	37.0	SW	X	X		
Moylan, Jerry	OH	M	148	65-69	Axle Clean & Press (2" axle)	40.0	kg							
Moylan, Jerry	OH	M	148	65-69	Axle Deadlift (2" axle)	65.0	kg							
Moylan, Jerry	OH	M	148	65-69	Deadlift for Reps (60-sec limit)	5	reps/kg	65.0	100.0	SW+50%	X	X	Mega	
Moylan, Jerry	OH	M	148	65-69	Deadlift Lockout	227.5	kg							
Moylan, Jerry	OH	M	148	65-69	Dynamometer Hand Grip	44.25	kg Takei				X	X		
Moylan, Jerry	OH	M	148	65-69	Strict Curl	35.0	kg							
McClurg, Loren	CA	M	275	60-64	1-Hand Partial Deadlift (plate wt)	47.0	kg	2.5	3.0	SW+1 Class			DNA	
McClurg, Loren	CA	M	275	60-64	Axle Clean & Press (2" axle)	56.0	kg							
McClurg, Loren	CA	M	275	60-64	Axle Deadlift (2" axle)	110.0	kg							
McClurg, Loren	CA	M	275	60-64	Dynamometer Hand Grip	65	kg Takei						Mega	
McClurg, Loren	CA	M	275	60-64	Power Cleans for Reps (60-sec limit)	2.0	reps	43.0	69.0	SW+60%			Mondo	
McClurg, Loren	CA	M	275	60-64	Strict Curl	50.0	kg							
McClurg, Loren	CA	M	275	60-64	Strict Curls for Reps (60-sec limit)	2	reps/kg	35.0	49.0	SW+40%			Mega	
Madarang, Justin	WA	MY	132	16-17	Standing Long Jump	102.75	in				X	X	Mega	
Madarang, Justin	WA	MY	132	16-17	Weighted Dip (plate weight)	65.0	kg				X	X	DNA	
Mackie, Nathan	WA	MY	181	14-15	Deadlift for Reps (60-sec limit)	10	reps/kg	90.0	90.0	SW		X		
Mackie, Nathan	WA	MY	181	14-15	Dynamometer Hand Grip	49.50	kg Takei				X	X		
Linear, Christian	WA	MY	181	14-15	Deadlift Lockout	140.0	kg				X	X		
Huang, Jackie	WA	MY	114	14-15	Standing Long Jump	72.00	in							
Huang, Jackie	WA	MY	114	14-15	Strict Curls for Reps (60-sec limit)	8	reps/kg	12.5	15.0	SW+20%	X	X		
Hollis, Scott	WA	M	242	45-49	1-Hand Partial Deadlift (plate wt)	42.5	kg	2.5	2.5	SW	X	X		
Hollis, Scott	WA	M	242	OPEN	1-Hand Partial Deadlift (plate wt)	42.5	kg	2.5	2.5	SW	X	X		
Hollis, Scott	WA	M	242	45-49	Axle Deadlift (2" axle)	90.0	kg							
Hollis, Scott	WA	M	242	45-49	Dynamometer Hand Grip	60	kg Takei							
Hollis, Kaleb	WA	MY	88	12-13	Deadlift for Reps (60-sec limit)	28	reps/kg	40.0	41.0	SW	X	X		

Results--2019 AAU FOS Indoor Worlds

Name	State	Divi-sid	Class	AgeGroup	Event	Result	Units ^b	Std Wt	WtUsed	Record Classification	AR	WR	Perfor-manc	NR
Heindl, Martin	Austria	M	165	60-64	Deadlift Lockout	300.0	kg							
Heindl, Karin	Austria	F	132	60-64	Deadlift Lockout	191.0	kg					X		Austria
Farrow, Jason	FL	M	114	60-64	Axle Clean & Press (2" axle)	40.0	kg				X	X		
Farrow, Jason	FL	M	114	OPEN	Axle Clean & Press (2" axle)	40.0	kg				X	X		
Farrow, Jason	FL	M	114	60-64	Deadlift for Reps (60-sec limit)	5	reps/kg	65.0	91.0	SW+40%	X	X	Mega	
Farrow, Jason	FL	M	114	OPEN	Deadlift for Reps (60-sec limit)	5	reps/kg	85.0	91.0	114#OpenSW	X	X		
Farrow, Jason	FL	M	114	60-64	Overhead Press for Reps (60-sec limit)	2	reps/kg	35.0	35.0	SW	X	X		
Farrow, Jason	FL	M	114	60-64	Power Cleans for Reps (60-sec limit)	5.0	reps	35.0	35.0					
Farrow, Jason	FL	M	114	60-64	Strict Pull/Chin-ups for Reps-60s limit	16	reps	chinups					Mega	
Dichoso, Marissa	WA	FY	198	16-17	Deadlift for Reps (60-sec limit)	10	reps/kg	65.0	75.0	SW+10%	X	X		
Dichoso, Marissa	WA	FY	198	16-17	Deadlift Lockout	137.0	kg				X	X		
Dichoso, Marissa	WA	FY	198	16-17	Strict Curls for Reps (60-sec limit)	9	reps/kg	22.5	15.0	SW	X	X		
Diaz, Erika	CA	F	105	OPEN	Strict Curls for Reps (60-sec limit)	22	reps/kg	20.0	10.0	105#OpenSW				
Croft, Bill	NC	M	181	55-59	Deadlift for Reps (60-sec limit)	10	reps/kg	120.0	211.0	SW+70%	X	X	Mondo	
Cline, Nick	WA	MY	242	16-17	1-Hand Partial Deadlift (plate wt)	25.0	kg	1.5	1.5	SW	X	X		
Carden, Coby	OK	M	220	60-64	Bench Press for Reps (60-sec limit)	2	reps/kg	80.0	145.0	SW+80%	X	X	Mondo	
Carden, Coby	OK	M	220	OPEN	Bench Press for Reps (60-sec limit)	2	reps/kg	105.0	145.0	220#OpenSW+30%	X	X		
Carden, Coby	OK	M	220	60-64	Overhead Press	90.5	kg				X	X	Mondo	
Carden, Coby	OK	M	220	60-64	Strict Curl	63.0	kg				X	X	Mondo	
Cameron, Dennis	NV	M	220	70-74	Deadlift for Reps (60-sec limit)	15	reps/kg	110.0	95.0	SW	X	X		
Cameron, Dennis	NV	M	220	70-74	Dynamometer Hand Grip	61	kg Takei				X	X		
Cameron, Dennis	NV	M	220	70-74	Power Clean	80.0	kg				X	X	Mega	
Cameron, Dennis	NV	M	220	70-74	Standing Long Jump	76.75	in				X	X		
Burlingame, Duane	IL	M	220	60-64	Axle Deadlift (2" axle)	127.5	kg				X	X	Mega	
Burlingame, Duane	IL	M	220	60-64	Deadlift for Reps (60-sec limit)	2	reps/kg	110.0	220.0	SW+100%			DNA	
Burlingame, Duane	IL	M	220	60-64	Deadlift Lockout	385.0	kg				X	X	Mondo	
Burlingame, Duane	IL	M	220	OPEN	Deadlift Lockout	385.0	kg				X	X		
Burlingame, Duane	IL	M	220	60-64	Dips for Reps (60-sec limit)	42	reps				X	X	Mondo	
Burlingame, Duane	IL	M	220	OPEN	Dips for Reps (60-sec limit)	42	reps				X	X		
Burlingame, Duane	IL	M	220	60-64	Dynamometer Hand Grip	59.5	kg Takei				X	X		
Burlingame, Duane	IL	M	220	60-64	Strict Curl	46.0	kg							
Burlingame, Duane	IL	M	220	60-64	Strict Curls for Reps (60-sec limit)	5	reps/kg	30.0	36.0	SW+20%	X	X		
Burlingame, Duane	IL	M	220	60-64	Strict Pull/Chin-ups for Reps-60s limit	15	reps	pullups					Mega	
Burlingame, Duane	IL	M	220	60-64	Strict Pull/Chin-ups for Reps-60s limit	15	reps	chinups			X	X	Mega	
Burlingame, Duane	IL	M	220	60-64	Weighted Chinup (plate weight)	60.0	kg				X	X	DNA	
Burlingame, Duane	IL	M	220	OPEN	Weighted Chinup (plate weight)	60.0	kg				X	X		
Burlingame, Duane	IL	M	220	60-64	Weighted Dip (plate weight)	65.0	kg				X	X	DNA	
Burlingame, Duane	IL	M	220	OPEN	Weighted Dip (plate weight)	65.0	kg				X	X		
Burlingame, Duane	IL	M	220	OpenUnl	Weighted Dip (plate weight)	65.0	kg				X	X		
Burlingame, Duane	IL	M	220	60-64	Weighted Pullup (plate weight)	45.0	kg						Mondo	
Bowker, Timothy	WA	MY	132	10-11	Deadlift for Reps (60-sec limit)	10	reps/kg	45.0	46.0	SW	X	X		
Bowker, Timothy	WA	MY	132	10-11	Dynamometer Hand Grip	24.00	kg Takei							

Results--2019 AAU FOS Indoor Worlds

Name	State	Divi-sid	Class	AgeGroup	Event	Result	Units ^b	Std Wt	WtUsed	Record Classification	AR	WR	Perfor-manc	NR
Born, Merribeth	WA	FY	123	16-17	Orangutan Hang	21.0	sec							
Born, Merribeth	WA	FY	123	16-17	Overhead Press for Reps (60-sec limit)	40	reps/kg	39.0	20.0	SW	X	X		
Bor, Angelo	CA	M	165	OPEN	Bench Press for Reps (60-sec limit)	15	reps/kg	90.0	90.0	SW	X	X		
Bor, Angelo	CA	M	165	OPEN	Deadlift Lockout	295.0	kg							
Bor, Angelo	CA	M	165	OPEN	Dynamometer Hand Grip	50.5	kg Takei							
Bor, Angelo	CA	M	165	OPEN	Overhead Press	95.0	kg				X	X	Mondo	
Bor, Angelo	CA	M	165	OPEN	Overhead Press for Reps (60-sec limit)	8	reps/kg	49.0	69.0	SW+40%	X	X	Mega	
Bor, Angelo	CA	M	165	OPEN	Standing Long Jump	102.75	in						Mega	
Bor, Angelo	CA	M	165	OPEN	Strict Curl	57.5	kg						Mega	
Bor, Angelo	CA	M	165	OPEN	Strict Curls for Reps (60-sec limit)	13	reps/kg	37.5	37.5	165#OpenSW	X	X		
Bor, Angelo	CA	M	165	OPEN	Weighted Chinup (plate weight)	45.0	kg				X	X	Mondo	
Blevins, Patrick	WA	MY	165	18-19	Dynamometer Hand Grip	50.50	kg Takei				X	X		
Blevins, Patrick	WA	MY	165	18-19	Orangutan Hang	50.0	sec				X	X		
Blevins, Patrick	WA	MY	165	18-19	Strict Pull/Chin-ups for Reps-60s limit	16	reps	pullups			X	X	Mega	
Blevins, Patrick	WA	MY	165	18-19	Weighted Dip (plate weight)	50.0	kg				X	X	Mondo	
Barbee, Johathan	WA	MY	114	18-19	Deadlift for Reps (60-sec limit)	18	reps/kg	75.0	92.5	SW+20%	X	X		
Barbee, Johathan	WA	MY	114	18-19	Deadlift Lockout	171.0	kg				X	X		

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

1. **Records are based on all AAU FOS meets held through the 9/28/19 Indoor FOS meet in Laughlin NV** (9/29/19 FOS Strongman results and 10/20/19 National Indoor FOS in Buena Vista NJ are pending).
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

AR = American Record

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

Results--2019 AAU FOS Indoor Worlds

Name	State	Divi-sid	Class	AgeGroup	Event	Result	Units ^b	Std Wt	WtUsed	Record Classification	AR	WR	Perfor-manc	NR
------	-------	----------	-------	----------	-------	--------	--------------------	--------	--------	-----------------------	----	----	-------------	----

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

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