

**RESULTS-AAU FOS SOUTHERN CALIFORNIA CHAMPIONSHIPS, SAN DIEGO CA, rev 3-23-18**

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	NR
Weinstock, Bill	CA	M	181	70-74	2" Axle Deadlift	203.9	lb				San Diego CA	1/28/2018	X		
Meadows, Mike	AZ	M	198	45-49	2" Axle Deadlift	253.5	lb				San Diego CA	1/28/2018	X		
Preite, James	CA	M	242	45-49	2" Axle Deadlift	253.5	lb				San Diego CA	1/28/2018	X		
Phillippi, Sergio	CA	M	308	35-39	2" Axle Deadlift	275.6	lb				San Diego CA	1/28/2018	X		
Mausisa, Arnel	CA	M	181	60-64	Conan's Wheel Carry	2Rs	Rs/lb	230	150.0	SW	San Diego CA	1/28/2018	X		
Meadows, Mike	AZ	M	198	45-49	Conan's Wheel Carry	3Rs+40'	Rs/lb	280	265.0	SW	San Diego CA	1/28/2018	X		
Preite, James	CA	M	242	45-49	Conan's Wheel Carry	2Rs+20'	Rs/lb	310	265.0	SW	San Diego CA	1/28/2018	X		
McClurg, Loren	CA	M	275	60-64	Conan's Wheel Carry	1Rs+29'	Rs/lb	260	360.0	SW+30%	San Diego CA	1/28/2018	X		
Mausisa, Arnel	CA	M	181	60-64	Frame Carry (25m)	15.4	sec/kg	145.2	120.2	SW	San Diego CA	1/28/2018	X		
Weinstock, Bill	CA	M	181	70-74	Frame Carry (25m)	19.4	sec/kg	127.0	138.3	SW	San Diego CA	1/28/2018	X		
Preite, James	CA	M	242	45-49	Frame Carry (25m)	17.3	ft	172.4	174.6	SW	San Diego CA	1/28/2018	X		
McClurg, Loren	CA	M	275	60-64	Frame Carry (25m)	21.0	sec/kg	154.2	165.6	SW	San Diego CA	1/28/2018	X		
Mausisa, Arnel	CA	M	181	60-64	HusafelStoneCarry (25m straightaway)	75.0	m/lb	170	90	SW	Las Vegas NV	1/28/2018	X		
Meadows, Mike	AZ	M	198	45-49	HusafelStoneCarry (25m straightaway)	100.0	m/lb	210	210	SW	Las Vegas NV	1/28/2018	X		
McClurg, Loren	CA	M	275	60-64	HusafelStoneCarry (25m straightaway)	17.0	m/lb	190	250	SW+60#	Las Vegas NV	1/28/2018	X		
Meadows, Mike	AZ	M	198	45-49	Log Clean & Press	198.4	lb				San Diego CA	1/28/2018	X		
Preite, James	CA	M	242	45-49	Log Clean & Press	170.9	lb				San Diego CA	1/28/2018	X		
Prottsman, Brittany	CA	F	132	20-23	Strict Curl	23.5	kg				San Diego CA	1/28/2018	X		
Rosen, Frank	CA	M	220	60-64	Strict Curl	55.0	kg				San Diego CA	1/28/2018	X		
Prottsman, Brittany	CA	F	132	20-23	Strict Curls for Reps (60-sec limit)	7	reps/kg	22.5	20.0	SW	San Diego CA	1/28/2018	X		
Mausisa, Arnel	CA	M	181	60-64	Strict Curls for Reps (60-sec limit)	3	reps/kg	30.0	40.0	SW+30%	San Diego CA	1/28/2018	X		
Rosen, Frank	CA	M	220	60-64	Strict Curls for Reps (60-sec limit)	10	reps/kg	30.0	42.0	SW+40%	San Diego CA	1/28/2018	X		
Preite, James	CA	M	242	45-49	Strict Curls for Reps (60-sec limit)	9	reps/kg	40.0	42.5	SW	San Diego CA	1/28/2018	X		
McClurg, Loren	CA	M	275	60-64	Strict Curls for Reps (60-sec limit)	2	reps/kg	35.0	56.0	SW+60%	San Diego CA	1/28/2018	X		
Phillippi, Sergio	CA	M	308	35-39	Strict Curls for Reps (60-sec limit)	15	reps/kg	42.5	42.5	SW	San Diego CA	1/28/2018	X		
Mausisa, Arnel	CA	M	181	60-64	Tire Flip (25m)	48.4	sec/lb	230	275	SW+1C	San Diego CA	1/28/2018	X		
Meadows, Mike	AZ	M	198	45-49	Tire Flip (25m)	77.8	sec/lb	230	530	SW+5C	San Diego CA	1/28/2018	X		
McClurg, Loren	CA	M	275	60-64	Tire Flip (25m)	76.4	sec/lb	230	350	SW+3C	San Diego CA	1/28/2018	X		
Rosen, Frank	CA	M	220	60-64	Bench Press for Reps (60-sec limit)	7	reps/kg	80.0	110.0	SW+30%	San Diego CA	1/27/2018	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 January 28, 2018 meet in San Diego CA.
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.

#### 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 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.

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b = Units. Note: Units for 1-Hand Partial Deadlift are in kg plate weight (excluding handle apparatus weight) . Units for Hand Grip Dynamometer are direct readings on the Takei apparatus.

in = inches

ft = feet

lb = pounds

Rs = rotations

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)