

## Indoor FOS Results--2019 AAU North American Championships, April 5-6, 2019

Name	State	Division	Wt Class (lb)	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Record Classification	Location	Date	AR	WR	Superior Performance Standard	NR
Moylan, Jerry	OH	M	148	65-69	1-Hand Partial Deadlift (plate wt)	42.50	kg	2.5	1.5	SW-1 Class	Laughlin NV	4/5/2019	X	X		
Moylan, Jerry	OH	M	148	OPEN	1-Hand Partial Deadlift (plate wt)	42.50	kg	2.5	1.5	SW-1 Class	Laughlin NV	4/5/2019	X	X		
Kane, Mike "Irish"	CA	M	198	75-79	1-Hand Partial Deadlift (plate wt)	50.00	kg	2.5	1.5	SW-1 Class	Laughlin NV	4/5/2019	X	X		
Kane, Mike "Irish"	CA	M	198	OPEN	1-Hand Partial Deadlift (plate wt)	50.00	kg	2.5	1.5	SW-1 Class	Laughlin NV	4/5/2019	X	X		
McClurg, Loren	CA	M	275	60-64	1-Hand Partial Deadlift (plate wt)	47.50	kg	2.5	3	SW+1 Class	Laughlin NV	4/5/2019	X	X	DNA	
McClurg, Loren	CA	M	275	OPEN	1-Hand Partial Deadlift (plate wt)	47.50	kg	2.5	3	SW+1 Class	Laughlin NV	4/5/2019	X	X		
McClurg, Loren	CA	M	ALL	OpenUnl	1-Hand Partial Deadlift (plate wt)	47.50	kg	2.5	3	SW+1 Class	Laughlin NV	4/5/2019	X	X		
Kane, Mike "Irish"	CA	M	ALL	OpenUnl	1-Hand Partial Deadlift (plate wt)	50.00	kg	2.5	1.5	SW-1 Class	Laughlin NV	4/5/2019	X	X		
Moylan, Jerry	OH	M	148	65-69	Axle Deadlift (2" axle)	80.0	kg				Laughlin NV	4/5/2019	X	X		
Moylan, Jerry	OH	M	148	OPEN	Axle Deadlift (2" axle)	80.0	kg				Laughlin NV	4/5/2019	X	X		
Burlingame, Duane	IL	M	220	60-64	Axle Deadlift (2" axle)	125.0	kg				Laughlin NV	4/5/2019	X	X	Mega	
Burlingame, Duane	IL	M	220	OPEN	Axle Deadlift (2" axle)	125.0	kg				Laughlin NV	4/5/2019		X		
Tilson, Rocky	IN	M	275	55-59	Axle Deadlift (2" axle)	127.0	kg				Laughlin NV	4/5/2019			Mega	
McClurg, Loren	CA	M	275	60-64	Axle Deadlift (2" axle)	110.0	kg				Laughlin NV	4/5/2019				
Moylan, Jerry	OH	M	148	65-69	Bench Press for Reps (60-sec limit)	14	reps/kg	70.0	57.5	SW	Laughlin NV	4/5/2019	X	X		
Santee, Gordon	CA	M	148	70-74	Bench Press for Reps (60-sec limit)	5	reps/kg	60.0	66.0	SW+10%	Laughlin NV	4/5/2019	X	X		
Carden, Coby	OK	M	198	60-64	Bench Press for Reps (60-sec limit)	2	reps/kg	80.0	142.5	SW+70%	Laughlin NV	4/5/2019	X	X	Mondo	
Kane, Mike "Irish"	CA	M	198	75-79	Bench Press for Reps (60-sec limit)	6	reps/kg	65.0	84.5	SW+30%	Laughlin NV	4/5/2019	X	X		
Rosen, Frank	CA	M	220	60-64	Bench Press for Reps (60-sec limit)	6	reps/kg	80.0	112.0	SW+40%	Laughlin NV	4/5/2019	X	X	Mega	
McClurg, Loren	CA	M	275	60-64	Bench Press for Reps (60-sec limit)	2	reps/kg	85.0	119.0	SW+40%	Laughlin NV	4/5/2019	X	X	Mega	
Santee, Gordon	CA	M	148	70-74	Deadlift for Reps (60-sec limit)	5	reps/kg	85.0	136.0	SW+60%	Laughlin NV	4/5/2019	X	X	Mondo	
Santee, Gordon	CA	M	148	OPEN	Deadlift for Reps (60-sec limit)	5	reps/kg	120.0	136.0	148#OpenSW+10%	Laughlin NV	4/5/2019	X	X		
Carden, Coby	OK	M	198	60-64	Deadlift for Reps (60-sec limit)	2	reps/kg	110.0	220.0	SW+100%	Laughlin NV	4/5/2019	X	X	DNA	
Burlingame, Duane	IL	M	220	60-64	Deadlift for Reps (60-sec limit)	2	reps/kg	110.0	220.0	SW+100%	Laughlin NV	4/5/2019	X	X	DNA	
Burlingame, Duane	IL	M	220	OPEN	Deadlift for Reps (60-sec limit)	2	reps/kg	145.0	220.0	220#OpenSW+50%	Laughlin NV	4/5/2019	X	X		
Tilson, Rocky	IN	M	275	55-59	Deadlift for Reps (60-sec limit)	2	reps/kg	140.0	140.0	SW	Laughlin NV	4/5/2019	X	X		
Moylan, Jerry	OH	M	148	65-69	Deadlift Lockout	215.0	kg				Laughlin NV	4/5/2019				
Santee, Gordon	CA	M	148	70-74	Deadlift Lockout	260.0	kg				Laughlin NV	4/5/2019	X	X		
Burlingame, Duane	IL	M	220	60-64	Deadlift Lockout	362.5	kg				Laughlin NV	4/5/2019	X	X	Mondo	
Burlingame, Duane	IL	M	220	60-64	Deadlift Lockout	362.5	kg				Laughlin NV	4/5/2019	X	X	Mondo	
Burlingame, Duane	IL	M	220	60-64	Dips for Reps (60-sec limit)	32	reps				Laughlin NV	4/5/2019	X	X	Mega	
Burlingame, Duane	IL	M	220	OPEN	Dips for Reps (60-sec limit)	32	reps				Laughlin NV	4/5/2019	X	X	Mega	
Moylan, Jerry	OH	M	148	65-69	Dynamometer Hand Grip	42.5	kg Takei				Laughlin NV	4/5/2019	X	X		
Kane, Mike "Irish"	CA	M	198	75-79	Dynamometer Hand Grip	48.0	kg Takei				Laughlin NV	4/5/2019				
McClurg, Loren	CA	M	275	60-64	Dynamometer Hand Grip	62.0	kg Takei				Laughlin NV	4/5/2019				
Smith, Damiyah	OK	FY	114	12-13	Orangutan Hang	63.0	sec				Laughlin NV	4/5/2019	X	X	Mega	
Moylan, Jerry	OH	M	148	65-69	Orangutan Hang	31.0	sec				Laughlin NV	4/5/2019	X	X		
Tilson, Rocky	IN	M	275	55-59	Orangutan Hang	50.0	sec				Laughlin NV	4/5/2019	X	X		
Tilson, Rocky	IN	M	275	OPEN	Orangutan Hang	50.0	sec				Laughlin NV	4/5/2019		X		
Burlingame, Duane	IL	M	220	60-64	Strict Chinups for Reps-60s limit	17	reps				Laughlin NV	4/5/2019	X	X	Mega	
Burlingame, Duane	IL	M	220	60-64	Strict Chinups for Reps-60s limit	15	reps				Laughlin NV	4/5/2019			Mega	
George, Joseph		M	148	35-39	Strict Curl	46.0	kg				Laughlin NV	4/5/2019	X	X		
Moylan, Jerry	OH	M	148	65-69	Strict Curl	41.0	kg				Laughlin NV	4/5/2019				
Carden, Coby	OK	M	198	60-64	Strict Curl	63.5	kg				Laughlin NV	4/5/2019	X	X	Mondo	
Kane, Mike "Irish"	CA	M	198	75-79	Strict Curl	42.5	kg				Laughlin NV	4/5/2019				
Burlingame, Duane	IL	M	220	60-64	Strict Curl	35.0	kg				Laughlin NV	4/5/2019				
McClurg, Loren	CA	M	275	60-64	Strict Curl	57.5	kg				Laughlin NV	4/5/2019			Mega	
Carden, Coby	OK	M	198	60-64	Strict Curls for Reps (60-sec limit)	2	reps/kg	42.5	60.0	198#OpenSW+40%	Laughlin NV	4/5/2019	X	X		
Carden, Coby	OK	M	198	60-64	Strict Curls for Reps (60-sec limit)	2	reps/kg	30.0	60.0	SW+100%	Laughlin NV	4/5/2019	X	X	DNA	

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Kane, Mike "Irish"	CA	M	198	75-79	Strict Curls for Reps (60-sec limit)	11	reps/kg	25.0	33.0	SW+30%	Laughlin NV	4/5/2019	X	X		
Rosen, Frank	CA	M	220	60-64	Strict Curls for Reps (60-sec limit)	5	reps/kg	42.5	48.0	220#OpenSW+10%	Laughlin NV	4/5/2019	X	X		
Rosen, Frank	CA	M	220	60-64	Strict Curls for Reps (60-sec limit)	3	reps/kg	42.5	51.0	220#OpenSW+20%	Laughlin NV	4/5/2019	X	X		
Burlingame, Duane	IL	M	220	60-64	Strict Curls for Reps (60-sec limit)	10	reps/kg	30.0	30.0	SW	Laughlin NV	4/5/2019	X	X		
Rosen, Frank	CA	M	220	60-64	Strict Curls for Reps (60-sec limit)	5	reps/kg	30.0	48.0	SW+60%	Laughlin NV	4/5/2019	X	X	Mondo	
Rosen, Frank	CA	M	220	60-64	Strict Curls for Reps (60-sec limit)	3	reps/kg	30.0	51.0	SW+70%	Laughlin NV	4/5/2019	X	X	Mondo	
McClurg, Loren	CA	M	275	60-64	Strict Curls for Reps (60-sec limit)	4	reps/kg	35.0	49.0	SW+40%	Laughlin NV	4/5/2019			Mega	
Burlingame, Duane	IL	M	220	60-64	Strict Pullups for Reps-60s limit	15	reps				Laughlin NV	4/5/2019	X	X	Mega	
Burlingame, Duane	IL	M	220	60-64	Strict Pullups for Reps-60s limit	15	reps				Laughlin NV	4/5/2019			Mega	
Burlingame, Duane	IL	M	220	60-64	Weighted Dip (plate weight)	60.0	kg				Laughlin NV	4/5/2019	X	X	Mondo	
Burlingame, Duane	IL	M	220	OPEN	Weighted Dip (plate weight)	60.0	kg				Laughlin NV	4/5/2019	X	X		
Burlingame, Duane	IL	M	ALL	OpenUnl	Weighted Dip (plate weight)	60.0	kg				Laughlin NV	4/5/2019	X	X		
Burlingame, Duane	IL	M	220	60-64	Weighted Pullup (plate weight)	60.0	kg				Laughlin NV	4/5/2019	X	X	DNA	
Burlingame, Duane	IL	M	220	OPEN	Weighted Pullup (plate weight)	60.0	kg				Laughlin NV	4/5/2019	X	X		
Burlingame, Duane	IL	M	ALL	OpenUnl	Weighted Pullup (plate weight)	60.0	kg				Laughlin NV	4/5/2019	X	X		

\* Not an official meet event. Note: 4th attempts count for records but are not official "meet events".

\*\*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 4/05/19 meet in Laughlin NV.

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 Championships, and Junior Olympic

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 record list.

#### 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.

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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)