

## Results--2019 AAU FOS Indoor Nationals

| Name               | State | Divi-sion | Class | AgeGroup | Event                                   | Result | Units <sup>b</sup> | Std Wt | Wt Used | Record Classification | AR | WR | Superior Performance Standard | NR |
|--------------------|-------|-----------|-------|----------|---|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|
| Allen, Dennis      | NJ    | M         | 165   | OPEN     | Overhead Press                          | 85.0   | kg                 |        |         |                       |    |    | Mega                          |    |
| Allen, Dennis      | NJ    | M         | 165   | OPEN     | Strict Curls for Reps (60-sec limit)    | 9      | reps/kg            | 37.5   | 37.5    | 165#OpenSW            |    |    |                               |    |
| Allen, Dennis      | NJ    | M         | 165   | OPEN     | Strict Pull/Chin-ups for Reps-60s limit | 20     | reps               |        |         |                       |    |    | Mega                          |    |
| Dellangelo, Carina | NJ    | FY        | 132   | 16-17    | Overhead Press                          | 63.0   | kg                 |        |         |                       | X  |    |                               |    |
| Dellangelo, Carina | NJ    | FY        | 132   | 16-17    | Power Clean                             | 63.0   | kg                 |        |         |                       | X  |    | Mondo                         |    |
| Dellangelo, John   | NJ    | M         | 198   | 40-44    | Overhead Press                          | 90.0   | kg                 |        |         |                       | X  |    | Mega                          |    |
| Dellangelo, John   | NJ    | M         | 198   | 40-44    | Power Clean                             | 112.0  | kg                 |        |         |                       | X  |    | DNA                           |    |
| Feeney, Bob        | PA    | M         | 275   | 65-69    | Strict Curls for Reps (60-sec limit)    | 16     | reps/kg            | 35.0   | 35.0    | SW                    | X  |    |                               |    |
| Feeney, Bob        | PA    | M         | 275   | OPEN     | Strict Curls for Reps (60-sec limit)    | 6      | reps/kg            | 45.0   | 45.0    | 275#OpenSW            | X  |    |                               |    |
| Jeck, Dean         | NJ    | M         | 165   | 35-39    | Overhead Press for Reps (60-sec limit)  | 15     | reps/kg            | 47.0   | 50.0    | SW                    | X  |    |                               |    |
| Jeck, Dean         | NJ    | M         | 165   | 35-39    | Strict Pull/Chin-ups for Reps-60s limit | 20     | reps               |        |         |                       | X  |    | Mega                          |    |
| Sannicandro, Ron   | NJ    | M         | 198   | 55-59    | Overhead Press for Reps (60-sec limit)  | 17     | reps/kg            | 43.0   | 45.0    | SW                    | X  |    |                               |    |
| Sannicandro, Ron   | NJ    | M         | 198   | 55-59    | Strict Curls for Reps (60-sec limit)    | 18     | reps/kg            | 32.5   | 32.5    | SW                    |    |    |                               |    |
| Sannicandro, Ron   | NJ    | M         | 198   | 55-59    | Strict Pushups (60-sec limit)           | 54     | reps               |        |         |                       | X  |    | Mega                          |    |
| Sethi, Varinder    | NJ    | M         | 165   | 40-44    | Overhead Press for Reps (60-sec limit)  | 6      | reps/kg            | 45.0   | 45.0    | SW                    | X  |    |                               |    |
| Sethi, Varinder    | NJ    | M         | 165   | 40-44    | Strict Curls for Reps (60-sec limit)    | 10     | reps/kg            | 30.0   | 30.0    | SW                    |    |    |                               |    |
| Sethi, Varinder    | NJ    | M         | 165   | 40-44    | Strict Pushups (60-sec limit)           | 24     | reps               |        |         |                       | X  |    |                               |    |
| Zucca, Tom         | NJ    | M         | 165   | 65-69    | Bench Press for Reps (60-sec limit)     | 14     | reps/kg            | 70.0   | 70.0    | SW                    |    |    |                               |    |
| Zucca, Tom         | NJ    | M         | 165   | 65-69    | Dips for Reps (60-sec limit)            | 26     | reps               |        |         |                       |    |    | Mega                          |    |
| Zucca, Tom         | NJ    | M         | 165   | 65-69    | Power Cleans for Reps (60-sec limit)    | 16     | reps/kg            | 37.0   | 47.5    | SW+20%                | X  |    |                               |    |
| Zucca, Tom         | NJ    | M         | 165   | 65-69    | Strict Curls for Reps (60-sec limit)    | 22     | reps/kg            | 25.0   | 25.0    | SW                    |    |    |                               |    |
| Zucca, Tom         | NJ    | M         | 165   | 65-69    | Strict Pushups (60-sec limit)           | 46     | reps               |        |         |                       | 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 10/20/19 FOS Indoor Nationals meet in Buena Vista NJ.
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

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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|------|-------|----------|-------|----------|-------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|

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

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