

2003 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XIV, June, 2003. Columbus MO. Print.)

HIRSH, HALL, MONK BEST AT USAWA

Youngstown, Ohio – June 7-8 — Bob Hirsh has been on the sidelines for more than two years with a variety of injuries. Long rehab sessions with Howard Prechtel, the USAWA president, finally paid off and Bob, elected to the USAWA Hall of Fame two years ago, returned to action at the USAWA National Championships this weekend. Bob came back as if he had never been gone.

Bob won the best lifter award at Nationals, as well as being the best master and the best lifter in the 45-49 age division. Lifting in the 70 kg weight class, Bob used a 525 pound Hack Lift and a 375 pound Zercher Lift to rise to the top in a very competitive field. Bill Spayd, now a state trooper in Pennsylvania, was close behind in second place with John Monk, Brandan Aldan, Chris Waterman, and Al Myers as close behind as one missed third attempt.

The point totals: Hirsh – 2250.38, Spayd – 2218.88, Monk – 2212.36, Aldan – 2144.60, Waterman – 2144.57, Myers – 2127.91. Talk about close!!!

Rita Hall took the women's crown in a close battle with 63-year-old Marian LaRosa. Rita, a 41-year-old, tallied 1107.26 points with Marian close on her heels at 1096.67 points.

MEET DETAILS:

2003 USAWA National Championships
Jump-Stretch Center, Youngstown OH
June 7-8, 2003

Meet Director: Dick Hartzell and Carl LaRosa

Scorekeeper: Bill Clark

Loaders: Chris Rice, Gary Smith, Jason Groves, Bob Carcelli, Chris Waterman

Announcer: Bill Clark

Lifts (8): Snatch - One Arm, Clean & Press - Heels Together, Deadlift - Stiff-Legged, Hack Lift, Bench Press - Alternate grip, Cheat Curl, Vertical Bar Deadlift – 2 Bars - 2", Zercher Lift

MEET RESULTS:

WOMEN'S DIVISION:

Lifter	Age	Bwt-kg	1 arm Snatch	C&press heels	Stiff-leg DL	Hack Lift
Rita Hall, PA	41	67.1	55	75	170+	170+
Marian LaRosa, OH	53	59.9	20	55	170	145
Lifter cont.	Alt BP	Cheat curl	V-bar DL 2x2	Zercher Lift	Total	Points
Rita Hall	125	95	180	140	1,010	1107
Marian LaRosa	70	60	150	90	760	834

MEN'S DIVISION:

Lifter	Age	Bwt-kg day 1 & 2**	1 arm Snatch	C&press heels	Stiff-leg DL	Hack Lift
Joshua Monk, PA	14	64.4/66.7	80	105	225	305

Cale DeMille, PA	15	72.5	85	115	250+	280
Anthony Horvath	17	87.1	85	145	310	300
Kiff Kincaid, OH	17	130.4	110	170	400	390
Joe Hunter, OH	18	96.2	85	135	350	300
John Monk, PA	37	69.4/72.6	110	180	355	440
Brandan Alden, OH	26	73.5/75.3	110	175	407.5	380
Jason Groves, OH	24	71.7	90	150	325	440
Gary Wojtowicz, OH	23	94.8/95.3	105	195	350	280
Antonio DelSignors, OH	23	104.3	100	230	330	415
Bill Spayd, PA — 1st pl.	28	104.8	135	240	475	515
Carl LaRosa, OH	33	105.7	85	175	425	350
Al Myers, KS	36	121.0	155	200*	500	515
Paul Kopnisky III, OH	40	101.6	45	80	195	155
David Olsavsky, OH	44	119.5	100	150	320*	340
Chris Waterman, OH	49	69.4	90-L	145	300	380
Bob Hirsh, OH	48	76.2	95	170	300	525
Randy Smith, MI	48	88.8	105*	165	325	375
John McKean, PA	57	75.5	65	105	205	265*
Dale Friesz, VA	62	79.4/81.0	45	65	235	225
Denny Habecker, PA	60	87.9	80	160	305	205
Andy Komorny, MI	69	87.1	60	115	310	310
John Vernacchio, PA	65	88.2	pass	pass	225	105
Dennis Mitchell, OH	71	73.9	45*	75*	222	250*
Bill Clark, MO	70	105.9	pass	45	205	305
Art Montini, PA	75	83.5	60	95	275	275
Jack Lano, CA	81	101.5	55*	100	175	100

Lifter cont.	Alt BP	Cheat curl	V-bar DL 2x2	Zercher Lift	Total	Points
Bob Hirsh	175	145	300*	375	2085	2250
Bill Spayd	275	205	380	460	2685	2219
John Monk	270	160	220	355	2105	2212
Brandan Alden	250	165	280	350	2118	2145
Chris Waterman	185	140	190	325*	1855	2145
Al Myers	380	200	380*	440	2770	2128
Jason Groves	225	165	275	370	2020	2078
Antonio DelSignors	350	260	380	365	2475	2051
Randy Smith	200	185	300*	325	1980	1952
Denny Habecker	195	145	220	275*	1655	1823
Joshua Monk	145	105	220	220	1405	1775
Art Montini	145	100	175	250	1370	1746
Carl LaRosa	260	185	300*	260	2090	1719
Gary Wojtowicz	280	210	310*	225	1955	1705
Andy Konorny	135	miss	270	230	1430	1700
Kiff Kincaid	280	155	380*	280	2165	1684
Cale DeMille,	150	135	220*	235	1475	1658
Anthony Horvath	225	150	285	225*	1690	1623
Dennis Mitchell	100	105	180*	212.5	1190	1585
David Olsavsky	225*	195	320*	275	1925	1562
John McKean	175	110	280	120	1325	1557
John Vernacchio	155	120	220	175	1000	1154
Joe Hunter	160	135	275	250	1710	1524
Dale Friesz	90	90	200	225	1175	1396
Bill Clark	150	85	215	205	1255	1351
Jack Lano	125	75	160	pass	790	943

Notes:

All lifts: recorded in pounds

L: lift done with left hand

Points: age adjusted points

Final placing: first-day weigh-ins determined the weight class through the entire competition.

Changes are made on the second day for record keeping purposes only.

Total: Total pounds lifted

* records

****Weight class changes**

The following lifters moved into a heavier weight class on the second day. Records set in the last four lifts listed in these results will be considered in the weight classes listed below.

Joshua Monk: 70 kg wt cl

John Monk: 75 kg wt cl

Brandan Aldan: 80 kg wt cl

Dale Friesz: 85 kg wt cl

Gary Wojtowicz: 100 kg wt cl

4th attempt for record: There were a total of 65 extra attempts to get into the record book that must have been a record number in itself. The following were successful.

Cale Demille: Deadlift, Stiff-Legged 270 lbs

Cale Demille: Vertical Bar Deadlift, 2 Bars, 2" 230 lbs

John McKean: Hack Lift 310 lbs

Randy Smith: Snatch, one arm, left 95 lbs

Randy Smith: Vertical Bar Deadlift, 2 Bars, 2" 320 lbs

Andy Horvath: Zercher Lift 250 lbs

Jack Lano: Snatch, one arm, left 55 lbs

Al Myers: Clean & Press, Heels Together 225 lbs

Al Myers: Vertical Bar Deadlift, 2 Bars, 2" 400 lbs

Kiff Kincaid: Vertical Bar Deadlift, 2 Bars, 2" 400 lbs

Dennis Mitchell: Snatch, one arm, left 47.5 lbs

Dennis Mitchell: Snatch, one arm, right 47.5 lbs

Dennis Mitchell: Clean & Press, Heels Together 80 lbs

Dennis Mitchell: Hack Lift 262.5 lbs

Dennis Mitchell: Vertical Bar Deadlift, 2 Bars, 2" 210 lbs

David Olsavsky: Deadlift, Stiff-Legged 365 lbs

David Olsavsky: Bench Press, Alternate grip 275 lbs

David Olsavsky: Vertical Bar Deadlift, 2 Bars, 2" 330 lbs

David Olsavsky: Zercher Lift 315 lbs

Denny Habecker: Zercher Lift 290 lbs

Carl LaRosa: Vertical Bar Deadlift, 2 Bars, 2" 305 lbs

Chris Waterman: Zercher Lift 335 lbs

Gary Wojtowicz: Vertical Bar Deadlift, 2 Bars, 2" 350 lbs

Bob Hirsh: Deadlift, Stiff-Legged 310 lbs

Best Lifter Awards:

Women best lifter Overall: Rita Hall

Women best lifter Overall Master: Rita Hall

Women best lifter 40 - 44 age division: Rita Hall

Women best lifter 60 - 64 age division: Marian LaRosa

Highest Total: Bob Hirsch

Best lifter Overall: Bob Hirsh

Best lifter Overall Junior: Joshua Monk

Best lifter Overall Master: Bob Hirsh

Best lifter Junior 14 - 15 age division: Joshua Monk

Best lifter Junior 16 - 17 age division: Kiff Kincaid

Best lifter Junior 18 - 19 age division: Joe Hunter

Best lifter Senior (20 - 39 age division): Bill Spayd

Best lifter 40 - 44 age division: David Olsavsky

Best lifter 45 - 49 age division: Bob Hirsh

Best lifter 55 - 59 age division: John McKean

Best lifter 60 - 64 age division: Denny Habecker

Best lifter 65 - 69 age division: Andy Komorny

Best lifter 70 - 74 age division: Dennis Mitchell

Best lifter 75 - 79 age division: Art Montini

Best lifter 80 - 84 age division: Jack Lano