

## Frank's Barbell Club

### 2024 USAWA Heavy Lift Championship

Results are as follows:

#### 2024 USAWA Heavy Lift Championship

Don Ventorosa's Gym, Norwood, Massachusetts

May 18th, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

All lifts recorded in pounds and kilos

Dan Jones	Age: 40	Weight: 200#	Male	90Kg Class	40+ Masters
Wade Marchand	Age: 54	Weight: 165#	Male	75Kg Class	50+ Masters
Frank Ciavattone	Age: 69	Weight: 275#	Male	125Kg Class	65+ Masters
Nils Larson	Age: 64	Weight: 248#	Male	115Kg Class	60+ Masters
Jessica Hopps	Age: 40	Weight: 205#	Female	95Kg Class	40+ Masters

Lifter	Lift	#	Kg
Dan Jones	Neck Lift	380	172.4
	Hand and Thigh Lift	800	362.8
	Hip Lift	1810	821
	Total Points		1356.2
	Total Points Adjusted		1243.2
Wade Marchand	Neck Lift	200	90.7
	Hand and Thigh Lift	555	251.7
	Hip Lift	1055	478.5
	Total Points		820.9
	Total Points Adjusted		937.4
Frank Ciavattone	Neck Lift	350	158.7
	Hand and Thigh Lift	850	385.5
	Hip Lift	1510	684.9
	Total Points		1229.1
	Total Points Adjusted		1145.3
Nils Larson	Neck Lift	400	181.4
	Hand and Thigh Lift	600	272.1
	Hip Lift	1565	709.8

Total Points	1163.3
Total Points Adjusted	1138.1

Jessica Hopps

Neck Lift	190	86.1
Hand and Thigh Lift	600	272.1
Hip Lift	964	437.3
Total Points		795.5
Total Points Adjusted		708.5