

THE RESULTS OF THE WEEKEND

USAWA NATIONAL CHAMPIONSHIPS - 2024

Clark's Gym (American Legion Post 202)

Columbia, Missouri

29 -30 June 2024

MEN

Name	Bwt	Age	Clean Fulton	Press Press	Pullover Hack Lift	Deadlift Ciavattone Fulton
Abe Smith	83.2	42	215	295	375	320
Randy Smith	88.5	69	115	175	330	270
Phillip Marlin	133.6	29	215	305	485	305
Jeff Wenzel	110	49	170	225	370	275
David DeForest	78.6	64	105	140	300	205
John Carter	84.9	65	100	135	315	225
Denny Habecker	83	81	80	140	170	210
Sanjiv Gupta	93.8	53	125	115	235	260
Tony Lupo	109	58	135	250	150	210
Lance Foster	109.1	58	75	115	205	185

Snatch

	One Arm Barbell	Zercher Lift	Total Weight	Lynch Points	Adjusted Lynch
Abe Smith	130 L	350	1685	1583.39	1630.9
Randy Smith	85 L	305	1280	1161.34	1509.75
Phillip Marlin	125 R	350	1785	1308.05	1308.05
Jeff Wenzel	75 R	330	1445	1165.68	1282.25

David	DeForest	65 R	235	1050	1020.92	1276.14
John	Carter	50 R	250	1075	998.35	1257.92
Denny	Habecker	40 R	165	805	757.59	1075.77
Sanjiv	Gupta	65 R	235	1035	908.32	1035.48
Tony	Lupo	75 L	150	970	786.19	935.56
Lance	Foster	50 R	185	815	660.23	785.68

WOMEN				Clean		Deadlift	
Name	Bwt	Age		Press	Pullover Hack	Ciavattone	
				Fulton	Press	Lift	Fulton
Beth Skwarecki	67.9	43		100	130	295	200
Stacy Todd	88	41		70	125	200	150
Lisa Gore	98.6	58		75	95	100	135
Allison Lupo	90	58		40	60	140	120

				Snatch				
				One Arm	Zercher	Total	Lynch	Adjusted
				Barbell	Lift	Weight	Points	Lynch
Beth Skwarecki	55 R	225				1005	1073.74	1116.69
Stacy Todd	50 L	210				805	732.31	746.95
Lisa Gore	25 R	90				520	444.08	528.46
Allison Lupo	20 L	65				445	399.65	475.59

JUNIOR BOYS				Clean		Deadlift	
Name	Bwt	Age		Press	Pullover Hack	Ciavattone	
				Fulton	Press	Lift	Fulton

Everett Todd	46.3	12	40	60	125	80
Leroy Todd	57.5	13	50	60	170	100

Snatch

One Arm	Zercher	Total	Lynch	Adjusted
Barbell	Lift	Weight	Points	Lynch

Everett Todd	30 R	100	435	627.01	833.92
Leroy Todd	30 R	100	510	613.43	766.79

Clean	Deadlift
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JUNIOR GIRLS

Press	Pullover	Hack	Ciavattone
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Name	Bwt	Age	Fulton	Press	Lift	Fulton
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Lily Todd	72.6	14	60	100	175	110
Phoebe Todd	61.8	13	50	65	140	115

Snatch

One Arm	Zercher	Total	Lynch	Adjusted
Barbell	Lift	Weight	Points	Lynch

Lily Todd	35 R	170	650	664.63	797.55
Phoebe Todd	35 R	120	525	598.71	748.39

Thanks to Tony Lupo for handling the Excel form above.

NOTE: The only lifter to have a change in bodyweight on the second day that would affect records was Allison Lupo, who dropped from 200 lbs. to 198.0.

Successful fourth attempts for record:

Randy Smith – Deadlift – Ciavattone with Fulton Bar – 280.

Denny Habecker – Zercher Lift – 190.

Denny Habecker – Pullover and press – 150.

Abe Smith – Clean and press – Fulton bar – 225.

Officials: All those registered officials in attendance – Skwarecki, Eric Todd, Chris Todd, Clark, Lupo, Habecker, Abe Smith, Clint Poore, Randy Smith, DeForest and Gupta. If I missed someone, they were still qualified.

Loaders – four graduate students from Ghana and Nigeria who are in the University of Missouri College of Agriculture, Foods, and Natural Resources – where Kerry Clark is the international director. They were joined on Day Two by John Carter.

Meet director – Bill Clark. Emcee – same guy.

RECORD DAY

Denny Habecker. Age – 81. Bwt – 182.6 lbs.

Deadlift – Ciavattone – left hand – 125.

Deadlift – Ciavattone – right hand – 125.

Deadlift – Fulton bar – 230.

Abe Smith. Age – 42. Bwt – 183 lbs.

Clean and press – middle fingers – 105.

Saxon snatch – 87.5

Jeff Wenzel. Age – 49. Bwt – 242.0 lbs.

Jefferson lift – Index fingers – 155.

Jefferson lift – little fingers – 100.

Jefferson lift – middle fingers – 155.

Jefferson lift – ring fingers – 145.

Rectangular fix – 75.

Dave DeForest. Age – 64. Bwt – 173 lbs.

Jefferson lift – Index fingers – 95.

Jefferson lift – little fingers – 85.

Jefferson lift - middle fingers – 145.

Jefferson lift – ring fingers – 115.

Ziegler clean – 60.

Phil Marlin. Age – 29. Bwt – 294.

Deadlift – one-legged – 225.

Beth Skwarecki. Age – 43. Bwt – 149.4 lbs.

Saxon snatch – 47.

Snatch – hang – 120.

Lunge squat – 95.

Side press – left – 45.

Side press – right – 45.

Plus (IAWA lift only). Not a USAWA lift.

Two-hand snatch - 115.

Sanjiv Gupta. Age – 53. Bwt – 206.4 lbs.

Teeth lift – 75.

Saxon snatch – 57.

Lunge squat – 95.

Side press – left – 45.

Side press – right – 45.

Randy Smith. Age – 69. Bwt – 195.6 lbs.

Clean and press – middle fingers – 95.

Ziegler clean – 95.

Saxon Snatch – 77.5.

Full Gardner – 45.

Jefferson lift – 350.

Lisa Gore. Age -58. Bwt. – 217 lbs.

Bear hug – 106.

Side press- left -30.

Side press – right – 35.

Allison Lupo. Age 58. Bwt – 200 lbs.

Bear hug – 105.

Jefferson lift - Fulton bar – 125.

Jefferson lift – Index fingers – 65.

Jefferson lift – Middle fingers – 65

Deadlift – 12-inch Base (Team) - 405

Tony Lupo. Age – 58. Bwt – 239.8 lbs.

Side press – left – 75.

Side press – right – 45.

Judd Clean and Jerk – 35.

Ziegler Clean – 65.

Deadlift – 12-inch Base (Team) – 405.

The “team” was a family affair – Allison and Tony Lupo – husband and wife. (The family that deadlifts together stays together).

SPECIAL WEAVER STICK COMPETITION

WOMEN

Forward (both lengths of suspension)

1 - Stacy Todd – two pounds.

2 – Lisa Gore – two pounds.

3 – Beth Skwarecki – 1.5 pounds

Junior

1 – Lilly Todd – one pound.

Backward

1 – Beth Skwarecki – 2.5 pounds.

2 – Stacy Todd – 2.5 pounds.

MEN

Forward only – right hand with USAWA length cord.

1 – Jeff Wenzel – 4.5 pounds.

2 – John Carter – 3.5 pounds.

3 – Tony Lupo – 3.5 pounds.

4 – Phil Marlin – 3.5 pounds

5 – Sanjiv Gupta – 2.5 pounds.

Interestingly – handedness made no difference nor did length of cord.

Five pounds remains the goal of the best among us.