



Colorado Single Arm Challenge

Date: Saturday, March 1, 2025

Address: High Country Vigour, Lakewood, Colorado

Weigh-Ins: 9:00 AM; **Meet Begins:** 10:00 AM

The Lifts: One Hand Snatch, One Hand Clean & Jerk, One Hand Deadlift

Entry Fee: None

To Enter: The meet is open to any USAWA member. Entries must be received by February 22, 2025

Meet Director: Sanjiv Gupta, contact by email sanjiv_gupta@hotmail.com or phone at 720-938-2029

USAWA Membership Required: You must be a member of USAWA.

Record Session: Each lifter can perform up to 5 records if equipment is available and time allows.

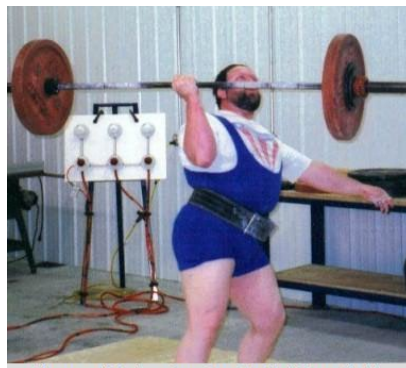
Hybrid: Hybrid entries will be allowed and included in the results. Officials are required for records.

Athletes can look forward to some of the original forms of weightlifting. Single arm lifts were contested in the 1896 Olympics but removed from future competition.

- Franks Ciavattone's 165 pound right hand snatch record from 1991 still stands
- Bob Butzloff's 175 pound right hand clean & jerk record set in 2004 still stands.
- Rex Monahan's 353 pound left hand deadlift set in 1999 still stands.



Snatch - One Arm by Frank Ciavattone



Clean and Jerk - One Arm by Bob Butzloff

