

## Results-2021 AAU FOS Indoor North American Championships

| Name                  | Division | Class | Age Group | Event                               | Result | Units <sup>b</sup> | Std Wt | Wt Used | Record Classification | AR | WR | Superior Performance Standard | NR |
|-----------------------|----------|-------|-----------|-------------------------------------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|
| Caulder, Lisa         | F        | 123   | 50-54     | Bench Press for Reps (60-sec limit) | 22     | reps/kg            | 35.0   | 30.0    | SW                    | X  | X  |                               |    |
| Najarian, Shay        | F        | 165   | OPEN      | Bench Press for Reps (60-sec limit) | 9      | reps/kg            | 55.0   | 61.2    | 165#OpenSW+10%        | X  | X  |                               |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Bench Press for Reps (60-sec limit) | 11     | reps/kg            | 50.0   | 61.0    | SW+20%                | X  | X  | Mega                          |    |
| Poch, Kalei KehauLani | F        | 198   | OPEN      | Bench Press for Reps (60-sec limit) | 2      | reps/kg            | 55.0   | 60.0    | 198#OpenSW+10%        | X  | X  |                               |    |
| Williams, Coral       | F        | 220   | 35-39     | Bench Press for Reps (60-sec limit) | 3      | reps/kg            | 55.0   | 66.0    | SW+20%                | X  | X  | Mega                          |    |
| Williams, Coral       | F        | 220   | OPEN      | Bench Press for Reps (60-sec limit) | 3      | reps/kg            | 60.0   | 66.0    | 220#OpenSW+10%        | X  | X  |                               |    |
| White, Phillip        | M        | 165   | 20-23     | Bench Press for Reps (60-sec limit) | 8      | reps/kg            | 75.0   | 80.0    | SW                    | X  | X  |                               |    |
| Sempson, Dylan        | M        | 165   | 20-23     | Bench Press for Reps (60-sec limit) | 10     | reps/kg            | 75.0   | 85.0    | SW+10%                | X  | X  |                               |    |
| Preite, James         | M        | 220   | 45-49     | Bench Press for Reps (60-sec limit) | 9      | reps/kg            | 90.0   | 115.0   | SW+20%                | X  | X  |                               |    |
| Preite, James         | M        | 220   | OPEN      | Bench Press for Reps (60-sec limit) | 9      | reps/kg            | 105.0  | 115.0   | 220#OpenSW+10%        | X  | X  |                               |    |
| Zeit, Logan           | M        | 220   | OPEN      | Bench Press for Reps (60-sec limit) | 6      | reps/kg            | 105.0  | 143.0   | 220#OpenSW+30%        | X  | X  |                               |    |
| White, Phillip        | M        | 275   | 40-44     | Bench Press for Reps (60-sec limit) | 2      | reps/kg            | 100.0  | 130.0   | SW+30%                | X  | X  |                               |    |
| White, Phillip        | M        | 275   | OPEN      | Bench Press for Reps (60-sec limit) | 2      | reps/kg            | 130.0  | 130.0   | 275#OpenSW            |    |    |                               |    |
| Zeit, Logan           | M        | ALL   | OpenUnl   | Bench Press for Reps (60-sec limit) | 6      | reps/kg            | 130.0  | 143.0   | OpenUnlSW+10%         |    |    |                               |    |
| Zeit, Logan           | MY       | 220   | 18-19     | Bench Press for Reps (60-sec limit) | 6      | reps/kg            | 90.0   | 143.0   | SW+60%                | X  | X  | Mondo                         |    |
| Caulder, Lisa         | F        | 123   | 50-54     | Crucifix Hold (sledgehammers)       | 45.0   | sec/lb             | 10     | 15      | SW+1 Class            | X  | X  | Mega                          |    |
| Caulder, Lisa         | F        | 123   | OPEN      | Crucifix Hold (sledgehammers)       | 45.0   | sec/lb             | 15     | 15      | 123#OpenSW            | X  | X  |                               |    |
| Dondel, Denise        | F        | 148   | 45-49     | Crucifix Hold (sledgehammers)       | 46.0   | sec/lb             | 10     | 15      | SW+1 Class            | X  | X  | Mega                          |    |
| Dondel, Denise        | F        | 148   | OPEN      | Crucifix Hold (sledgehammers)       | 46.0   | sec/lb             | 15     | 15      | 148#OpenSW            | X  | X  |                               |    |
| Walker, Christina     | F        | 165   | 35-39     | Crucifix Hold (sledgehammers)       | 41.5   | sec/lb             | 15     | 20      | SW+1 Class            | X  | X  | Mega                          |    |
| Walker, Christina     | F        | 165   | OPEN      | Crucifix Hold (sledgehammers)       | 41.5   | sec/lb             | 20     | 20      | 165#OpenSW            | X  | X  |                               |    |
| Najarian, Shay        | F        | 165   | OPEN      | Crucifix Hold (sledgehammers)       | 35.0   | sec/lb             | 20     | 20      | 165#OpenSW            |    |    |                               |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Crucifix Hold (sledgehammers)       | 30.0   | sec/lb             | 15     | 20      | SW+1 Class            | X  | X  | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | OPEN      | Crucifix Hold (sledgehammers)       | 30.0   | sec/lb             | 20     | 20      | 181#OpenSW            | X  | X  |                               |    |
| Bojorquez, Agustin    | M        | 275   | OPEN      | Crucifix Hold (sledgehammers)       | 26.0   | sec/lb             | 40     | 40      | 275#OpenSW            | X  | X  |                               |    |
| Bojorquez, Agustin    | M        | 275   | OpenUnl   | Crucifix Hold (sledgehammers)       | 26.0   | sec/lb             | 40     | 40      | 275#OpenUnlSW         | X  | X  |                               |    |
| Caulder, Lisa         | F        | 123   | 50-54     | Deadlift for Reps (60-sec limit)    | 18     | reps/kg            | 50.0   | 75.0    | SW+50%                | X  | X  | Mondo                         |    |
| Caulder, Lisa         | F        | 123   | OPEN      | Deadlift for Reps (60-sec limit)    | 18     | reps/kg            | 75.0   | 75.0    | 123#OpenSW            |    |    |                               |    |
| Dondel, Denise        | F        | 148   | 45-49     | Deadlift for Reps (60-sec limit)    | 14     | reps/kg            | 55.0   | 91.0    | SW+60%                | X  | X  | Mondo                         |    |
| Dondel, Denise        | F        | 148   | OPEN      | Deadlift for Reps (60-sec limit)    | 14     | reps/kg            | 75.0   | 91.0    | 148#OpenSW+20%        | X  | X  | Mondo                         |    |
| Walker, Christina     | F        | 165   | 35-39     | Deadlift for Reps (60-sec limit)    | 19     | reps/kg            | 85.0   | 110.0   | SW+30%                |    |    | Mega                          |    |
| Walker, Christina     | F        | 165   | OPEN      | Deadlift for Reps (60-sec limit)    | 19     | reps/kg            | 90.0   | 110.0   | 165#OpenSW+20%        | X  | X  |                               |    |
| Najarian, Shay        | F        | 165   | OPEN      | Deadlift for Reps (60-sec limit)    | 13     | reps/kg            | 90.0   | 108.0   | 165#OpenSW+20%        |    |    | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Deadlift for Reps (60-sec limit)    | 21     | reps/kg            | 85.0   | 105.0   | SW+20%                | X  | X  | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | OPEN      | Deadlift for Reps (60-sec limit)    | 21     | reps/kg            | 90.0   | 105.0   | 181#OpenSW+10%        | X  | X  |                               |    |
| Poch, Kalei KehauLani | F        | 198   | OPEN      | Deadlift for Reps (60-sec limit)    | 8      | reps/kg            | 90.0   | 137.0   | 198#OpenSW+50%        | X  | X  | Mondo                         |    |
| Walker, Christina     | F        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit)    | 19     | reps/kg            | 95.0   | 110.0   | OpenUnlSW+10%         |    |    |                               |    |
| Najarian, Shay        | F        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit)    | 13     | reps/kg            | 95.0   | 108.0   | OpenUnlSW+10%         |    |    |                               |    |

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| Name                  | Division | Class | Age Group | Event                            | Result | Units <sup>b</sup> | Std Wt | Wt Used | Record Classification | AR | WR | Superior Performance Standard | NR |
|-----------------------|----------|-------|-----------|----------------------------------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|
| Louissaint, Sarona    | F        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 21     | reps/kg            | 95.0   | 105.0   | OpenUnlSW+10%         | X  | X  |                               |    |
| Poch, Kalei KehauLani | F        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 8      | reps/kg            | 95.0   | 137.0   | OpenUnlSW+40%         | X  | X  |                               |    |
| Williams, Coral       | F        | 198   | 35-39     | Deadlift for Reps (60-sec limit) | 8      | reps/kg            | 90.0   | 125.0   | SW+40%                | X  | X  | Mondo                         |    |
| Williams, Coral       | F        | 198   | OPEN      | Deadlift for Reps (60-sec limit) | 8      | reps/kg            | 90.0   | 125.0   | 198#OpenSW+40%        | X  | X  |                               |    |
| Williams, Coral       | F        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 8      | reps/kg            | 95.0   | 125.0   | OpenUnlSW+30%         | X  | X  |                               |    |
| White, Phillip        | M        | 165   | 20-23     | Deadlift for Reps (60-sec limit) | 12     | reps/kg            | 115.0  | 140.5   | SW+20%                | X  | X  |                               |    |
| Sempson, Dylan        | M        | 165   | 20-23     | Deadlift for Reps (60-sec limit) | 7      | reps/kg            | 115.0  | 165.0   | SW+40%                | X  | X  | Mondo                         |    |
| White, Phillip        | M        | 165   | OPEN      | Deadlift for Reps (60-sec limit) | 12     | reps/kg            | 120.0  | 140.5   | 165#OpenSW+10%        | X  | X  |                               |    |
| Sempson, Dylan        | M        | 165   | OPEN      | Deadlift for Reps (60-sec limit) | 7      | reps/kg            | 120.0  | 165.0   | 165#OpenSW+30%        |    |    |                               |    |
| Zeit, Logan           | M        | 220   | 18-19     | Deadlift for Reps (60-sec limit) | 12     | reps/kg            | 125    | 184     | SW+40%                | X  | X  | Mega                          |    |
| Manna, Jeremy         | M        | 220   | 40-44     | Deadlift for Reps (60-sec limit) | 4      | reps/kg            | 130.0  | 212.5   | SW+60%                | X  | X  | Mondo                         |    |
| Burlingame, Duane     | M        | 220   | 60-64     | Deadlift for Reps (60-sec limit) | 2      | reps/kg            | 110.0  | 176.0   | SW+60%                |    |    | Mondo                         |    |
| Zeit, Logan           | M        | 220   | OPEN      | Deadlift for Reps (60-sec limit) | 12     | reps/kg            | 145    | 184     | 220#OpenSW+20%        | X  | X  | Mega                          |    |
| Burlingame, Duane     | M        | 220   | OPEN      | Deadlift for Reps (60-sec limit) | 2      | reps/kg            | 145    | 176.0   | 220#OpenSW+20%        |    |    |                               |    |
| Manna, Jeremy         | M        | 220   | OPEN      | Deadlift for Reps (60-sec limit) | 4      | reps/kg            | 145    | 212.5   | 220#OpenSW+40%        |    |    |                               |    |
| Mahone, Andrew        | M        | 220   | OPEN      | Deadlift for Reps (60-sec limit) | 9      | reps/kg            | 145.0  | 210.9   | 220#OpenSW+40%        | X  | X  | Mondo                         |    |
| McFarland, Dustin     | M        | 242   | 35-39     | Deadlift for Reps (60-sec limit) | 10     | reps/kg            | 165.0  | 265.0   | SW+60%                | X  | X  | Mondo                         |    |
| McFarland, Dustin     | M        | 242   | OPEN      | Deadlift for Reps (60-sec limit) | 10     | reps/kg            | 170.0  | 265.0   | 242#OpenSW+50%        | X  | X  |                               |    |
| Zeit, Logan           | M        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 12     | reps/kg            | 170    | 184     | OpenUnlSW             | X  | X  | Mega                          |    |
| Burlingame, Duane     | M        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 2      | reps/kg            | 170    | 176.0   | OpenUnlSW             |    |    |                               |    |
| Manna, Jeremy         | M        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 4      | reps/kg            | 170    | 212.5   | OpenUnlSW+20%         |    |    |                               |    |
| Mahone, Andrew        | M        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 9      | reps/kg            | 170.0  | 210.9   | OpenUnlSW+20%         | X  | X  |                               |    |
| McFarland, Dustin     | M        | ALL   | OpenUnl   | Deadlift for Reps (60-sec limit) | 10     | reps/kg            | 170.0  | 265.0   | OpenUnlSW+50%         | X  | X  |                               |    |
| Dondel, Denise        | F        | 148   | 45-49     | Deadlift Lockout                 | 200.0  | kg                 |        |         |                       | X  | X  |                               |    |
| Walker, Christina     | F        | 165   | 35-39     | Deadlift Lockout                 | 265.0  | kg                 |        |         |                       | X  | X  | Mondo                         |    |
| Walker, Christina     | F        | 165   | OPEN      | Deadlift Lockout                 | 265.0  | kg                 |        |         |                       | X  | X  | Mondo                         |    |
| Najarian, Shay        | F        | 165   | OPEN      | Deadlift Lockout                 | 232.5  | kg                 |        |         |                       |    |    | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Deadlift Lockout                 | 294.8  | kg                 |        |         |                       | X  | X  | Mondo                         |    |
| Louissaint, Sarona    | F        | 181   | OPEN      | Deadlift Lockout                 | 294.8  | kg                 |        |         |                       | X  | X  |                               |    |
| Poch, Kalei KehauLani | F        | 198   | OPEN      | Deadlift Lockout                 | 325.0  | kg                 |        |         |                       | X  | X  | DNA                           |    |
| Poch, Kalei KehauLani | F        | ALL   | OpenUnl   | Deadlift Lockout                 | 325.0  | kg                 |        |         |                       | X  | X  |                               |    |
| White, Phillip        | M        | 165   | 20-23     | Deadlift Lockout                 | 319.8  | kg                 |        |         |                       | X  | X  | Mega                          |    |
| White, Phillip        | M        | 165   | OPEN      | Deadlift Lockout                 | 319.8  | kg                 |        |         |                       | X  | X  |                               |    |
| Burlingame, Duane     | M        | 220   | 60-64     | Deadlift Lockout                 | 365.0  | kg                 |        |         |                       |    |    | Mondo                         |    |
| Mahone, Andrew        | M        | 220   | OPEN      | Deadlift Lockout                 | 319.8  | kg                 |        |         |                       |    |    | Mega                          |    |
| White, Phillip        | M        | 275   | 40-44     | Deadlift Lockout                 | 319.8  | kg                 |        |         |                       | X  | X  | Mega                          |    |
| Bojorquez, Agustin    | M        | 275   | OPEN      | Deadlift Lockout                 | 320.0  | kg                 |        |         |                       |    |    | Mega                          |    |

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| Name                  | Division | Class | Age Group | Event                                  | Result | Units <sup>b</sup> | Std Wt | Wt Used | Record Classification | AR | WR | Superior Performance Standard | NR |
|-----------------------|----------|-------|-----------|----------------------------------------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|
| Soria, Irwin          | M        | 308   | 20-23     | Deadlift Lockout                       | 304.8  | kg                 |        |         |                       | X  | X  |                               |    |
| Soria, Irwin          | M        | 308   | OPEN      | Deadlift Lockout                       | 304.8  | kg                 |        |         |                       | X  | X  |                               |    |
| Caulder, Lisa         | F        | 123   | 50-54     | Frame Hold                             | 46.4   | sec/kg             | 90     | 84.0    | SW                    | X  | X  |                               |    |
| Dondel, Denise        | F        | 148   | 45-49     | Frame Hold                             | 51.7   | sec/kg             | 100    | 120.0   | SW+20%                | X  | X  | DNA                           |    |
| Najarian, Shay        | F        | 165   | OPEN      | Frame Hold                             | 56.8   | sec/kg             | 115    | 115.0   | 165#OpenSW            | X  | X  | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Frame Hold                             | 58.2   | sec/kg             | 115    | 136.5   | SW+20%                | X  | X  | DNA                           |    |
| Poch, Kalei KehauLani | F        | 198   | OPEN      | Frame Hold                             | 44.2   | sec/kg             | 115    | 145.5   | 198#OpenSW+20%        | X  | X  | DNA                           |    |
| Manna, Jeremy         | M        | 220   | 40-44     | Frame Hold                             | 36.9   | sec/kg             | 160    | 181.5   | SW+10%                | X  | X  | Mondo                         |    |
| Burlingame, Duane     | M        | 220   | 60-64     | Frame Hold                             | 39.1   | sec/kg             | 145    | 181.5   | SW+10%                | X  | X  | DNA                           |    |
| Burlingame, Duane     | M        | 220   | OPEN      | Frame Hold                             | 39.1   | sec/kg             | 170    | 181.5   | 220#OpenSW            |    |    |                               |    |
| Mahone, Andrew        | M        | 220   | OPEN      | Frame Hold                             | 62.5   | sec/kg             | 170    | 181.5   | 220#OpenSW            | X  | X  | Mega                          |    |
| McFarland, Dustin     | M        | 242   | 35-39     | Frame Hold                             | 30.0   | sec/kg             | 180    | 226.8   | SW+20%                | X  | X  | DNA                           |    |
| McFarland, Dustin     | M        | 242   | OPEN      | Frame Hold                             | 30.0   | sec/kg             | 180    | 226.8   | 242#OpenSW+20%        | X  | X  |                               |    |
| White, Phillip        | M        | 275   | 40-44     | Frame Hold                             | 74.8   | sec/kg             | 170    | 181.5   | SW                    | X  | X  | Mega                          |    |
| White, Phillip        | M        | 275   | OPEN      | Frame Hold                             | 74.8   | sec/kg             | 170    | 181.5   | 275#OpenSW            | X  | X  |                               |    |
| Bojorquez, Agustin    | M        | 275   | OPEN      | Frame Hold                             | 13.8   | sec/kg             | 180    | 226.8   | SW+20%                | X  | X  | DNA                           |    |
| Soria, Irwin          | M        | 308   | 20-23     | Frame Hold                             | 14.1   | sec/kg             | 180    | 226.8   | SW+20%                | X  | X  |                               |    |
| Soria, Irwin          | M        | 308   | OPEN      | Frame Hold                             | 14.1   | sec/kg             | 180    | 226.8   | 308#OpenSW+20%        | X  | X  |                               |    |
| McFarland, Dustin     | M        | ALL   | OpenUnl   | Frame Hold                             | 30.0   | sec/kg             | 180    | 226.8   | OpenUnlSW+20%         | X  | X  |                               |    |
| Dondel, Denise        | F        | 148   | 45-49     | Log Clean & Press                      | 110.0  | lb                 |        |         |                       | X  | X  | Mega                          |    |
| Najarian, Shay        | F        | 165   | OPEN      | Log Clean & Press                      | 115.0  | lb                 |        |         |                       | X  | X  | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Log Clean & Press                      | 135.0  | lb                 |        |         |                       | X  | X  | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | OPEN      | Log Clean & Press                      | 135.0  | lb                 |        |         |                       | X  | X  |                               |    |
| Poch, Kalei KehauLani | F        | 198   | OPEN      | Log Clean & Press                      | 125.0  | lb                 |        |         |                       |    |    | Mega                          |    |
| Williams, Coral       | F        | 198   | 35-39     | Log Clean & Press                      | 135.0  | lb                 |        |         |                       |    |    | Mega                          |    |
| Williams, Coral       | F        | 198   | OPEN      | Log Clean & Press                      | 135.0  | lb                 |        |         |                       |    |    |                               |    |
| Williams, Coral       | F        | 220   | 35-39     | Log Clean & Press                      | 125.0  | lb                 |        |         |                       |    |    | Mega                          |    |
| Williams, Coral       | F        | 220   | OPEN      | Log Clean & Press                      | 125.0  | lb                 |        |         |                       |    |    |                               |    |
| Sempson, Dylan        | M        | 165   | 20-23     | Log Clean & Press                      | 140.0  | lb                 |        |         |                       |    |    |                               |    |
| Preite, James         | M        | 220   | 45-49     | Log Clean & Press                      | 150.0  | lb                 |        |         |                       |    | X  |                               |    |
| Mahone, Andrew        | M        | 220   | OPEN      | Log Clean & Press                      | 180.0  | lb                 |        |         |                       |    | X  | Mega                          |    |
| Bojorquez, Agustin    | M        | 275   | OPEN      | Log Clean & Press                      | 116.0  | lb                 |        |         |                       |    |    |                               |    |
| Caulder, Lisa         | F        | 123   | 50-54     | Overhead Press for Reps (60-sec limit) | 7      | reps/kg            | 30.0   | 30.0    | SW                    | X  | X  |                               |    |
| Najarian, Shay        | F        | 165   | OPEN      | Overhead Press for Reps (60-sec limit) | 9      | reps/kg            | 35.5   | 47.6    | 165#OpenSW+30%        | X  | X  | Mega                          |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Overhead Press for Reps (60-sec limit) | 30     | reps/kg            | 34.5   | 41.8    | SW+20%                | X  | X  | Mega                          |    |
| Hastings, EvaMarie    | F        | 181   | 50-54     | Overhead Press for Reps (60-sec limit) | 3      | reps/kg            | 32.0   | 32.5    | SW                    | X  | X  |                               |    |

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| Name                  | Division | Class | Age Group | Event                                  | Result | Units <sup>b</sup> | Std Wt | Wt Used | Record Classification | AR | WR | Superior Performance Standard | NR |
|-----------------------|----------|-------|-----------|----------------------------------------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|
| Louissaint, Sarona    | F        | 181   | OPEN      | Overhead Press for Reps (60-sec limit) | 30     | reps/kg            | 35.5   | 41.8    | 181#OpenSW+10%        | X  | X  |                               |    |
| Poch, Kalei KehauLani | F        | 198   | OPEN      | Overhead Press for Reps (60-sec limit) | 8      | reps/kg            | 35.5   | 45.0    | 198#OpenSW+20%        |    |    | Mega                          |    |
| Williams, Coral       | F        | 220   | 35-39     | Overhead Press for Reps (60-sec limit) | 30     | reps/kg            | 37.5   | 41.8    | SW+10%                | X  | X  |                               |    |
| White, Phillip        | M        | 165   | 20-23     | Overhead Press for Reps (60-sec limit) | 7      | reps/kg            | 47.0   | 60.0    | SW+30%                | X  | X  |                               |    |
| White, Phillip        | M        | 165   | OPEN      | Overhead Press for Reps (60-sec limit) | 7      | reps/kg            | 49.0   | 60.0    | 165#OpenSW+20%        | X  | X  |                               |    |
| Preite, James         | M        | 220   | 45-49     | Overhead Press for Reps (60-sec limit) | 10     | reps/kg            | 49.0   | 65.0    | SW+30%                | X  | X  |                               |    |
| Preite, James         | M        | 220   | OPEN      | Overhead Press for Reps (60-sec limit) | 10     | reps/kg            | 52.5   | 65.0    | 220#Open+20%          | X  | X  |                               |    |
| White, Phillip        | M        | 275   | 40-44     | Overhead Press for Reps (60-sec limit) | 7      | reps/kg            | 52.5   | 60.0    | SW+10%                | X  | X  |                               |    |
| White, Phillip        | M        | 275   | OPEN      | Overhead Press for Reps (60-sec limit) | 7      | reps/kg            | 52.5   | 60.0    | 275#OpenSW+10%        | X  | X  |                               |    |
| Dondel, Denise        | F        | 148   | 45-49     | Power Snatch Deadlift                  | 100    | kg                 |        |         |                       | X  | X  |                               |    |
| Walker, Christina     | F        | 165   | 35-39     | Power Snatch Deadlift                  | 120    | kg                 |        |         |                       | X  | X  |                               |    |
| Najarian, Shay        | F        | 165   | OPEN      | Power Snatch Deadlift                  | 121    | kg                 |        |         |                       | X  | X  |                               |    |
| Louissaint, Sarona    | F        | 181   | 35-39     | Power Snatch Deadlift                  | 155    | kg                 |        |         |                       | X  | X  |                               |    |
| Poch, Kalei KehauLani | F        | 198   | OPEN      | Power Snatch Deadlift                  | 115    | kg                 |        |         |                       | X  | X  |                               |    |
| Sempson, Dylan        | M        | 165   | 20-23     | Power Snatch Deadlift                  | 165    | kg                 |        |         |                       | X  | X  |                               |    |
| Zeit, Logan           | M        | 220   | 18-19     | Power Snatch Deadlift                  | 170    | kg                 |        |         |                       | X  | X  |                               |    |
| Haugen, Odd           | M        | 275   | 70-74     | Power Snatch Deadlift                  | 220    | kg                 |        |         |                       | X  | X  |                               |    |
| Haugen, Odd           | M        | 275   | OPEN      | Power Snatch Deadlift                  | 220    | kg                 |        |         |                       | X  | X  |                               |    |
| Bojorquez, Agustin    | M        | 275   | OPEN      | Power Snatch Deadlift                  | 165    | kg                 |        |         |                       |    |    |                               |    |
| Soria, Irwin          | M        | 308   | 20-23     | Power Snatch Deadlift                  | 140    | kg                 |        |         |                       | X  | X  |                               |    |
| Walker, Christina     | F        | 165   | 35-39     | Saxon Bar Deadlift                     | 45.5   | kg                 |        |         |                       | X  | X  |                               |    |
| Walker, Christina     | F        | 165   | OPEN      | Saxon Bar Deadlift                     | 45.5   | kg                 |        |         |                       | X  | X  |                               |    |
| Weiss, Bill           | M        | 220   | 60-64     | Saxon Bar Deadlift                     | 60.0   | kg                 |        |         |                       |    |    |                               |    |
| Mahone, Andrew        | M        | 220   | OPEN      | Saxon Bar Deadlift                     | 165.0  | kg                 |        |         |                       |    |    |                               |    |
| McFarland, Dustin     | M        | 242   | 35-39     | Saxon Bar Deadlift                     | 200.0  | kg                 |        |         |                       | X  | X  |                               |    |
| McFarland, Dustin     | M        | 242   | OPEN      | Saxon Bar Deadlift                     | 200.0  | kg                 |        |         |                       | X  | X  |                               |    |
| White, Phillip        | M        | 275   | 40-44     | Saxon Bar Deadlift                     | 165.0  | kg                 |        |         |                       | X  | X  |                               |    |
| Haugen, Odd           | M        | 275   | 70-74     | Saxon Bar Deadlift                     | 220.0  | kg                 |        |         |                       | X  | X  |                               |    |
| Haugen, Odd           | M        | 275   | OPEN      | Saxon Bar Deadlift                     | 220.0  | kg                 |        |         |                       | X  | X  |                               |    |
| Bojorquez, Agustin    | M        | 275   | OPEN      | Saxon Bar Deadlift                     | 165.0  | kg                 |        |         |                       |    |    |                               |    |
| Soria, Irwin          | M        | 308   | 20-23     | Saxon Bar Deadlift                     | 60.0   | kg                 |        |         |                       | X  | X  |                               |    |
| Caulder, Lisa         | F        | 123   | 50-54     | Strict Curl                            | 18.0   | kg                 |        |         |                       |    |    |                               |    |
| Hastings, EvaMarie    | F        | 181   | 50-54     | Strict Curl                            | 24.0   | kg                 |        |         |                       |    |    |                               |    |
| Del Zoppo, Daniel     | M        | 165   | 50-54     | Strict Curl                            | 50.0   | kg                 |        |         |                       | X  | X  |                               |    |
| Wilson, John          | M        | 198   | 55-59     | Strict Curl                            | 74.0   | kg                 |        |         |                       | X  | X  | DNA                           |    |
| Preite, James         | M        | 220   | 45-49     | Strict Curl                            | 57.0   | kg                 |        |         |                       | X  |    | Mega                          |    |

## Results-2021 AAU FOS Indoor North American Championships

| Name               | Division | Class | Age Group | Event                                | Result | Units <sup>b</sup> | Std Wt | Wt Used | Record Classification | AR | WR | Superior Performance Standard | NR |
|--------------------|----------|-------|-----------|--------------------------------------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|
| Bojorquez, Agustin | M        | 275   | OPEN      | Strict Curl                          | 67.0   | kg                 |        |         |                       |    |    | Mondo                         |    |
| Caulder, Lisa      | F        | 123   | 50-54     | Strict Curls for Reps (60-sec limit) | 27     | reps/kg            | 20.0   | 15.0    | SW                    |    |    |                               |    |
| Louissaint, Sarona | F        | 181   | 35-39     | Strict Curls for Reps (60-sec limit) | 7      | reps/kg            | 25.0   | 30.0    | SW+20%                | X  | X  | Mega                          |    |
| Hastings, EvaMarie | F        | 181   | 50-54     | Strict Curls for Reps (60-sec limit) | 10     | reps/kg            | 22.5   | 43.2    | SW+90%                | X  | X  | DNA                           |    |
| Louissaint, Sarona | F        | 181   | OPEN      | Strict Curls for Reps (60-sec limit) | 7      | reps/kg            | 25.0   | 30.0    | 181#OpenSW+20%        | X  | X  |                               |    |
| Hastings, EvaMarie | F        | 181   | OPEN      | Strict Curls for Reps (60-sec limit) | 10     | reps/kg            | 25.0   | 43.2    | 181#OpenSW+70%        | X  | X  |                               |    |
| Hastings, EvaMarie | F        | ALL   | OpenUnl   | Strict Curls for Reps (60-sec limit) | 10     | reps/kg            | 27.5   | 43.2    | OpenUnlSW+50%         | X  | X  |                               |    |
| Williams, Coral    | F        | 220   | 35-39     | Strict Curls for Reps (60-sec limit) | 10     | reps/kg            | 27.5   | 35.0    | SW+20%                | X  | X  | Mega                          |    |
| Williams, Coral    | F        | 220   | OPEN      | Strict Curls for Reps (60-sec limit) | 10     | reps/kg            | 27.5   | 35.0    | 220#OpenSW+20%        | X  | X  |                               |    |
| White, Phillip     | M        | 165   | 20-23     | Strict Curls for Reps (60-sec limit) | 3      | reps/kg            | 32.5   | 50.0    | SW+50%                | X  | X  | Mega                          |    |
| White, Phillip     | M        | 165   | OPEN      | Strict Curls for Reps (60-sec limit) | 3      | reps/kg            | 37.5   | 50.0    | 165#OpenSW+50%        | X  | X  |                               |    |
| Preite, James      | M        | 220   | 45-49     | Strict Curls for Reps (60-sec limit) | 4      | reps/kg            | 35.0   | 47.0    | SW+30%                | X  | X  |                               |    |
| Mahone, Andrew     | M        | 220   | OPEN      | Strict Curls for Reps (60-sec limit) | 3      | reps/kg            | 42.5   | 51.0    | 220#OpenSW+20%        |    |    |                               |    |

\*\*For the mega, mondo, DNA, and overall awards, each individual was credited a maximum of one of these categories per performance.

1. Token lifts (i.e., less than 30% of standard weight) are generally not considered for records.
2. A minimum of 2 reps are required for reps events (except pullups and pushups) to be considered for records.
3. 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 World

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.

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 are archived

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)

## Results-2021 AAU FOS Indoor North American Championships

| Name | Division | Class | Age Group | Event | Result | Units <sup>b</sup> | Std Wt | Wt Used | Record Classification | AR | WR | Superior Performance Standard | NR |
|------|----------|-------|-----------|-------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|
|------|----------|-------|-----------|-------|--------|--------------------|--------|---------|-----------------------|----|----|-------------------------------|----|

Bench Presses for Reps & 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, & 309 weight classes ("Unlimited" weight record category)