

RESULTS--AAU FOS INDOOR NORTH AMERICAN CHAMPIONSHIPS, rev 4/14/22

Name	Division	Class ^b	Age Group ^c	Event	Result	Units ^b	Std Wt	Wt Used	Record Classification	AR	WR	Superior Performance Standard	NR
Prior, Lisa	F	148	40-44	Axle (2") Snatch Grip DL	59.0	kg				X	X		
Schopp, Karma	F	181	45-49	Axle (2") Snatch Grip DL	68.0	kg				X	X		
Vargo, Anita	F	220	55-59	Axle (2") Snatch Grip DL	91.0	kg				X	X	Mondo	
Preite, James	M	220	50-54	Axle (2") Snatch Grip DL	91.0	kg				X	X		
Swenson, Kenneth	M	242	60-64	Axle (2") Snatch Grip DL	64.0	kg				X	X		
White, Phillip	M	275	40-44	Axle (2") Snatch Grip DL	140.0	kg				X	X	Mondo	
Tilson, Rocky	M	275	55-59	Axle (2") Snatch Grip DL	140.0	kg				X	X	Mondo	
Jimenez, Carter	MY	220	14-15	Axle (2") Snatch Grip DL	84.0	kg				X	X		
Vargo, Anita	F	HW	55-59	Combine Atlas Stone Shoulder'gReps	5	reps/lb	175	116	HW Combine Weight	X	X		
Prior, Lisa	F	LW	40-44	Combine Atlas Stone Shoulder'gReps	6	reps/lb	116	95	LW Combine Weight	X	X		
Jamniczky, Andrea	F	MW	40-44	Combine Atlas Stone Shoulder'gReps	6	reps/lb	142	95	MW Combine Weight	X	X		
Schopp, Karma	F	MW	45-49	Combine Atlas Stone Shoulder'gReps	4	reps/lb	142	116	MW Combine Weight	X	X		
Swenson, Kenneth	M	HW	60-64	Combine Atlas Stone Shoulder'gReps	6	reps/lb	250	72	HW Combine Weight				
Preite, James	M	MW	50-54	Combine Atlas Stone Shoulder'gReps	3	reps/lb	215	116	MW Combine Weight	X	X		
Jimenez, Carter	MY	MW	14-15	Combine Atlas Stone Shoulder'gReps	6	reps/lb	215	130	MW Combine Weight	X	X		
White, Phillip	M	Men	None	Combine Men's Bench Press 4 Reps	15	reps/lb	225	225	Men's Combine Wt	X	X	DNA	
Preite, James	M	Men	None	Combine Men's Bench Press 4 Reps	10	reps/lb	225	225	Men's Combine Wt	X	X	DNA	
Schopp, Karma	F	MW	45-49	Combine Weighted Pull/Chin-ups Reps	6	reps/kg	20	5	MW Combine Weight	X	X		
Schopp, Karma	F	Women	None	Combine Women's Bench Press 4 Reps	17	reps/lb	135	135	Women's Combine Wt	X	X	2xDNA	
Prior, Lisa	F	148	40-44	Crucifix Hold (sledgehammers)	52.0	sec/lb	10	15	SW+1 Class	X	X	Mega	
Prior, Lisa	F	148	OPEN	Crucifix Hold (sledgehammers)	52.0	sec/lb	15	15	148#OpenSW	X	X		
Schopp, Karma	F	181	45-49	Crucifix Hold (sledgehammers)	63.0	sec/lb	15	15	SW	X	X		
Preite, James	M	220	50-54	Crucifix Hold (sledgehammers)	32.0	sec/lb	25	25	SW	X	X		
Swenson, Kenneth	M	242	60-64	Crucifix Hold (sledgehammers)	37.0	sec/lb	30	15	SW	X	X		
Prior, Lisa	F	148	40-44	Deadlift Lockout	215.0	kg				X	X	Mega	
Prior, Lisa	F	148	OPEN	Deadlift Lockout	215.0	kg				X	X		
Schopp, Karma	F	181	45-49	Deadlift Lockout	272.5	kg				X	X	Mondo	
Jamniczky, Andrea	F	198	40-44	Deadlift Lockout	206.0	kg				X	X		
Vargo, Anita	F	220	55-59	Deadlift Lockout	190.0	kg				X	X		
Preite, James	M	220	50-54	Deadlift Lockout	261.0	kg				X	X		
Swenson, Kenneth	M	242	60-64	Deadlift Lockout	150.0	kg				X	X		
White, Phillip	M	275	40-44	Deadlift Lockout	375.0	kg				X	X	Mondo	
Jimenez, Carter	MY	220	14-15	Deadlift Lockout	230.0	kg				X	X		
Prior, Lisa	F	148	40-44	Frame Hold	66.0	sec/kg	100	100.0	SW	X	X	Mega	
Schopp, Karma	F	181	45-49	Frame Hold	33.0	sec/kg	110	123.0	SW+10 kg Class	X	X	Mondo	
Schopp, Karma	F	181	OPEN	Frame Hold	33.0	sec/kg	115	123.0	181#OpenSW	X	X		
Vargo, Anita	F	220	55-59	Frame Hold	30.0	sec/kg	110	135.0	SW+20 kg Class	X	X	DNA	
Vargo, Anita	F	220	OPEN	Frame Hold	30.0	sec/kg	125	135.0	220#OpenSW+10kg C	X	X		
Preite, James	M	220	50-54	Frame Hold	26.0	sec/kg	160	161.0	SW	X	X		
Swenson, Kenneth	M	242	60-64	Frame Hold	25.0	sec/kg	155	100.0	SW	X	X		
White, Phillip	M	275	40-44	Frame Hold	37.0	sec/kg	170	190.0	SW+20 kg Class	X	X	Mondo	
Prior, Lisa	F	148	40-44	Log Clean & Press	90.0	lb				X	X		

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Prior, Lisa	F	148	40-44	Axle (2") Snatch Grip DL	59.0	kg				X	X		
Schopp, Karma	F	181	45-49	Log Clean & Press	125.5	lb				X	X	Mega	
Jamniczky, Andrea	F	198	40-44	Log Clean & Press	96.0	lb				X	X		
Vargo, Anita	F	220	55-59	Log Clean & Press	95.0	lb				X	X		
Preite, James	M	220	50-54	Log Clean & Press	189.5	lb				X	X	Mega	
Preite, James	M	220	OPEN	Log Clean & Press	189.5	lb					X		
Swenson, Kenneth	M	242	60-64	Log Clean & Press	99.0	lb							
White, Phillip	M	275	40-44	Log Clean & Press	198.5	lb						Mondo	
Jimenez, Carter	MY	220	14-15	Log Clean & Press	141.0	lb				X	X		
Prior, Lisa	F	148	40-44	Saxon Bar Deadlift	35.0	kg				X	X		
Prior, Lisa	F	148	OPEN	Saxon Bar Deadlift	35.0	kg				X	X		
Schopp, Karma	F	181	45-49	Saxon Bar Deadlift	49.0	kg				X	X		
Schopp, Karma	F	181	OPEN	Saxon Bar Deadlift	49.0	kg				X	X		
Vargo, Anita	F	220	55-59	Saxon Bar Deadlift	45.0	kg							
Swenson, Kenneth	M	242	60-64	Saxon Bar Deadlift	40.0	kg							
White, Phillip	M	275	40-44	Saxon Bar Deadlift	98.0	kg						Mondo	
Prior, Lisa	F	148	40-44	Trap Bar Deadlift for Reps	10	reps/kg	55	145	SW+160% Class	X	X	2xDNA	
Schopp, Karma	F	181	45-49	Trap Bar Deadlift for Reps	5	reps/kg	70	182	SW+160% Class	X	X	2xDNA	
Jamniczky, Andrea	F	198	40-44	Trap Bar Deadlift for Reps	12	reps/kg	70	130	SW+80% Class	X	X	DNA	
Vargo, Anita	F	220	55-59	Trap Bar Deadlift for Reps	30	reps/kg	65	111	SW+70% Class	X	X	DNA	
Preite, James	M	220	50-54	Trap Bar Deadlift for Reps	18	reps/kg	120	160	SW+30% Class	X	X		
Swenson, Kenneth	M	242	60-64	Trap Bar Deadlift for Reps	13	reps/kg	125	90	SW	X	X		
White, Phillip	M	275	40-44	Trap Bar Deadlift for Reps	13	reps/kg	155	217	SW+40% Class	X	X	Mega	
Jimenez, Carter	MY	220	14-15	Trap Bar Deadlift for Reps	22	reps/kg	125	125	SW	X	X		

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

1. Not used.
2. Token lifts (i.e., less than 30% of standard weight) are generally not considered for records.
3. A minimum of 2 reps are required for reps events (except pullups and pushups) to be considered for records.
4. Superior Performance Standards: Mega=lowest level. Mondo=middle level. DNA=highest level.

a Combine Medley Trio: (1) Combine Bench for Reps, (2) Combine Power Cleans for Reps, & (3) Combine Axle Bar Deadlift for Reps

b Combine Weight Classes: LW=Lightweight; MW=Middleweight; HW=Heavyweight; except No weight classes for Combine Men's and Womens Bench Press for Reps.

c Combine Men's and Womens Bench Press for Reps: No weight classes or age groups. Men lift 225 lb, Women lift 135 lb.

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..

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Prior, Lisa	F	148	40-44	Axle (2") Snatch Grip DL	59.0	kg				X	X		

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)

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)