

## Results-AAU Feats of Strength, 10-03-21 Vineland Invitational, Records Format

Name	Division	Class	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Record Classification	AR	WR	Superior Performance Standard	NR
Zucca, Tom	M	181	65-69	Bench Press for Reps (60-sec limit)	9	reps/kg	80.0	80.0	SW	X			
Adams, Aaron	M	148	OPEN	Dips for Reps (60-sec limit)	25	reps				X		Mega	
Zucca, Tom	M	181	65-69	Dips for Reps (60-sec limit)	8	reps				X			
Ruskoski, Mark	M	148	70-74	Overhead Press	50.0	kg				X			
Adams, Aaron	M	148	OPEN	Overhead Press	90.0	kg				X		Mondo	
Zucca, Tom	M	181	65-69	Overhead Press	66.0	kg				X			
Zucca, Tom	M	181	65-69	Overhead Press for Reps (60-sec limit)	22	reps/kg	39.0	40.0	SW	X			
Sannicandro, Ron	M	220	55-59	Overhead Press for Reps (60-sec limit)	21	reps/kg	43.0	45.0	SW	X			
Ruskoski, Mark	M	148	70-74	Power Clean	57.0	kg				X			
Adams, Aaron	M	148	OPEN	Power Clean	100.0	kg				X		Mondo	
Zucca, Tom	M	181	65-69	Power Clean	71.0	kg				X			
Ruskoski, Mark	M	148	70-74	Standing Long Jump	75.50	in				X			
Adams, Aaron	M	148	OPEN	Standing Long Jump	107.50	in				X		Mega	
Ruskoski, Nick	M	181	OPEN	Standing Long Jump	80.00	in							
Feeney, Bob	M	242	65-69	Strict Curl	45.0	kg							
Zucca, Tom	M	181	65-69	Strict Curls for Reps (60-sec limit)	3	reps/kg	30.0	42.0	SW+40%			Mega	
Feeney, Bob	M	242	65-69	Strict Curls for Reps (60-sec limit)	10	reps/kg	35.0	35.0	SW	X			
Ruskoski, Mark	M	148	70-74	Strict Pull/Chin-ups for Reps-60s limit	14	reps				X			
Adams, Aaron	M	148	OPEN	Strict Pull/Chin-ups for Reps-60s limit	13	reps							
Zucca, Tom	M	181	65-69	Strict Pushups (60-sec limit)	32	reps				X			
Sannicandro, Ron	M	220	55-59	Strict Pushups (60-sec limit)	58	reps				X		Mega	
Sannicandro, Ron	M	220	OPEN	Strict Pushups (60-sec limit)	58	reps				X			

\*\*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.

**Results-AAU Feats of Strength, 10-03-21 Vineland Invitational, Records Format (Continued)**

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 into a separate record list.

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)