

BFS OLYMPIC RECORD BOARD

S E N I O R S U L T S N O W	WEIGHT CLASS	SNATCH			CLEAN & JERK			S E N I O R S U L T S N O W
		14 & Under	15 - 16	17 & Over	14 & Under	15 - 16	17 & Over	
	123	110 Mike Donaldson Murray, UT	100 :	143 John Morris New Jersey	126 Mike Donaldson Murray, UT	154 Swav Jusis New Jersey	187 John Morris New Jersey	
	132	127 Teb Lubis New Jersey	110 Bryon Fatt Mon. Val. UT	120 :	165 Steve Swistik New Jersey	160 :	175 :	
	140	110 :	120 :	130 :	170 :	180 Chad Longfellow Soldotna, AK	185 Jeff Roderick Soldotna, AK	
	148	120 :	154 Joe Weisenberger New Jersey	154 Fernando Ruiz New Jersey	185 :	187 Joe Weisenberger New Jersey	204 Fernando Ruiz New Jersey	
	157	125 :	135 :	145 :	185 :	190 :	200 Bill Argoz-Fraser Soldotna, AK	
	165	130 :	176 Matt Lund Mt. Crest, UT	160 Chris Komishock New Jersey	190 :	231 Matt Lund Min. Crest, UT	231 Chris Komishock New Jersey	
	173	135 :	145 :	150 :	190 :	195 :	220 Scott Rosin Soldotna, AK	
	181	135 :	187 Terry Watts New Jersey	220 Glen Rodriguez New Jersey	195 :	220 Terry Watts New Jersey	275 Glen Rodriguez New Jersey	
	190	135 :	150 :	155 :	195 :	200 :	215 Scott Miller Soldotna, AK	
	198	135 :	160 Rich Katz New Jersey	155 :	205 :	231 Rick Katz New Jersey	215 :	
	220	135 :	155 :	165 Bill DeMarco New Jersey	205 :	220 Justin Rodgers Soldotna, AK	237 Bill DeMarco New Jersey	
	220+	135 :	155 :	165 :	215 :	220 :	225 :	

★ The above poundages with no names are qualifying marks for the BFS Record Board. Lifts must be done in an intramural meet, against another school or in an officially sanctioned meet. Athletes must have a 2.0 minimum GPA and be a member of a high school team sport. Results must be verified by an official coach or school administrator.

NATIONAL CLEAN & JERK Competition A Success

More than 8,000 students participated in the 1989 High School Clean & Jerk Competition. This competition is the number-one recruiting program in the United States Weightlifting program in the United States Weightlifting Federation.

The program will be going into it's fourth year. Hopefully, more states and schools will have an opportunity to participate. Look for further info. We recommend the program highly. It's easy and fun to do.

WISENER DOES IT AGAIN!

Last issue we featured Jason Wisener as America's Strongest High School Athlete. Coach Chris Calcote reports that his 16 year old phenom from Natches, Mississippi was one of 8 teenagers selected to go to Russia with a Power Lifting team coached by Fred Hatfield. Jason got an 800 Squat, a 465 Bench, and a 660 Dead Lift for a 1925 Total. Awesome! Jason also got a 505 Bench in training. Double Awesome!



SUCCESS AT PACIFIC GROVE

Pacific Grove High School of California had a clinic last year. Head Football Coach Steve Sosnowski reports that they finished with a 9-1 record and Conference Champions. Sosnowski states, "The strength of our team was the difference. Thanks!"

Great leadership and pride in academics was also evident. In Coach Sosnowski's first year the team's cumulative grade point average was 2.5431. The second year the team GPA moved up to 2.7732 and last season it jumped to 2.9167. Congratulations!