

BFS OLYMPIC RECORD BOARD

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WEIGHT CLASS	SNATCH			CLEAN & JERK		
	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	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 Mt. 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 :

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★ 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.

The 1990 Challenge: explosive strength, speed, flexibility

Enter the 1990 U.S. Weightlifting Federation High School Clean-and-Jerk Competition and compete with other high schools for state titles, barbell sets and invitations to a summer athlete training camp at the U.S. Olympic Training Center in Colorado Springs, Colorado.

Competition guidelines and coaching information available now.

Contact the
United States Weightlifting Federation
1750 E. Boulder St.
Colorado Springs, CO 80909
(719) 578-4508

