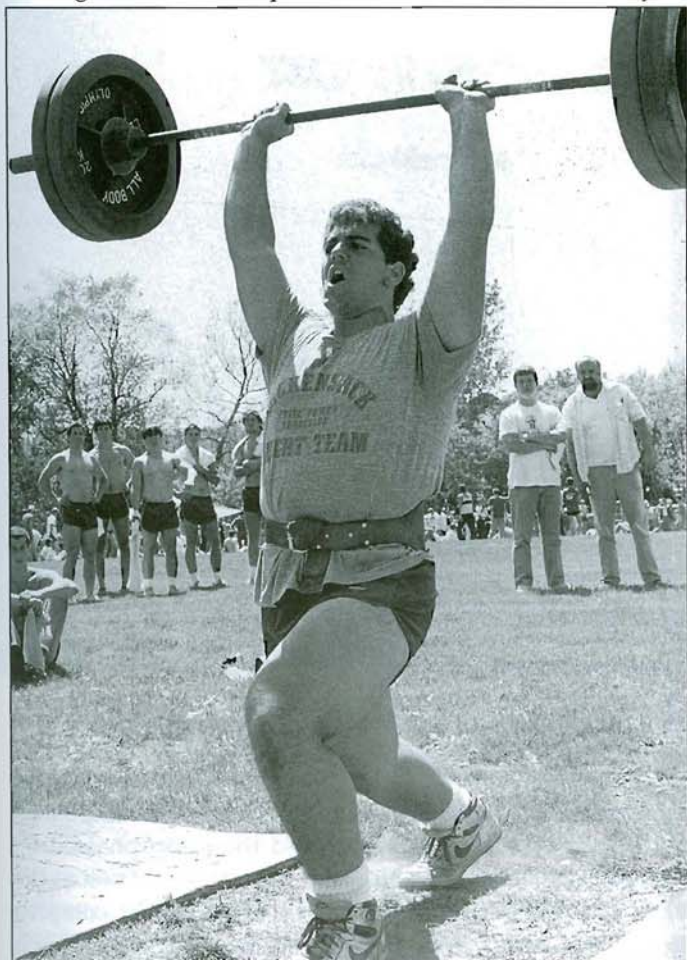


BFS OLYMPIC RECORD BOARD

S E N D I N R E S U L T S N O W	WEIGHT CLASS	SNATCH			CLEAN & JERK			S E N D I N R E 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	110 Michael Alcaidi Bayonne, NJ	143 John Morris New Jersey	135 Jared Hughes SLC, UT	165 Bruce York Vista, CA	187 John Morris New Jersey	
	132	127 Teb Lubis New Jersey	145 Marvin Alene Mon. Valley, UT	120 Gerry Grossi St. Mary, NJ	165 Steve Swistik New Jersey	203 Bill Liao Gran. Hills, CA	190 Brandon Fabrizio SLC, UT	
	148	126 Dave Ennenga SLC, UT	154 Joe Weisenberger	154 Fernando Ruiz New Jersey	185 :	209 Jake Allen Vista, CA	225 Jim Loscalzo Plainview, NY	
	165	135 Dave Davis Pampa, TX	176 Matt Lund Mt. Crest, UT	190 Tom Payne Jordan, UT	187 Greg Argyle SLC, UT	231 Matt Lund Mtn. Crest, UT	253 Johnny Kim Vista, CA	
	181	135 :	187 Terry Watts New Jersey	242 Alex Reed New Jersey	195 :	230 Mark Albrecht Jordan, UT	292 Alex Reed New Jersey	
	198	135 :	176 Jarvis Redhouse Mon. Valley, UT	190 Kieth Hobbs Plainview, NY	200 Fred Schoppman Plainview, NY	250 Leo Hsu Plainview, NY	275 Glen Rodriguez New Jersey	
	220	135 :	220 Jared Chappel Trav. City, MI	187 Eroy Charles, Mon. Valley, UT	205 :	275 Jared Chappel Trav. City, MI	308 Andy Schiffer New Jersey	
	220+	135 :	160 Frank Cavallo Hack, NJ	200 Vern Collins Mon. Valley, UT	215 :	260 Fred Schoppman Plainview, NY	291 Ryan Walton Mater Dei, CA	

★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.



Dave Patrella, From Hackensack New Jersey, Clean and Jerked 255 lbs In High School Meet. Bruce Klemens Photo

HAVE SOME FUN GET RANKED AND LIFT IN A MEET

Olympic lifting really isn't all that hard. You do two lifts: The Snatch and the Clean and Jerk. With our new BFS Training Plates, learning the technique is quite easy. You can then progress to Rubber Bumper Plates. If you need some help learning about these two lifts, get our video.

Hold an Intramural meet or challenge an another school(s). If anyone qualifies for our record board, let us know.

Another option is to go to a sanctioned meet. When you do that, athletes can easily get nationally ranked. For example, to be ranked in the top ten in the nation for a 15-year old in the 132 lb. class just Snatch 110 pounds and Clean and Jerk 160 pounds. If you're in the 198 lb. class, all you need to be ranked 5th in the nation are lifts of 155 and 175 pounds! If you'd like to sanction your own meet, write the U.S. Weightlifting Federation, 1750 E. Boulder St., Colorado Springs, CO 80909