

BFS OLYMPIC RECORD BOARD

WEIGHT CLASS	SNATCH			CLEAN & JERK		
	14 & Under	15 - 16	17 & Over	14 & Under	15 - 16	17 & Over
123	110 Mike Donaldson Murray, UT	130 Shawn Jensen W.Jordan, UT	143 John Morris New Jersey	140 Andrew Faber SLC, UT	165 Bruce York Vista, CA	187 John Morris New Jersey
132	134 Anthony Martinez Ignacio, CA	145 Marvin Alene Mon. Valley, CA	162 Milford Benally Kayenta, AZ	175 Aaron Waller Fallon, NV	203 Bill Liao Grand Hills, CA	215 Leon Lee Kayenta, AZ
148	126 Dave Ennega SLC, UT	176 Bob Farrow Vista, CA	167 Darrell Stanley Kayenta, AZ	175 —————	225 Bob Farrow Vista, CA	225 Jim Loscalzo Plainview, NY
165	175 Paul Northway SLC, UT	176 Matt Lund Mtn. Crest, UT	190 Tom Payne Jordan, UT	225 Paul Northway SLC, UT	231 Matt Lund Mtn. Crest, UT	253 Johnny Kim Vista, CA
181	145 Jason Nichols Spring Hill, LA	187 Terry Watts New Jersey	242 Alex Reed New Jersey	185 —————	270 Eric Hoshnic Kayenta, AZ	292 Alex Reed New Jersey
189	125 —————	190 Kurt Colgrove Eutaw, AL	208 Trevor Kelley Thurston, OR	200 Fred Schoppman Plainview, NY	200 Leo Hsu Plainview, NY	277 Trevor Kelley Thurston, OR
220	125 —————	220 Jared Chappel Trav. City, MI	187 Elroy Charles Mon. Valley, UT	195 —————	275 Jared Chappel Trav. City, MI	308 Andy Schiffer New Jersey
220+	125 —————	190 Sage Spree Eutaw, AL	200 Vern Collins Mon. Valley, UT	195 —————	270 Sage Spree Eutaw, AL	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 minimum 2.0 GPA and be a member of a High School team sport. Results must be verified by an official coach or school administrator.

Squat Box BOOSTER SETS

Our Brand New Squat Box Booster Sets are invaluable training aids designed to increase variability and safety.

Safety

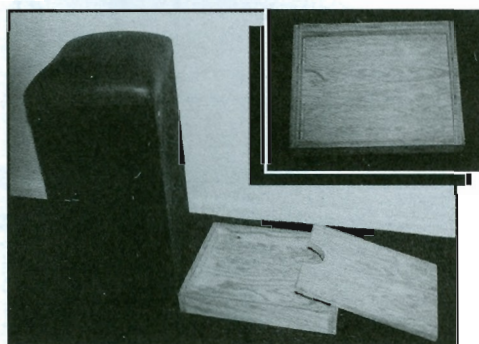
When an athlete can Box Squat 100 to 150 pounds more than his Parallel Squat, he should lower his box. This increases the safety of the Box Squat.

Variability

By either raising or lowering your Box Squat height, you can jolt yourself out of a possible plateau.

Training Guideline

Start Box Squatting with your Booster Box. Then keep lowering your Box by 3/4 of an inch as you get stronger.



**Boosters
Only
\$19
Per Set**

Simply set your BFS Squat Box into the Booster to raise or lower it 3/4" or 1 1/2"

**New Squat Box Sizes
Still Only \$49**

**Tall 21 3/4 "
Medium 19 1/2 "
Short 17 1/4 "
Extra Short 15"**

**SPECIAL SET PRICE
Get 1 of each size Squat Box
4 in all and
2 Boosters for Just \$219**

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NEW SAFETY POSTER

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ANY POSTER SET (SEE NEXT THREE PAGES)

WEIGHT ROOM SAFETY

1. ABSOLUTELY NO HORSEPLAY!
2. NEVER INTERFERE WITH A PERSON WHO IS LIFTING.
3. MAKE SURE YOUR AREA IS CLEAR OF EQUIPMENT BEFORE LIFTING.
4. MAKE EYE CONTACT WITH THOSE NEAR YOU BEFORE LIFTING.
5. MAKE SURE COLLARS ARE SNUG.
6. PICK UP AFTER YOURSELF.
7. SPOT CAREFULLY! CONCENTRATE ON THE LIFTER.
8. KEEP IT CLEAN! NO FOOD, ECT.
9. USE CORRECT LIFTING TECHNIQUE.
10. HELP AND ENCOURAGE EACH OTHER. MAKE YOUR FRIEND GREAT.



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