



**USA Powerlifting  
National Governing Body Meeting**

2:00pm

Thursday, June 9<sup>th</sup>, 2011

Bay St Louis, Mississippi

**1) Roll call of voting members and credential check of participants**

**2) Reading of Minutes from NGB 2010**

(Available at [http://www.usapowerlifting.com/ngb/2010/2010\\_NGB\\_Minutes.pdf](http://www.usapowerlifting.com/ngb/2010/2010_NGB_Minutes.pdf))

MINUTES APPROVED

**3) President's Report – Larry Maile**

The USAPL is running like a well-oiled Machine.

Looking forward:

In 1999, at the IPF level, 118 Nations were in good standing, most recently this number is only 69 nations. There is the obvious concern that these numbers are going in the wrong direction. Participation in IPF Worlds is roughly the same.

Asia was a strong force at worlds but now the depth of the Asian countries has fallen off. Only 3 nations left in Africa. This fall off in countries at the IPF level makes the regions such as the NAPF even more crucial.

Locally:

Live-streaming is extremely important

The USAPL needs to look for participation in sports festival in order to get the organization more exposure. We need to look at these types of venues.

We have formed an informal alliance with Crossfit.

We need to capitalize on the growth of the raw movement.

IPF Weight Classes

Survey was done  $\frac{2}{3}$  for  $\frac{1}{3}$  against – personal opinion “Don't change at the local level”.

Most important thing: When people come to USA Powerlifting events we want them to have a positive experience.

#### **4) Vice President's Report – Johnny Graham**

Thank you to everyone for all the support over the last 8 years.

It is a move in the right direction that we now have 3 new state chairs in places where we haven't had in the recent past.

It is also a good sign that 3 of our last National meets have new meet directors.

I want to make it known that any meet director is free to contact me for whatever reason.

Regarding the IPF weight class changes:

I am personally against it. The IPF has made the weight class changes as an experiment for 2 years. It may happen that they choose to change them again and what will we do then. The changes were made in part because every Olympic sport has only 15 weight classes spread through the men's and women's classes. This is an experiment of numbers.

When the IPF choose to change the weight classes they froze the world records, and set "World Record Standards" In order to set a record a person must meet or exceed these standards. Almost 20% of lifters at Worlds come from the US so we need to flex our muscle and make our opinions known.

We need to find a way to find sponsors. At Bench Worlds last year the meet directors raised 250,000 Euro, 2500 Euro was charged for a booth and not hotel rooms were covered. All of this was done and beside the opening ceremony and talent show and lighting the meeting was nothing out of the ordinary. We really need to work toward getting more sponsors for our events.

Question from those present:

It had been heard that the IPF will at the end of the year take the best lifts achieved and make those the world records is this true?

Answer: "To my knowledge that is not true, the IPF will go with the WR Standard.

Regarding drug testing, the IPF and USAPL

Before the World Championships the IPF had done NO out of meet tests (OMT). The USA has done more in the last year than the IPF has done over the last five years. Last year the IPF had done 10 OMTs. The IPF complains that our drug testing is not by an appropriate lab. WADA doesn't care who does the test so long as they are done by the standards.

#### **5) Treasurer's Report - Geoffrey Plante**

Treasurer's Report available at <http://www.usapowerlifting.com/admin/ngb.shtml>

## **6) Committee Reports**

### **a) Coaching – Dan Gaudreau**

I would like to thank all of the USAPL World team coaches for a very successful year. I especially would like to thank Jon Magendie, who has stepped down from the Junior World team head coaching duties after many dedicated years of service. He has undoubtedly lent an air of professionalism and commitment to every team he has coached. Curt St. Romain will be taking the helm of the Junior World team. I look forward to working with Curt in the future. I also would like to thank Larry Maile for his years of service as the Women's team coach. Larry's impact on USAPL and the women's team has been incalculable. Matt Gary has been appointed as the Women's team coach and did a fantastic job with his first Women's team at the 2010 World Championships in South Africa.

USAPL and IPF Vice-President, Johnny Graham, has been working through the IPF Coaching Committee to utilize our Coaching Certification template at the world level. I look forward to working with the IPF and Johnny on this project.

USAPL is partnering with the US Association of Blind Athletes to hold coaching certifications and lifter clinics. I am working closely with Robert Keller on this project. We hope to raise the level of performance with both lifters and coaches and involve them in a more standardized fashion with USAPL.

We have faced challenges this year with world team selection due to the IPF weight class changes. The Executive Committee has submitted a team selection process that has been utilized up to this point. The coaching committee is supporting the agenda item submitted, asking that all direct IPF world qualifier meets be run using the IPF weight classes. If we pass this item, National Champions will once again be automatic world team members.

A call to action is put forth to add USAPL Coaching Certification courses in new geographic locations.

In conclusion, I am very proud of our coaches and feel we are at the forefront in coaching standards throughout the world. We will always strive to keep our conduct and principles at the highest level.

Respectfully,  
Daniel T. Gaudreau  
Coaching Committee Chair

### **b) Collegiate – Jon Magendie**

Nothing received – The following is a summary of the verbal report given at the meeting

A standardized entry form is to be created for Collegiate Nationals that requires the input of qualifying totals and gives the athlete the ability to state who should be contacted in the event there are changes to the meet.

A Facebook Collegiate page has been created.

Regarding the possibility of changing to the IPF weight classes at Collegiate Nationals the committee unanimously voted against the change preferring instead to retain the current USAPL weight classes.

**c) Disabled Athletes – Robert Keller**

This past year USA Powerlifting's involvement with disabled powerlifting continues to be very active at the State, National and International level. As an organization, we continue to build dynamic and very close relationships with the United States Association for Blind Athletes [USABA], the International Blind Sports Association [IBSA], and the Headquarters for Special Olympics [SO] in Washington D.C.

Some brief points regarding the Committees activities during the past year:

1. During October 2012, USA Officials were invited to attend the IBSA World Bench Press and Powerlifting Championships in Kahramanmaras, Turkey. The Turkish Blind Sports Federation directed an outstanding championship. Once again, IPF referees from USA Powerlifting oversaw direction of the championship. The results of the athletes were included into the annual IPF lifter rankings. Overall, the championship was attended by 75 athletes from over 10 IBSA/IPF member federations – The largest World Championship for Blind Powerlifting to date. At the championship, officials from USA Powerlifting directed a coaching and referee clinic, as well as a WADA Anti-doping seminar.
2. During April 2012, USA Powerlifting officials were invited to attend the IBSA World Games Powerlifting Championships for Blind and Visually Impaired Athletes in Antalya, Turkey. The Turkish Blind Sports Federation directed another outstanding championship with some 3000+ Athletes from 100 IBSA Member Federations attending the Games. Once again, IPF referees from USA Powerlifting headed up the technical aspects of the powerlifting championship. The results of the athletes will be included into the 2011 IPF lifter rankings. Overall, the championship was attended by some 90 athletes from over 10 IBSA member federations, exceeding the 2010 Championship numbers. The largest World Championship for Blind Powerlifting to date. At the championship, USA Powerlifting coaches and referees directed yet again, another WADA Anti-doping seminar and a colloquium devoted toward the recruitment of athletes and volunteers to promote and participate in IBSA Powerlifting. This year, there were several organizational changes within IBSA Powerlifting. At the IBSA Powerlifting EC Meeting held during April 2011, PJ Couvillion was appointed the Technical Chairman for IBSA Powerlifting and Robert Keller was moved from the Technical Chairman to the Secretary General for IBSA Powerlifting. Key and important, during the IBSA World Games, IBSA Powerlifting met with the IOC - IPC Officials to have IBSA Powerlifting included into the 2016 Olympic Summer Paralympic Games. IBSA Powerlifting will have another meeting scheduled with the IPC Officials this fall in Germany.
3. The USABA continues their work to assist military veterans who have been blinded from their injuries from the wars in Afghanistan and Iraq through the Mission Vision Program. This program will also be assisting those veterans, who have lost their vision due to health reasons. In partnering with the USABA, USA Powerlifting continues to work having veterans placed with other athletes and coaches continue their training in the sport of powerlifting.
4. During October 2011, USA Powerlifting will partner with USABA to direct a powerlifting camp at the Olympic Training Center in Colorado Springs to prepare the athletes for the IBSA World Bench Press and Powerlifting Championships that will take place in Orlando, Florida during July 2012. If you wish to make a financial donation or volunteer to support the camp, please contact Robert Keller at: [rhk@verizon.net](mailto:rhk@verizon.net)
5. USA Powerlifting and the Special Olympics Powerlifting partnered this year and offered a Special Olympics Division as part of the 2010 American Open Powerlifting Championships held at the Great Philadelphia Expo Center in Oaks, Pennsylvania, on December 4 and 5, 2010. This competition was historic in nature, in that it was the first time that Special Olympics athletes will be official participants in a USAPL sanctioned national level

competition. Special Olympics athletes competed in a division, which integrated them fully into the competition along side of USA Powerlifting athletes. Impact – The USAPL American Open Championships provided the SO coaches and athletes similar competition environment and officiating that they will experience at the 2011 Special Olympics World Games to be held in Athens, Greece, during the latter part of June 2011. Key and important, filming of the competition will be included as part of the Web-Based Special Olympics Powerlifting Coaches Guide and for future SO marketing campaigns. Officials that were instrumental in making this program successful were: Chip Hultquist, Dr. Larry Maile, Bill and Claire Keel, Todd Youngblood, Eliot Feldman, Bill Clayton and lastly Joe and Cathy Marksteiner.

6. USA Powerlifting Officials, Dr. Bill Jack Talton, Bill and Claire Keel, Chip Hultquist and Lucian Gillis will participate as referees at the Special Olympics World Games in Athens, Greece during June 2011. Quite an honor and congratulations!
7. Lastly, the Disabled Athletes Committee has established a page on the USA Powerlifting website. Information will be loaded onto the page to make contact with those involved in SO, Paralympic and Blind Powerlifting.

To conclude this report, once more, I would like to thank each of state chairman and our officials, who take time and make the effort, each year, to volunteer, promote and/or support Blind, Paralympic and Special Olympics Powerlifting. Needless to say, the championships are quite meaningful and make a tremendous impact – Thank you!

Robert Keller  
Member, USAPL Disabled Powerlifting Committee  
June 01, 2011 – Bay St. Louis, Mississippi

#### **d) Discipline – Eric Kupperstein**

There have been no formal matters brought to the attention of the Disciplinary Committee since the 2010 National Governing Board Meeting.

#### **e) Drug Education – Mike O’Donald**

#### **f) Drug Testing Committee – Mike O’Donald /Cathy Marksteiner**

##### 2011 Drug Testing Committee Report

Dr. Michael O’Donnell

-The position transitioned from George Bartotti to Mike O’Donnell (April, 2010).

- Cathy and Joe Marksteiner have developed a new user friendly drug testing database that is easily accessible and in one place.
- The following will serve as selection procedures for Doping Control Officers (DCO) for national and international meets held in the U.S.
  - Technical secretary of the competition is to forward the referee list to the drug testing chair in a timely manner.
  - The drug testing chair will communicate with and select a DCO.
  - The technical secretary is not to select a DCO
  - Referee schedule modifications are to be made according to who is selected as DCO. (DCO should be relieved of duties).
- 2010 drug testing data: Quest
  - 811 total tests
  - 693 in competition

- 118 OMT's
- 20 positives
- 791 negative
- 1 refusal

OMT Committee Report - 2010  
Cathy Marksteiner, OMT Chair

- OMT numbers – 118 on Drug Test Database in Calendar year 2010
  - 14.6% of total Drug Tests in 2010 (1 in 6)
- Over the past 4 years, there has been an increase in the number of international and intercontinental meets with US athlete participation. Currently, we have OMT athletes for 14 meets:
  - NAPF(3)
    - 2 Bench Meets (March and October)
    - Regional Championship in July
  - Arnold (5)
    - NAPF Raw
    - NAPF Equipped
    - GNC Pro Deadlift
    - Titan Pro Bench
    - Ohio Invitational Push/Pull
  - World Teams Bench (3)
    - World Master
    - World Open
    - World Sub Jr/ Junior
  - Worlds Teams 3 Lift (3)
    - World Sub Jr. / Jr.
    - World Master
    - World Open

The increased number of meets and increased OMT needs has been met by many dedicated volunteers. The OMT program would not be successful without their help.

- At the 2010 IPF Congress, the IPF stated they were going to strengthen their Out of Contest Testing (OCT) program. Currently, there are 5 USA athletes in the IPF Registered Testing Pool (RTP). The USAPL will try not to duplicate athlete selection for OCT. In addition, the World Sub-Junior/ Junior and World Open team athletes must send an “athlete whereabouts” form when the initial team roster is submitted.
- A reminder for Team Coaches and Team Managers, please send the team roster to USAPL OMT Chair as soon as possible.

Drug Test Database

The USAPL has maintained an online accessible database since 2004.

In April, there was a change to the Drug Testing Database format.

The previous Database was copied and moved to Google Docs as a spreadsheet. Like the previous database, this is online, accessible and viewable by anyone. The main difference is the Google Docs format allows for direct data entry by members of the Drug Testing Committee--results, suspensions and reinstatements--shown by the 3 tabs across the bottom:

1. Database
2. Reinstatement Eligible
3. Current Suspensions

The Google Docs based Drug Testing Database has many of the same features as the previous database, specifically the ability to look up a lifter.

We now have over 4800 entries in the USAPL Drug Testing Database.

**g) Finance and Ethics –George Shoemaker**

Nothing received

**h) Law and Legislation – Lucian Gillis**

**USAPL LAW & LEGISLATION CHAIRMAN'S REPORT**

MAY 29, 2011.

Dr. LARRY MAILE,

*President, USA Powerlifting.*

MR. PRESIDENT:

I have nothing new to report. As I understand the Law & Legislation Committee, its function is to recommend changes to the bylaws and other governing structures in the USAPL to make the organization—and powerlifting in general—more attractive as an Olympic event.

To that end, in my 2003 report I pointed out the Amateur Sports Act of 1978, amended in 1998. Through this law, Congress enacted very specific statutory requirements for the national governing body of the amateur sports organization for any sport included on the program for the Olympic Games. These same requirements are mandated for any sports organization seeking to be recognized by the USOC. By federal statutory mandate, no amateur sports organization is eligible to be recognized as a national governing body unless it complies with all to the requirements of this law, 36 U.S.C. §220522.

Also in 2003, I proposed 11 bylaw amendments that would be needed to make our bylaws conform to the federal law. The NGB enacted five of those proposals. The others were rejected for good reasons. The Executive Committee acknowledged that it could quickly reconsider those rejected if powerlifting and the USAPL were to come closer to Olympic recognition. That posture has not changed, and I see no need to revisit those issues at this time.

Otherwise, I have no changes to recommend this year.

Respectfully yours,

LUCIAN GILLIS Jr.,

*Chairman, USAPL Law & Legislation Committee.*

*1241 Village Run, Atlanta, Georgia 30319W 770-670-6205; fax 770-670-6215;*

*lgillis@gilliscreasy.com.*

**i) Marketing and Publicity – Priscillia Ribic**

Marketing Committee Report:

The Marketing Chair changed hands from Lance Slaughter to Priscilla Ribic at the beginning of May. Thank you to Lance for the years he put into the marketing effort for USA Powerlifting.

This past year, the following items have been implemented:

- **Twitter:** This has been the main ongoing (almost daily) communications with membership. You do not need to have an account to view these communications, simply look at the left hand column on the USAPL website to view postings.
- **Facebook:** The majority of our Twitter posts, feed onto Facebook. In addition, announcements of events, such as the Live Streaming at our events are sent out to members of our Facebook Group. If you are not a member of our group, please join.
- **YouTube:** We now have an official USAPL YouTube. Watch for more videos to appear in the near future.

- Online Newsletter: We implemented the online newsletter ‘Powerlines’ again. We began distributing the link to the latest issues via email blasts to our members. While it is our intention to get this published once a month, due to higher priority requests, volunteer time is often diverted elsewhere temporarily. We will continue to publish, but may be more sporadically than originally intended. If you have any information, results, interviews, etc you would like published, please send your requests to [priscilla@plgearonline.com](mailto:priscilla@plgearonline.com)
- Live Steaming – Men’s Nationals in Palm Springs hit off the first big wave of Live Steaming for the USAPL. Thanks to the Marksteiner’s, they have picked up the torch at many of our National meets and even incorporated their program into the screen, so people around the world can watch their favorite lifters.
- Athlete Bios – This year at Women’s Nationals, we incorporated Athlete Bios for the lifters. The information put on their bios was used throughout the competition, adding flavor and a personal touch then the lifter hit the platform. We did a tag-team of commentating, between the announcers (Patrick Anderson, Robert Keller, Clair Keel and Larry Maile), by doing the normal introduction of lifter and weight and intermixing the Bio information, which filled the dead air time at the venue and live stream. We would like to continue this effort at all of our National events.
- Surveys – Several surveys have been sent out throughout the year to members. Please participate in these and let your voice be heard.
- USAPL Merchandise – Based on the merchandising survey, we have added some new colors, designs and items to the Official USAPL Merchandise. Some of the new items will be available on a limited time basis. Visit the USAPL Booth at any Nationals you attend, or purchase when renewing your membership online at: [www.usapowerlifting.com/store](http://www.usapowerlifting.com/store)

Lifters and Meet Directors need to remember to send out a Press Release to their local newspapers. This is a great way to expose the general masses of what powerlifting is, what the USAPL is and may also lead to personal sponsorship for you as an individual or for a meet you are hosting.

**j) Masters’ – Johnny Graham**

**k) Military – Lanette Lopez**

**l) Police and Fire – Tim Anderson**

Nothing received

**m) Raw – Joe Warpeha**  
**Raw Committee Report**

Submitted by Joe Warpeha

While comprehensive data related to state and local contests is not available, raw lifting appears to be a popular choice for many members of USA Powerlifting. The 2011 Raw Nationals in Scranton, PA will be the fourth time this national event has been held. The first three Raw Nationals have had robust and relatively stable numbers as evidenced by the data below:

| <b>Event</b>       | <b>Location</b>           | <b>Total Lifters</b> |
|--------------------|---------------------------|----------------------|
| 2008 Raw Nationals | St. Louis, Missouri       | 166                  |
| 2009 Raw Nationals | Charlottesville, Virginia | 163                  |
| 2010 Raw Nationals | Denver, Colorado          | 138                  |

While it is difficult to fully understand all of the factors that influence the year-to-year attendance at any annual national event, these numbers indicate continued interest in a national raw event sanctioned by USA Powerlifting.

The most significant development over the course of the past year has been the recognition of raw lifting by the IPF. In the latter part of 2010, the IPF announced that it would sanction its first international raw event. The inaugural *IPF Classic Powerlifting World Cup* is scheduled to take place in Stockholm, Sweden on June 12-17, 2012. This event currently offers an “open” division for men and women. Interestingly, the IPF adopted USA Powerlifting’s definition of “raw” almost verbatim to include a belt, wrist wraps and neoprene knee sleeves. In terms of international/regional competition under the auspices of the IPF, the NAPF led the way with its sanction of the Raw Challenge at the 2011 Arnold Sports Festival. Initially, a regional raw championship sanctioned by the NAPF was scheduled for October 2011 in St. Petersburg, FL. However, because of its recent sanction of the Raw Challenge at the Arnold, the NAPF cancelled the October NAPF event in favor of the Raw Challenge. Many are eagerly awaiting this year’s Raw Nationals to see if the connection to an IPF world championship has an effect on the number of entrants. It is conceivable that the number and caliber of lifters could increase as a result of the international implications. It has been established that Raw Nationals will serve as the only vehicle by which to earn a spot on Team USA for the 2012 IPF event. Unless actions of the present NGB meeting change something, the 2011 Raw Nationals will use the traditional weight classes. This means team selection will mirror that of other USA Powerlifting national events in 2011 in which an international team based on 8 and 7 weight classes (for men and women, respectively) is selected from 10 and 9 weight classes (for men and women, respectively).

The only other topic of significant discussion is one that has been present since the establishment of a Raw Nationals: the issue of whether or not to create and implement qualifying totals. This issue hinges on a question of *quality vs. quantity*, so to speak. Implementing specific qualifying totals rather than any raw total achieved in a USA Powerlifting meet (the current standard) would presumably increase the overall caliber of lifters competing in Raw Nationals. However, implementing qualifying totals will likely be accompanied by lower numbers of entrants, a problem some national events have been experiencing in recent years. The absence of qualifying totals means more lifters can, and probably will, enter Raw Nationals which translates to a better bottom line for the meet directors. This also makes a national event more accessible to the larger membership of USA Powerlifting (much like the American Open). The issue of whether or not to create and implement qualifying totals at this time appears to be a moot point since three years of data

seems insufficient to accurately develop standards based on accepted mathematical and statistical procedures. However, this topic may necessitate a more serious discussion in the future based on how raw lifting is received at the international level. Additionally, if Raw Nationals were to increase in popularity (either due to the international implications or simply the popularity of raw lifting) and attract numbers that are in excess of what the event can realistically manage, qualifying totals would be the simplest means by which to trim the numbers.

At the 2010 Raw Committee meeting, one suggestion offered by those in attendance was the development of a classification system for raw lifting much the same as similar classifications that have existed in powerlifting for decades (e.g., class I, national, elite, etc.). Such a classification system would allow lifters to judge their abilities and give them objective performance goals against stable standards as opposed to rankings, which are in a constant state of flux. This suggestion was met with widespread agreement among those in attendance at the meeting. However, it was mentioned by the committee that such a classification system could not be developed without adequate data and that such a set of standards seems to be at least a few years away. Additionally, it was suggested that an informational page on the national website be devoted to raw lifting much the same as other committees have done in order to disseminate information related to the constituencies they serve. The committee agreed that this was a good suggestion and would like to move forward with the development of an informational page for raw lifting within USA Powerlifting.

Respectfully,

Matt Gary  
Andrey Grebenetsky  
Angela Simons  
Joe Warpeha

**n) Referee's – Bill Clayton (see Technical Committee Report)**

**o) Sport's Medicine Committee – Mike Hartle**  
Nothing received

**p) Technical Committee – Robert Keller**  
**Technical Committee Report**

### **Introduction -- Special Thanks to our Referees**

I would like to begin this year's technical report by recognizing the referees, which have contributed greatly to the overall success of the organization this past year. Those referees are: Johnny Graham, Bill Clayton, Dan Gaudreau, Jack Marcus, Regina Hackney, Joe/Cathy Marksteiner, Bill Sindelar, Eliot Feldman, Angela Simons, Bill and Clair Keel, Dr. Bill Jack Talton, Don McElravy, PJ Couvillion, Greg Page and Joe Warpeha. Each of these officials have gone above and beyond normal/standard expectations, often times at their own personal financial expense to see that our USAPL National and IPF International/World Championships are directed in an outstanding and professional manner – They should be commended for their exceptional work!

I would also like to take a moment to thank all of the referees that have volunteered at all of our state and local championships. As well, your efforts have been influential and have contributed to the continued development, growth and success of our organization, which make USA Powerlifting, once more, the number one federation in the United States – Thank you! In addition to our referees, I would also like to thank our local, state and national meet directors for their continued work in directing some high quality championships. It is never an easy task to coordinate and promote a

competition, but at the end of the day, the value of our brand and product continues to keep our federation on top! – Thank you once more!

### **National Championship Directors**

Most notable of these championship directors are: Larry Maile/Priscilla Ribic – Alaska, Johnny Graham – Texas, Dan/Jennifer Gaudreau – Colorado, John Shifflet – Virginia, Lance Slaughter – California/Virginia and finally Steve Mann – Pennsylvania for directing some top notch national and international championships – great work!

### **PJ Couvillion**

This year marked the return of a long and valued member of USA Powerlifting and the International Powerlifting Federation – PJ Couvillion. After a long and debilitating illness, PJ has fully recovered and has returned the platform to assist us with both officiating and technical secretary duties. Please take this time an opportunity to welcome PJ back to USA Powerlifting. Welcome home!

### **IPF 14.9/14.10**

During the past year, several notable referees and lifters from USA Powerlifting took part in several unsanctioned and non-drug-tested international championships taking place in the United States, which were in direct competition with USA Powerlifting. Several of these lifters and international and national referees knowingly participated in competitions where suspended lifters were taking part. As a result, several athletes and referees, after receiving a clear word of caution from USA Powerlifting were ruled ineligible for international competition with the NAPF and IPF, which also includes the Arnold Sports Festival. So once more, I am sending out another reminder to both the athletes and officials that by participating in non-drug tested and international competitions, with suspended lifters taking part, you're at risk of being ruled ineligible by USA Powerlifting and sanctioned by the International Powerlifting Federation [IPF Constitution - 14.9/14.10]. Please proceed with prudence and caution when venturing out USA Powerlifting.

### **Technical News Bulletin – Powerlines**

The USAPL Technical Bulletin was reinstated after last year's NGB, with the on-line USA Powerlifting Powerlines Newsletter. Overall, the quarterly/Bi-monthly USAPL Technical Bulletin serves to inform both the national and grassroots level lifters as well as officials on important IPF and USAPL technical rules changes. The resurrection has been very successful and I am glad to see that it is back in service. Special thanks to our Editor – Priscilla Ribic. Please review it as well as the back issues as well. If you have a question or recommendation for the Technical News Bulletin, please contact me directly at: [rhk@verizon.net](mailto:rhk@verizon.net)

### **Technical Secretary Training Program**

As mandated by the 2010 NGB, the USAPL Technical Committee embarked on a robust training program to expand our pool of Technical Secretaries. So far, it has been extremely successful. A full report will be completed at the end of the year and placed into the Technical News Bulletin. Special thanks go out to Bill Clayton and PJ Couvillion for mentoring and training the new Technical Secretaries. Good show!

### **IPF Category I and II Referee Recertification**

Beginning this weekend, I will be distributing the IPF recertification and renewal forms to each referee. It will be essential the completed form be turned in by no later than September 01, 2011 to Bill Clayton and I to review. After the reviews are completed they will be submitted to the IPF for approval. The requirements to renewal your credentials are: 1] Officiated at a minimum of four [4] National and/or International Powerlifting Championships during the past four years; 2] Attended a mandatory IPF Rules Seminar. This year, we provided the IPF rule seminars at several of our National Championships – One will be held this weekend. We have invited both State and National Referees to join us for the seminars.

### **Marshal/Technical Controllers**

The marshal/technical controllers serve a vital role at our national and international championships. The chief function of the referee assigned to this position is to inspect the uniform/equipment before the athlete is called to the platform. The second responsibility of the Technical Controller is to

ensure and maintain a clear and well-organized preparation area for the coaches and lifters. The Technical Controllers are responsible to show for the equipment check that takes place for the session they're assigned too. Lastly, at USA Powerlifting championships they shall also be called on to assist with the presentation of the athletes at the award ceremony. Overall, Technical Controllers serve a vital role on the referee team for the session of lifting they're assigned too.

### **Spotter/Loader Uniforms – Correct Code of Dress**

National Championship directors are to ensure the assigned spotters/loaders are to be dressed in approved sponsor/championship T-shirts, with matching sport track suit trouser/shorts uniform in color. Trainers or sport shoes are the required footwear. Overall, the purpose of this is to present a professional image of our organization to the media and public attending our championships. Please act in accordance with this request.

### **Referee Credentials**

It is very important that referees bring with them their referee credentials with them to each championship they're assigned to officiate. Prior to the start of the session that you're assigned to referee, your credentials are to be presented to the Chief of the Jury for Inspection. The credentials serve to verify the competitions each official has officiated, when it comes time for re-certification or promotion to the next grade. Interestingly, we have discovered several referees this year with no credentials at all in their possession. Replacement referee credentials can be ordered through Barb at the USAPL National Office. Lastly, in hand at each championship, you should have your rulebook. There will definitely be times that you will need to reference it. Don't be caught short, when an athlete asks to see it.

### **USAPL Rulebook Updates**

The updates to the USAPL Rulebook are now finalized and the new rulebook has been published on the USA Powerlifting website. Once again, my compliments go out to Disa Hatfield, Eliot Feldman and Dr. Joe Warpeha for their excellent work and thoroughness in completing this project and making the necessary updates – Great job and thank you!

### **USAPL State and National Referee Examinations**

The USAPL State and National Referee Examinations have been revised to incorporate the new technical rules, etc. However, the new examinations are on hold at the moment waiting for several major technical rule decisions to be made at this year's National Governing Body Meeting. Updates, if necessary, will be after the NGB.

## **II. Referee Committee Report**

The following are the referee examination statistics for June 01, 2010 – May 31, 2011. Overall a passing rate of 94% and a failure rate of 6% on our examinations, a clear improvement from last year, where we had a failure rate of 18%. – This is an improvement of 12%. Good show!!

| <b>Examinations</b> | <b>Applied</b> | <b>Approved</b> | <b>Rejected</b> | <b>Pass</b> | <b>Fail</b> | <b>Recertification</b> | <b>Pending</b> |
|---------------------|----------------|-----------------|-----------------|-------------|-------------|------------------------|----------------|
| IPF Cat I           | 1              | 1               | 0               | 1           | 0           | 0                      | 0              |
| IPF Cat II          | 3              | 3               | 0               | 0           | 0           | 0                      | 3              |
| National            | 10             | 10              | 0               | 7           | 0           | 2                      | 1              |
| State               | 62             | 61              | 1               | 41          | 3           | 0                      | 18             |
| <b>Totals</b>       | <b>76</b>      | <b>75</b>       | <b>1</b>        | <b>49</b>   | <b>3</b>    | <b>2</b>               | <b>22</b>      |

### **IPF Category I and II Examination Notification**

The IPF Referee Registrar, Patrik Thur, now requires 3 month notification for referees desiring to take either the IPF Category I or II examination. Candidates, please be sure that you contact Bill Clayton and me at least one [1] month [before] the IPF three [3] month deadline to be sure we have time to prepare, review and submit the required documents to the IPF. All IPF Cat I and II Candidates must be approved by the referee committee and Dr. Larry Maile, President of USA Powerlifting, before submitting your credentials to the IPF Referee Registrar. Thank you!

Robert Keller  
IPF Category I Referee  
Chairman, Technical Committee  
USA Powerlifting

William “Bill” Clayton  
IPF Category I Referee  
Chairman, Referee Committee  
USA Powerlifting

**q) Teenage/Junior – Joe Lewis**

Teen Junior Committee Minutes

The Current Committee members are: Joe Lewis – Wisconsin, Steve Rayborn – Idaho, Hector Munoz – Texas, Jeff Schillinger – Wisconsin, Ken Miller – Pennsylvania, Brian Kenney – Wisconsin, Curt St. Romain – Texas

Brian Kenney reviewed his bid for the 2012 High School Nationals in Wisconsin Dells, Wisconsin. The committee approved the bid for the 2013 HS Nationals. It was given to Dan Gaudreau in Denver. The issue of how we would establish qualifying totals if the USAPL were to adopt the IPF's new weight classes was discussed. It was decided to table any further discussion until the NGB vote makes clear the direction we will be heading. High School Nationals this year saw over 276 Registered USAPL lifters: 110 JV and 166 Varsity Lifters

The qualifying totals for the 2012 Varsity men's and women's divisions at HS nationals were once again reviewed. The new totals were arrived at by averaging the 10th place finishes in each weight class over the past five years.

It is imperative that these new Qualifying totals are updated on the USAPL website

**Women's Varsity Current Qualifying Totals**

| 97 lbs | 105 lbs | 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | SHWT. |
|--------|---------|---------|---------|---------|---------|---------|--------|---------|-------|
| 360    | 405     | 465     | 590     | 610     | 655     | 680     | 645    | 675     | 735   |
|        |         |         |         |         |         |         |        |         |       |

**New Women's Varsity Qualifying Totals**

| 97 lbs | 105 lbs | 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | SHWT. |
|--------|---------|---------|---------|---------|---------|---------|--------|---------|-------|
| 360    | 405     | 500     | 580     | 620     | 655     | 680     | 645    | 675     | 735   |
|        |         |         |         |         |         |         |        |         |       |

**Men's Varsity Current Qualifying Totals**

| 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | 220 lbs | 242 lbs | 275 lbs | SHW lbs |
|---------|---------|---------|---------|---------|--------|---------|---------|---------|---------|---------|
| 630     | 730     | 840     | 1030    | 1095    | 1150   | 1175    | 1260    | 1275    | 1190    | 1295    |
|         |         |         |         |         |        |         |         |         |         |         |

**New Men's Varsity Qualifying Totals**

| 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | 220 lbs | 242 lbs | 275 lbs | SHW lbs |
|---------|---------|---------|---------|---------|--------|---------|---------|---------|---------|---------|
| 630     | 730     | 840     | 1030    | 1110    | 1150   | 1180    | 1285    | 1275    | 1215    | 1250    |
|         |         |         |         |         |        |         |         |         |         |         |

The sub-junior and junior world teams both had a successful 2010 meet. The sub-junior men finished in first place while the women were second. The junior men and women finished in third place. The Junior team will be led this year by Coach Curt St. Romain

**r) Therapeutic Use Exemption – Dr. Mark W Rodacker**

Nothing Received

**s) Women's Committee – Priscilla Ribic**

**Women's Committee Report:**

This year's Women's Nationals was held for the first time in Atlanta, GA with 90 women showing their best on a platform, which was live streamed with over 4000 people viewing at some point throughout the weekend. Positive feedback was received for having the opportunity to tune in and watch the lifting. Greg Jones did a job well done, along with the countless volunteers, hosting this meet.

The Committee meeting was held immediately after the closing of lifting on Saturday.

- Discussion revolved around how to get our young lifters into the Open division. We have opted to start a 'Adopt A Lifter' program where Open and Master lifters will take younger lifter and encourage them, following their career and helping them make the transition to the Open divisions. If interested in finding out more or participating in this program, please contact: [priscilla@plgearonline.com](mailto:priscilla@plgearonline.com)
- The date of Women's Nationals was brought up do to it being a conflict with young lifters being in school and not having it as an official excused absence. Consensus from other high school coaches and mother's in attendance was they can get out of school with a pre-arranged absence.
- 2013 Women's Nationals will be hosted by Robert Keller in Orlando, FL (May 18<sup>th</sup>-19<sup>th</sup>)

## 7) Unfinished Business –

- a) Submitted by Dan Gaudreau, Jennifer Gaudreau, Cathy Marksteiner, Joe Marksteiner

**Proposal:** Adopt the use of calendar year (January 1 to December 31), rather than birth date for all divisions.

Men and Women

- a. Sub-Junior: from the day an athlete reaches 14 years and throughout the full calendar year he/ she reaches 18 years.  
b. Junior: from 1 January in the calendar year he/ she reaches 19 years and throughout the full calendar year he/ she reaches 23 years.

**TABELED FOR REWRITES FOR NEXT YEAR. PROPOSAL AS WRITTEN DID NOT ACCOMPLISH WHAT WAS INTENDED.**

### **2011 rewrite of proposal presented above:**

Adopt the use of calendar year (January 1 to December 31), rather than birth date for all divisions for men & women in the Sub Junior and Junior divisions.

Sub-Junior: From the day an athlete reaches 14 years and throughout the full calendar year he/ she reaches 18 years.

The sub-junior category will consist of the following: T1: 14-15, T2: 16-17, T3: 18.

Junior: From 1 January in the calendar year he/ she reaches 19 years and throughout the full calendar year he/ she reaches 23 years.

This proposal would not take away the Teen divisions but still conforms to the IPF calendar year for determining age divisions as well as aligning with the IPF sub junior and junior age categories. At the current time the USAPL junior division starts at age 20, and the IPF junior division starts at age 19.

**FAILED**

## Proposed By-law Amendments

### 8) New Business – The following motions have been submitted for consideration

a) Submitted by Larry Maile

#### **Proposal:**

An executive board member of another powerlifting federation may not hold an elected office, serve as a member of the national governing board of or serve as international referee for USAPowerlifting.

#### **Amended Proposal:**

An executive board member of another powerlifting *federation excluding those members of High School Powerlifting Associations* may not hold an elected office, serve as a member of the national governing board of or serve as international referee for USAPowerlifting.

#### **Passed as Amended:**

b) Submitted by Jennifer and Dan Gaudreau

#### **Proposal:**

Any team that enters a USAPL meet must submit a roster that includes a coach that is a USAPL member. Open or Master teams may use a lifter on the team as a coach.

#### **Failed**

c) Submitted by Jennifer and Dan Gaudreau

#### **Proposal:**

To allow lifters, who achieve the appropriate qualifying total at a USAPL approved High School competition to compete in the USAPL High School Nationals. The Teen/Jr and coaching committee will decide on a state by state basis which high school organizations will be USAPL approved.

#### **Failed**

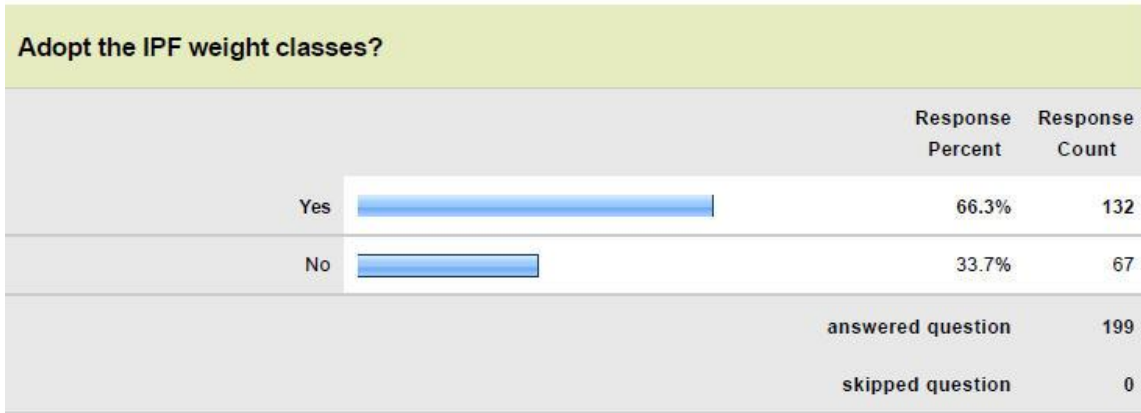
d) Submitted by Jennifer and Dan Gaudreau

#### **Proposal:**

The IPF weight classes will be used at the following meets: Men's Teen/Jr/Open Nationals, Women's Nationals, Men's Masters Nationals and Bench Press Nationals.

#### **Rational:**

The listed meets are direct IPF World Qualifiers. Lifters attempting to make world teams may not have a fair chance to qualify due to USAPL classes not aligning.



**Passed:**

e) Submitted by Priscilla Ribic

**Proposal:**

NAPF Selection Criteria to match the World Team selection criteria, selecting class winners from Nationals.

Official bid is given to those who took first place in their respective weight classes and age categories in the previous year’s Master's Nationals and Men's Open, Teen and JR Nationals.

If declined, the spot is "open" to all those interested in competing in it. Preference is given to those who competed in the official qualifying meet first, then those who competed in the previous year’s NAPF, then finally, everyone else.

All Alternates are ranked by the Carpino formula.

**Rationale:**

The current selection is the second place finishers at Nationals. With the IPF changes of setting World Records (World Records can only be broken at World or Regional events), this limits the opportunity for those athletes with the ability to set World Records to only two competitions. If they are automatically by-passed for the Regional meets, then their only opportunity is at Worlds, which we know, more conservative lifts are taken and often World Records are forgone.

**Passed**

f) Submitted by EC

**Proposal:**

**Selection of USAPL Teams Entering IPF Championships**

USAPL National Championships will use the following weight classes (in kilograms):

Men: 52 (junior/sub-junior only), 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 125+  
Women: 44 (junior/sub-junior only), 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+

IPF World/Regional Championships will use the following weight classes (in kilograms):

Men's classes: 53 (junior/sub-junior only), 59, 66, 74, 83, 93, 105, 120, 120+  
Women's classes: 43(junior/sub-junior only), 47, 52, 57, 63, 72, 84, 84+

**USAPL Open and Master World Team Selection Process\***

**Primary Selection Process:**

National champions will be crowned in each USAPL weight class. The selection of the members of the IPF World Team will be based on a rank order of these national champions. This ranking will be done using a 3-year Carpino system which is a calculation that gives a lifter's average placing at Worlds based on the total they achieved at the qualifying national meet. The lifters with the highest rank and therefore the highest average 3-year World placing will be chosen for the team with no more than 2 lifters in any one weight class.

Example: Lifter A, 52 kg class, 400kg total.

2008: 2<sup>nd</sup> place  
2009: 3<sup>rd</sup> place  
2010: 3<sup>rd</sup> place

Lifter A's overall ranking would be 2.66

**Alternates for the Open and Master World Teams:**

The top ranked alternates will be those national champions that were not selected after which alternates will be selected using the same pool process and ranking as previously outlined by that World Team.

**Rationale:**

Since the USAPL has elected to retain the weight classes currently in place which are greater in number than the IPF will have at Worlds we will no longer be able create a team which consists of each of the national champions. Some selection criteria must be set. The process outlined guarantees that those first selected for the team are national champions and further aids in the formation of the most competitive team.

\* The 2011 USAPL Open and Master World Team selection process applies to the selection of USAPL World Teams for the following IPF World Championships:

- IPF Open Men's and Women's World Powerlifting Championships
- IPF Master Men's and Women's World Powerlifting Championships
- IPF Open Men's and Women's World Bench Press Championships
- IPF Master Men's and Women's World Bench Press Championships

**NO LONGER APPLICABLE DUE TO VOTING IN OF THE IPF WEIGHT CLASSES AT MEN'S TEEN/JR/OPEN NATIONALS, WOMEN'S NATIONALS, MEN'S MASTERS NATIONALS AND BENCH PRESS NATIONALS.**

**Proposal:**

USAPL Sub-Junior and Junior World Team Selection

The sub-junior and junior teams are in a different situation with world team selection as they each use up to four sets of divisions in the selection pool. The teams are selected from the following groups instead of one or two much smaller groups like the other national teams:

Sub-juniors (up to 44 lifters): High School Nationals and the T1, T2, T3 divisions contested at both Women's Nationals and Teen/Junior Nationals

Juniors (up to 33 lifters): Collegiate Nationals and the T3 and junior divisions contested at both Women's Nationals and Teen/Junior Nationals

**Primary Team Selection:** The primary members of each team will be selected from the eligible lifters who have the highest average-finish. There will be 8 female lifters and 9 male lifters on each team. No more than 2 lifters per weight class may be selected. If 3 lifters in the same class make the primary team, the lowest of the 3 will be sent to the alternate pool and put on the team if a lifter in that class backs out.

**Alternates:** All lifters who aren't on the primary team will be placed in the alternate pool and ranked according to their average finish. As members of the primary team decline their spots, alternates will be notified. If the next alternate in line is lifting in a class that already has 2 lifters, that lifter will be passed over until a lifter in his/her class declines their spot.

Tie-Breakers: If two lifters have the same 3-year average. The following will be used to break ties.

1. Use their 4-year average
2. Use their 5-year average
3. Wilks Formula

**\*\*If both lifters are in the same IPF weight class, the lifter with the highest total will be ranked higher.**

**\*\*If 2 or more lifters are tied with the same 3-year average, national champions will be considered first.**

During ranking, IPF results will be modified in a handful of weight classes to make them more similar to the current IPF weight classes. After the first year of worlds with the new format, only two years of results will need to be modified since we will have a true set of results with the correct weights. Results would be averaged in the following weight classes and then used to determine lifter ranking:

**Women:**

Average 60 and 67.5 kg for the 63 kg class

Average 67.5 and 75 kg for the 72 kg class

Average 90 and 90+ kg for the 84+ kg class

**Men:**

Average 56 and 60 kg for the 59 kg class

Average 100 and 110 kg for the 105 kg class

Average 110 and 125 for the 120 kg class

Average 125 and 125+ kg for the 120+ kg class

**Rationale:**

Lifters are potentially being ranked on their performances at bodyweights that are far different than those they will see at worlds. This gives a more accurate idea of the numbers needed to make the best team possible. A male lifter at 56kg should not be ranked against 56kg results when he will compete at 59kg at worlds. A female lifter at 67.5kg should not be ranked against 67.5kg results when she will compete at 72kg at worlds.

**Weight Limits:** Since the IPF classes and the USAPL classes don't match up, there are limits that a lifter can weigh at nationals and be considered for an IPF class. These limits were created by using the 2.3% difference in the 44 kg class at nationals and the 43 kg class at worlds. That was rounded up to 2.5% and added to the top of every IPF class. The following chart shows the weight limits that a lifter can weigh at nationals and still be considered for that IPF class.

|                 |       |       |       |       |       |       |       |       |       |     |
|-----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| WOMEN<br>Limits | CLASS | 43    | 47    | 52    | 57    | 63    | 72    | 84    | SHW   |     |
|                 | KG    | 44.1  | 48.2  | 53.3  | 58.4  | 64.6  | 73.8  | 86.1  | SHW   |     |
|                 | LBS   | 97.2  | 106.2 | 117.5 | 128.8 | 142.4 | 162.7 | 189.8 | SHW   |     |
| MEN<br>Limits   | CLASS | 53    | 59    | 66    | 74    | 83    | 93    | 105   | 120   | SHW |
|                 | KG    | 54.3  | 60.5  | 67.7  | 75.9  | 85.1  | 95.3  | 107.6 | 123.0 | SHW |
|                 | LBS   | 119.8 | 133.3 | 149.1 | 167.2 | 187.6 | 210.2 | 237.3 | 271.2 | SHW |

## FAILED

g) Submitted by Robert Keller

### Proposal:

Establish as a part of the annual honorary awards for USA Powerlifting – Athlete of the Year.

## PASSED

h) Submitted by Angela Simons on behalf of M3females and M4 males

### Proposal:

If the total achieved by an M3 female/ M4 male exceeds that of the M2female/M3 male in their weight class the M3 female/M4 male will be chosen to represent the US on the Masters M2 female/M3 male team.

### Rationale:

The IPF does not recognize either an M3 female or an M4 male team. Lifters in these age groups compete against all other lifters in all of the weight classes. However, an M3 female can compete as an M2 and an M4 male may compete as an M3 male at Masters Worlds. For this reason if the US wishes to field the best team, the lifter that achieves the higher total should be the one to represent the US at Masters Worlds.

### Amended Proposal:

If the total achieved by an M3 female/ M4 male exceeds that of the M2female/M3 male that occupies the same weight class, the M3 female/M4 male will be chosen to represent the US on the Masters M2 female/M3 male team.

## PASSED AS AMENDED

- i) Submitted by Christy Newman

**Proposal:**

Lower the qualifying totals for the Open division at Men's from the current totals to that of the Class 1 classification standards.

|              |     |      |      |      |      |      |      |      |      |      |
|--------------|-----|------|------|------|------|------|------|------|------|------|
| Weight Class | 56  | 60   | 67.5 | 75   | 82.5 | 90   | 100  | 110  | 125  | SHW  |
| Open QT      | 955 | 1070 | 1275 | 1400 | 1500 | 1575 | 1660 | 1700 | 1735 | 1775 |
| Class 1 Rank | 953 | 1025 | 1152 | 1257 | 1350 | 1422 | 1505 | 1554 | 1598 | 1670 |

**Rationale:**

The number of lifters competing in the open division has been down over the last few years. Lowering the QT for this division brings the potential for more lifters to compete at men's nationals while still ensuring that quality lifters will be there. The Class 1 rank is higher than that of the collegiate and junior QT's.

The following shows the decline and the low numbers from open nationals in 2005-2010.

|              |      |      |      |      |      |      |
|--------------|------|------|------|------|------|------|
|              | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
| # of Lifters | 76   | 78   | 74   | 58   | 52   | 52   |

Collegiate Nationals is one of USAPL's largest competitions. Many of these lifters are left without a Nationals in which they can compete when they become too old for the Junior (20-23) division. The following shows the comparison in the number of lifters from Collegiates' in 2005-2010 who achieved the Open QT and the proposed QT using the Class 1 ranking.

| 2005    |    | 2006    |    | 2007    |    | 2008    |    | 2009    |    | 2010    |    |
|---------|----|---------|----|---------|----|---------|----|---------|----|---------|----|
| Open    | 16 | Open    | 20 | Open    | 16 | Open    | 14 | Open    | 32 | Open    | 45 |
| Class 1 | 36 | Class 1 | 54 | Class 1 | 49 | Class 1 | 58 | Class 1 | 68 | Class 1 | 94 |

**PASSED**

**9) Elections**

- A. Treasury
  - a. David Schneider
  - b. Geoffrey Plante **ELECTED**
  
- B. Secretary
  - a. Angela Simons **ELECTED**
  
- C. 2 Executive Committee Positions
  - a. Bettina Altizer **ELECTED**
  - b. Greg Page **ELECTED**
  - c. Jack Marcus
  - d. Ken Gack

**10) Honorary Awards**

- A. Brother Bennett Award
  - a. Robert Crawford **SELECTED**
  - b. David Ricks **SELECTED**
  
- B. Coach of the Year
  - a. Travis Werner **SELECTED**
  
- C. Referee of the Year
  - a. Bill Clayton **SELECTED**

## 11) Meet Bids/ Current USAPL Schedule

### 2011 Meet Schedule

| Meet                                     | Host                             | Location           | Date             |
|--|----------------------------------|--------------------|------------------|
| Military/Armed Forces                    | Cmdr. James Henderson-Coffey     | Pensacola, FL      | March 12         |
| Collegiate Nationals                     | Steve Mann                       | Scranton, PA       | April 1 – 3      |
| High School Nationals                    | Hector Munoz                     | Corpus Christi, TX | March 25 – 27    |
| Masters Nationals                        | Greg Jones                       | Atlanta, GA        | April 28 – May 1 |
| Women's Nationals                        | Greg Jones                       | Atlanta, GA        | May 20 – 22      |
| Deadlift/Push-Pull                       | John Shifflett                   | VA                 | September 10     |
| Teen/Junior Nationals<br>Men's Nationals | Jim Battenfield<br>Paul Fletcher | Bay St. Louis, MS  | June 10 – 12     |
| Raw Nationals                            | Steve Mann                       | Scranton, PA       | August 19 - 21   |
| Bench Press Nationals                    | Robert Keller                    | Orlando, FL        | September 3 – 4  |
| American Open<br>Police & Fire Nationals | Jim Battenfield<br>Paul Fletcher | Bay St. Louis, MS  | December 10 – 11 |

### 2012 Meet Schedule: Meets Selected by Committees and awaiting approval by the NGB

| Meet                                     | Host                       | Location                  | Date         |
|--|----------------------------|---------------------------|--------------|
| Military/Armed Forces                    | Tony Lee<br>Robert Bigelow | Kaiserslauten,<br>Germany | March 17     |
| Collegiate Nationals                     | Paul Fletcher              | Baton Rouge, LA           |              |
| High School Nationals                    | Brain Kenny                | Wisconsin Dells, WI       | Mar 23 - 25  |
| Masters Nationals                        | Dan Gaudreau               | Denver, CO                |              |
| Women's Nationals                        | Steve Rayborn              | Boise, ID                 | May 19 – 20  |
| Deadlift/Push-Pull                       | Dan Gaudreau               | Denver, CO                |              |
| Teen/Junior Nationals<br>Men's Nationals | Robert Keller              | Orlando, FL               | June 22 - 24 |
| Raw Nationals                            | Johnny Graham              | Killeen, TX               |              |
| Bench Press Nationals                    | Lance Slaughter            | Palm Springs, CA          |              |
| American Open<br>Police & Fire Nationals | Greg Jones                 | Atlanta, GA               |              |

### 2013 Meet Schedule: \*Meets Selected by Committees and awaiting approval by the NGB

| Meet                                     | Host          | Location           | Date |
|--|---------------|--------------------|------|
| Military/Armed Forces                    |               |                    |      |
| Collegiate Nationals *                   | Johnny Graham | Killeen, TX        |      |
| High School Nationals*                   | Dan Gaudreau  | Denver, CO         |      |
| Masters Nationals *                      | Robert Keller | Orlando, FL        |      |
| Women's Nationals*                       | Robert Keller | Orlando, FL        |      |
| Deadlift/Push-Pull                       | Robert Keller | Ft. Lauderdale, FL |      |
| Teen/Junior Nationals<br>Men's Nationals | Johnny Graham | Killeen, TX        |      |
| Raw Nationals                            | Robert Keller | Orlando, FL        |      |
| Bench Press Nationals                    | Greg Jones    | Atlanta, GA        |      |
| American Open<br>Police & Fire Nationals | Robert Keller | Philadelphia, PA   |      |

## **Open Meet Bids:**

2013 American Open, Police and Fire Nationals  
Philadelphia, PA – Robert Keller

2013 Bench Press Nationals  
Atlanta, GA – Greg Jones

2013 Collegiate Nationals  
Killeen, TX – Johnny Graham

2013 Deadlift and Push/Pull Nationals  
Ft. Lauderdale, FL – Robert Keller

2013 High School Nationals  
Denver, CO – Dan Gaudreau

2013 Raw Nationals  
Orlando, FL – Robert Keller

2013 Teen/Jr/Men's Nationals  
Killeen, TX – Johnny Graham

## **12) Items from the floor**

- a) Submitted by Joe Marksteiner

### **Proposal:**

All forthcoming National Meets have a provision for live streaming.

### **PASSED**

- b) Submitted by Dan Gaudreau

### **Proposal:**

Forgo meet card membership reimbursement for meet directors.

### **PASSED**

- c) Submitted by Cathy Marksteiner

Proposal: Eliminate out of meet testing on returning champions

### **PASSED**

- d) Submitted by Dan Gaudreau

### **Proposal:**

Reduce drug testing reimbursement to 10% at local meets and 35% at National meets.

### **FAILED**