

Raw Committee Meeting - 2015 Raw Nationals in Scranton, PA

Meeting Location: [Amphitheater](#) (Hilton - 2nd floor)

Meeting Date and Time: Wednesday, October 14 at 7pm

Meeting open to all members of USA Powerlifting

Note: Must have proof of current USAPL membership to vote

AGENDA

(Minutes and Post-Meet Information in RED)

1. Welcome from the Raw Committee (**Meeting started at 7:04pm by Joe Warpeha**)
All 4 Raw Committee members present (Matt Gary, Ryan Gleason, Angela Simons [arrived late], Joe Warpeha)
2. Thank you to the meet director, meet staff, referees and officials, lifters, sponsors, Hilton staff
3. Raw Nationals data
 - a. Past (year: *number*) - 2008: 166; 2009: 163; 2010: 138; 2011: 336; 2012: 242; 2013: 361, 2014: 445
 - b. Current (2015) – 1147 lifters entered (as of entry deadline); 48 states represented
 - i. Many factors likely contributed to the historic number of lifters this year
Final count of lifters competing at 2015 Raw Nationals: 990
4. IPF Classic (Raw) World Championships
 - a. Congratulations to 2015 USA National Teams who competed in Salo, Finland in June
Prior to the Raw Committee meeting, Angela Simons made known her intention to not seek another term as the head coach of the USA Raw National Team. At the meeting, Matt Gary thanks Angela for her service as the team coach from 2012-2015; her tenure as head coach dates back to the very first IPF Raw Worlds in 2012 in Sweden (known as the World Classic Cup that first year). Matt mentions that Angela serves in many vital [and work intensive] roles in USAPL including Secretary, Executive Committee member, and head coach of the USA Raw National Team. Matt calls Angela the USAPL MVP and presents her with a plaque to thank her for her service.
 - b. Locations and dates of future events
 - i. 2016: Killeen, Texas, USA (June 19-26, 2016)
 - ii. 2017 (provisional): Minsk, Belarus (June, 2017 – exact dates TBD)
After meeting, Minsk was confirmed as the official host of 2017 Raw Worlds
 - iii. 2018 (current bids):
 1. Kaunas, Lithuania
 2. Calgary, Alberta, Canada (**bid awarded to Calgary at IPF General Assembly in Luxemburg on November 8, 2015**)
 - c. USA Men's and Women's Open, Masters, Junior, and Sub-junior National Team selection criteria:
 - i. Weight class winners will receive first invites
 - ii. Alternate list: rank ordering of lifters by Wilks score (no more than 2 lifters per weight class)
 1. When comparing lifters of the same weight class, lifter with higher total will be invited
 - d. Coaches for 2016 USA [Raw] National Teams will be announced at meeting
-Arian Khamesi: Coach for Subjunior and Junior Men's and Women's teams
-Paulie Steinman: Coach for Master Men's and Women's teams
-Sioux-z Hartwig-Gary: Coach for Open Men's and Women's teams
Matt Gary indicates that the expectation for these new coaches is to uphold the standard set by Angela Simons and mentions that Sioux-z will assist Arian and Paulie where needed.
5. USAPL at the 2016 Arnold Sports Festival (official website <http://arnold.usapowerlifting.com>)
 - a. Criteria: <http://arnold.usapowerlifting.com/wp-content/uploads/2015/07/Arnold-Criteria.pdf>

- b. Online entry submission scheduled to open October 30 (watch USAPL Arnold website for information)
 - i. Note: open class winners at 2015 Raw Nationals will be allowed to enter before October 30

2016 Arnold NAPF Raw Challenge roster filled in 7 minutes

6. Qualifying totals (QTs) for future Raw Nationals

- a. Raw Committee proposals for raw lifter classifications and QTs to be presented at meeting

The discussion is started by indicating that the QTs proposed by the Raw Committee at the 2014 Raw Committee meeting were rejected and replaced by a motion from the floor for lower QTs. This new proposal was passed at the 2014 meeting and the resulting [lower] QTs had little or no effect due to their extremely low qualifying numbers. Joe Warpeha asks that people not look at the proposed QTs and vote based simply on whether or not they (as individuals) will get eliminated from Raw Nationals based on the proposed QTs but rather look at the bigger picture regarding the purpose and “spirit” of the QT proposal - namely to: 1) rein in the number of lifters at Raw Nationals which has been growing since the beginning (with a big spike this year) and presents a serious logistical challenge and 2) make Raw Nationals a truly “national” level event open only to higher caliber lifters. Joe reminds the audience that there is another option for those who want to lift at a national-level event but are not themselves national caliber lifters and that is the American Open.

The Raw Committee presents its proposal (all in attendance at the meeting are given copies of the proposed classification system and QTs) for new and significantly increased QTs to include all segments of the USAPL membership (men, women, open, teens, juniors, and masters). [This proposal can be found at the end of this document and is presented in two versions: pounds and kilograms] The proposal includes a clause that indicates the numbers would be revised in January so that QTs are based on all performances in USAPL from 2013 through the end of 2015. Johnny Graham suggests voting on the QTs as defined in the proposal and leaving those numbers in place if the proposal passes so everyone knows exactly what numbers they are voting for. Joe Warpeha indicates that the Raw Committee will amend its proposal to reflect the concerns raised by Johnny. The PowerPoint presentation given at the meeting (available on the “Raw” page of the USAPL national website: <http://www.usapowerlifting.com/raw/>) showed the statistical analyses performed to identify how the proposed QTs would affect people lifting at last year’s [2014] Raw Nationals (based on the 2014 Raw Nationals results) as well as people entered in this year’s [2015] Raw Nationals (based on the QTs reported by lifters on their entries). Joe Warpeha says that the can has been kicked down the road long enough and it is time to implement meaningful QTs. He goes on to say that the Raw Committee is generally opposed to the idea of any group (including masters) having a 75kg QT requirement (i.e., lift the empty bar 3 times to be qualified) for what is supposed to be a “national” meet.

At this point in the discussion, several people shared their thoughts on the QTs. Some showed support for the proposal and others indicated they had concerns. Of those who were opposed to the proposal (or had concerns), the major theme was the elimination of teen, junior, and masters lifters (particularly the older masters lifters). Further, some mentioned that implementing the QTs as proposed would result in master teams (for IPF Raw Worlds) not being filled on account of fewer masters lifters at Raw Nationals with some age/weight classes having no representation at all. It should be noted that a cursory view across the audience of nearly 100 people at the meeting indicated representation from all age groups (though exact numbers/percentages of each group were not determined). Johnny Graham indicates that everyone is aware that the current QTs are too low and that is why the current discussion is taking place.

After a lengthy (and sometimes contentious) discussion, the vote is called for on the QT proposal as written. The final vote count was as follows: 73 in favor, 10 opposed, and 4 abstentions. The motion passed and was to be forwarded to the Executive Committee for final approval.

After the conclusion of Raw Nationals, the Raw Committee analyzed (with the help of Joe Marksteiner) how the recently passed (passed at the Raw Committee meeting) QTs would impact: 1) those who just competed at the 2015 Raw Nationals (based on the results) and 2) all USAPL members by virtue of identifying what percent of members hit the QTs in performances (all levels of competition) registered in the past 3 years and recorded in the database. The Raw Committee concluded that the proposed QTs were too high for M3 and M4 lifters (men and women) and therefore amended the QT proposal (to be considered by the Executive Committee) as follows: M4 lifters would simply be required to have a total - any total (including the minimum of 75kg) while M3 lifters would be required to achieve a Class 5 total (as opposed to a Class 4 total). This amended proposal (and supporting statistical analyses) was sent to the Executive Committee by Joe Warpeha. The Executive Committee was informed that the proposal passed at the Raw Committee meeting by an overwhelming majority (73-10) and was unanimously supported by the 6-member Raw Committee. As members of both the Raw Committee and Executive Committee, Joe Warpeha and Angela Simons recused themselves from the process and did not vote which resulted in 8 members of the 10-person Executive Committee deciding to approve or reject the QT proposal.

The Executive Committee voted to approve the open QTs but reject the QTs for teens, juniors, and masters. The results of the Executive Committee's vote means open lifters will need to achieve the new QTs (i.e., achieve a Class 1 total based on the new raw lifter classification system) beginning in 2016 and teens/juniors/masters will need to achieve the QTs that were in effect for 2015 Raw Nationals. This link (<http://www.usapowerlifting.com/lifters-corner/qualifying-totals/>) has the updated QTs. It should be noted that while the Raw Committee disagrees with the Executive Committee's decision, the Raw Committee respects the process and the members of the Executive Committee. Further, the Raw Committee understands and appreciates the responsibility the Executive Committee has to all members. The Executive Committee is the steward of USAPL and must chart the best course in the interest of achieving the stated short- and long-term goals of the organization and the Raw Committee accepts the Executive Committee's final decision regarding the QT proposal.

7. Future Raw Nationals

- a. 2016: October 13-16 in Atlanta, GA (meet director: Josh Rohr)
- b. 2017: October 11-15 in Orlando, FL (meet director: Robert Keller)
- c. Bids for 2018 (vote required):
 - i. Killeen, TX (meet director: Johnny Graham)
 - ii. Aurora, CO (meet directors: Jennifer and Dan Gaudreau)
 - iii. Spokane, WA (meet directors: Danna Snow and Erin Ribic) **Bid awarded to Spokane, WA**

8. Elections (vote required)

- a. Addition of two new committee members; nominations below:
 - i. Sean Dunston
 - ii. Paulie Steinman
 - iii. Tonya Lambeth **Elected**
 - iv. Arian Khamesi **Elected**
 - v. Eliot Feldman **(candidate declined nomination)**

9. Items from the floor

Item #1: Mike Zawilinski proposes that master age groups at Raw Nationals mirror the IPF categories (i.e., 10-year increments). The proposal is approved (67 in favor, 1 opposed, 2 abstentions). Johnny Graham indicates that the Masters Committee voted this down in the past. It is decided that the Raw Committee cannot (and should not) make such a decision on its own. Therefore, this recommendation (i.e., to adopt 10-year masters age divisions at Raw Nationals) will be forwarded to the Masters Committee for further discussion.

Item #2: Tina Crawford suggested that, in the future, proposals that affect a significant number of lifters be advertised in advance and members surveyed electronically to poll the attitude of the collective membership/organization. The discussion continues as suggestions are made about the logistics of such polling. President Larry Maile responds and explains that state chairs, committee chairs, athlete's representatives, and Executive Committee members serve as resources for members to share their thoughts and the people in the aforementioned positions represent the larger membership and act as their voice/representatives in matters requiring a discussion and/or vote. President Maile indicates that trying to reach out to every single member is not manageable. When asked for a specific proposal, the person who originally made the proposal decided to withdraw it.

Item #3: Ken Gack suggests that instead of first-come, first-served for entry to the Arnold NAPF Raw Challenge, the time period for entry should be left open for a period of time [presumably a week or several weeks] and when that time has expired, the top lifters from that group are selected for the final roster. After an explanation given by Priscilla Ribic, Ken withdraws his proposal.

Item #4: Alee Douglass proposed that men and women be allowed to lift without a shirt in the deadlift. After the proposal is made, it is explained that an IPF rule cannot be changed (or ignored) by a member nation. It is mentioned that Sweden recently tried this exact same thing (also related to not requiring a shirt for men or women in the deadlift) and the Swedish federation was met with swift action by the IPF and was forced to follow the rules as written. It is suggested that this recommendation be brought forth to the IPF General Assembly on behalf of USAPL. More specifically, it is suggested that such a recommendation first be proposed to the USAPL Technical Committee. If the Technical Committee is in agreement, the proposal would then be forwarded to the National Governing Board (NGB) which would then decide if such a proposal should be submitted by USAPL to the IPF General Assembly. Following the discussion, the proposal is withdrawn.

Item #5: Joe Marksteiner proposed that teen/junior age groups at Raw Nationals mirror the IPF subjunior and junior age categories. The proposal is approved (47 in favor, 16 opposed). Along the lines of the masters age group discussion (Item #1 above), it is decided that the Raw Committee cannot (and should not) make such a decision on its own. Therefore, this recommendation (i.e., to adopt the IPF subjunior and junior age divisions) will be forwarded to the Teen/Junior Committee for further discussion.

10. Adjourn (End of meeting: 9:45pm)

In total, 93 USAPL members (all eligible to vote) were present over the course of the meeting.

These minutes were written by Joe Warpeha (with the help of Joe Marksteiner and his diligent noting-taking at the meeting) and are respectfully submitted on behalf of the Raw Committee.

KILOGRAM VERSION**Proposals from the Raw Committee to Establish Raw Lifting Classifications
and Increase Qualifying Totals (QTs) for Raw Nationals****Lifter Classifications - Raw Women (all weights in kilograms)**

	43	47	52	57	63	72	84	84+
Elite (top 2.5%)	275	310	333	358	381	406	439	478
Master (top 5%)	263	296	317	341	362	385	416	452
Class 1 (top 15%)	241	269	287	307	325	345	372	402
Class 2 (top 25%)	228	253	269	287	303	321	345	373
Class 3 (top 50%)	203	223	236	250	263	277	296	317
Class 4 (top 75%)	178	193	202	213	222	232	246	262
Class 5 (top 90%)	156	166	172	179	185	192	202	212

Lifter Classifications - Raw Men (all weights in kilograms)

	53	59	66	74	83	93	105	120	120+
Elite (top 2.5%)	455	519	566	615	665	714	764	817	875
Master (top 5%)	431	492	537	584	632	679	727	777	833
Class 1 (top 15%)	384	440	481	524	568	612	655	702	753
Class 2 (top 25%)	355	409	448	488	530	571	613	657	705
Class 3 (top 50%)	303	351	386	422	459	496	533	573	616
Class 4 (top 75%)	251	293	324	356	389	421	454	489	527
Class 5 (top 90%)	204	241	268	296	325	354	382	413	447

Classification Tables: These numbers were calculated using the USAPL database for the years 2013, 2014, and 2015 (through August 6). As an example, the Class 1 threshold for 120+ men (i.e., 753) means that 15% of ALL 120+ men (all ages) achieved a total of at least 753. The numbers are objectivity derived because they simply represent a particular percentile rank. The subjective part is tying various percentile ranks to the 7 classifications. Other classification systems are not clear in how the thresholds were selected so the Raw Committee chose percentiles that seem reasonable. This system is clear and easily understood by the user (i.e., the lifters) and can be updated periodically (Raw Committee proposes every 3 years) with a few keystrokes.

Raw Nationals QTs: Raw Committee proposes the QTs below (based on the lifter classifications):

Division	QT Required
Open	Class 1 total
Jr. and M1	Class 2 total
T3 and M2	Class 3 total
T2 and M3	Class 4 total
T1 and M4/M4+	Class 5 total

We would like to: 1) update the numbers in January, 2016 to reflect all performances registered in the database for 2013-2015 and 2) propose putting these updated QTs into effect immediately in January (via EC approval) for 2016 Raw Nationals.

POUND VERSION**Proposals from the Raw Committee to Establish Raw Lifting Classifications
and Increase Qualifying Totals (QTs) for Raw Nationals****Lifter Classifications - Raw Women (all weights in pounds)**

	94.8	103.6	114.6	125.7	138.9	158.7	185.2	185.2+
Elite (top 2.5%)	606	683	734	789	840	895	968	1054
Master (top 5%)	580	653	699	752	798	849	917	996
Class 1 (top 15%)	531	593	633	677	717	761	820	886
Class 2 (top 25%)	503	558	593	633	668	708	761	822
Class 3 (top 50%)	448	492	520	551	580	611	653	699
Class 4 (top 75%)	392	425	445	470	489	511	542	578
Class 5 (top 90%)	344	366	379	395	408	423	445	467

Lifter Classifications - Raw Men (all weights in pounds)

	116.8	130.1	145.5	163.1	183.0	205.0	231.5	264.6	264.6+
Elite (top 2.5%)	1003	1144	1248	1356	1466	1574	1684	1801	1929
Master (top 5%)	950	1085	1184	1287	1393	1497	1603	1713	1836
Class 1 (top 15%)	847	970	1060	1155	1252	1349	1444	1548	1660
Class 2 (top 25%)	783	902	988	1076	1168	1259	1351	1448	1554
Class 3 (top 50%)	668	774	851	930	1012	1093	1175	1263	1358
Class 4 (top 75%)	553	646	714	785	858	928	1001	1078	1162
Class 5 (top 90%)	450	531	591	653	717	780	842	911	985

Classification Tables: These numbers were calculated using the USAPL database for the years 2013, 2014, and 2015 (through August 6). As an example, the Class 1 threshold for 264.6+ men (i.e., 1660) means that 15% of ALL 264.6+ men (all ages) achieved a total of at least 1660. The numbers are objectivity derived because they simply represent a particular percentile rank. The subjective part is tying various percentile ranks to the 7 classifications. Other classification systems are not clear in how the thresholds were selected so the Raw Committee chose percentiles that seem reasonable. This system is clear and easily understood by the user (i.e., the lifters) and can be updated periodically (Raw Committee proposes every 3 years) with a few keystrokes.

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