

2017 Bench Press Committee Report (Prepared by Steve Petrencak)

I conducted a survey earlier this year to several USAPL members who have competed at recent Bench Press National competitions and/or represented the United States at IPF Bench Press competitions. Many of the sections within this report reference those results.

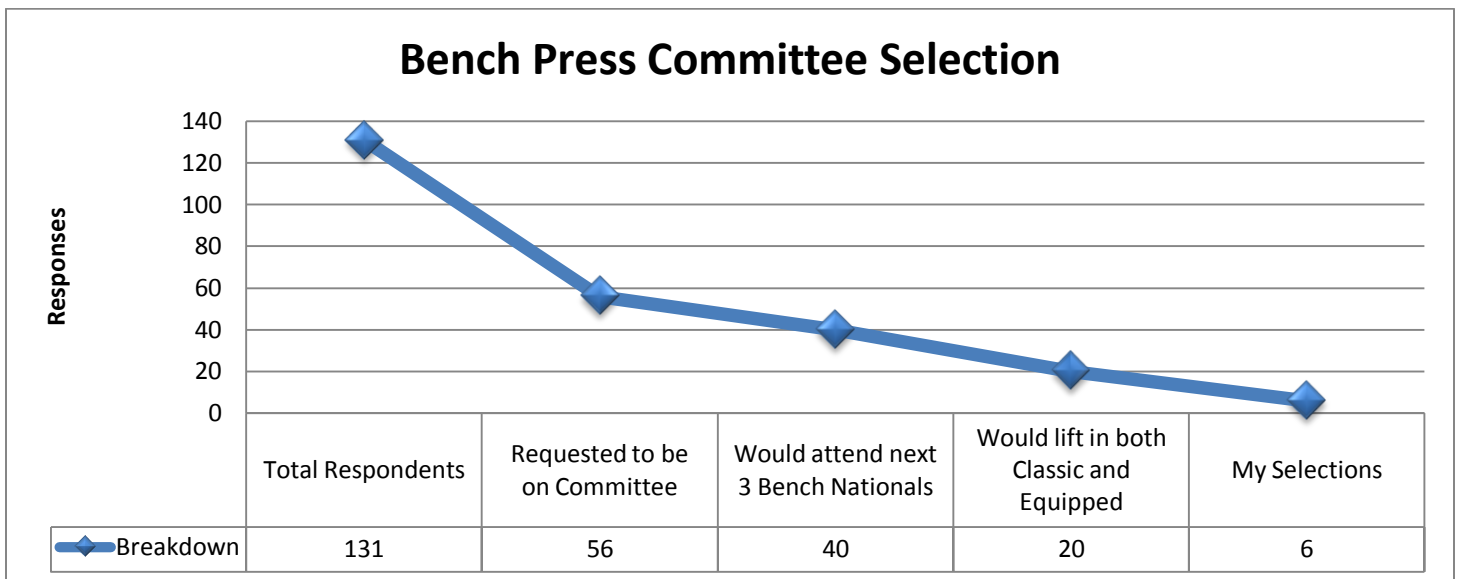
USAPL Bench Press Committee:

Committee Members (Terms End at the Annual Bench Press National Competitions):

3 Year Term for Chairman; 2 Year Terms for remaining Committee Members

- Steve Petrencak – Chairman (2016-2019)
- Tim Anderson (2017-2019)
- Dave Doan (2017-2019)
- Kevin Farley (2017-2019)
- Dana Rosenzweig (2017-2019)
- Jennifer Thompson (2017-2019)
- Tammy Walker (2017-2019)

With so many responses to my survey, I used the following steps to filter and minimize my possible selections:



- Of the 131 Survey Responses I received, 56 indicated that they would like to be a member of the first Bench Press Committee.
- Of those 56, 40 indicated that they would attend the next 3 Bench National Competitions
- Of those 40, 20 indicated that they lift in both Classic and Equipped divisions
- Of those 20 (myself included), I personally selected the 6 members for the following reasons:

I believe that each of them has the following attributes and/or abilities that I was looking for in this inaugural committee

1. A level of experience in different capacities when it comes to this competition.
2. Having the best interest of the Bench Press Only division at heart.
3. The ability to stand on their own; and not be bullied into decisions. I preferred to not just have "yes" men and women on our committee.
4. Being logical and rational when making decisions.

Aging in to a New Category:

For 2018 National Team Selection, please be mindful of the lifters who will be aging in to a new category as shown below. Understand that while you are competing for a National Championship with those lifters in their current (2017) age category, you might also be competing or not competing with some lifters who reach a benchmark age in 2018:

Registered Name	State	Birth Year	2017 Age	2018 Age	WtCls	Combined
Aging in to Junior						
Maddie Graham	TX	1999	18	19	F-63	Equipped Only
Natalie Montoya	SD	1999	18	19	F-84	Raw & Equipped
Natalie Richardson	SD	1999	18	19	F-84	Raw & Equipped
Anthony Perez	TX	1999	18	19	M-059	Raw Only
Ruben Gomez	TX	1999	18	19	M-083	Raw Only
Tyler David	WI	1999	18	19	M-120	Raw Only
Aging in to Open Only						
Caitlyn Buck	TX	1994	23	24	F-63	Equipped Only
Ashley Vasquez	TX	1994	23	24	F-84	Equipped Only
Connor Loskie	TX	1994	23	24	M-074	Raw Only
Andrew Reiss	LA	1994	23	24	M-093	Equipped Only
Ruben Sanchez	TX	1994	23	24	M-105	Equipped Only
Aging in to Masters 1						
Patrina Bermudes-Hale	TX	1978	39	40	F-84	Raw Only
Ls McClain	TX	1978	39	40	M-093	Raw Only
Aging in to Masters 2						
Kimberly Nash	TX	1968	49	50	F-63	Raw Only
Tammy Walker	NC	1968	49	50	F-84+	Raw Only
Steve Petrencak	OH	1968	49	50	M-066	Raw & Equipped
Dennis Cieri	NJ	1968	49	50	M-093	Raw Only
Chad Landers	CA	1968	49	50	M-093	Raw Only
Jimmy Labianca	TX	1968	49	50	M-120+	Equipped Only
Aging in to Masters 3						
Monica Sobotka	TX	1958	59	60	F-57	Equipped Only
Paulette Calhoun	TX	1958	59	60	F-84+	Raw & Equipped
Howard Sturman	MD	1958	59	60	M-093	Raw Only
Wayne Hammes	IA	1958	59	60	M-120+	Raw & Equipped
Aging in to Masters 4						
Mel Tatsumi	CA	1948	69	70	M-059	Raw Only
Jim Klostergaard	TX	1948	69	70	M-083	Raw Only

Future Locations:

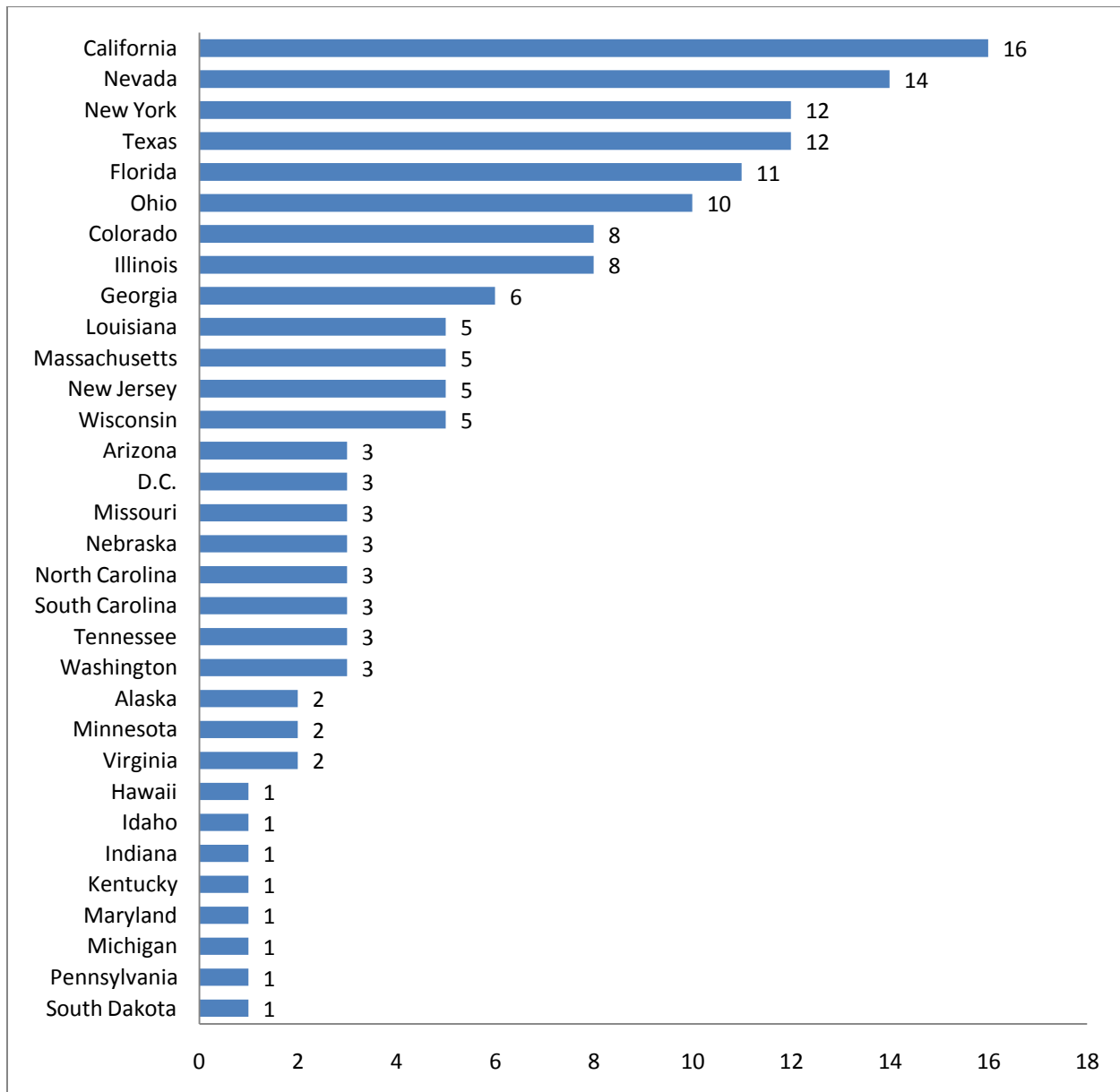
Along with 155 desirable locations, there were also 21 suggestions concerning location and type of venue in my earlier survey. Many of the suggestions centered on locations in major cities, close to major airports, available tourist attractions, and basically new locations. We will continue to work with the National Office members and future meet directors in attempts to work towards those goals

With that said, I'm sorry to inform everyone that a vote for the 2020 location will not be conducted at the 2017 Bench Press National Competition. I was told that the USAPL will not be accepting bids for 2020 at this time due to future organizational changes and requirements that are not known at this time. And that those changes may unfairly affect contracts signed in 2017 by both meet director and organization. That is all I have at the moment.

I will keep everyone up to date as further information comes in; and at what time we may resume accepting and voting on bids from potential meet directors. I will also share the following voting results with the National Office for considerations.

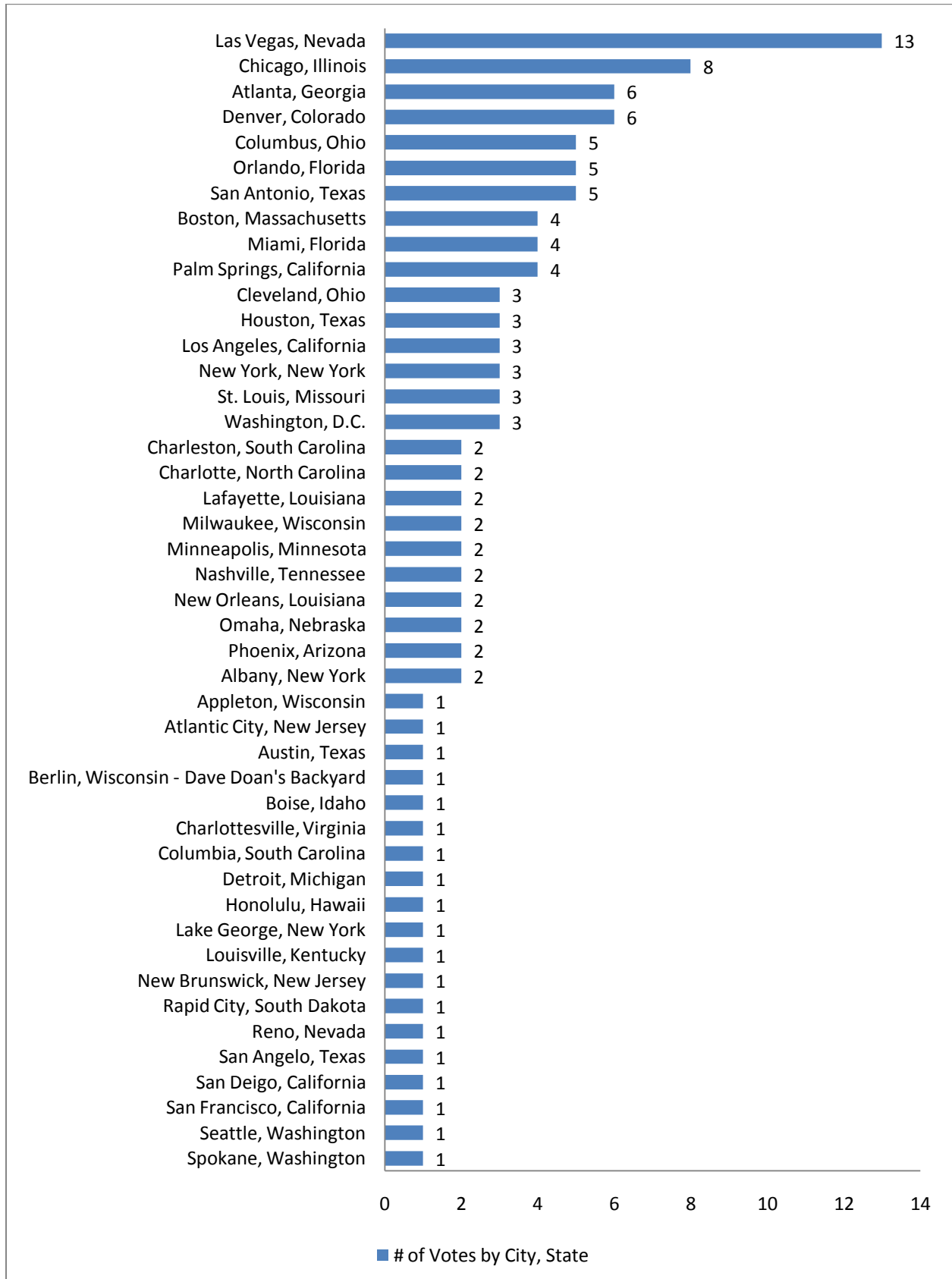
As mentioned above, here are the voting results from the survey I conducted earlier this year concerning desirable future meet locations. I broke it up into two groups (By State and By City).

Voting Results by State:



Future Locations continued:

Voting Results by City:

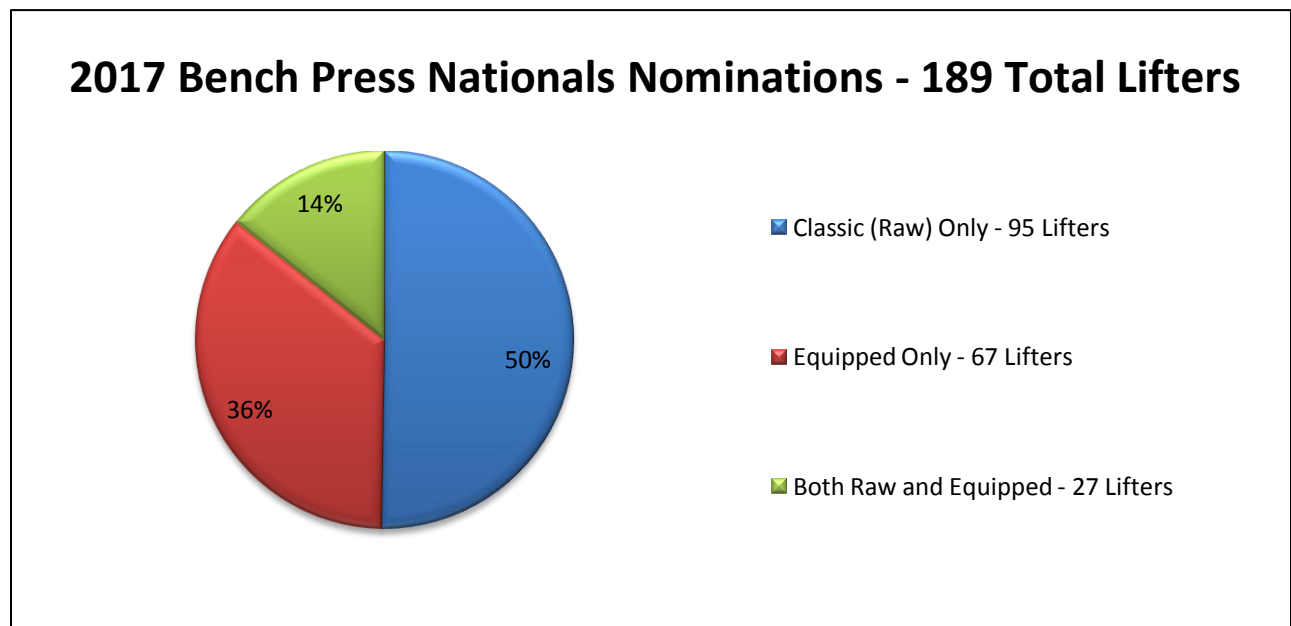


Raw / Equipped:

This topic had the second most suggestions with 9. However 4 of those 9 suggestions were to just have the ability to compete in both raw and equipped, which already happened last year; and will continue each year.

Of the remaining 5, 4 were suggestions of having separate days for raw and equipped. Not sure how many of you did this last year, but I felt it worked very well for 1 day. We lifted raw first and then had at least a flight in between to get ready for Equipped. Personally, I can honestly say it felt easier than thinking about re-weighing in the next day to start over again. Plus for those who only want to stay one day, it makes it obviously easier. I also believe that it should be the lifters who compete in both that ultimately get to vote on this one, as they are the ones that would be affected. **The Bench Press Committee was not unanimous in this decision, as one member liked the idea of a possible two day split; but we all agreed that it might be difficult on the meet director due to the imbalance shown below and decide it should remain at one day moving forward.** I would like to poll the 27 lifters who are lifting in both Raw and Equipped to get an idea of how they feel.

The final suggestion was to have 2 Bench National Competitions which the Bench Committee agreed, and I'm sure most would as well, was not a viable solution.



Women's lifting on both days at the Annual USAPL Bench Press Nationals Competition:

With the following statistics in hand, it was decided to keep only 1 day of lifting for the women this year. **With that said, we were able to come up with another option; and that is to have the women split between the two sessions on Saturday. We will continue to monitor this idea and act accordingly.**

I think everyone would agree that the split of women's lifters would be around 63 kg and below on Day 1 and 72 kg and higher on Day 2. Not surprisingly, I received a similar split from the 44 women's responses: 21 who normally compete at 63 kg or lower and 23 who normally compete at 72 and higher:

Final Survey Voting:

All Women (All weight classes - 44 lifters)

- 25 of the women want to keep it on Day 1
- 19 of the women were in favor of spreading it out over 2 days

As mentioned earlier, we should also break this down into two groups.

Lightweight Women (47-63 kg classes - 21 lifters)

Even though nothing would change for them, as they would still be lifting on Day 1. The majority still said to keep it to 1 day:

- 11 of the women want to keep it on Day 1
- 10 of the women were in favor of spreading it out over 2 days

Heavyweight Women (72-84+ kg classes - 23 lifters)

The group that matters the most, as these women would be lifting on Day 2. The majority want to keep it to 1 day:

- 14 of the women want to keep it on Day 1
- 9 of the women were in favor of spreading it out over 2 days

Additional Considerations

Of the 23 women who normally compete at 72 and higher that responded, I extracted the following lifters below (names removed) who have been to 3 or more IPF world championship competitions since 2004. The examination was focused on the the percentage of the lifters that are on National Bench Teams and how they qualified. I was basically looking at the divide of those that actually attended Bench Press Nationals vs. those who mainly compete in Powerlifting National meets and get invites via alternate lists. The vast majority of heavy weights who actually show up consistently for Bench Nationals are the ones who want to keep it to one day of lifting.

Keep it to only 1 day:

Lifter A (14 Total National Teams) - All 14 were Bench Worlds **(100%)**
Lifter B (10) - only 3 were Bench Worlds **(30%)**
Lifter C (10) - 9 of 10 were Bench Worlds **(90%)**
Lifter D (9) - All 9 were Bench Worlds **(100%)**
Lifter E (6) - 5 of 6 were Bench Worlds **(83%)**
Lifter F (6) - 5 of 6 were Bench Worlds **(83%)**
Lifter G (4) - All 4 were Bench Worlds **(100%)**

Make it 2 days:

Lifter H (16) - Only 5 were Bench Worlds **(31%)**
Lifter I (13) - Only 2 were Bench Worlds **(15%)**
Lifter J (13) - All 13 were Bench Worlds **(100%)**
Lifter K (8) - Only 3 were Bench Worlds **(37.5%)**
Lifter L (8) - Only 1 was Bench Worlds **(12.5%)**
Lifter M (7) - Only 1 was Bench Worlds **(14%)**
Lifter N (3) - 2 of 3 were Bench Worlds **(66%)**

Miscellaneous Suggestions:

Rules:

We had two suggestions about changing rules

One was having the ability to lift your head; this is an IPF rule and **The Bench Press Committee chose not pursue this one.**

The second was to require all lifters who enter an equipped division to wear bench shirts. The **Bench Press Committee was unanimous in not pursuing this either**, as we feel that if you can place or win without a shirt, you should not be forced to wear one. And again, it is not enforced at the IPF level and below.

Order of Lifting:

There were a few suggestions on order of lifting. One was having flights by division instead of weight class, but many lifters cross over and lift in both Open and an Age Category (20% at the 2017 competition). Not to mention, there might be more work at weigh-ins; and that is one area that we would not want to slow up.

One suggestion was having the heavy weights lift on Saturday night instead of Sunday; but then we run into an issue of no longer having the ability of allowing a lifter to move up if they don't make weight or move up based on competition. We really don't want to start seeing people eliminated from competition based on missing weight as it currently happens at worlds.

By and large, the **Bench Press Committee feels that the current way works well; but we will continue to monitor other possible ways of adding variety** that benefit or are agreed upon by the vast majority of our annual attendees.

Age Related:

There were two suggestions about going back to the 5 year Master Increments (A & B). This changed recently; and the **Bench Committee likes the idea of lining up with the IPF's 10 year increment moving forward, as it offers more competition.**

I went through the 21 instances for this year's Nationals where A & B Lifters are now combined. Of those 21, if we were to split them back to A & B, we would have 28 more uncontested champions; watering down the competition even further.

We are obviously still keeping American and State Records in 5 year increments; but we really should continue to strive for more head to head competition at our meets where feasible.

Another suggestion was for the USAPL to support Masters 5 IPF World Records. **I believe we would all support that; but it remains to be seen if the IPF is ready to make some additions to their current format.**

Information:

We had one suggestion to provide information, specifically as it relates to approved attire.

This information and more can be found via the following website links

<http://www.usapowerlifting.com/rules-bylaws/>

<http://www.powerlifting-ipf.com/rulescodesinfo/technical-rules.html>

<http://www.powerlifting-ipf.com/rulescodesinfo/approved-list.html>

Scheduling:

We had one suggestion of being mindful of the IPF schedule when setting the date

Looking at our current calendar, our Bench Press Nationals date (Late August/Early September) gives ample enough time to get ready for the Arnold (March) and Classic and Equipped Bench Worlds (April and May). It also affords enough time to train for the next Bench Press Nationals competition after the IPF competitions have ended. Our date is, however, very close to the NAPF bench competition (Late October/Early November). But if we push it back to accommodate that one, we are then in jeopardy of running too close to the aforementioned World Meets. **I'll speak with the NAPF representatives to see if there are any possibilities of moving their date to possibly mid November.**

Miscellaneous Suggestions (For Meet Directors):

The following 5 categories are geared more towards the meet director; but the Bench Press Committee will continue to work with future meet directors in an attempt to set standards at our Annual Competition. Please understand, however, that some might be limited from time to time due to financial constraints.

Atmosphere, Lifter Info and Live Feeds:

There were a few suggestions about having intro or walkout music for each lifter. Please understand that having a DJ to start and stop music might be at an additional cost to the meet director; so we have to be careful on demanding this one. Having individual music for 189 (this year's count) lifters may not have been feasible. Another option is being able to select from a pre-defined list; but having to listen to "Eye of the Tiger" 50 different times in Denmark one year was hard to digest after a while...LOL! Also, for those that do not know, we cannot play songs in their entirety with a You Tube stream, due to copyright infringement.

Speaking of streams, that was another suggestion as it was not captured last year for playback. The Bench Press Committee will work with the meet director to try and capture (archive) future streams. Again, it may come at the cost of continuous music, so we might have to **vote on that in the near future within a group survey.**

Finally, there was a suggestion of using each lifter's background information for their introduction. We are hopeful that our lifter bios will be used this year by the announcers and possibly on screen.

Awards & Podium Presence:

There was a suggestion concerning some type of dress code for the award ceremonies similar to IPF events. This is one that will I agree with. Most won't have a U.S uniform, but something USAPL, local gym, or sponsor related would be nice. We will make this a **future vote within a group survey.**

A second suggestion was made to ensure that first place medals look like Gold. This was in response to previous competitions where the medals were all one color with different ribbons. This is one where the **Bench Press Committee will work with future meet directors.**

Meet and Greets, After Parties and other Events:

There were some suggestions for parties or events for the lifters, as have been conducted by previous meet directors. Please understand that Meet & Greets and After Parties might not be financially doable for some meet directors. **The Bench Press Committee will convey the lifters interest, but these will not be mandatory. Instead, the Bench Press Committee will at least work with the meet directors to advise some planning for sight-seeing, etc.** For example, I have already spoken with Jona Leo about lining up day trips to Mount Rushmore in 2019 for those interested.

Seminars could also be open to discussion; but we have had those in the past and I'm not sure how well they were attended.

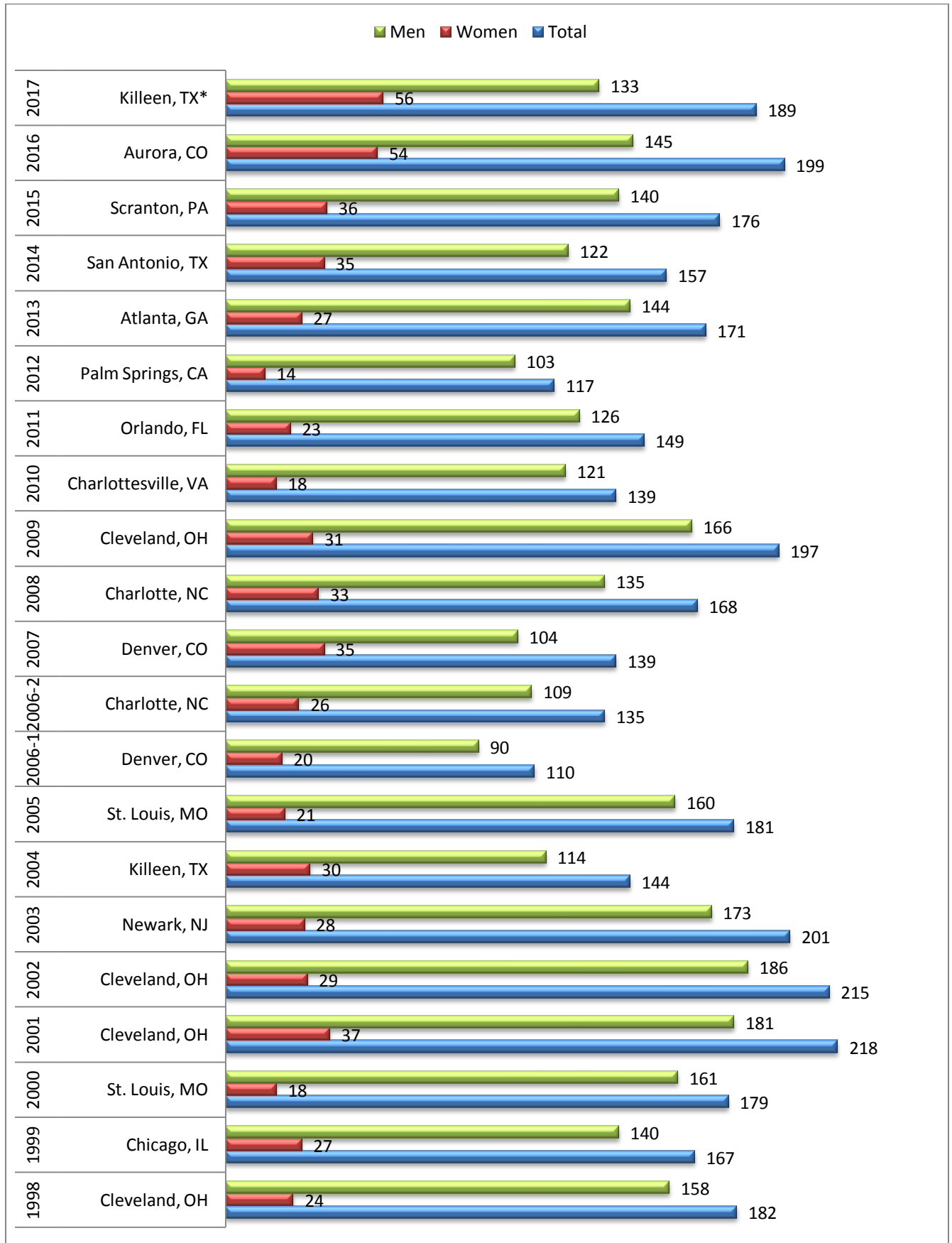
Competition Personnel:

Suggestions that Spotters and Weigh-Ins were still a concern. **The Bench Press Committee will continue to voice these concerns to our future meet directors each year.**



Competition Promotion:

Suggestions that more local publicity and advertising were a concern. **The Bench Press Committee will continue to voice these concerns to our future meet directors each year.**

Annual USAPL Bench Press Nationals Attendance:



USAPL National Bench Press Future Sites:

Future USAPL Bench Press Nationals Sites		
Year	Location	Meet Director
2018	Scranton, PA 	Steve Mann
2019	Sioux Falls, SD 	Jonathan (Jona) Leo

2017 USAPL Bench Press Nominations by State:

State	Men	Women	Total
TX	53	24	77
OH	8		8
MN	4	4	8
CO	6	1	7
NC	3	3	6
VA	3	3	6
IL	5		5
FL	4	1	5
NJ	4	1	5
WI	4	1	5
PA	3	2	5
SD	2	3	5
CA	3	1	4
GA	3	1	4
IN	3	1	4
MO	3	1	4
LA	2	2	4
MD	3		3
IA	2		2
MI	2		2
NM	1	1	2
NY	1	1	2
WA	1	1	2
MA		2	2
AK	1		1
AL	1		1
DE	1		1
HI	1		1
KY	1		1
NE	1		1
RI	1		1
SC	1		1
AZ		1	1
WY		1	1
?	2		2
Totals	133	56	189

IPF World Bench Press Competition Information:

2017 IPF World Bench Competition Results:

	2017 IPF Classic		2017 IPF Equipped	
	Killeen, Texas U.S.A		Kaunas, Lithuania	
U.S.A Team Results	Women	Men	Women	Men
Sub Junior	1st	1st	4th	9th
Junior	1st	1st	2nd	7th
Open	1st	2nd	8th	5th
Masters 1	1st	2nd	6th	4th
Masters 2	1st	1st	4th	4th
Masters 3	1st	1st	DNP	9th
Masters 4	2nd	1st	1st	3rd

IPF World Bench Future Sites:

Future IPF Sites	IPF Classic	IPF Equipped
2018	Helsinki, Finland 	Potchefstroom, South Africa 
2019	Tokyo, Japan 	