

2018 Bench Press Committee Report (Prepared by Steve Petrencak)

USAPL Bench Press Committee Members:

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)

USAPL Bench Press International Coaches:

3 Year Terms

- Steve Petrencak – Classic Masters (2019-2021)
- Dana Rosenzweig – Equipped Masters (2019-2021)
- Bill Hennessy – Classic Open, Sub Junior, Junior (2019-2021)
- Jill Arnow – Equipped Open, Sub Junior, Junior (2019-2021)
- Mike Burns – NAPF (2019-2021)

Aging into a New Category:

For 2019 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 (2018) age category, you might also be competing or not competing with some lifters who reach an IPF bench mark age in 2019:

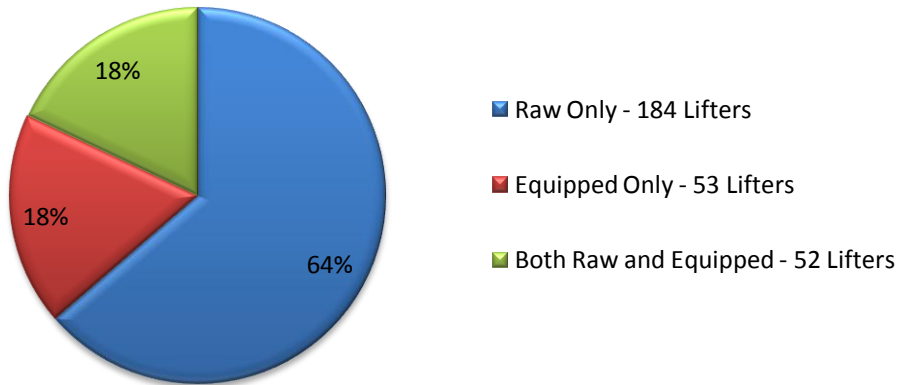
Name	Class	Raw / Eq	Birth Year	2018 IPF Age	2019 IPF Age	2019 IPF Age Eligibility
Aging into Sub Junior (14-18)						
Gretta Mobbs	F-57	Raw & EQ	2005	13	14	IPF - Sub-Junior
Aging into Junior (19-23)						
Miranda Chambers	F-57	Raw	2000	18	19	IPF - Junior
Jack M Solomon	M-59	Raw	2000	18	19	IPF - Junior
Matthew Longoria	M-59	Raw & EQ	2000	18	19	IPF - Junior
Steven Gassert	M-66	Raw	2000	18	19	IPF - Junior
Richard Pham	M-66	Raw	2000	18	19	IPF - Junior
William Lam	M-74	Raw	2000	18	19	IPF - Junior
Andrew Decker	M-74	Raw	2000	18	19	IPF - Junior
Evan Glasgold	M-83	Raw	2000	18	19	IPF - Junior
Skyler Yoder	M-121	Raw	2000	18	19	IPF - Junior

Aging in to a New Category (Continued):

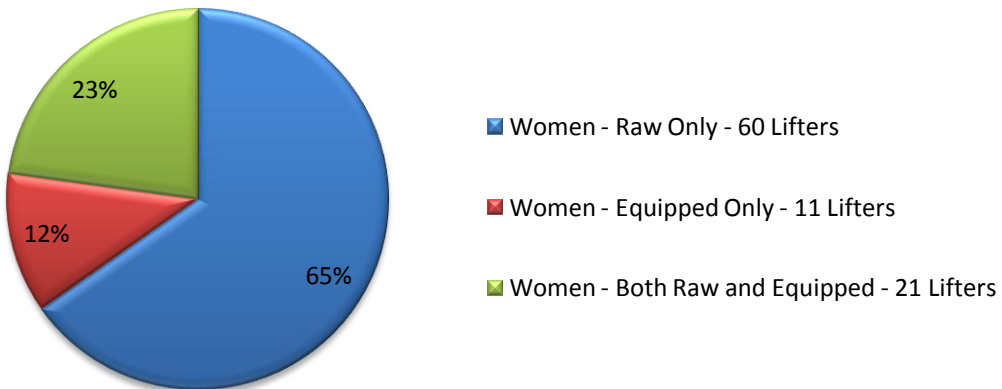
Name	Class	Raw / Eq	Birth Year	2018 IPF Age	2019 IPF Age	2019 IPF Age Eligibility
Aging into Open (24+)						
Kayla Johnson	F-47	Raw	1995	23	24	IPF - Open
Sandra Tran	F-47	EQ	1995	23	24	IPF - Open
Caroline Meigs	F-63	Raw	1995	23	24	IPF - Open
Karissa Murphy	F-85	Raw	1995	23	24	IPF - Open
Francesca Fredrick	F-85	Raw	1995	23	24	IPF - Open
Nicholas j Dacey	M-66	Raw	1995	23	24	IPF - Open
Robert Perez	M-74	Raw	1995	23	24	IPF - Open
Brandon Pitre	M-93	Raw	1995	23	24	IPF - Open
Nicholas A Godino	M-93	Raw	1995	23	24	IPF - Open
Marcus Bell	M-105	EQ	1995	23	24	IPF - Open
John Vanderminden	M-121	Raw & EQ	1995	23	24	IPF - Open
Aging into Masters 1 (40-49)						
Davi Cohen	F-57	Raw	1979	39	40	IPF - M1
Kimberly Muniz	F-57	Raw	1979	39	40	IPF - M1
April Waller	F-84	Raw & EQ	1979	39	40	IPF - M1
Adam Zehr	M-59	Raw	1979	39	40	IPF - M1
James Golembieski	M-74	EQ	1979	39	40	IPF - M1
Mike Ciupinski	M-83	EQ	1979	39	40	IPF - M1
Jeffrey Martin	M-93	Raw	1979	39	40	IPF - M1
Umar Abdullah	M-121	Raw	1979	39	40	IPF - M1
Aging into Masters 2 (50-59)						
Lois Mahlberg	F-72	Raw	1969	49	50	IPF - M2
Kelly Gibson Bateman	F-72	Raw	1969	49	50	IPF - M2
Sarah Bohlen	F-84	EQ	1969	49	50	IPF - M2
Cindy Tilton	F-85	Raw	1969	49	50	IPF - M2
Jason Ross	M-83	Raw	1969	49	50	IPF - M2
Anthony Ford	M-120	Raw	1969	49	50	IPF - M2
Greg Coupe	M-121	Raw	1969	49	50	IPF - M2
Joe Dibert	M-121	Raw & EQ	1969	49	50	IPF - M2
Aging into Masters 3 (60-69)						
Jill Arnow	F-84	Raw & EQ	1959	59	60	IPF - M3
William Schemel	M-120	EQ	1959	59	60	IPF - M3
Aging into Masters 4 (70+)						
Chip Hultquist	M-83	Raw	1949	69	70	IPF - M4

Raw / Equipped Breakdowns:

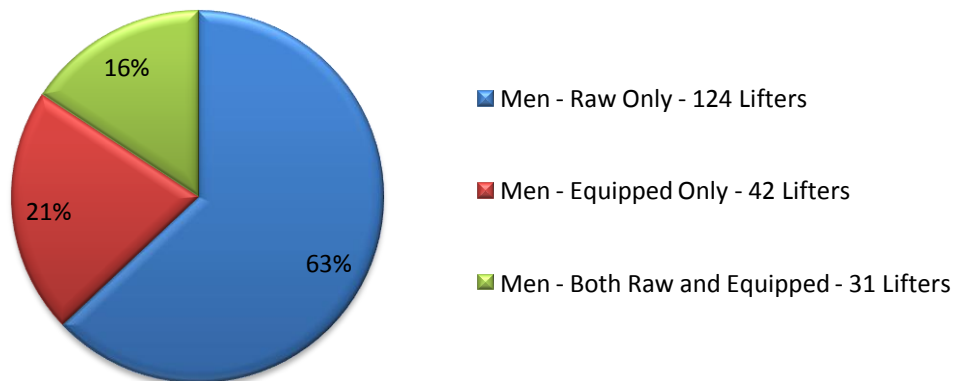
**2018 Bench Press Nationals Nominations -
289 Total Lifters**



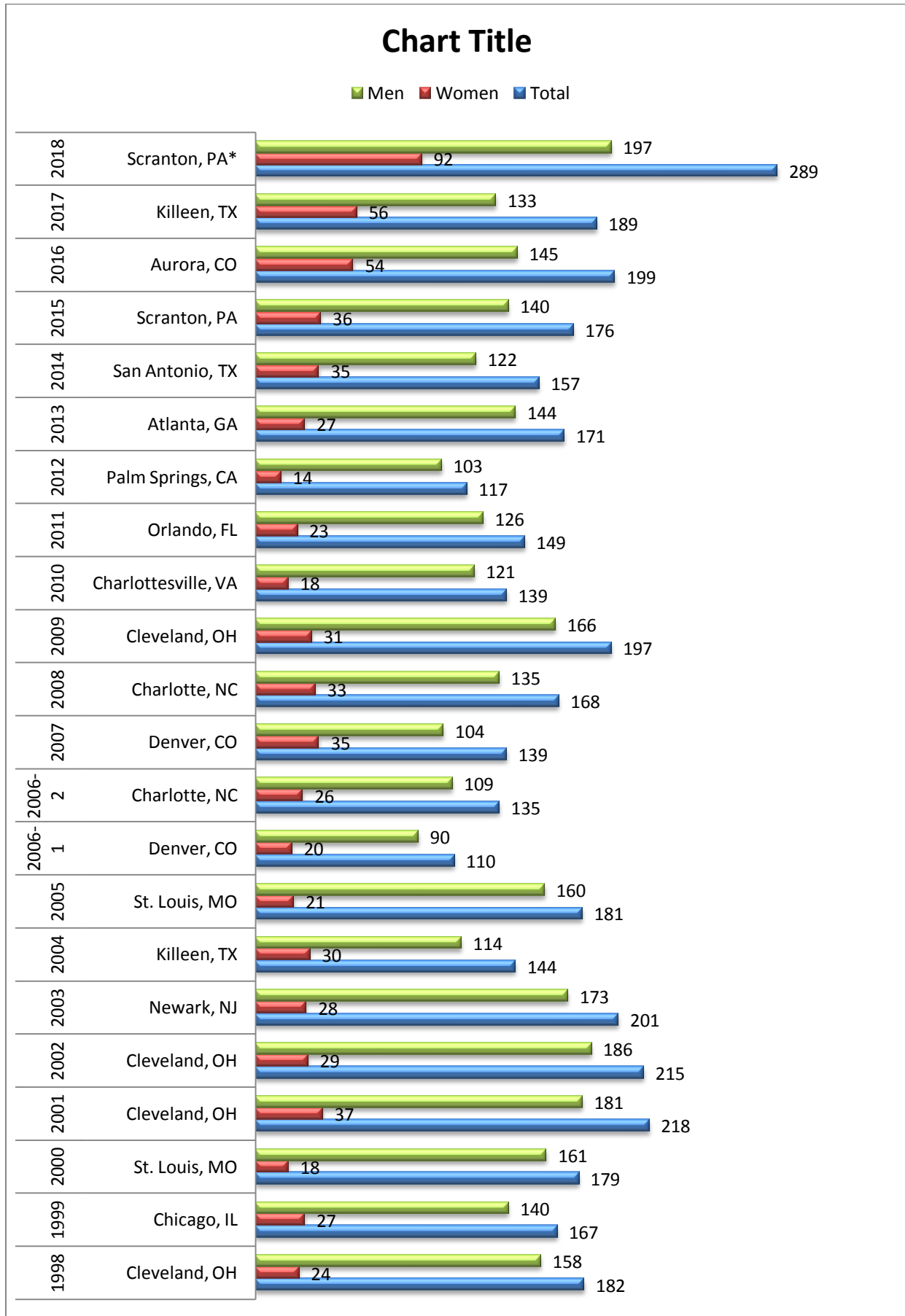
**2018 Bench Press Nationals Nominations -
92 Female Lifters**



**2018 Bench Press Nationals Nominations -
197 Male Lifters**




Annual USAPL Bench Press Nationals Attendance:



USAPL National Bench Press Future Sites:

Future Locations:

Once again, I'm sorry to inform everyone that a vote for the 2020 location will not be conducted at the 2018 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 2018 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.


Future USAPL Bench Press Nationals Sites		
Year	Location	Meet Director
2019	Sioux Falls, SD 	Jonathan (Jona) Leo
2020	TBD	

IPF World Bench Press Competition Information:

2018 IPF World Bench Competition Results:

U.S.A Team Results	2018 IPF Equipped		2018 IPF Classic	
	Potchefstroom, South Africa		Helsinki, Finland	
	Women	Men	Women	Men
Open	DNP	6th	7th	5th
Sub Junior	2nd	4th	6th	9th
Junior	3rd	5th	8th	16th
Masters 1	DNP	DNP	5th	2nd
Masters 2	DNP	4th	3rd	1st
Masters 3	DNP	5th	5th	2nd
Masters 4	DNP	2nd	6th	5th

IPF World Bench Future Sites:

Future IPF Sites	IPF Combined Classic & Equipped
2019	Tokyo, Japan 
2020	Pilsen, Czech Republic 