

2020 USAPL Bench Press Committee Report

Submission by Steve Petrencak – Committee Chair

Meeting: 4th Annual USAPL Bench Press Committee

Date: August 28, 2019

Location/Event: Sioux Falls, SD / 2019 USAPL Bench Press Nationals

Presenter: Steve Petrencak

I. Committee Members and Terms:

- Steve Petrencak – Chairman (2019-2022)
 - Quintin Meyer (2019-2021)
 - Kevin Farley (2019-2021)
 - Dana Rosenzweig (2019-2021)
 - Jennifer Thompson (2019-2021)
- 3 Year Term for the Chairman; 2 Year Terms for the remaining Committee Members.
- Terms End at the Annual Bench Press National Competitions.
- The next voting for Committee Members will take place at the 2021 Bench Press Nationals.

II. Updated National Team Coaches and International Qualification Criteria

Main Page:

All Teams:

<http://coaching.usapowerlifting.com/international-team-selection-process-qualifying-criteria/>

Detailed Team Selection Pages:

Men's & Women's IPF Open (Classic & Equipped):

- Head Coach Classic: Bill Hennessey
 - Head Coach Equipped: Jill Arnow
- <http://coaching.usapowerlifting.com/bench-press-open/>

Men's & Women's IPF Sub Jr and Jr (Classic & Equipped):

- Head Coach Classic: Bill Hennessey
 - Head Coach Equipped: Jill Arnow
- <http://coaching.usapowerlifting.com/bench-press-sub-juniors-juniors/>

Men's & Women's IPF Masters (Classic & Equipped):

- Head Coach Classic: Steve Petrencak
 - Head Coach Equipped: Dana Rosenzweig
- <http://coaching.usapowerlifting.com/bench-press-masters/>

Men's & Women's NAPF Regional (Classic & Equipped):

- Head Coach: Mike Burns
- <http://coaching.usapowerlifting.com/napf-bench-press/>

**III. USAPL Bench Press Nationals Attendance over the last 7 years
(Data derived from unique lifter counts – excludes multiple divisions):**

- 2019 – Sioux Falls, SD: 225 (142 Men, 83 Women)
- 2018 – Scranton, PA: 262 (173 Men, 89 Women)
- 2017 – Killeen, TX: 168 (118 Men, 50 Women)
- 2016 – Aurora, CO: 199 (145 Men, 54 Women)
- 2015 – Scranton, PA: 176 (140 Men, 36 Women)
- 2014 – San Antonio, TX: 157 (122 Men, 35 Women)
- 2013 – Atlanta, GA: 171 (144 Men, 27 Women)

IV. 2019 USAPL Bench Press Nationals Classic/Equipped Entries:

129 (57%) - Classic Only
 54 (24%) - Equipped Only
 42 (19%) - Both

V. 2019 IPF World Bench Competition Results:

U.S.A Team Results	2019 IPF Classic		2019 IPF Equipped	
	Tokyo, Japan		Tokyo, Japan	
	Women	Men	Women	Men
Sub Junior	3rd	4th	2nd	3rd
Junior	3rd	3rd	2nd	4th
Open	2nd	2nd	4th	5th
Masters 1	2nd	3rd	2nd	4th
Masters 2	2nd	2nd	2nd	3rd
Masters 3	1st	2nd	2nd	2nd
Masters 4	3rd	2nd	3rd	2nd

VI. Current Calendar for the annual USAPL Bench Press Nationals

- ~~2020 – Daytona Beach, FL – USAPL National Office – Cancelled due to Covid-19 Pandemic~~
- 2021 – Daytona Beach, FL – USAPL National Office

VII. Next Committee Meeting:

~~August 14, 2020 – Daytona Beach, FL – Cancelled due to Covid-19 Pandemic~~