

## **2021 Bench Press Committee Report (Prepared by Steve Petrencak)**

Hello everyone, it has been some time since we could join each other at this level. While this will be a different format than what we are used to, I was pleased that the Executive Committee approved more flights and lifters per flight to accommodate our roster capacity. Many, understandably, decided to opt out this year due to lingering Covid-19 concerns; but we still have a strong showing with 200 individual benchers. Hopefully we will have a better sense of normalcy next year; and are able to trend back to the numbers we have seen over the last 2 years. Due to a three-day/session event, the extreme lack of 2019 attendance and the concerns of Covid-19 room capacity, an in-person meeting this year will not take place. Concerning this year's 2021 IPF World Bench Press Championships, our participation is still fluid based on Covid-19 and other concerns. But for now, we should be focused and prepared as if we will be attending. As always, wishing everyone safe travels and best of luck on the platform. Make your hard efforts pay off this year!

### **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 (Extended an additional year due to Covid-19 Pandemic)**

- **Steve Petrencak – Chairman (2019-2023)**
- **Kevin Farley (2019-2022)**
- **Quintin Meyer (2019-2022)**
- **Dana Rosenzweig (2019-2022)**
- **Jennifer Thompson (2019-2022)**

### **USAPL Bench Press International Coaches:**

**3 Year Terms (Extended an additional year due to Covid-19 Pandemic)**

- **Steve Petrencak – Classic Masters (2019-2022)**
- **Dana Rosenzweig – Equipped Masters (2019-2022)**
- **Bill Hennessy – Classic Open, Sub Junior, Junior (2019-2022)**
- **Jill Arnow – Equipped Open, Sub Junior, Junior (2019-2022)**
- **Mike Burns – NAPF (2019-2022)**

### **Aging into a New Category:**

We are in a unique situation this year, where our 2021 USAPL National Competition could possibly be the automatic qualifier for both this year's 2021 National Team as well as next year's 2022 National Team. The reason is that the 2021 IPF World Bench Press Competition was moved to this October due to the Covid-19 Pandemic. As many of you know, this competition normally occurs in the month of May. Knowing that and looking at the tentative 2022 IPF Calendar, you can see that the hope is to resume that time frame next year. With the small turnaround time, we may not have a second qualifier; and this National Competition could be used for both National Teams as mentioned above. With that in mind, I have added two sets of columns (one for this year and one for next year) to the tables at the bottom of this section.

For those who are new to world competition or just simply unaware of it, the USAPL and the IPF have different age category breakdowns, especially when it comes to the Junior Age Category. Our National Teams are selected based solely on the IPF age categories. This is important to understand, because while you may win an age category at Nationals, it does not necessarily mean you are automatically qualified to be on a National Team.

## Differences of Note:

### Time Frames:

The USAPL uses Calendar **Day** in National Competitions for the Teen and Junior Age Categories. The IPF uses Calendar **Year** for those under the age of 24. Both the USAPL and IPF use Calendar **Year** for all Masters Age Categories.

### Teens/Sub-Juniors:

The USAPL uses 3 separate Teen Age Categories up to the age of 19 (Teen 3: from the day the athlete reaches 18 years to the day before the athlete reaches 20 years). The IPF uses one all-inclusive Age Category called Sub-Juniors up to the age of 18 (From the day the athlete reaches 14 years and throughout the full calendar year in which the athlete reaches 18 years).

### Juniors:

The USAPL uses a range of 20-23 for the Junior Age Category (From the day the athlete reaches 20 years to the day before the athlete reaches 24 years). The IPF uses a range of 19-23 for the Junior Age Category (From 1 January in the calendar year the athlete reaches 19 years and throughout the full calendar year in which the athlete reaches 23 years).

### Masters:

As mentioned earlier, the USAPL and IPF both use Calendar year to determine each Age category for Masters Lifters. Both also use 10-year increments for competition. \*Note: Records are still recognized and kept for 5-year sub categories at USAPL Nationals, but are no longer contested at said championships. The USAPL uses more than 4 Masters Age Categories: 40-49, 50-59, 60-69, 70-79, 80-89, 90-99, etc. The IPF uses only 4 Age Categories: 40-49, 50-59, 60-69 and 70+

For 2021 National Team Selection, please be mindful of the lifters who will be aging in to a new category as shown below. Again, please understand that while you are competing for a National Championship with those lifters in their current (2021) age category, you might also be competing or not competing with some lifters who reach an IPF bench mark age in 2021 (and possibly 2022) for a National Team spot:

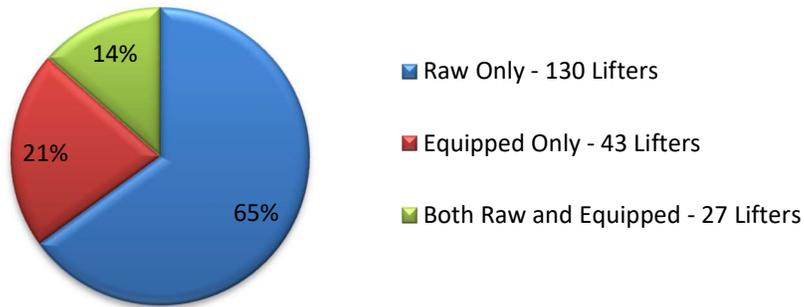
Name	Raw / Equipped	Class	Meet Age	2021 IPF Age	2021 IPF Age Eligibility	2022 IPF Age	2022 IPF Age Eligibility
Aging into Juniors (19-23)					2021		2022
Jack Ross	Raw	M-074	18	19	Junior	20	Junior
Tyler Yanez	Raw	M-074	19	19	Junior	20	Junior
Robert Stallone	Raw	M-083	19	20	Junior	21	Junior
John Tyler	Raw	M-093	19	20	Junior	21	Junior
Jackson Hart	Raw	M-105	18	19	Junior	20	Junior
Alissa Saunders	Equipped	F-84	17	18	Sub-Junior	19	Junior
Tucker Thompson	Raw	M-074	17	18	Sub-Junior	19	Junior
Tucker Thompson	Equipped	M-074	17	18	Sub-Junior	19	Junior
William Robertson Raulerson	Raw	M-083	18	18	Sub-Junior	19	Junior
Adam Viramontes	Raw	M-093	17	18	Sub-Junior	19	Junior
Bryceen Thacker	Raw	M-105	17	18	Sub-Junior	19	Junior
Aging into Open (24+)					2021		2022
Preston Savoy Jr	Raw	M-093	23	24	Open Only	25	Open Only
Melanie Madere	Equipped	F-63	22	23	Junior	24	Open Only
Amanda Carlisle	Raw	F-69	23	23	Junior	24	Open Only

## Aging in to a New Category (Continued):

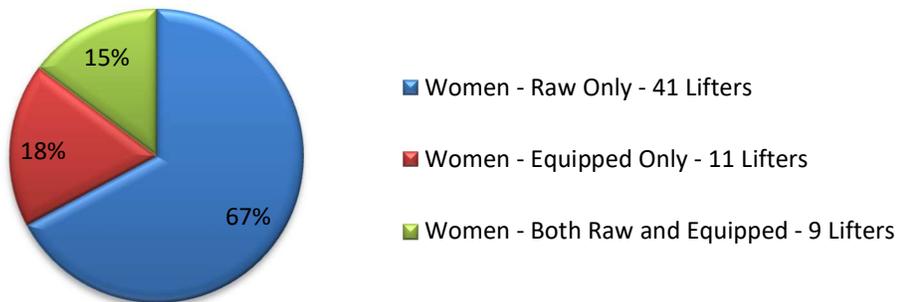
Name	Raw / Equipped	Class	Meet Age	2021 IPF Age	2021 IPF Age Eligibility	2022 IPF Age	2022 IPF Age Eligibility
Aging into Masters I (40-49)					2021		2022
Luke Hanifen	Equipped	M-083	39	40	Master I	41	Master I
Robert Greer	Raw	M-120	39	40	Master I	41	Master I
Rickey Nelsen	Raw	M-074	38	39	Open Only	40	Master I
Jonathan Losa	Raw	M-083	39	39	Open Only	40	Master I
Brady Stewart	Equipped	M-120	38	39	Open Only	40	Master I
Aging into Masters II (50-59)					2021		2022
Chris Walter	Raw	M-105	49	50	Master II	51	Master II
Lisa Benavides	Raw	F-84+	48	49	Master I	50	Master II
Lori Wilson	Raw	F-84+	49	49	Master I	50	Master II
Brian Albert	Equipped	M-074	49	49	Master I	50	Master II
Reginald Miles	Raw	M-093	48	49	Master I	50	Master II
William Thacker	Equipped	M-105	48	49	Master I	50	Master II
Tim Anderson	Equipped	M-105	48	49	Master I	50	Master II
Aging into Masters III (60-69)					2021		2022
Dennis Alba	Raw	M-074	59	60	Master III	61	Master III
James Williams	Raw	M-083	59	60	Master III	61	Master III
Lynne Homan	Raw	F-57	58	59	Master II	60	Master III
Elizabeth Richardson	Raw	F-76	58	59	Master II	60	Master III
Elizabeth Richardson	Equipped	F-76	58	59	Master II	60	Master III
Wesley Kipp	Equipped	M-083	58	59	Master II	60	Master III
Aging into Masters IV (70+)					2021		2022
Ed Regua	Raw	M-083	69	70	Master IV	71	Master IV
Claude Welcome	Raw	M-093	69	70	Master IV	71	Master IV
Robert Crawford	Raw	M-120+	69	70	Master IV	71	Master IV
Robert Crawford	Equipped	M-120+	69	70	Master IV	71	Master IV
Howard Aaron	Raw	M-093	68	69	Master III	70	Master IV
Jeffrey Morse	Raw	M-120	69	69	Master III	70	Master IV

**Raw / Equipped Breakdowns:**

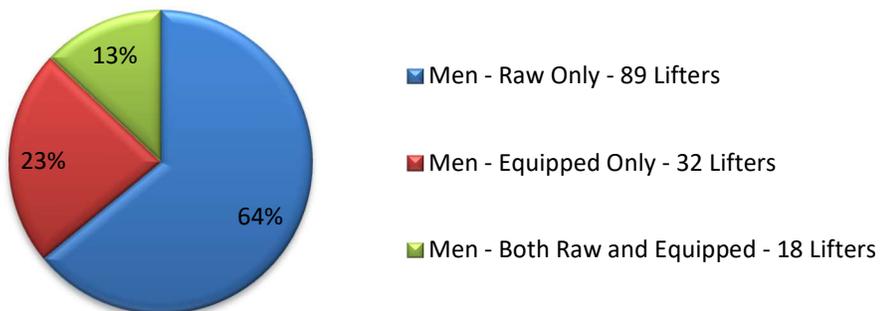
**2021 Bench Press Nationals  
Nominations - 200 Total Lifters**



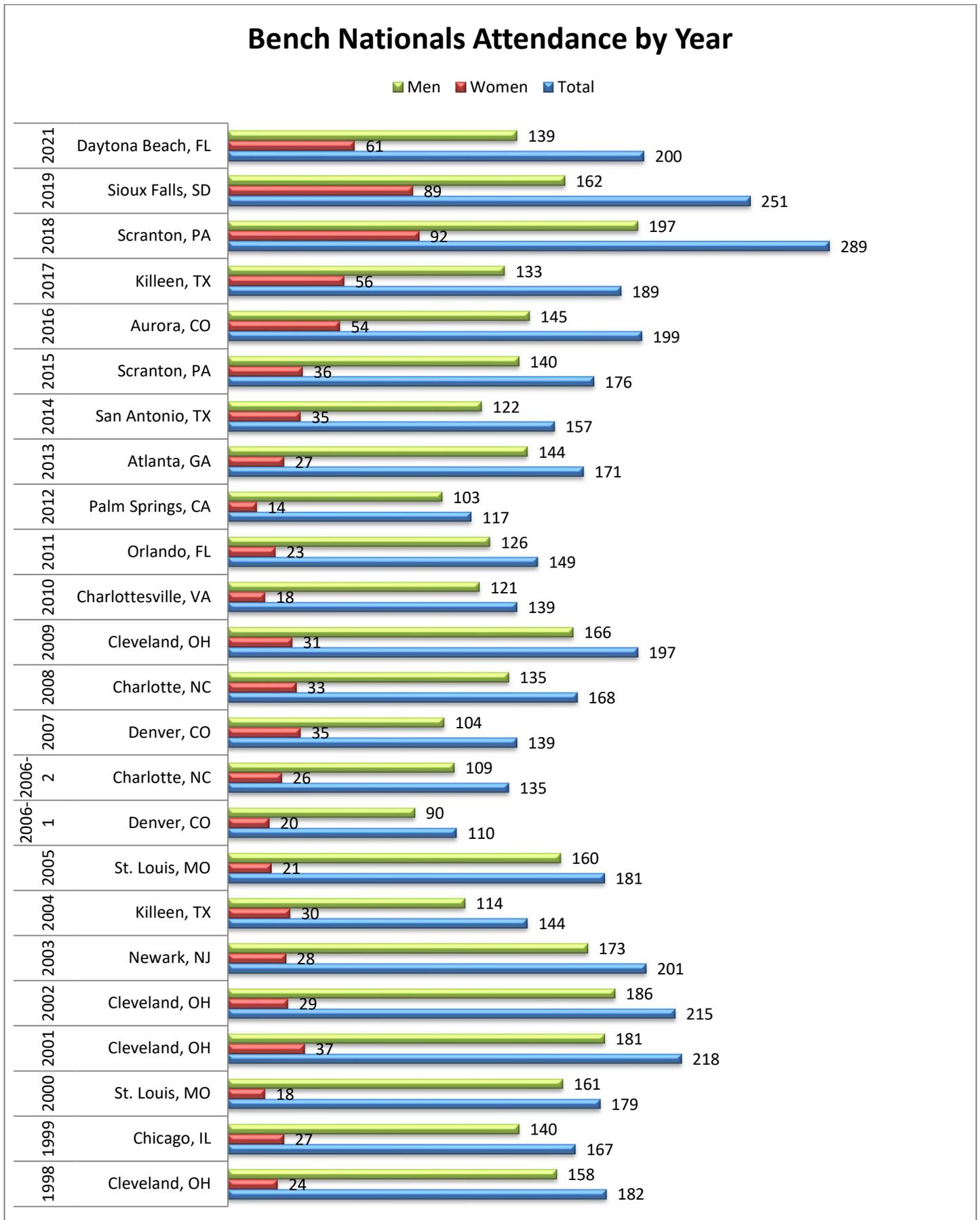
**2021 Bench Press Nationals  
Nominations - 61 Total Female Lifters**



**2021 Bench Press Nationals  
Nominations - 139 Total Male Lifters**



## Annual USAPL Bench Press Nationals Attendance:



## USAPL National Bench Press Future Locations:

Year	Location	Meet Director
2021	Daytona Beach, Florida 	USA Powerlifting
2022	TBD	USA Powerlifting

## IPF World Bench Press Competition Information:

### 2020 IPF World Bench Competition Results:

	2020 IPF Classic		2020 IPF Equipped	
	Women	Men	Women	Men
U.S.A Team Results				
<b>CANCELLED – Due to Covid-19 Pandemic</b>				

### IPF World Bench Future Sites:

Year	IPF Combined Classic & Equipped
2021	Almaty, Kazakhstan 
2022	TBD