

2019 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 (2019-2022)
- Kevin Farley (2019-2021)
- Quintin Meyer (2019-2021)
- Dana Rosenzweig (2019-2021)
- Jennifer Thompson (2019-2021)

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 (2019) age category, you might also be competing or not competing with some lifters who reach an IPF bench mark age in 2020 for a National Team spot:

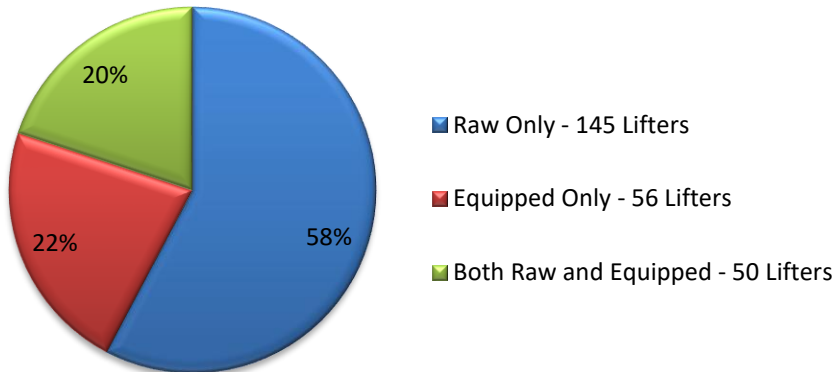
Name	Raw / EQ	Class	Birth Year	Day of Meet Age	2020 IPF Age	2020 IPF Age Eligibility
Aging into Sub Junior (14-18)						
Brixton Maizels	Raw	M-53	2006	13	14	Sub Junior
Broden Thompson	Raw	M-53	2005	13	15	Sub Junior
Aging into Junior (19-23)						
Machaela Exner	Raw & EQ	F-63	2001	17	19	Junior
Brianna Mott	Raw	F-72	2001	17	19	Junior
Madison Mire	Equipped	F-84+	2001	17	19	Junior
Nadia Khayat	Raw	F-52	2001	18	19	Junior
Olivia Pappadopoulos	Raw	F-72	2001	18	19	Junior
Joel Van De Veer	Raw	M-66	2001	18	19	Junior
Kelvin Marquez	Raw	M-66	2001	18	19	Junior
Jonah Picasso	Raw & EQ	M-83	2001	18	19	Junior
John Tyler	Raw	M-83	2001	18	19	Junior
Jamar Ford	Raw	M-83	2001	18	19	Junior
Jack Solomon	Raw	M-66	2000	18	20	Junior

Aging in to a New Category (Continued):

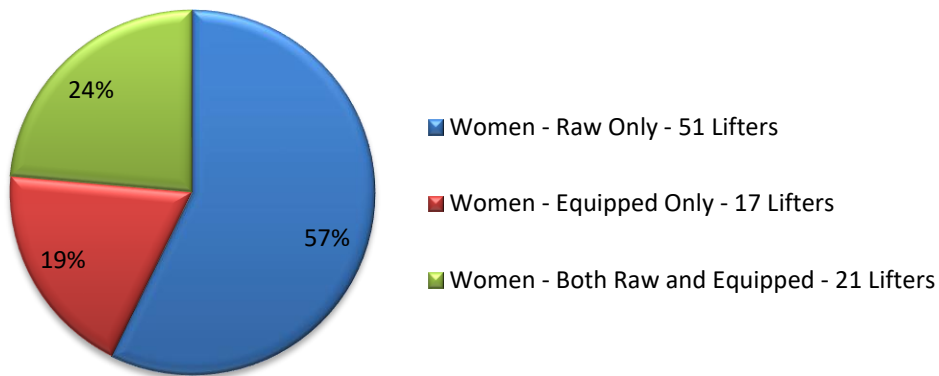
Name	Raw / EQ	Class	Birth Year	Day of Meet Age	2020 IPF Age	2020 IPF Age Eligibility
Aging into Open (24+)						
Easton Schuster	Raw & EQ	M-93	1996	22	24	Open
Ann Marie Bremmer	Raw & EQ	F-63	1996	23	24	Open
Breanna Johnson	Raw	F-63	1996	23	24	Open
Hannah Bryan	Raw	F-72	1996	23	24	Open
Kobe Roberson	Raw	M-105	1996	23	24	Open
Brandon Stouffer	Raw	M-120	1996	23	24	Open
Donald Larsen	Raw	M-105	1996	23	24	Open
Madison Coffey	Raw	F-84	1995	23	25	Open
Aging into Masters 1 (40-49)						
Rosalind Sutch	Raw	F-84	1980	39	40	Master I
Adam Zehr	Raw	M-66	1979	39	41	Master I
Umar Abdullah	Raw	M-120+	1979	39	41	Master I
Aging into Masters 2 (50-59)						
Sue Burns	Raw & EQ	F-72	1970	49	50	Master II
Todd Solomon	Raw	M-66	1970	49	50	Master II
Derek Anderson	Raw	M-105	1970	49	50	Master II
Robert Fuller	Raw	M-120+	1970	49	50	Master II
Rick Durbin	EQ	M-83	1970	49	50	Master II
Todd Craig	EQ	M-83	1970	49	50	Master II
Danna Snow	Raw & EQ	F-57	1969	49	51	Master II
Tony Mendoza	Raw	M-120+	1969	49	51	Master II
Sarah Bohlen	EQ	F-84	1969	49	51	Master II
Aging into Masters 3 (60-69)						
Thomas Cencich	Raw & EQ	M-83	1960	58	60	Master III
Daniel Gaudreau	EQ	M-120+	1960	58	60	Master III
Jill Arnow	Raw & EQ	F-84	1959	59	61	Master III
Rick Geller	Raw	M-120	1959	59	61	Master III
William Schemel	EQ	M-105	1959	59	61	Master III
Aging into Masters 4 (70+)						
Ken Leisinger	Raw & EQ	M-83	1950	68	70	Master IV

Raw / Equipped Breakdowns:

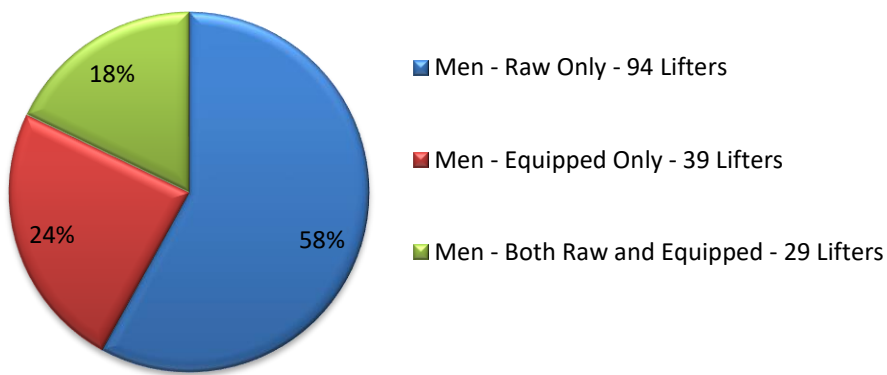
**2019 Bench Press Nationals
Nominations - 251 Total Lifters**



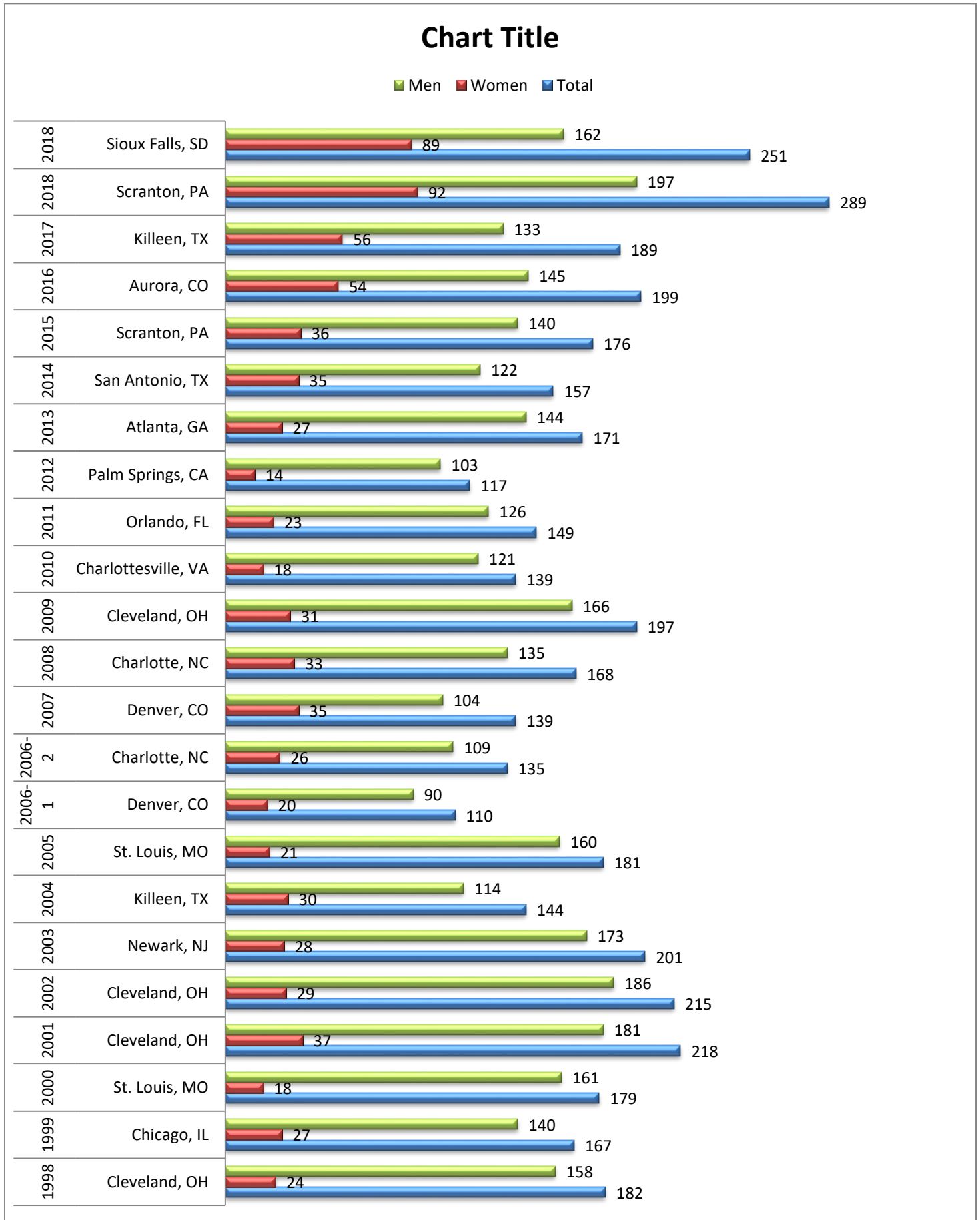
**2019 Bench Press Nationals
Nominations - 89 Total Female Lifters**




**2019 Bench Press Nationals
Nominations - 162 Total Male Lifters**



Annual USAPL Bench Press Nationals Attendance:



USAPL National Bench Press Future Locations:


Year	Location	Meet Director
2020	Daytona Beach, Florida 	USA Powerlifting
2021	TBD	TBD

IPF World Bench Press Competition Information:

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
Open	2nd	2nd	4th	5th
Sub Junior	3rd	4th	2nd	3rd
Junior	3rd	3rd	2nd	4th
Masters 1	2nd	3rd	2nd	4th
Masters 2	2nd	2nd	2nd	3rd
Masters 3	1st	2nd	2nd	2nd
Masters 4	3rd	2nd	3rd	2nd

IPF World Bench Future Sites:

Year	IPF Combined Classic & Equipped
2020	Pilsen, Czech Republic 
2021	TBD