

# The AMERICAN DRUG-FREE PPOWERLIFTING FEDERATION

Presents:

## The A.D.F.P.F. Michigan State & Open Powerlifting & Single Event Championships

Meet Director Jeff Buchin; September 30, 2006; Lansing Community College, Lansing MI.

On Saturday, September 30<sup>th</sup>, thirty lifters representing 3 states (Illinois, Michigan & Ohio) along with families, friends, officials and work crews merged onto the Lansing Community College Campus for the Michigan State, Open Powerlifting & Single Event Championships. The ADFPF lifters were looking forward to another crack at establishing or breaking A.D.F.P.F. American & State Records. Many were successful as goals were achieved; some goals had to be postponed for a future competition. By the time the last deadlift was ripped off the floor, the 30 lifters had set 25 AMERICAN POWERLIFTING RECORDS and 16 AMERICAN SINGLE EVENT RECORDS. The Michigan State records took a beating as 38 new powerlifting and 17 new single event records replaced what had been on the books since 2005.

Many thanks to the Lansing Community College Athletic Administrator, Lynn Savage, Lead Support Staff Sarah Parkhos, Kenijo Buchin, Barb & Jack Bowen, announcer Greg Brobny, J.D. Buchin and assorted workers were well prepared for the influx of guests and lifters who's hopes were focused on doing their best. Much appreciation for Meet Director Jeff Buchin and for the dozen young men recruited from LCCs weight training classes to assist with spotting/loading; they did an excellent job! How do we thank our ADFPF Photographer Jack Stevens with lovely wife & assistant Violy? Once again, they honored us by flying in from Florida armed with cameras, large quantities of film, business cards and enthusiasm. Joining the film crew was son John, a past ADFPA & WDFPF Teenage Champion. Jack and Violy were busy throughout the meet getting pictures with names, loads on the bar, event, Division, Category, etc. while son John assisted lifters who arrived without a coach and when needed, John moved in to work as a back-up spotter. Anyone wanting to see the array of meet photos should contact Jack: [k7kjack@yahoo.com](mailto:k7kjack@yahoo.com)

The A.D.F.P.F. lifters had their choice of competing in the UNEQUIPPED and/or the EQUIPPED Division of powerlifting and/or Single Events. Lifters had the option of competing in 7 different lifting categories depending on their specific age (date-of birth) on 9-30-06 (the day of the competition); the Police/Fire/Military category can be entered by lifters who are employed full time as Police/Fire/Military personnel.

Because the A.D.F.P.F. is the U.S. affiliate to the WORLD DRUG-FREE POWERLIFTING FEDERATION, many lifters have qualified to compete in the 2006 WORLD CHAMPIONSHIPS. ADFPF members are encouraged to check the POWERLIFTING International Qualification Totals listed in their ADFPF Condensed Rulebooks. QUALIFICATION for participation in the 2006 SINGLE EVENT WORLD CHAMPIONSHIPS is via posting a TOTAL in an ADFPF sanctioned event. The following is our 2006 international schedule (our website includes all meet information with entry forms): [www.adfpf.org](http://www.adfpf.org)

The 2006 SINGLE EVENT WORLD CHAMPIONSHIPS will be held in BENDIGO AUSTRALIA on October 20 (Squat event); 21 (Bench Press Event) and 22<sup>nd</sup> (Deadlift Event).

The 2006 POWERLIFTING WORLD CHAMPIONSHIPS will be held in KINSALE IRELAND on November 11<sup>th</sup> (UNEQUIPPED Division) & 12<sup>th</sup> (EQUIPPED Division).

There were many meet highlights as evidenced by the records set and the meet results listed below. The experience and ages of the participants ran the gamut. The state of Ohio with only 2 entries represented the youngest and the oldest lifters in the Single Event Competition; Eric Schiauch at 19 years of age and Charles Lee at 86 years of age. Those 2 residents of Lima Ohio completed the UNEQUIPPED Division BENCH PRESS competition with Ohio State and American Records. Charles will be one of the ADFPF members representing the U.S.A. in the W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS held in BENDIGO AUSTRALIA on October 20, 21 & 22<sup>nd</sup>.

In the EQUIPPED Division of POWERLIFTING, was another 19 year old, Matt Arman of Newaygo, MI who re-wrote the record book with an impressive 712.5 kilo total qualifying him for the 2006 POWERLIFTING WORLD CHAMPIONSHIPS in Kinsale, Ireland!

Read on for the meet results, W.D.F.P.F. Qualifiers and more info for athletes entering DRUG-FREE international competition.

### The UNEQUIPPED Division POWERLIFTING Results:

Wt Class	Name State	Body Wt.	SQUAT Event			BENCH PRESS			Sub-Total	DEADLIFT Event			Total	Place
			1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		
63.0	Carol Burr Michigan	63.0 M 2	90.0 good	95.0 good	100.0 good	67.5 good	72.5 good	75.0 MISS	175.0	132.5 good	140.0 good	142.5 good	315.0	1 <sup>st</sup> M 2
82.5	Chris Polena	79.2 Open	145.0 good	155.0 good	160.0 good	125.0 good	132.5 MISS	132.5 good	292.5	205.0 good	227.5 good	----	520.0	1 <sup>st</sup> Open

	Michigan													
82.5	Mike Waller Illinois	81.6 Open	155.0 good	167.5 good	180.0 MISS	110.0 good	117.5 good	125.0 MISS	285.0	175.0 good	182.5 good	190.0 good	475.0	2 <sup>nd</sup> Open
100.0	DuWayne Burr, MI	93.6 M 3	122.5 good	132.5 good	137.5 good	107.5 good	115.0 good	120.0 MISS	252.5	170.0 good	180.0 good	185.0 good	437.5	1 <sup>st</sup> M 3
125.0	Montez Lee Michigan	117.0 Open	142.5 good	170.0 good	185.0 good	190.0 good	205.0 MISS	217.5 MISS	375.0	240.0 MISS	250.0 MISS	250.0 MISS	-----	-----

Two A.D.F.P.F. members qualified to enter the World Drug-Free Powerlifting Federation's 2006 Powerlifting World Championships via their total in the UNEQU9PPED Division of Powerlifting: Carol Burr and Chris Polena. Congratulations to these lifters who now have a spot secured on the U.S. Team traveling to KINSALE IRELAND to compete on November 11<sup>th</sup>.

The EQUIPPED Division POWERLIFTING Results:

Weight Class	Name State	B.W.	SQUAT Event			BENCH PRESS			Sub-Total	DEADLIFT Event			Total	Place
			1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		
67.5	Robert Fricke,MI	66.8 Open M 2	75.0 good	85.0 good	---- ----	85.0 good	95.0 MISS	95.0 MISS	170.0	75.0 good	122.5 good	---- ----	292.5	1 <sup>st</sup> Open & M 2
100.0	Brandon Bolyard, Michigan	95.2 Open	155.0 good	160.0 good	165.0 good	137.5 good	142.5 good	147.5 MISS	307.5	227.5 good	235.0 good	240.0 good	547.5	1st
110.0	Amador Diaz, MI	102.8 Open	210.0 MISS	210.0 good	227.5 MISS	197.5 good	202.5 MISS	202.5 MISS	387.5	210.0 MISS	210.0 MISS	210.0 good	617.5	1st
125.0	Greg Ostrom, Mi	112.4 M 2	185.0 good	220.0 MISS	220.0 MISS	160.0 good	180.0 MISS	180.0 MISS	345.0	185.0 good	215.0 good	230.0 good	575.0	1 <sup>st</sup>
145.0	Matt Arman, MI	139.1 T 3	250.0 MISS	250.0 good	272.5 good	182.5 MISS	182.5 good	187.5 MISS	455.0	237.5 good	250.0 good	257.5 good	712.5	1 <sup>st</sup>

One A.D.F.P.F. member qualified for the 2006 World Powerlifting Championships held in KINSALE IRELAND on November 12<sup>th</sup>. Congratulations once again to 19 year old MATT ARMAN for winning a slot on the Teenage U.S. Team traveling to KINSALE IRELAND.

The UNEQUIPPED BENCH PRESS Results:

Weight Class	NAME and STATE	Body Weight & Category	BENCH PRESS EVENT			TOTAL	PLACE
			1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		
63.0	CAROL BURR Hersey, Michigan	63.0 Masters' 2	67.5 good	72.5 good	75.0 MISS	72.5	1 <sup>st</sup> Masters' 2
82.5	SHAWN BAYNES Laingsburg, Michigan	82.5 Open	155.0 MISS	155.0 good	160.0 MISS	155.0	1 <sup>st</sup> Open
82.5	DENNIS GANNAGE Livonia, Michigan	81.2 Masters' 3	102.5 good	107.5 good	112.5 good	112.5	1 <sup>st</sup> Masters' 3
82.5	JIM KISZELIK Manistee, Michigan	81.3 Masters' 6	75.0 good	82.5 MISS	82.5 good	82.5	1 <sup>st</sup> Masters' 3
82.5	VINCENT GILCHRIST Okemos, Michigan	80.8 Open	145.0 MISS	145.0 MISS	145.0 MISS	---	
90.0	JOHN (Walter) JACHIM Person, Michigan	89.9 Masters' 1	135.0 good	----- -----	----- -----	135.0	1 <sup>st</sup> Masters' 1
90.0	JOSEPH BULERSKI Walker, Michigan	85.4 Open	110.0 good	120.0 MISS	120.0 MISS	110.0	1 <sup>st</sup> Open
90.0	CHARLES LEE Lima, Ohio	87.8 Masters' 10	87.5 MISS	90.0 good	97.5 good	97.5	1 <sup>st</sup> Masters' 10

100.0	ARNOLD ROSS Howell, Michigan	96.5 Masters' 4	115.0 good	125.0 good	132.5 good	132.5	1 <sup>st</sup> Masters' 4
100.0	TIMOTHY ANDREWS Kalamazoo, Michigan	97.2 Masters' 6	102.5 good	112.5 good	120.0 good	120.0	1 <sup>st</sup> Masters' 6
110.0	ROBERT MOLESKI Rockford, Michigan	104.2 Masters' 4	137.5 good	142.5 good	147.5 good	147.5	1 <sup>st</sup> Masters' 4
110.0	DARYL MELOCHE Climax, Michigan	109.6 Masters' 5	125.0 good	135.0 good	145.0 MISS	135.0	1 <sup>st</sup> Masters' 5
110.0	RICHARD VAN ECK Grand Junction, Michigan	101.2 Masters' 5	50.0 good	----- -----	----- -----	50.0	2nd Masters' 5
125.0	ERIC SCHIAUCH Lima, Ohio	112.4 Teen 3	115.0 good	122.5 good	137.5 MISS	122.5	1 <sup>st</sup> Teenage 3

The EQUIPPED Division Bench Press Results:

Weight Class	NAME, CITY and STATE	Body Weight	BENCH PRESS EVENT			TOTAL	PLACE
70.0	KATHY WAUGH Grand Rapids, Michigan	63.6 Masters' 2	85.0 MISS	85.0 MISS	85.0 MISS	-----	-----
75.0	SCOTT HAZELTON Lake Orion, Michigan	73.5 Open & M 1	175.0 MISS	177.5 good	185.0 good	185.0	1 <sup>st</sup> Open & M 1
75.0	TODD GREENMAN Wayland, Michigan	72.1 Open	135.0 MISS	135.0 good	147.5 good	147.5	2nd Open
90.0	JOHN (Walter) JACHIM Person, Michigan	89.9 Masters' 1	152.5 good	165.0 good	----- -----	165.0	1 <sup>st</sup> Masters' 1
90.0	LARRY DELIS Whitehall, Michigan	87.5 Masters' 1	145.0 MISS	145.0 MISS	145.0 MISS	-----	-----
110.0	GARY ANDREW Gaylord, Michigan	108.2 Masters' 2 Police/Fire/Military	205.0 MISS	205.0 good	212.5 MISS	205.0	1 <sup>st</sup> Masters' 2 Police/Fire/Milit
110.0	GEORGE WASHINGTON Lansing, Michigan	101.7 Police/Fire/Military	125.0 good	127.5 good	132.5 MISS	127.5	1 <sup>st</sup> Masters' 4 2 <sup>nd</sup> Police/Fire/Milit
145.0	JEFFEREY BUCHIN Grand Ledge, Michigan	127.0 Open and M 4	175.0 MISS	175.0 good	190.0 good	190.0	1 <sup>st</sup> Open 1 <sup>st</sup> Masters' 4

All the A.D.F.P.F. lifters who totaled in either the UNEQUIPPED or the EQUIPPED Division of the SINGLE EVENT BENCH PRESS QUALIFIED for the 2006 SINGLE EVENT WORLD CHAMPIONSHIPS held in BENDIGO AUSTRALIA on October 20, 21 & 22<sup>nd</sup>. Lifters who would like to take advantage of this incredible opportunity to travel to Australia, contact Judith M. Gedney IMMEDIATELY. All the Championships Information is posted on the ADFPF website: [www.adfpf.org](http://www.adfpf.org)

The ADFPF has a travel agent who may be able to get good prices for the lifters on our U.S. Teams. Please phone the following Toll-Free number and ask for Margaret: 877-837-4711.

CONGRATULATIONS of all our ADFPF lifters and SPECIAL THANKS to our Meet Director Jeff Buchin, wife Kenijo & brother J.D. as well as to Dick & Jan Van Eck, Jack & Barb Bowen who NOT ONLY brought in the meet equipment but set it up, officiated, and even competed in the meet!

Potential Meet Directors are encouraged to contact us via the ADFPF website. Bid Specification forms are available upon request. We would like to set up our National and International events a.s.a.p.