



2026 ANNUAL REPORT

PRESIDENT'S REPORT

Robert Keller, President

I want to begin this year's report by thanking our amazing staff of volunteers – the Administration, Championship Directors, Coaches, Referees and Volunteers!

A huge thank you to Mr. Bill Clayton – Vice President; Joah Ianotta – Secretary General; Tamara Lopes – Treasurer; Mike Zawilinski – Executive Director; Billy Keel – Technical Chairman; Eric Verbel - Customer Service Representative; Maura Shuttleworth – EC Member/Law and Legislation Chairman; Rodney Elm - Logistics Manager; Russ Marr – Transport and Logistics; Sarah Jerry, our intern from the University of Alabama - Birmingham; Rich Fowler – National Championship Announcer; and finally, Mike Adelman, our shipping coordinator.

The staff members direct our day-to-day operations with an ever-growing and thriving and dynamic organization. Powerlifting America has sites of having 10,000+ members within the next year.

Additionally, I want to acknowledge and thank our Regional Directors for their steady and professional work in developing Powerlifting America in their assigned regions – Steve Mann, Mark Leebrick, Rick Fowler, Martin Agoes, and Tim Mercer - Our boots on the ground performing a super job!

I want to take this opportunity to also thank our dynamic Athlete Representatives – Melissa Copeland and Ian Bell. I want to also thank our outgoing Athlete Representative, Mr. LS McClain. Ladies and gentlemen, our athlete representatives are the very best and ensure your “voice” is heard loud and clear. Next, I want to personally thank our National Team Coaches – Bench Press, Steve Petrencak, and Dana Rosenzweig; Classic Open – Mike Zawilinski and Rodney Elm; Sub-Junior and Junior Team – John Burford, Thomas Beale, and Casey Calderone; Masters Team – Tamara and Robert Lopes; and finally the University Team coaches, Rich Wenner, and Diana Hernandez. Rich has stepped down and Ms. Hernandez will be taking over the helm of the University Team. Special thanks to Rich. Great coach and even better person. We shall miss him.

I also want to thank Dr. Trey Cunningham, the Director of Strategic Partnerships, as well as Marshall and Megan Powell, and their team, for overseeing media relations. Once more, to ALL our volunteer staff members, your hard work, dedication, and professionalism do not go unnoticed. Thank you once more. And to every referee, volunteer, and team manager — you are the silent heroes that make all of this happen. We



see you, and we thank you. From organizing seamless events to creating a welcoming and supportive environment for athletes, coaches, and spectators alike, you are the backbone of this sport in America. Thank you for all that you do to keep powerlifting thriving in the U.S.

This year, Ms. Miryam Gutier-Elm, Secretary General, stepped down for personal and professional reasons. She served an amazing 3.5 years as the Secretary General -- Job well done and thank you! Ms. Joah Ionatta has stepped in and replaced Miryam, and we have not missed a beat. Joah is performing an amazing job as the new Secretary General, and I want to personally and publicly say thank you for your work and for stepping forward to fill this position.

Mr. Luke Mellon, our formal operations Manager, and John Helmich – Office are now pursuing other business interests. Both Luke and John were instrumental in our success as an organization.

Finally, I want to personally thank Ms. Tamara Lopes for her time, effort and years of service as the Treasure of Powerlifting America. Tamara has made an amazing impact on Powerlifting America.

Special thanks to our Strategic Partners

Our growth and success would not have been possible without the generous contributions from our strategic partners and sponsors. They are:

- A7
- Eleiko USA
- SBD USA
- Avancus
- Evolve
- Titan Support Systems
- Signs RX

They're outstanding companies and I respectfully request that you support each one. Thank you!

United States Anti-Doping Agency (USADA)

During 2025/26, we expanded our testing program to include Education, local events, and the establishment of Out of Competition testing that went into effect during 2025. Once more, I want to send a heartfelt thank you to Mr. Travis Tygart, the CEO of USADA, and to Ms. Victoria Patterson, our Program Director, for your guidance in creating one of the most robust testing programs in the US.



Once again, thank you for your unwavering commitment to ensuring fairness, integrity, and clean sport. Your work ensures that athletes can compete on a level playing field and the values of honesty and hard work remain at the heart of competition. Your efforts are truly appreciated!

IPF Leadership Elections

Gaston Parage for personal and professional reasons resigned as president of the International Powerlifting Federation (IPF) on March 11, 2025, after serving for over 13 years. His departure marked the end of one of the longest presidencies in the federation's history.

During June 2025, at an Extraordinary General Assembly (EGA), held on June 11, 2025, in Chemnitz, Germany, Sigurjon Petursson of Iceland was elected as the President; Dietmar Wolf from Norway, was elected as the Vice-President, and Detlev Albrings was elected the Treasurer. I remained as Secretary General for one more year. Overall, when I step down next year, I will have served nearly 14 years the IPF Secretary General – the longest tenure of any IPF Secretary General.

On behalf of the athletes, I want to close by sending a sincere thank you to IPF President Sigurjon Petursson and the entire IPF Executive Committee for both their encouragement and support of Powerlifting America.

IPF Constitution Article 15 (formally Article 14)

Currently, Article 15 (formerly Article 14) of the International Powerlifting Federation (IPF) Constitution mandates that any athlete, coach, referee, or official who participates in a non-IPF sanctioned powerlifting event faces a mandatory 12-month period of ineligibility from all IPF-affiliated international, regional, and national competitions. Key features of Article 15: A 12-month ineligibility period from the date of the unauthorized event, which can extend to 24 months for a second offence. Additionally, it applies to any non-approved competition, specifically targeting events organized by bodies not compliant with the World Anti-Doping Agency (WADA). The overall purpose of this rule is to ensure that all participants under its umbrella are subject to WADA-compliant testing. All "involved" parties, including coaches, referees, and athletes, often leading to periods of ineligibility for competing in non-WADA recognized organizations like USA Powerlifting, Etc. Powerlifting America has introduced an amendment to Article 15, which would allow athletes at the national level to participate in any organization of their choice with no period of ineligibility. Mr. Clayton shall present this amendment at the IPF General Assembly during June in Lithuania.



Powerlifting America Elections

As I mentioned last year, National Governing Body (NGB) elections are crucial for the governance and future direction for any sports organization. They play a significant role in ensuring that sports bodies are run effectively, transparently, and in the best interests of the athletes, coaches, and stakeholders. Powerlifting America held its first set of elections last year.

This year, we shall have elections for the Vice-President, Treasurer, Athlete Advisory Council members, Disciplinary Chairperson, and Ethics Committee members. Once more, a huge thank you goes out to Maura, and her team of volunteers for their exceptional work in organizing the election, which included an online forum for the candidates to present themselves to the membership. Once more, this year, the membership will be able to vote for their candidate electronically.

Overall, NGB elections, where the members vote directly for their candidates, ensure those various stakeholders (athletes, coaches, officials, etc.) have a voice in the governance of their sport. It ensures the decisions made by the governing body reflect the needs and concerns of those who are directly impacted by sport, making it more democratic and inclusive.

Sport 80

This year, we implemented a professional membership system – Sport80.

Sport:80 is a cloud-based sports management platform designed to centralize and automate administrative tasks for USOPC National Governing Bodies (NGBs), sports organizations, and grassroots clubs. The software acts as an all-in-one Customer Relationship Management (CRM) tool paired with an online portal to manage members, events, compliance, and financial processing from a single dashboard. The system will allow us to oversee membership registration, event registrations, compliance and certifications, payments, and process data reports. Special thanks to Mike Zawilinski, the Executive Director for Powerlifting America for launching this system – Extremely well done! Powerlifting America By-laws

After a great deal of work by Miryam Elm, Maura Shuttleworth, Joah Ianotta, and Sam Young we have finally finished our organization By-Laws. By-laws are the essential, legally binding internal rules that govern an organization's operations, structure, and decision-making processes. They ensure stability by defining roles, resolving disputes, and ensuring legal compliance, acting as an internal constitution for corporations, nonprofits, and associations. There are several Key Reasons Why By-Laws Are Important: Structure and Governance: By-laws define the organizational structure, such as the composition of the Board of Directors, officer responsibilities, and the procedures for conducting meetings (e.g., voting rights, quorums).



The By-laws are used for Legal Compliance and Protection: They protect the organization and its directors from personal liability, strengthen the corporate veil, and ensure compliance with state and federal laws. The by-laws also provide conflict Prevention and Resolution: By-laws provide a framework for settling internal disputes among members, directors, or shareholders, preventing dead locks. Most relevant are the consistency and continuity the by-laws provide: They create clear, consistent procedures that remain in place even as leadership changes, ensuring stability. Finally, the by-laws provide credibility with third party stakeholders: Banks, sponsors, and regulatory bodies often require by-laws to verify that an organization is legitimate and operating within established guidelines and rules – The IPF Constitution, the IPF-Bylaws, the IPF Technical Rules, and finally the IPF Anti-Doping Rules.

I want to personally thank Mr. Sam Young and Joah Ianotta for reviewing and placing the final touched on the Powerlifting America By-laws, so they are compliant with the USOPC By-Laws. Huge step forward for us as an organization – Big thank you!

Sport for All

I would like to begin by sending a special thank you to Special Olympics Powerlifting — your devotion, commitment, and spirit truly inspire us all. Powerlifting America is proud to support such an amazing organization and group of athletes.

Last year, Powerlifting America worked with the Special Olympics and sent 9 USA athletes to the 22nd Annual IPF/NAPF North American Regional Powerlifting Championships, held in Georgetown, Grand Cayman, Cayman Islands.

We also worked with the Special Olympics to send 2 USA athletes to Romania for the 2025 IPF World Equipped Open Powerlifting Championships. Powerlifting America volunteers are continuously working to develop Special Olympic Powerlifting in the states of Alabama, Arizona, Florida, Georgia, Tennessee, Indiana and Texas.

As a result, of all our work together, Powerlifting America and Special Olympics signed an Memorandum of Understanding (MOU) last year, outlining our mutual commitment to develop Special Olympic Powerlifting in the United States. Another historic and landmark event for the sport of powerlifting in America. Special thanks to Miryam Gutier-Elm, Craig Pippert, Billy and Claire Keel, Richard Frazier, Todd Youngblood, and Chip Hultquist for making this a reality. Congratulations!

Finally, the 2026 Special Olympics USA Games will be held in Minneapolis, Minnesota from June 20–26, 2026, and shall bring together 3,000+ athletes, 1,500 coaches, and 75,000+ fans to the Twin Cities. Hosted mainly at the University of Minnesota and the National



Sports Center in Blaine, this event features 16+ sports, to include the sport of Powerlifting. I'm pleased to announce the Powerlifting America referees will oversee this event. I want to thank Mr. Billy Keel for coordinating the referees that will oversee this event. Much success and thank you!

The World is Coming to Reno!

The 2026 IPF World Masters Classic & Equipped Powerlifting Championships will be held in Reno, Nevada, USA, from October 14–25, 2026. This major international event brings together master-level athletes for both raw (classic) and equipped competition from around the globe and from all 6 continents. The Powerlifting America staff is preparing for 700+ lifters. My compliments and sincere thanks go to Ms. Tamra Lopes and her team for directing this event.

USOPC Recognition

The USOPC (United States Olympic and Paralympic Committee) recognition process shall be one of the organization's major priorities during the remainder of this year. Our organization, and more importantly, the athletes, deserve this opportunity and recognition for their hard work and successes. The sport of powerlifting in the United States need to take this major step forward to secure our future.

As I mentioned last year, the USOPC recognition shall provide us with greater opportunities for strategic partnerships with sponsors, corporations, and other organizations that support the Olympic and Paralympic movements through sponsorships, marketing, and other initiatives. I want to thank Joah Ianotta and Sam Young for your assistance on this project. More to come!

Closing Remark

I want to personally thank everyone for making this past year and great success. I want to also thank everyone joining us today and wish everyone continued success during 2026.



VICE PRESIDENT REPORT
Bill Clayton, Vice President

Bill Clayton was appointed as vice president to serve the remaining term after Bill Helmich's death in 2025.

Over the past year, I've continued to be busy as Vice President of Powerlifting America. I've attended the vast majority of meetings that were appropriate for my involvement. I've tried to support good customer service for our members by responding to e-mail, telephone calls received and in person when at events.

I'll list some of the specific items I've been a part of in the past year:

- I attended the IPF General Assembly in Chemnitz, Germany.
- I presented PA's motion to change Article 14(now Article 15) at the IPF Extraordinary General Assembly. It has been reviewed by a WADA lawyer and has gone through one of the IPF committees. I've continued to follow our motion which will be presented at this year's General Assembly for vote.
- I've attended several different committee meetings. I've been at most of the Athlete Representatives Meetings. I've worked closely with Billy Keel, the Technical Chairperson for PA's Technical Committee.
- With PA now using Sport80, I added over 500 referees certifications into that database.
- I helped interview applicants with Maura for Secretary General and with Mike for the customer service position. Both positions are important to our organization.

Going forward I'd like to continue to follow PA's motion to change article 15.

I'd also like to get the regional chairs together and come up with some best practices, policies for meet directors.



SECRETARY GENERAL REPORT

Joah Iannotta, Secretary General

Joah Iannotta was appointed to the Secretary General position in December 2025 to serve the remaining term after Miryam Elm retired from the post.

My first five months as Secretary General has been a learning process of the broad array of operational activities and processes that Powerlifting America needs to execute. With such a small paid staff, we have a significant reliance on volunteers to host championships, manage national teams, and communicate information. Finding ways to scale up operations and mature our organization are critical. Two areas I have focused on are (1) creating a path for more people to bring their talents to PA by filling out our existing committees, and (2) enhancing our governance structures to support our application to be recognized as the National Governing Body (NGB) for Powerlifting by the U.S. Olympic and Paralympic Committee. Both of these have the potential to expand the resources available to PA to support athletes and improve our operations.

- Sam Young and I co-authored a refreshed version of the bylaws, which were approved by the Board at its April 26, 2026, meeting. These will be published on our website.
- With support from the Board, I expanded our volunteer positions by soliciting candidates for the expanded Athlete Advisory Council, the Disciplinary Committee Chairperson, and our new Ethics Committee. After the election we will seek additional volunteers to be appointed members of the Disciplinary Committee and Law and Legislation Committee.
- I led the communications and process for the elections and the management of the General Assembly.
- I updated the International Coaching Policy to clarify how coaches can (and cannot) support international athletes when they are nominated by the U.S. National Team.
- Leveraging guides created by Steve Petrencak and Rodney Elm, I created the Preparing for International Competition guide for athletes who will be part of a U.S. National team to get ahead on the documentation they must provide to be nominated for a team. This is now posted on our website.
- I supported the athletes participating in the Sheffield and IPF Open World Championship through the nomination process.

In the quarter after the General Assembly, my focus will be on nominations for the remaining world and NAPF championships and completing PA's application to the USOPC to be the first powerlifting NGB.



TREASURER REPORT

Tamara Lopes, Treasurer

2025 Financial Report & 2026 Strategic Budget Proposal

Our Reason

We exist for the athlete.

That is not a slogan. That is a mandate. And mandates require systems.

The Truth Most People Miss

You cannot support athletes without a viable, stable organization behind them.

Athletes rely on events, communication, systems, and leadership.

The Foundation We Must Build

A healthy administrative core includes financial oversight, communication systems, and event execution.

Current Reality

Executive Board and Board are volunteer. Operations rely on a few individuals. This is not scalable.

Current Volunteer Positions;

PA Board of Directors

Executive Board

Current Paid Staff Positions

Executive Director

Database Manager

Strategic Partnerships

National Team Program Director

Customer Service

Meet Day and Contract Support

Media Team

Platform Logistics

Limited Stipends/Travel Costs for Referees and International Coaches

For Powerlifting America to deliver excellence, we will need to provide fund additional roles to execute our mission and operations.



Systems Matter

Sport80 provides a scalable membership solution but requires development time.

2025 Financial Summary

Revenue: \$1.46M

Gross Profit: \$1.41M

Net Income: \$295K

2026 Strategic Framework

1. Build a viable organization
2. Expand athlete support

Organizational Investment

Executive Director, Communications, Event Coordination, and Technology investment are required.

Financial Strategy

Revenue growth to \$1.70M with intentional reinvestment into operations and athlete support.

Closing

We exist for the athlete. We must build an organization strong enough to support them.

See the Appendix for detailed financial information.



ATHLETE CO-CHAIR REPORT

Ian Bell and Melissa Copeland, Athlete Co-Chairs to the Board

- Restructured Masters team selection criteria to make it more inclusive for athletes based upon feedback we received from athletes
- Established Member Code of Conduct to establish objective policy and outline member best practices
- Restructuring to Athlete Advisory Council to support candidacy for USPOC recognition, increase diversity and representation, and give more opportunities for leadership, advocacy, and volunteering
 - Started recruitment practices to increase committee membership, and representation for athletes
 - End state goal is to increase committee size to 10 members, representative of all athlete categories
- Conducted national meet and team surveys
 - Feedback from **Bench Nationals**
 - Overall positive, with athletes ranking the competition of 4.42/5 for overall experience.
 - Most constructive feedback was related to venue choice and the challenges of having the meet in a location attached to a casino. We routed this and other concerns to the board so they can keep it in consideration when planning the location of national events.
 - Feedback from **Open Nationals**
 - Overall high overall experience rated 4.35/5
 - Significant positive feedback related to the warm-up room and equipment, and the flow of the event
 - Constructive feedback on the venue and location choice, and communication to the athletes leading up to the meet, specifically the timing of the release of the schedule
 - We're having conversations with board members how to address these concerns going forward and lead to better meet experiences for athletes and everyone involved
- Athlete Advocacy
 - Dozens of times we have been able to act in our liaison capability to advocate for specific concerns from athletes and get them connected with appropriate resources and course of action.



- What we Need from You
 - Get involved! Apply to be a committee member for next year and if you have any questions about what it entails feel free to reach out
 - Continue providing your feedback. We present this to the board so your voices are heard and changes can be made. The feedback that has been received is a part of the conversations that we are having to make these meets even better in the next year
 - Reach out when you need help or have questions. We're here to work for you!



TECHNICAL COMMITTEE REPORT
Billy Keel, Technical Committee Chairperson

First of all, I would like to thank everyone who has signed up as referee, and of course Mr. Clayton who has been wonderful and his help is very valuable. We have had people who have worked hard in some difficult situations but have come through and made it an excellent experience for the lifters, and thank all of you that have been a part of it.

I took this job knowing that it would be a difficult job, not really wanting to take it, and I still feel it is at least a 2-person job. I am always looking for help and a replacement. I feel sometime God puts us in position that we really do not want to do to make a difference, so that is why I am here. I have several ideas I want to try to implement, some of which we have already done.

The most important part of this job is to serve the athletes and make their experience a great one. I also feel we are not serving our lifters at our best, especially the Master Lifters. I am saying this to let the master lifters know that I am in support of your grievance. You are also the largest part of the referee pool and I do not want to lose you. I also feel that some of the information dealing with qualifying totals should go through the technical committee, but at this point I have not been asked my feelings at all.

I look forward to resolving any issues we may have to make the Powerlifting America the great organization that it can be. I look forward to working with you all this following year.



REGIONAL CHAIR REPORTS

Northeast & Mid-Atlantic Region

Steven Mann, Northeast Regional Chair

I. Executive Summary

The Northeast and Mid-Atlantic regions continue to serve as the organization's most consistent growth engine. Over the last four fiscal years (), the regions have matured from foundational "start-up" hubs into high-density competitive environments. Current data reflects an **increase** in sanctioned events since inception, with a strategic focus on youth recruitment and operational standardization.

II. Regional Growth Metrics (YTD)

The following table highlights the expansion of the "Powerhouse" corridor (PA, NJ, NY, and New England):

Metric	Northeast (NE)	Mid-Atlantic (MA)	Total / Avg
Total Events (4yr)	38	42	80
Total Athletes	~1,850	~2,100	~3,950
Avg. Athletes / Meet	48	50	49
Current 2026 Sanctions	12 (Scheduled)	14 (Scheduled)	26+

- **Market Leader:** Pennsylvania and New York remain the most active states, representing a majority of the regional volume.
- **Capacity Alerts:** Established events (e.g., *Summer Slam*, *Holiday Havoc*) are currently reaching capacity within **days** of registration opening, signaling a need for more Level 1 and Level 2 Meet Directors to alleviate the load on "anchor" venues.



III. 2026 Strategic Calendar & Key Events

The 2026 calendar is anchored by recurring "Signature Series" meets designed to build brand loyalty and predictable pathways to Nationals.

- **PA State Championships:** (April 26, 2026) – High-volume qualifier with heavy teen/collegiate participation.
- **Powerlifting America Summer Slam:** (August 29, 2026 – Clarks Summit, PA) – Flagship regional event serving the Scranton/Clarks Summit corridor.
- **Powerlifting America Halloween Havoc:** (October 24, 2026 – Warrington, PA) – Focused on community engagement and local gym (PWRBLD) integration.
- **Powerlifting America Holiday Havoc:** (December 5, 2026 – Scranton, PA) – Annual season-ender with a focus on Masters and Open divisions.

IV. Operational Initiatives & Governance

1. **Standardization of Equipment:** As Regional Chair, I have prioritized the implementation of **IPF-compliant** environments across all sanctions. This includes a strict requirement for calibrated plates and combo racks to ensure "National Level" conditions at the local level.
2. **Referee Development:** We are currently seeing a bottleneck in available State and National referees. A regional seminar is being planned for Q3 2026 to increase our judging pool.
3. **Technological Integration:** We are successfully testing **LiftingCast** and relay-server integrations (including Scoreboard options) to improve the spectator experience and expedite meet-day flow.

V. Looking Ahead: Recommendations to the Board

- **Collegiate Pipeline:** Propose a dedicated "Mid-Atlantic Collegiate Cup" for 2027 to capture the rising interest in PA/VA university clubs.
- **Equipped Division Support:** While Raw lifting is at an all-time high, a strategic push for "Equipped-only" sessions is recommended to preserve this traditional aspect of the sport in the Northeast.

Southeast Region



Mark Leebrick, Southeast Regional Director

Current Membership (03/29/2026)

1. Alabama-29 Members, Increase of 8 members
2. Arkansas-9 Members, Increase of 3 members
3. Florida-396 Members, Increase of 56 members
4. Georgia-223 Members, Increase of 11 members
5. Louisiana-263 Members, Decrease of 2 members
6. Mississippi-28 Members, Increase of 16 members
7. North Carolina-121 Members, Decrease of 37 members
8. South Carolina-35 Members, Decrease of 6 members
9. Tennessee-94 Members, Increase of 16 members

1,198 Members, total increase of 101 members increase since 04/29/2025

2025 Competitions as of 3/29/2026 (Between 04/29/2025-03/29/2026)

1. Alabama-1 Competition
2. Arkansas-0 Competitions
3. Florida- 13 Competitions
4. Georgia-4 Competitions
5. Louisiana-5 Competitions
6. Mississippi-1 Competition
7. North Carolina-2 Competitions
8. South Carolina-2 Competitions
9. Tennessee-4 Competitions

32 Competitions from 04/29/2025-03/29/2026

Upcoming 2024 Competitions as of 03/29/2026

1. Alabama-0
2. Arkansas-0
3. Florida-8
4. Georgia-1
5. Louisiana-5
6. Mississippi-1
7. North Carolina-0
8. South Carolina-0
9. Tennessee-1

16 Upcoming Competitions

The Southeast Region has experienced overall growth, reaching 1,198 total members, an increase of 101 members since April 2025. Florida, Georgia, Tennessee, Mississippi, Alabama, and Arkansas all saw membership gains, with Florida leading the region in both



total members (396) and growth of 56 members. A few states experienced declines, most notably North Carolina with a loss of 37 members, along with smaller decreases in South Carolina and Louisiana.

In terms of activity, the region hosted 32 competitions over the past year, with Florida again leading significantly with 13 events. Louisiana, Georgia, and Tennessee also contributed multiple competitions, while some states had minimal or no activity. Looking ahead, 16 competitions are scheduled, with Florida and Louisiana accounting for the majority, indicating continued strong engagement in those states. Overall, the region shows steady growth and solid competitive activity, though some areas may need increased focus to boost membership and event participation.

Southwest Region

Martin Agoes, Regional Director

Southwest Region Overview

The Southwest Region continued to experience steady and consistent growth throughout 2026 across athlete participation, sanctioned competitions, referee development, and overall federation visibility. The region has continued building stronger local infrastructures while also supporting higher-level competitions and partnerships that have elevated the professionalism and exposure of Powerlifting America within the Southwest. Texas remained a major driver of growth, while Hawaii and Oklahoma also showed promising expansion in both participation and local development. We are still in developing more interest and awaiting to see what will come after open season in the US.

Sanctioned Meets & Competition Growth

State	2025 Meets	2026 Meets	Difference
Texas	11	21	+10
Hawaii	2	1	-1
Arizona	3	4	+1
New Mexico	2	5	+3
Colorado	2	3	+1
Utah	1	2	+1
Oklahoma	1	3	+2

This region saw a significant increase in sanctioned competitions throughout 2026, particularly in Texas, New Mexico, and Oklahoma. Texas continued to establish itself as one of the federation's most active regions with major growth in local and higher-level



competitions, including partnerships and events associated with organizations such as Avancus USA, Titan Support Systems, and Texas Strength Systems. Overall, the meet quality, athlete turnout, and regional visibility continued trending upward across the Southwest.

Membership & Referee Development

State	2025 Members	2026 Members	Difference	2025 Refs	2026 Refs	Difference
Texas	375	580	+205	38	48	+10
Hawaii	41	70	+29	6	3	-3
Arizona	157	154	-3	18	10	-8
New Mexico	52	15	-37	7	9	+2
Colorado	27	28	+1	5	4	-1
Utah	9	7	-2	1	0	-1
Oklahoma	11	21	+10	0	2	+2

Membership and referee development across the region continued to progress positively overall, with Texas demonstrating the strongest overall growth in both athlete participation and referee expansion. Hawaii and Oklahoma also showed encouraging membership growth and continued development at the local level with a new up and coming director. These numbers reflect currently active memberships and certified referees at the time of reporting, which may slightly affect year-to-year comparisons depending on renewal cycles and certification status updates.

Looking Ahead to 2027

For 2027, the Southwest Region will continue focusing on maintaining sustainable growth while improving meet quality and regional consistency across all states. We will continue supporting new meet directors, helping develop stronger local leadership, and encouraging more qualified local lifters to pursue referee certification at both the state and national levels. Continued referee education, mentorship, and athlete development will remain priorities as the region continues expanding.

Closing

It continues to be an honor serving as Regional Director for the Southwest Region. Thank you to our athletes, referees, meet directors, volunteers, and national leadership for their continued support and dedication to the growth of Powerlifting America.



Central Region

Rick Fowler, Regional Director

Here's a quick look at what I've worked on since last meeting.

I wrapped up the Nationals season last year in Las Vegas and was thrilled to have announced at all of our Nationals.

For 2026, I only missed the High School Nationals last month. Being back to back with our Collegiate Nationals, I just couldn't swing it.

Locally, I'm proud to say we held a successful collegiate level event at Greenville University last Winter. Greenville is in Illinois and very close to St. Louis.

Illinois as a whole is the Central region's anchor, as the state will have held 24 meets over 2025 and 2026. Membership for the state is at 115, with some variance for renewals/expired memberships. As the 7th largest state membership, the Land of Lincoln is doing well.

At MPG Fitness (just outside of Chicago), they have a four meet series with a final in July paying out \$17,500. Their plan for next year is to take it Nationally. Drew Cargill has been working closely with Sebastian Carcione in taking their events to another level.

At the 5W event in Chicago this past January, they handed out \$6,000, and for the November 5W event it will be \$7,500. The January event had 150+ lifters, one of the largest ever Powerlifting America local events to date. The 2026 edition will be at a very unique venue, the Zhou B Art Center, a contemporary art gallery. I'm tentatively scheduled to announce at this event, provided my schedule, which is determined by the state of Illinois, doesn't have me busy that weekend.

I'm currently in talks with Drew Cargill about getting a meet off the ground in St. Louis. With four major interstates cutting through the city from different directions, it's a prime location and easy access from all directions.

2026 Central Region meets completed:

Illinois 4

Iowa 0

Indiana 0

Kentucky 1

Michigan 2



Minnesota 0

Missouri 0

Nebraska 1

North Dakota 0

Ohio 2

South Dakota 0

Wisconsin 1

-Meets completed: 11

-Upcoming Central Region meets scheduled: 13
(24 total for Central in 2026)

-37 meets ran in 2025

-Two year total of 61 events over the 11 states of the Central Region.

While we have some areas that need help, we have a number of strong locales that are thriving.

West Region

Timothy Mercer, Regional Director

We're beginning to gain a bit of momentum in the West Region. The West Region includes Alaska, Washington, Oregon, California, Nevada, Idaho, Montana, and Wyoming. Membership has grown precipitously, and referee infrastructure continues to grow as well, though it's not pacing with membership growth. Barriers to referee practical exams continue to hold back referee growth.

Current Membership as of 5/11/2026

- Alaska: 2
- California: 1684
- Hawaii: 272
- Idaho: 208
- Montana: 32
- Nevada: 424
- Oregon: 708
- Washington: 512
- Wyoming: 3
- Total: 3845 (up from 836 last year; +3009)



2026 Competitions as of 5/11/2026

- Alaska: 0/0 sanctioned
- California: 3/3 sanctioned
- Hawaii: 1/1 sanctioned
- Idaho: 1/0 sanctioned
- Montana: 0/0 sanctioned
- Nevada: 1/0 sanctioned
- Oregon: 1/2 sanctioned
- Washington: 1/2 sanctioned
- Wyoming: 0/0 sanctioned



Appendix: Financial Details

	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Jun 2026	Jul 2026	Aug 2026	Sep 2026	Oct 2026	Nov 2026	Dec 2026	Budget Total
	Budget	Budget	Budget	Budget	Budget	Budget	Budget	Budget	Budget	Budget	Budget	Budget	
Income													
Contributed income	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Donations directed by individuals	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	4,200.00
Event Revenue	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	70,000.00	840,000.00
Membership Dues	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	36,000.00	432,000.00
Refunds	-300.00	-300.00	-300.00	-300.00	-300.00	-300.00	-300.00	-300.00	-300.00	-300.00	-300.00	-300.00	-3,600.00
Sponsorship	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	102,000.00
Team Fees	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	12,000.00
Merchandise Sales	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	7,500.00	90,000.00
Total Income	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	123,050.00	1,476,600.00
Cost of Goods Sold													
Merchant Fees	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	3,691.50	44,298.00
Inventory purchases	600.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	7,200.00
Shipping	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	1,100.00	13,200.00
Total Cost of Goods Sold	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	5,391.50	64,698.00
Gross Profit	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	117,658.50	1,411,902.00



Expenses													
Advertising & marketing	1,700.00	1,600.00	290.00	1,680.00	23,200.00	1,600.00	0.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	38,070.00
Awards & grants to others	0.00	0.00	180.00	260.00	0.00	630.00	280.00	0.00	280.00		280.00		1,910.00
Commission	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1,500.00	0.00				1,500.00
Contract & professional fees													0.00
Accounting fees	630.00	630.00	630.00	630.00	630.00	630.00	630.00	630.00	630.00	630.00	630.00	630.00	7,560.00
Anti Doping Fees	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	9,500.00	114,000.00
Coaching Fees	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	8,500.00	102,000.00
Fundraising fees	500.00	500.00	500.00	500.00	500.00	500.00	500.00	500.00	500.00	500.00	500.00	500.00	6,000.00
Legal fees	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	12,000.00
Event Costs													0.00
IPF World Competition USA													0.00
Bench Press Nationals	0.00	0.00	8,000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	8,000.00
Event Contract Labor	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	60,000.00
Event Fees	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	4,000.00	48,000.00
Event Travel & Lodging	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	78,000.00
Event Venue Costs	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	14,000.00	168,000.00
Misc Event Expenses	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	11,000.00	132,000.00
Referee Fees	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	1,800.00	21,600.00
Staff Meals	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	4,800.00
Uniforms	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	2,500.00	30,000.00
Total Event Costs	45,200.00	45,200.00	53,200.00	45,200.00	45,200.00	45,200.00	45,200.00	45,200.00	45,200.00	45,200.00	45,200.00	45,200.00	550,400.00
Insurance													0.00



Liability insurance	12,560.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12,560.00
Total Insurance	12,560.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12,560.00
Occupancy													0.00
Rent	180.00	180.00	180.00	180.00	180.00	180.00	180.00	180.00	180.00	180.00	180.00	180.00	2,160.00
Office expenses													0.00
Bank fees & service charges	420.00	420.00	420.00	420.00	420.00	420.00	420.00	420.00	420.00	420.00	420.00	420.00	5,040.00
Equipment lease & maintenance	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	1,200.00
Internet & TV services	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	350.00	4,200.00
Memberships & subscriptions	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	400.00	4,800.00
Office supplies	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	12,000.00
Shipping & postage	900.00	900.00	900.00	900.00	900.00	900.00	900.00	900.00	900.00	900.00	900.00	900.00	10,800.00
Small tools & equipment	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00	600.00
Software & apps	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	4,800.00	57,600.00
Total Office expenses	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	8,200.00	98,400.00
Payroll expenses													0.00
Taxes	810.00	810.00	810.00	810.00	810.00	810.00	810.00	810.00	810.00	810.00	810.00	810.00	9,720.00
Wages	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	8,100.00	97,200.00
Workers' compensation insurance	30.00	30.00	40.00	40.00	40.00	40.00	40.00	40.00	40.00	60.00	40.00	40.00	480.00
Total Payroll expenses	8,940.00	8,940.00	8,950.00	8,950.00	8,950.00	8,950.00	8,950.00	8,950.00	8,950.00	8,970.00	8,950.00	8,950.00	107,400.00
Purchases													0.00
Reimbursements	800.00	800.00	800.00	800.00	800.00	800.00	800.00	800.00	800.00	800.00	800.00	800.00	9,600.00
Repairs & maintenance	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	1,200.00
Supplies & materials	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	1,200.00



Travel													0.00
Airfare	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	5,500.00	66,000.00
Hotels	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	1,600.00	19,200.00
Taxis or shared rides	200.00	200.00	200.00	200.00	200.00	200.00	200.00	200.00	200.00	200.00	200.00	200.00	2,400.00
Travel Meals	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	12,000.00
Vehicle rental	700.00	700.00	700.00	700.00	700.00	700.00	700.00	700.00	700.00	700.00	700.00	700.00	8,400.00
Total Travel	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	9,000.00	108,000.00
Vehicle expenses													0.00
Parking & tolls	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	1,800.00
Vehicle gas & fuel	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	1,800.00
Total Vehicle expenses	300.00	300.00	300.00	300.00	300.00	300.00	300.00	300.00	300.00	300.00	300.00	300.00	3,600.00
Total Expenses	107,030.00	94,370.00	101,250.00	94,720.00	115,980.00	95,010.00	93,060.00	95,880.00	94,680.00	94,380.00	94,660.00	94,380.00	1,175,400.00
Net Operating Income	10,628.50	23,288.50	16,408.50	22,938.50	1,678.50	22,648.50	24,598.50	21,778.50	22,978.50	23,278.50	22,998.50	23,278.50	236,502.00
Other Expenses													
Exchange Gain or Loss													0.00
Reserve & Buffer	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	120,000.00
Total Other Expenses	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	10,000.00	120,000.00
Net Other Income	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-10,000.00	-120,000.00
Net Income	628.50	13,288.50	6,408.50	12,938.50	-8,321.50	12,648.50	14,598.50	11,778.50	12,978.50	13,278.50	12,998.50	13,278.50	116,502.00