

MATSG's 2nd Lt. Jason Bowers, NASC's Ens. Jan Shultis sweep 2007 U.S. Powerlifting Quest Invitational Southern States Weightlifting Championships

By Ens. Jan Shultis
NASC

Marine 2nd Lt. Jason Bowers of Marine Aviation Training Support Group (MATSG) 21, and his wife, Ens. Jan Shultis of Naval Aviation Schools Command (NASC), arrived in Deluth, Ga., last month to represent the military in the 2007 United States Powerlifting Quest Invitational/Southern States Championships. Twenty-four hours later the pair had earned six new Florida state records and two medals between them, in addition to Bowers' claim of the Best Middleweight Lifter in the Southern States title.

Powerlifting consists of three lifts — the squat, bench press and deadlift.

Each athlete is granted three successively-higher attempts at each lift; at the end of the competition the highest weights lifted are added to achieve a total. For scoring and awards, competitors are split into weight classes, as determined from a weigh-in one hour before the competition begins, as well as age groups for teenage and masters lifters.

Shultis lifted in the morning session April 21, in the women's 60 kg (132 pound) class. She started things off with a 130 kg (287 pounds) squat, followed in short order by a 80 kg (176 pounds) bench and a 142.5 (314 pounds) deadlift, achieving a 352.5 (775 pounds) total and breaking all four Florida state records for both Junior (age 20-23) and Open Women at her bodyweight.

Bowers carried that momentum into the afternoon in the men's 90 kg (198 pounds) class. That day he recorded a 285 kg (628 pounds) squat, a new Florida State Open record, as well as a 190 kg (418 pounds) bench and a 280 kg (617 pounds) deadlift. Bowers' total

of 755 kg (1,661 pounds) was a second Florida State Open record, as well as a qualifying total for the unequipped competition at the 2008 Arnold Classic Sports Festival.

Bowers and Shultis are already back in the Portside Gym training for their next competition. They pair thanks Meika, Sheila, Jim and the rest of the crew at Portside for their unflinching support of their demanding training, and look forward to competing next at the 100 percent RAW National Powerlifting Championships in North Carolina in June, followed by the AAU World Championships in Orlando in October.

Right: Ens. Jan Shultis and 2nd Lt. Jason Bowers — the victorious wife-husband powerlifting team — from Naval Air Station Pensacola pose at the end of the 2007 U.S. Powerlifting Quest Invitational Southern States Weightlifting Championships last month. Between the two lifters, they set six Florida state records and won two medals.

