

1994 Coast Guard Elite Athletes of the Year



ENS Eileen C. Kratt



CPO Crossen is an aviation maintenance chief assigned to Coast Guard Air Station, Astoria, Oregon. As a masters powerlifter, Chief Crossen had an outstanding year in bench press and power lifting competitions. In the Budweiser World Bench Press, he placed First in the heavyweight division (220 pounds) with a lift of 391.5 pounds. In the U.S. Powerlifting Federation (USPF) Oregon Bench Press, he won First Place with a lift of 440 pounds. In the Gold's Gym Summer Bench Press, he won First

Place with a lift of 415 pounds. At the USPF West Coast Open, a powerlifting event, he finished First with a total lift of 1,467 (squat 515, bench 402, deadlift 550) pounds. At the Inland Northwest Championship, he also finished First with a 540 squat, 415 bench, and 575 deadlift and was honored as the outstanding master lifter. In the Annual Clallam Bay Open, his total lift was 1,490 pounds (squat 540, bench 415, and deadlift 535) and he again was selected as the outstanding lifter and finished in First Place.

more on bodybuilding. Following graduation from OCS, she concentrated on preparing for bodybuilding competitions. In July 1994, she placed first in the Ironman Natural California Regional Championship, National Physique Competition, in the lightweight division (114 pounds and under) and First Overall. Based upon this competition, she earned a trip to the 1994 Team Universe National Championship, National Physique Competition, held in Chicago, Illinois, in August. At the Nationals, she finished Second in the lightweight division.



CPO Willard D. Crossen