

JILL ARNOW, INTERNATIONAL REFEREE AND USAPL MA CO-STATE CHAIR

USA POWERLIFTING ACHIEVEMENTS

COMMITTEES

Co-State Chair of Massachusetts
Chair of High School Committee
Former Co-Chair of Washington

COACHING

Level 3 International Coach
Team Manager for US Teams attending IDFPB Bench and Open/Masters Worlds
Head Coach 2019 IPF Open/Junior/Sub-junior Equipped Bench Worlds
Assistant Coach 2013 - 2016 NAPF Regional Championships
Head Coach for St. John's Prep, Danvers, MA
Coaching and Coaching Clinics for Massachusetts Special Olympics Coaches

ACCOLADES

Women's Hall of Fame
Coach of the Year 2025
Washington State Hall of Fame
Two-time Washington State Athlete of the Year

LIFTING

Member/Competitor for 25 years
Three-time Masters Equipped World Champion
Two-time Masters Bench World Champion
Twice on the Open Equipped Team
Multiple Equipped Open, Masters, and Bench National and NAPF titles

REFEREE

International Referee
Referee for 20 years
Co-Technical Secretary for IDFPB Bench Worlds
Helped at over 60 competitions in the last 6 years at the local, state, national, and international levels

EDUCATION

MASTER OF PUBLIC POLICY, EVANS SCHOOL OF PUBLIC POLICY UNIVERSITY OF WASHINGTON, SEATTLE, WA

Focus on Prize Philanthropy (challenges) and Environmental Policy

MASTER OF SCIENCE, CORNELL UNIVERSITY, ITHACA, NY

Major – Exploration Geophysics; Minor - Seismology

BACHELOR OF SCIENCE, UNIVERSITY OF NEW HAMPSHIRE, DURHAM, NH

Major – Geology; Minor – Applied Mathematics

WORK HISTORY

CHALLENGE DESIGNER, FREELANCER.COM, VANCOUVER, CA (CURRENT)

Write rules, submission requirements, and judging rubrics for incentive challenges for the US Government and private companies.

CHALLENGE DESIGN EXPERT/FOUNDING TEAM MEMBER, HEROX, VANCOUVER, CA

Designed challenges for companies, non-profits, and individuals interested in finding solutions from diverse solvers. Helped shaped the organizational structure of the start-up. Led seminars teaching companies about challenge design and guiding them through designing their own challenge.

INDEPENDENT CONTRACTOR

Equipped Excellence – powerlifting coaching

Energy Innovation Fund – Native American energy consultants

Chicago Science Group – Developed elementary science curriculum

Potlatch Fund – Native American Community Foundation

NON-PROFIT ADVISING, GOVERNANCE, AND VOLUNTEERING

Massachusetts Special Olympics – Powerlifting Meet Director, Sailing Skipper

Ms. Foundation for Women – Vice-Chair, Seattle Committee

Tucson Women's Symphony Association – advisor, grant design

Social Justice Fund NW – board chair, grant committee chair

STUDIO ARTIST, SEATTLE, WA

Independent Glass Artist specializing in blown and hot cast glass

Instructor – Pratt Fine Arts Center

Teaching Assistant and Staff – Pilchuck Glass School

DIRECTOR, QUEEN ANNE NEIGHBORHOOD CHAMBER OF COMMERCE, SEATTLE, WA

Supported neighborhood business and worked with the city to improve the quality of a vibrant neighborhood in the shadow of the Space Needle.

ONLINE USER EDUCATION DESIGNER/DEVELOPER, MICROSOFT, REDMOND, WA

Developed online tutorials for early versions of Microsoft products including Excel and Visual Basic.
