Competition Secretary Report

2023 Hudson Valley Regional Open

Date: Saturday June 3, 2023

Venue:

Gold’s Gym

258 Titusville Road

Poughkeepsie, NY 12603

Meet Director: Joe Rodriguez

Competition Secretary: Jeff Scott

Number of athletes who competed: 37

Session 1 (M1 - 12 lifters)

Weigh at 8:00 AM

Lift at 10:00 AM

Session Time: 2 hours and 17 minutes

Weigh in officials: Frank Mintz, Jeff Scott and Dan Boland

Speaker: James McDermott

Timer / Scorekeeper: Emily Miccio

Referees: Dan Boland, Haley Maisonet and Frank Mintz

Loaders: Liz Bruno and Lucas Workman

Session 2 (F1 – 14 lifters)

Weigh in at 11:00 AM

Lift at 1:00 PM

Session time: 2 hours and 8 minutes

Weigh in officials: Victoria Ferreira and Haley Maisonet

Speaker: Jerry Dunne

Timer / Scorekeeper: Emily Miccio

Referees: Dan Boland, Victoria Ferreira and Haley Maisonet

Loaders: Liz Bruno and Lucas Workman

Session 3 (M2 - 11 lifters)

Weigh at 1:00 PM

Lift at 3:00 PM

Session time: 2 hours and 5 minutes

Weigh in officials: Frank Mintz and Jeff Scott

Speaker: James McDermott

Timer / Scorekeeper: Emily Miccio

Referees: Dan Boland, Jerry Dunne, Victoria Ferreira and Haley Maisonet

Loaders: Ian Sedney and Lucas Workman

Timing Statistics:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Group | Start | End | Duration | Athletes | Attempts | Athletes per hour | Time per attempt |
| M1 | 10:12:49 | 12:29:58 | 2:17:09 | 12 | 72 | 5.25 | 0:01:54 |
| F1 | 13:13:48 | 15:21:26 | 2:07:38 | 14 | 84 | 6.58 | 0:01:31 |
| M2 | 15:39:11 | 17:44:06 | 2:04:55 | 11 | 66 | 5.28 | 0:01:54 |
| Average |  |  | 2:09:54 | 12.33 | 74.00 | 5.70 | 0:01:46 |

Event summary:

The 2023 Hudson Valley Regional Open was held on Saturday June 3, 2023 at Gold’s Gym in Poughkeepsie NY and it was a great experience for everyone present, athletes and spectators alike. The venue is a truly exceptional facility with a massive, well-equipped warmup area and a huge field of play and spectator area. The event ran according to the published schedule and featured some really exciting lifting action in both the men’s and women’s categories. The coveted women’s team award went to Cuppa Joe Weightlifting with NY Weightlifting Academy taking home the honors for the men’s team.

A recap of the outstanding lifters in the youth, junior, senior and master divisions is listed below.

Junior Female: Ella Ponterio

Senior Female: Meira Hauser

Master Female:

1. Meira Hauser

2. Darleen Alardo

3. Joelle von Bischoffshausen

Youth Male:

1. August Furman

2. Nathan Jorczak

Junior Male:

1. Kaixi Zou

2. Danny Tymus

3. August Furman

Senior Male: William Palumbo

Master Male:

1. Joe Rodriguez

2. Noah Ottenstein

3. Edgar Garcia

The organizers wish to thank all the volunteers who made the event possible, all the loyal fans of weightlifting who turned out to cheer on the athletes who competed and the event venue host, Gold’s Gym, for their support of the event and the use of their amazing facility, and the sponsors who contributed to benefit the experience and boost the fundraiser for the Cancer Research Institute.