Competition Secretary Report

2023 Larry Mintz Memorial / Long Island Regional Open

Date: Saturday April 15, 2023

Venue:

Black Bear Athletics CrossFit Cobalt

411B Lexington Ave,

West Babylon NY 11704

Meet Director: Christopher Smith

Competition Secretary: Dena Smith and Jeff Scott

Number of athletes who competed: 28

Session 1 (8 lifters)

Weigh at 7:30 AM

Lift at 9:30 AM

Session Time: 1 hour and 54 minutes

Weigh in officials: Christopher Smith and Frank Mintz

Speaker: Artie Drechsler

Timer / Scorekeeper: Jeff Scott

Referees: James McDermott, Jennifer Portillo and Dena Smith

Loaders: Yair Malakov and Anthony Ancilleri

Session 2 (9 lifters)

Weigh in at 9:30 AM

Lift at 11:30 AM

Session time: 2 hours and 4 minutes

Weigh in officials:  Ian Matlak and Frank Mintz

Speaker: Joe Triolo

Timer / Scorekeeper: Dena Smith

Referees: James McDermott, Ian Matlak and Jerry Dunne

Loaders: Daniel Tymus, Anthony Ancilleri, Stephan Julien and Samson Malakov

Session 3 (11 lifters)

Weigh at 12:30 PM

Lift at 2:30 PM

Session time: 1 hour and 55 minutes

Weigh in officials: Dena Smith and Jennifer Portillo

Referees: James McDermott, Jennifer Portillo and Jerry Dunne

Loaders: Deniz Sanchez and Stephan Julien

Timing Statistics:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Group | Start | End | Duration | Athletes | Attempts | Athletes per hour | Time per attempt |
| M1 | 09:45:37 | 11:39:38 | 1:54:01 | 8 | 48 | 4.21 | 0:02:23 |
| M2 | 11:55:28 | 13:59:05 | 2:03:37 | 9 | 54 | 4.37 | 0:02:17 |
| F1 | 14:44:02 | 16:38:55 | 1:54:52 | 11 | 66 | 5.75 | 0:01:44 |
| Average |  |  | 1:57:30 | 9.33 | 56.00 | 4.77 | 0:02:08 |

Event summary:

The 2023 Larry Mintz Memorial / Long Island Regional Open was held on Saturday, April 15 2023 at Black Bear Athletics Crossfit Cobalt in West Babylon NY. The venue is laid out very well with a large, well-equipped warmup area and an expansive field of play and spectator area. The event ran according to the published schedule and featured some outstanding lifting in both the men’s and women’s categories. The coveted team award went to Long Island Weightlifting. A summary of the outstanding lifters in the youth, junior, senior and master divisions is listed below.

Youth Female:

1. Marci Baldinger
2. Czarina Poserio

Junior Female:

1. Marci Baldiner
2. Adriana Ancilleri
3. Angelina Mintz

Senior Female: Stella Ladao

Master Female:

1. Stella Ladao
2. Brittany Gervasi
3. Linda Reesman

Youth Male:

1. Samson Malakov
2. Yair malakov

Junior Male:

1. Larry Mintz
2. Danny Tymus
3. Samson Malakov

Senior Male: Alexander Connery

Master Male:

1. Justin Flores
2. Jerry Dunne
3. Tom Tedesco

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, Michael Rosa, for the use of his facility.