

Competition Secretary Report: New York State Championships

Date: September 30 – October 1, 2023

Venue: Double Tree by Hilton

Address: 225 Water Street, Binghamton, NY 13901

Meet Director: Joe Rodriguez

Competition Secretary: Dena Smith

Competition Secretary: Jeff Scott

Number of athletes who competed: 149

...of which there were 83 women and 66 men.

Recap of the sessions:

September 30, 2023

Session F1 (21 athletes)

Weigh at 6:00 A.M.

Lift at 8:00 A.M.

Session time: 2 hours and 57 minutes

Weigh in officials: Dena Smith and Elissa Smith

Speaker: James McDermott

Timer/Scorekeeper: Dena Smith

Referees: Brett Andrus, Joe Rodriguez and Dan Boland

Loaders: Lucas Workman and Erica Caso

Session F2 (20 athletes)

Weigh in at 10:00 A.M.

Lift at 12:00 P.M.

Session time: 2 hours and 44 minutes

Weigh in officials: Michelle Woogen and Sayvanna SFabian

Speaker: Jerry Dunne

Timer/Scorekeeper: Dena Smith

Referees: Brett Andrus, Frank Mintz and James McDermott

Loaders: Lucas Workman and Kyle Stillwell

Session F3 (16 athletes)

Weigh at 1:00 P.M.

Lift at 3:00 P.M.

Session time: 2 hours and 30 minutes

Weigh in officials: Sayvanna SFabian and Joelle Von Bischoffshausen

Speaker: Chris Smith

Timer/Scorekeeper: Dena Smith

Referees: Jean Fakhoury, Jerry Dunne and Frank Mintz

Loaders: Lucas Workman and Staci Stadler

Session F4 (11 athletes)

Weigh at 4:15 P.M.

Lift at 6:15 P.M.

Session time: 1 hour and 32 minutes

Weigh in officials: Sayvanna SFabian and Alyssa Garrison

Speaker: James McDermott

Timer/Scorekeeper: Dena Smith

Referees: Brett Andrus, Dan Boland, and Jean Fakhoury

Loaders: Sayvanna SFabian and Kyle Stillwell

Session F5 (15 athletes)

Weigh at 5:45 P.M.

Lift at 7:45 P.M.

Session time: 2 hours and 11 minutes

Weigh in officials: Alyssa Garrison and Andi Lange

Speaker: Jerry Dunne

Timer/Scorekeeper: Dena Smith

Referees: Brett Andrus, Dan Boland, and Joelle Von Bishoffshausen

Loaders: Lucas Workman and Andi Lange

October 1, 2023

Session M1 (13 athletes)

Weigh at 6:00 A.M.

Lift at 8:00 A.M.

Session time: 1 hours and 52 minutes

Weigh in officials: James McDermott and Dan Boland

Speaker: James McDermott

Timer/Scorekeeper: Dena Smith

Referees: Dan Boland, Michelle Woogen and Vicki Ferreira

Loaders: Lucas Workman and Andi Lange

Session M2 (18 athletes)

Weigh at 9:15 A.M.

Lift at 11:15 A.M.

Session time: 2 hours and 44 minutes

Weigh in officials: Joe Rodriguez and Frank Mintz

Speaker: Jerry Dunne

Timer/Scorekeeper: Dena Smith

Referees: Dan Boland, Michelle Woogen and Vicki Ferreira

Loaders: Lucas Workman and Kyle Stillwell

Session M3 (19 athletes)

Weigh at 12:45 A.M.

Lift at 14:45 P.M.

Session time: 2 hours and 38 minutes

Weigh in officials: Frank Mintz and Jeff Scott

Speaker: Jerry Dunne

Timer/Scorekeeper: Dena Smith

Referees: Michelle Woogen, Dan Boland and Erica Caso

Loaders: Lucas Workman and Kyle Stillwell

Session M4 (16 athletes)

Weigh at 3:30 P.M.

Lift at 5:30 P.M.

Session time: 2 hours and 25 minutes

Weigh in officials: Jean Fakhoury and Jeff Scott

Speaker: Joe Rodriguez

Timer/Scorekeeper: Dena Smith

Referees: Frank Mintz, Chris Smith and Erica Caso

Loaders: Jackie Cash and Brenna Kenney

Timing statistics for the event:

Group	Start	End	Duration	Athletes	Attempts	Athletes per hour	Time per attempt
F1	08:16:37	11:13:55	2:57:17	21	126	7.11	0:01:24
F2	12:13:27	14:57:24	2:43:56	20	114	6.95	0:01:26
F3	15:14:43	17:45:05	2:30:22	16	96	6.38	0:01:34
F4	18:27:15	19:59:15	1:32:00	11	66	7.17	0:01:24
F5	20:14:24	22:25:00	2:10:36	15	87	6.66	0:01:30
M1	08:15:53	10:07:25	1:51:31	13	78	6.99	0:01:26
M2	11:28:32	14:12:06	2:43:33	18	106	6.48	0:01:33
M3	15:00:02	17:37:45	2:37:43	19	113	7.16	0:01:24
M4	17:58:45	20:23:45	2:25:00	16	93	6.41	0:01:34
Average			2:23:33	16.56	97.67	6.82	0:01:28

Outstanding Lifter Awards:

youth female (sinclair) = Marci Baldinger

youth male (sinclair) = Trever Weeden

junior female (sinclair) = Tyler Bergman

junior male (sinclair) = Connor Lacey

open female (sinclair) = Juliana Riotto

open male (sinclair) = Luke Dalberg

master female (smf) = Nidia Pardo

master male (smf) = Robert Santoro

team female = Gryphon Strength

team male = Aevitas Weightlifting

Open Division Results: Please refer to the NY WSO website for the open division results for all weight categories contested.

Youth, Junior and Master Division Medals:

Youth Female

Category	Gold	Silver	Bronze
F40	Lily Morris	Bailey Lange	
F55	Danika Lorenzo	Czarina Poserio	
F71	Ariana Feraro	Sarai Millwood	
F76	Marci Baldinger		
F81	Reagan Frommer		
F81+	Viviana Smith		

Youth Male

Category	Gold	Silver	Bronze
M49	Eli Valero	Elijah Malakov	Ethan Morris
M55	Mateo Zikoyanis		
M61	Landon Tarazona	Jacob Trunzo	
M67	Samson Malakov		
M73	Adam Hawrylchak	Yair Malakov	
M89	Trever Weeden		
M102	Milo Janata		

Junior Female

Category	Gold	Silver	Bronze
F45	Adriana Ancilleri		
F49	Angelina Mintz		
F55	Czarina Poserio		
F64	Tyler Bergman		
F71	Ariana Ferraro		
F76	Marci Baldiner	Carissa Calderone	

Junior Male

Category	Gold	Silver	Bronze
M89	Trever Weeden	Larry Mintz	
M96	Connor Lacey		
M102	Daniel Tymus	Milo Janata	

Master Female

Category	Gold	Silver	Bronze
W35 – F55	Christina Casey		
W35 – F59	Jessica Morris	Vanessa Aguilar	
W35 – F64	Michelle Woogen	Lisa Nichols	Teresa Ober
W35 – F71	Lucille Murphy	Joelle vonBischoffshausen	
W35 – F87+	Maria Lopez- Guardone		
W40 – F55	Alexandria Zikoyanis		
W40 – F59	Nidia Pardo	Jenny Globerson	
W40 – F64	Erin Martin		

W40 – F71	Lydia Marquez		
W40 – F76	Amy Stumvoll		
W40 – F81	Jenny Ordon	Nicole Tarazona	Lora Chandra
W40 – F87	Maria Oakden		
W40 - F87+	Brandi Eustice		
W45 – F71	Anne Herrick	Terri Noll	
W45 – F81	D Roman-Gonzalez		
W45 – F87+	Hillary White	Kimberly McClain	
W50 – F55	Jean Beattie		
W50 – F59	Stella Ladao		
W50 – F71	Tatiana Nikitina		
W50 – F87	Traci Meier		
W60 – F55	Mary Storch		
W60 – F64	Lou DiPetta		
W60 – F71	Victoria Ferreira		
W70 – F64	Linda Reesman		

Master Male

Category	Gold	Silver	Bronze
M35 – M73	Bryan Jow		
M35 – M89	Jean Fakhoury		
M35 – M109	Ryan Hansen		
M40 – M89	Kyle Harms		
M45 – M81	Robert Santoro		
M45 – M102	Brett Andrus		
M50 – M81	Damon Ross-Walker		

M50 – M96	Richard Ignizio		
M50 – M102	Jonathan Stroble		
M55 – M102	James Storch		
M55 – M109	Jeff Fair		
M65 – M89	Tom Tedesco	Greg Decker	
M75 – M73	Jerry Dunne		

Event Summary:

The event ran according to the published final schedule with the exception of the last session on each day. The environmental conditions on both competition days were excellent, with comfortable temperatures for the athletes in the warm-up area and field of play. The entire facility was well maintained throughout the event. The platform was well constructed using a two-layer overlapping design in a 12 x 12 presentation. The competitors had access to seven warm-up platforms and a female and male changing rooms each outfitted with an accurate check scale.

Shout Outs:

The volunteers who worked at the meet can't be thanked enough. Volunteers are the lifeblood of any competition and the individuals who donated their time and energy last weekend are truly amazing.

A huge thank you goes out from the organizers to Lucas Workman. Lucas loaded seven sessions, helped set up/breakdown, and also helped with loading, unloading and transport of the equipment from Poughkeepsie to Binghamton and back. He worked very hard from Friday to Monday with very few breaks in the action.

The organizers also wish to thank Ariel Ofri-Akman for doing such an outstanding job singing the national anthem a cappella on both days before the start of the competition, and for pitching in with odds and ends throughout the event.

Many thanks to the dedicated individuals who participated in the setup:

Joe Rodriguez
James McDermott
Alyssa Garrison
Erica Caso
Lucas Workman
Sam Axten
Sayvanna SFabian

And after the last lift came crashing down, the folks who helped break it all down:

Joe Rodriguez
James McDermott
Jerry Dunne
Alyssa Garrison
Chris Smith
Dena Smith
Lucas Workman
Linda Reesman
Tom Tedesco
Dan Boland
Steve Boerner
Sam Axten

The organizers are very grateful to all of the clubs that loaned equipment for use at the event and to the generous and supportive sponsors, who made the experience so much better for the athletes.

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LMNT
Rock Tape
Weightlifting House
Iron Brand Clothing Co.
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Report prepared by:

Jeff Scott
Competition Secretary