

Competition Secretary Report
2023 Adirondack Weightlifting Regional Open

Date of the event: Saturday March 25, 2023

Name and address of the venue:

Albany CrossFit
444 Sand Creek Road,
Albany, NY 12205

Meet Director: James McDermott
Competition Secretary: Jeff Scott

Number of athletes: 60 – 24 men and 36 women

Session 1 (18 female athletes)

Weigh-in at 6:00 AM
Lift at 8:00 AM

Weigh in officials: Sara Soto and Haley Maisonet

Speaker and Marshall: Joe Rodriguez
Scorekeeper and Timer: Dena Smith
Data Entry: Jeff Scott

Referees: Sara Soto, Frank Mintz and Dan Boland

Loaders: Josh Heller and Christina Pierotti

Session 2 (18 female athletes)

Weigh in at 9:00 AM
Lift at 11:00 AM

Weigh in officials: Dena Smith and Alyssa Garrison

Speaker and Marshall: Joe Rodrigez
Scorekeeper and Timer: Dena Smith
Data Entry: Jeff Scott

Referees: Brett Andrus, Sara Soto and Dan Boland

Loaders: Josh Heller and Christina Pierotti

Session 3 (13 male athletes)

Weigh in at 12:30 PM

Lift at 2:30 PM

Weigh in officials: Frank Mintz and Chris Smith

Speaker and Marshall: Chris Smith

Scorekeeper and Timer: Dena Smith

Data Entry: Jeff Scott

Referees: Haley Maisonet, Joe Rodriguez and Dan Boland

Loaders: Jason Murphy and Jennifer Howell-Clark

Session 4 (11 male athletes)

Weigh in at 2:30 PM

Lift at 4:30 PM

Weigh in officials: Frank Mintz and Brett Andrus

Speaker and Marshall: Joe Rodriguez

Scorekeeper and Timer: Dena Smith

Data Entry: Jeff Scott

Referees: Dan Boland, Chris Smith and Frank Mintz

Loaders: Jason Murphy and Jennifer Howell-Clark

Timing Statistics:

Group	Start	End	Duration	Athletes	Attempts	Athletes per hour	Time per attempt
F1	08:14:00	10:36:01	2:22:00	18	108	7.61	0:01:19
F2	11:13:44	13:31:47	2:18:02	18	107	7.75	0:01:17
M1	14:43:07	17:12:42	2:29:35	13	78	5.21	0:01:55
M2	17:25:13	19:26:01	2:00:48	11	65	5.38	0:01:52
Average			2:17:36	15.00	89.50	6.49	0:01:36

Event summary:

The 2023 Adirondack Weightlifting Regional Open, hosted by Albany CrossFit and the Albany CrossFit Barbell Club consisted of four sessions of exciting weightlifting. Sixty athletes took the platform. The event featured some of the top lifters in the NY WSO. The lifting was of a very high quality in every session and competition was keen in many of the categories. The event was livestreamed to the New York Weightlifting YouTube channel and is available in recorded format for viewing at:

<https://www.youtube.com/live/GK1jwlH8DA4>

Results were posted to USAW on 3/26/23. Overall and Team Awards/Placing are listed below:

Female

Overall Youth: 1st Stella Reyes, 2nd Arianna Ferraro, 3rd Reagan Frommer

Overall Junior: 1st Tyler Bergman, 2nd Stella Reyes, 3rd Adriana Ancilleri

Overall Masters: 1st Lucille Murphy, 2nd Alexandra Zikoyanis, 3rd Jessica Morris

Best Female Lifter: Emily Sallome

Male

Overall Youth: 1st Mateo Zikoyanis, 2nd Cole Walsh

Overall Junior: 1st Mateo Zikoyanis, 2nd Cole Walsh

Overall Masters: 1st Matt Reines, 2nd Mark Louros, 3rd Jean Fakhoury

Best Male Lifter: Christian Tsakanikas

Team Awards

Women

Gryphon Strength Barbell

Men

Gryphon Strength Barbell

The organizers wish to thank all of the volunteers who made the event both possible and a success. Thank you to those who brought equipment: Sam Axten, Alyssa Garrison, and Owen Putnam from Aevitas Weightlifting – Frank Ford and Traci Meier from SONA Weightlifting – Joe Rodriguez from Cuppa Joe Weightlifting. Thank you to Michael Rodriguez for his excellent work on the event livestream.

Jeff Scott
Competition Secretary