

# 3<sup>rd</sup> Annual Lake Effect Lift Off

## Presented by 315 Weightlifting

Official Report of the Event

**Date:** Saturday, February 2, 2019

**Place:**

CrossFit 315  
8319 Brewerton Rd  
Cicero, NY 13039

**Meet Director:** Ryan Stoffle

**Competition Secretary:** Ryan Stoffle 1000348

**Event Location**

The facility at CrossFit 315 was spacious and well maintained. The platform was well constructed and provided easy access from the warm up area. There was ample room for referees and spectators. The warm-up area provided the necessary room and equipment for warm-up for each session.

**Lifting Order and Time Keeping**

The sessions were run by Brian Allen and Stacey Stoffle. Brian managed time keeping, announced the lifting order and weights to be loaded on the bar. He was assisted by Stacey.

**Referees**

There were eight referees who rotated to cover all three sessions. Therese Stragis 1015559, Mitchell Graves 1012753, John Rivero 221594, Jim Storch 101046, Ryan Stoffle 1000348, James McDermont 189020 and, Andrea Holbrook 1018389. Weigh-ins were conducted for men by Ryan Stoffle and John Rivero. Therese Stragis and Andrea Holbrook handled weigh-ins for female lifters.

**Loaders**

Loaders included Mark Lado, Chris Wallen, Chelsea Armstrong, Jack McDonough, Dan Seliger, Ron Vivaqua, Jess Perone, and Nate Gresock.

### **Participants**

There was a total of 57 lifters, . There were four sessions, two for males and two for females. The male sessions started at 9:00am and 11:15am. The female sessions started at 1:30pm and 3:30pm.

### **Event**

The event started on-time beginning with Male Session 1 weigh-ins at 7:00am followed by the start of Session 1 at 9:00am. The Weigh-ins for Male Session 2 started at 9:30am, lifting started on-time at 11:30am. Weigh-ins for Female Session 1 started at 11:30am, lifting started on-time at 1:30pm. Female Session 4 weigh-ins began on-time at 1:30pm and lifting started promptly at 3:30 pm.

Awards for each session were presented during following session, during the 10 min break between snatch and clean and jerk.

The referees used a tablet for indicating a good or no lift and had paddles as a back-up. There were no competition issues.

### **Results**

The competition results have been provided. In addition to the lifting results, Gwen Proper was awarded the best female lifter and Brennan Colwell was awarded the best male lifter.

AFF.	#	TAS	LAST NAME	FIRST NAME	CAT	B.W.	Team	SNATCH			Best snatch	CLEAN&JERK			Best C&J	Total	Rank	Sinclair	
								1	2	3		1	2	3				Sinclair	SMF
1037251	1	29	Payton	Terianne	f55	54.90		61	(64)	64	64	75	79	82	82	146	1	209.356	940.635
200982	2	47	Petroccione	Amanda	f59	58.90		(58)	(58)	62	62	75	(79)	82	82	144	1	196.894	884.645
1020869	2	26	Garrison	Alyssa	f59	57.20	Crossfit Round Lake	55	(58)	(60)	55	70	75	(78)	75	130	2	181.234	814.286
1023805	1	10	Cifonelli	Holly	f59	58.40	Crossfit Mohawk Valley	43	45	(48)	45	55	58	60	60	105	3	144.373	648.668
1037484	3	99	Ingersoll	Kathleen	f59	55.70		37	41	44	44	53	58	61	61	105	-	149.057	669.712
1029356	5	43	Proper	Gwen	f64	61.10		60	64	69	69	83	88	(92)	88	157	1	209.689	942.134
1014286	3	3	Stone	Heather	f64	62.60	Crossfit Round Lake	56	60	63	63	77	81	(84)	81	144	2	189.459	851.240
1036826	4	11	Feldmaier	Julia	f64	63.80	Crossfit Round Lake	60	(65)	(65)	60	72	76	82	82	142	3	184.695	829.835
1036215	5	49	Valerio	Maria	f64	64.00	Chosen Barbell Club	50	55	59	59	60	65	(69)	65	124	-	160.982	723.292
220916	4	17	Yager	Kristy	f64	61.10	Crossfit Mohawk Valley	42	46	(49)	46	62	65	68	68	114	-	152.258	684.097
1036987	6	8	Kovalevich	Lena	f71	68.50	Crossfit Round Lake	(64)	66	(70)	66	85	88	91	91	157	1	196.042	880.815
1029839	8	54	Walker	Taylor	f71	68.90		62	64	66	66	76	79	81	81	147	2	182.970	822.086
1037078	7	36	Teague	Kylee	f71	70.10	Crossfit Round Lake	58	61	64	64	72	76	(80)	76	140	3	172.640	775.673
1033646	6	25	Chandler	Olivia	f71	70.10		30	35	(46)	35	50	(55)	55	55	90	-	110.983	498.647
1020874	11	18	Pietrzykowski	Chelsea	f76	73.80	McKenna's Gym	(74)	74	(78)	74	95	100	(106)	100	174	1	208.941	938.773
1016299	9	7	Carlson	Kyrsten	f76	72.60	Category 5 Athletics	71	74	(76)	74	91	-	-	91	165	2	199.780	897.611
210466	12	21	Jones	Rachel	f76	75.30		65	68	(71)	68	86	90	(95)	90	158	3	187.858	844.048
1016254	10	16	Stumvoll	Amy	f76	74.00		67	69	71	71	77	80	82	82	153	-	183.477	824.361
1035529	7	15	Hart	Sarah	f76	74.50	Chosen Barbell Club	53	57	60	60	75	80	83	83	143	-	170.914	767.917
216280	8	45	Meier	Traci	f76	73.50	Crossfit Sona	35	40	43	43	53	57	60	60	103	-	123.936	556.844
1014307	13	42	Jackson	Abigail	f81	78.40	Crossfit Round Lake	56	59	(62)	59	(73)	75	79	79	138	1	160.986	723.311
1037398	9	22	Cole	Amy	f81	78.50		32	35	37	37	45	(50)	50	50	87	2	101.432	455.735

1013006	10	33	Rutkoski	Kitty	f87	86.20	East Coast Gold	53	(56)	57	57	65	70	75	75	132	1	147.894	664.488
1036618	12	50	Frost	Amanda	f87	94.60	Chosen Barbell Club	50	55	59	59	70	75	78	78	137	1	148.419	666.846
1036816	11	6	Gonzalez	Myla	f87	98.20		37	42	(48)	42	50	55	(60)	55	97	2	103.847	466.582
1024057	1	9	Sardo	Michael	m67	65.90		73	76	(79)	76	97	(100)	(103)	97	173	1	236.662	1063.324
1023201	2	5	Arryo-Garcia	Justin	m73	71.50	Steamtown Barbell	83	87	91	91	(115)	117	122	122	213	1	277.169	1245.322
1013880	2	51	Kowalwski	Kody	m81	80.00	Round Lake Weightlifting	101	106	114	114	120	126	(134)	126	240	1	293.599	1319.140
185080	3	52	Axten	Samuel	m81	80.00	Round Lake Weightlifting	93	98	105	105	118	(126)	(137)	118	223	2	272.802	1225.700
1037095	3	2	Steffey	Nolan	m81	80.00	Round Lake Weightlifting	(84)	84	93	93	105	112	120	120	213	3	260.569	1170.736
1025834	9	53	O'Brien	Phillip	m81	80.80	Round Lake Weightlifting	85	92	(100)	92	(110)	112	114	114	206	-	250.730	1126.531
1037089	4	20	Carmody	Ryan	m81	79.30		77	80	(83)	80	115	120	123	123	203	-	249.464	1120.844
1033627	6	32	Zheng	Danny	m81	79.40		(86)	86	90	90	106	(112)	(112)	106	196	-	240.705	1081.487
1036214	5	28	Jackel	Brandon	m81	79.50	Chosen Barbell Club	74	(78)	(79)	74	(97)	97	(103)	97	171	-	209.866	942.928
189020	0	41	McDermont	James	m81	80.20	Albany Crossfit Barbell Club	67	70	(73)	70	86	89	92	92	162	-	197.926	889.281
1033862	8	38	DeStefano	David	m81	79.70		54	59	(64)	59	75	79	84	84	143	-	175.274	787.508
1038619	7	35	Perrone	Jesse	m81	81.00	315 Weightlifting	55	(59)	59	59	75	80	(87)	80	139	-	168.971	759.185
211490	1	40	Schuster	Scott	m81	79.00		118	(122)	(122)	118	(142)	(146)	(146)	-	-	-	-	-
1011808	5	34	Fitzgerald	Joseph	m89	86.80	O.B. Training & Sports Performance	85	93	100	100	110	115	125	125	225	1	264.539	1188.572
1003195	4	31	Smith	Andrew	m89	86.40		93	(97)	(98)	93	127	(132)	132	132	225	2	265.103	1191.108
1014564	10	14	Crouse	Kellen	m89	87.20	Round Lake Weightlifting	87	92	(96)	92	103	107	(113)	107	199	3	233.477	1049.013
192727	8	24	Colwell	Brennen	m96	95.60	12th Ward Weightlifting	126	(130)	130	130	165	173	(174)	173	303	1	341.811	1535.758
1035981	7	4	Rogan	Joe	m96	95.80	East Coast Gold	125	130	(135)	130	(158)	(159)	160	160	290	2	326.875	1468.651
10004798	9	37	Schrader	Brandon	m96	94.50	Crossfit Mohawk Valley	102	(110)	113	113	125	135	(143)	135	248	3	281.066	1262.830
1024058	6	1	Ford	Frank	m96	94.80	Albany Crossfit Barbell Club	97	101	(105)	101	135	141	(148)	141	242	-	273.916	1230.704

221594	10	13	Rivero	John	m102	101.2 0	315 Weighlifting	128	(132)	(132)	128	150	(155)	(158)	150	278	1	306.929	1379.034
1007792	11	39	Missall	Roy	m102	96.20	Chosen Barbell Club	100	(105)	105	105	120	126	(131)	126	231	2	259.946	1167.937
1022722	11	30	Lado	Mark	m102	99.60	315 Weightlifting	68	(70)	70	70	105	111	115	115	185	3	205.443	923.053
1026367	12	44	Gerber	Michael	m109	103.0 0	Round Lake Weightlifting	100	(105)	(107)	100	142	150	(155)	150	250	1	274.299	1232.426



