

NY WSO Board Meeting – Sunday, January 19th, 2025.

Zoom Meeting

The meeting was called to order by WSO President, James McDermott, at 7:09 pm

Board members present: Joe Rodriguez, Chris Smith, Alyssa Garrison, Frank Ford, Julia Falamas, and James McDermott.

Excused Absence: Erica Caso, Michelle Woogen, and Brian DeGennaro.

Agenda:

General Items:

- Financial Report.
- Discord.
- Coaching Scholarships.
- National Youth & Junior Championships Scholarships.
- WSO Awards.
- New Weight Classes & WSO Records.
- NY WSO Website Payment (Vote).
- ADK Banner (Vote).
- WSO Committees: Events, Historical, and Athlete Support (Vote).
- Rebate Money Distribution (Vote).

2025 NYS Championships Items:

- Hotel Updates.
- Saturday Social.
- Volunteer Save the Date.
- Entry Form Changes (Vote).
- Budget Changes (Vote).
- BARS Sanction Approval (Vote).
- Medals: Design Change & Order (Vote).

Meeting Minutes:

General Items:

Financial Report: James reviewed the closing 2024 and opening 2025 balance sheets. In 2024, the WSO opened the year with a balance of \$15,639.81, earned \$17,965.99 from the State Championships and \$1,550 in sponsorships, and received \$5,000 from USAW. The WSO spent \$40,386.34 on scholarships, operational costs, and on equipment for the NYS Championships, \$230.54 over budget and income from the year. In 2025, the WSO starts with an available balance of \$23,930 - \$18,000 in projected income from the NYS Championships (to be adjusted to actual post event) and \$5,930 budget allocation from USAW (based on 1,041 members and 29 events sanctioned in 2024).

Discord: James discussed the possibility of discontinuing use of the board WSO discord channel in favor of other forms of communication and document storage. Changes to be made in the coming weeks.

Coaching Scholarships: The application period is currently open until Friday, January 31st. The board will review applications and vote to award scholarships at the February meeting.

Youth & Junior Scholarships: The application period is open and closes when the qualification deadline for the National Youth and Junior Championships closes.

WSO Awards: Results for the outstanding athlete and coach of the year awards are currently being calculated. Discussion was had on whether or not to announce winners right away or to wait for the April General Membership meeting – all were in agreement to inform the membership earlier instead of waiting.

New Weight Classes & WSO Records: Discussion was had on the newly announced IWF weight classes and how they'd effect state and state meet records. The board will wait for USAW to post record standards and then decide how best to proceed.

NY WSO Website Payment: James moved to approve the annual payment of the www.nywso.com website. James will either pay himself and receive reimbursement or has been approved to request USAW put the WSO card on file. Seconded by Alyssa Garrison. All in favor – the motion passes.

NYC Website: Julia Falamas incurred an unexpected expense on an old NYC weightlifting website she acquired when taking on the representative role. James moved to reimburse her for the charge. Seconded by Alyssa Garrison. 5 in favor, 1 abstain – motion passes.

ADK Banner: James moved to purchase a new banner for the Adirondack Region. James will either receive reimbursement or forward the invoice to USAW for payment. Seconded by Joe Rodriguez. All in favor – motion passes.

WSO Committees: Discussion was had on committees formed by the board in 2022 to work on various projects: the events, historical, and athlete support committees. Due to inactivity or original task being accomplished, James moved to disband these committees. Seconded by Julia Falamas. All in favor – motion passes.

Rebate Money Distribution: Due to the WSO no longer receiving quarterly rebates, with funds being given in a lump sum from USAW annually, James moved to removed the verbiage on the website on 25% of quarterly earnings being held in a separate scholarships account and end the program. Scholarships will instead be planned for annually and funds distributed throughout the year. Seconded by Chris Smith. All in favor – motion passes.

NYS Championships:

Hotel Updates: James informed the board that a place saver catering order has been given to the hotel. The hotel has given him the room discount code for 2025 and is working on producing a link for members to purchase tickets. They're also looking into floor wire coverings that may be useful at the event.

Saturday Social: Discussion was had on the feasibility of hosting a social at the event. At the moment it may not fit the current event schedule.

Volunteer Save the Date: James will be reaching out to national, cat 2, and cat 1 technical officials from around the country for event support.

Entry Form: James moved to approve the updated meet entry form (attached). Seconded by Joe Rodriguez. All in favor – motion passes.

Budget Changes: James moved to approve the updated event budget (attached). Seconded by Chris Smith. All in favor – motion passes.

BARS Sanction: James moved to approve the meet sanction request to USAW. Seconded by Joe Rodriguez. All in favor – motion passes.

Medals Design: Discussion was had on a new design for NYS Championships medals. James will request changes based on board member feedback and order a sample.

Meeting adjourned at 8:11 pm.

Next Meeting: Sunday, February 23rd, 2025 at 7:00 PM.

ENTRY FORM

2025 New York State Championships
Saturday, September 27 & Sunday, September 28
Double Tree by Hilton. 225 Water Street, Binghamton, NY.

This competition is a National University Qualifying Event for the 2026 National University Championships.

Registration:

- o 200 Athlete Cap. Registration will close early if the cap is met.
- o A waitlist with instructions will open if the event sells out.
- o Entrants will be given a t-shirt.

Refund Policy:

- o Athletes may receive a 50% refund through Monday, September 15, 2025.
- o NO REFUNDS after September 15, 2025.
- o There will be no transfers of registrations permitted.

Early Bird Registration:

**** YOU ARE ONLY ELIGIBLE FOR AN AWARD IN THE CATEGORY YOU ENTER ****

- o May 1st, 2025 to June 30th, 2025.
- o \$65 for Youth Athletes.
- o \$65 for Junior Athletes.
- o \$105 for Senior Athletes
- o \$105 for Masters Athletes.

Regular Registration:

**** YOU ARE ONLY ELIGIBLE FOR AN AWARD IN THE CATEGORY YOU ENTER ****

- o July 1st, 2025 to August 31st, 2025.
- o \$85 for Youth Athletes.
- o \$85 for Junior Athletes.
- o \$125 for Senior Athletes.
- o \$125 for Masters Athletes.

Important Information:

- o Verification of Final Entries (VOFE) & Technical Officials meetings on Sunday, September 21st at 7:00 PM.
- o Spectators are free and welcome to attend the event.

- o **Equipment:** IWF certified competition equipment. All kilo equipment in warm up room.
- o **Livestream:** Event livestream to be hosted on the NY Weightlifting YouTube Channel ([Link](#)).
- o **Check Scale:** A scale will be at the venue Friday night, September 26th, for athletes to check weight.
- o **Training Hall:** Platforms, barbells, and plates will be available Friday night for athletes.
- o **Location Amenities:** A sauna, pool, hot tub & gym can be found at the hotel.

Rules:

- o USAW/IWF rules apply, [click here](#).
- o There are currently no qualifying totals for this competition.
- o **Age Groups:** Youth: 13 – 17 years of age, Junior: 15 – 20 years of age, Senior: 15+ years of age, Masters: 35+ years of age.
- o 20-kilo rule will be enforced.
- o Athletes are only eligible for an award in the age category they register under. For example, a person registering as a junior athlete is only eligible for an award in the Junior division. They are not eligible for medals in the Youth (if they fall within the age category) or Senior divisions. Athletes may register for multiple age groups if they meet the eligibility criteria per USAW and wish to compete for multiple medals.
- o NYS Championship Meet Records and NY State Records can be broken.
- o Athletes need to be a resident of New York State or a member of the NY WSO in order to earn NYS Championship Meet records, podium placement, and team points.
- o Out of state lifters who are not NY WSO members are welcome to compete, but are not eligible for awards, record setting, and cannot be counted as team members.
- o Non-US Citizens may compete and are eligible for placement, set state or state meet records, and count toward team points as long as they hold a current USA Weightlifting membership, are in good standing, are a member of the NY WSO, and are a resident.
- o Government photo ID is required at weigh-in along with your current USAW membership card (phone images acceptable).
- o This is not a local meet and championship level standards will be upheld. After the VFE meeting, ***athletes will not be allowed to move up or down weight classes***. The only exception to this rule is youth athletes (up to 17 years old). Youth athletes may go up a weight class, but they cannot go down.

o Athletes who fail to make weight will not be in contention for podium placement or other awards (this includes contributing points in the team competition). Athletes who do not make weight will have their body weight recorded in the body weight category it falls within. They will still be allowed to lift in their designated session and have results uploaded to BARs so they can be used for qualification purposes. Athletes who do not make weight can still set or break state or state meet records.

o IWF & USAW Weigh-In Rules, Regulation 6.4, Section 10:

“Athletes must be weighed in their weightlifting costume. Athletes must not wear shoes or socks or any other footwear during the weigh-in. If an athlete is over their officially entered bodyweight category, 250 grams can be deducted from the weight shown on the scales to allow for the weight of the Costume. If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.”

To provide additional clarification on Regulation 6.4 / Weigh-in, below is an example demonstrating a senior female athlete competing in the 81 kg weight class. The example shows how a technical official should record the weight and proceed in multiple scenarios.

Athlete's Weight: Action

- o 76.01 kg: Record the weight as 76.01. Athlete is within the limits of the 81 kg division.
- o 80.95 kg: Record the weight as 80.95. Athlete is within the limits of the 81 kg division.
- o 81.0 kg: Record the weight as 81.0. Athlete is within the limits of the 81 kg division.
- o 81.05 kg: Record the weight as 81.0. Athlete is within the limits of the 81 kg division.
- o 81.1 kg: Record the weight as 81.0. Athlete is within the limits of the 81 kg division.
- o 81.15 kg: Record the weight as 81.0. Athlete is within the limits of the 81 kg division.
- o 81.2 kg: Record the weight as 81.0. Athlete is within the limits of the 81 kg division.
- o 81.25 kg: Record the weight as 81.0. Athlete is within the limits of the 81 kg division.
- o 81.3 kg: Athlete is overweight. Needs to lose 50 g to compete as an 81 kg athlete.
- o 81.35 kg: Athlete is overweight. Needs to lose 100 g to compete as an 81 kg athlete.
- o 81.40 kg: Athlete is overweight. Needs to lose 150 g to compete as an 81 kg athlete.

REGISTER A TEAM HERE (link TBA)

Teams Registration:

- o May 1st, 2025 to September 21st, 2025.
- o \$50 to register only a single men's team or a single women's team.
- o \$100 to register both a male and a female team.

Teams Information:

- o 3 athletes constitute a team (3 men or 3 women). Up to 5 athletes will be accepted for the team roster, but only the top 3 scores will count towards points.

- o All team members must represent the same club as indicated on their USAW BARS account.
- o The club must be registered in the NY WSO and non-expired through the last day of the competition.
- o **Scoring:** 1st place is 12 points, 2nd place is 9 points, 3rd place is 8 points, 4th place is 7 points, 5th place is 6 points, 6th place is 5 points, 7th place is 4 points, 8th place is 3 points, 9th place is 2 points, 10th place is 1 point.
- o **Age Groups:** Youth, Junior, and Masters athletes may be listed on a team. However, they can only earn points in the OPEN division. Example: An 81 kg youth athlete places 1st in the youth division and 3rd in the open division – they have earned their team 3rd place points.
- o **Tie-Breakers:** First tie-breaker is the number of first place scores, second tie-breaker is the sum total of team Sinclair scores.
- o Email team name and the names of the athletes on your team(s) to james.amcd@yahoo.com.

Prizes & Awards

- o **Medals:** Awarded to the first, second, and third best totals for all bodyweight categories for men and women in the following age groups.

Medals will be given out for the following Youth (up to age 17) Bodyweight Categories:

Men: 60, 65, 71, 79, 88, 98, 110, +110 kg.

Women: 48, 53, 58, 63, 69, 77, 86, +86 kg.

Medals will be given out for the following Junior & Senior Bodyweight Categories:

Men: 56, 60, 65, 71, 79, 88, 98, +98 kg.

Women: 44, 48, 53, 58, 63, 69, 77, +77 kg.

Masters Bodyweight Categories are the same as Junior and Senior. However, Masters athletes are also eligible for medals within their Age Group as well. Every 5 years presents a new age group e.g., 35-39, 40-44, 50-54 and so on.

- o Athletes are only eligible for an award in the age category they register under. For example, a person registering as a junior athlete is only eligible for an award in the Junior division. They are not eligible for medals in the Youth (if they fall within the age category) or Senior divisions. Athletes may register for multiple age groups if they meet the eligibility criteria per USAW and wish to compete for multiple medals.
- o **Plaques:** Awarded by Sinclair to the best male and female athletes in the Youth category. Awarded by SMF to the best male and female athlete in the Masters category.
- o **Cash Prizes:** \$300 awarded by Sinclair to the best male and female athletes in the Junior and Senior categories.

- o **Banners:** Awarded to the best men's team and the best women's team.

Preliminary Schedule

Saturday 9/27/2025:

Red Platform:

- o Session 1 Women - Weigh-in 6:00 AM, Lift 8:00 AM
- o Session 2 Women - Weigh-in 9:30 AM, Lift 11:30 PM
- o Session 3 Women - Weigh-in 12:00 PM, Lift 2:00 PM
- o Session 4 Women - Weigh-in 2:00 PM, Lift 4:00 PM

Blue Platform:

- o Session 1 Women - Weigh-in 6:00 AM, Lift 8:00 AM
- o Session 2 Women - Weigh-in 9:30 AM, Lift 11:30 PM
- o Session 3 Women - Weigh-in 12:00 PM, Lift 2:00 PM
- o Session 4 Women - Weigh-in 2:00 PM, Lift 4:00 PM

Sunday 9/28/2025:

Red Platform:

- o Session 1 Men - Weigh-in 6:00 AM, Lift 8:00 AM
- o Session 2 Men - Weigh-in 9:15 AM, Lift 11:15 PM
- o Session 3 Men - Weigh-in 12:00 PM, Lift 2:00 PM
- o Session 4 Men - Weigh-in 2:30 PM, Lift 4:30 PM

Blue Platform:

- o Session 1 Men - Weigh-in 6:00 AM, Lift 8:00 AM
- o Session 2 Men - Weigh-in 9:15 AM, Lift 11:15 PM
- o Session 3 Men - Weigh-in 12:00 PM, Lift 2:00 PM

Hotel Accommodations

Guests can make overnight reservations online as follows:

- o Go to [Hilton.com](https://www.hilton.com)
- o Enter Destination: Binghamton NY
- o Enter Dates: (Room Block is available evenings of September 26th, 27th, and 28th)
- o Enter Number of Rooms/Guests
- o Click Special Rates
- o Enter Group Code: **WL5**
- o Click Find a Hotel

Discounted USA Weightlifting nightly rate of \$142 will populate.

Guests who prefer to reserve by phone may do so by calling 607-722-7575 and referencing **USA WEIGHTLIFTING**.

*To secure the discounted rate make your reservations before September 10. (You may cancel without penalty up until 4 PM two days prior to arrival, if need be.)

Travel Information

Greater Binghamton Transportation Center: 81 Chenango St., Binghamton, NY. 0.3 mile, 6:00 walk to the venue via Henry St. and Water St. 607-763-4464.

Bus Services Available:

- o **Coach USA:** Provides service to/from New York City, Long Island, Ithaca, Elmira, Utica and more! 607-772-7553 or 800-631-8405. Buy Ticket.
- o **FlixBus:** Provides service to/from New York City. 855-626-8585. Buy Ticket.
- o **Greyhound:** Provides service to/from New York City, Hempstead, Syracuse, Albany, Buffalo, and more. 607-724-5542 or 800-231-2222. Buy Ticket.
- o **Megabus:** Provides low-cost service to/from the Port Authority in New York City. Buy Ticket.
- o **OurBus:** Provides service to/from New York City, For Lee NJ, Union City NJ. 844-800-6828. Buy Ticket.
- o **Trailways:** Provides service to/from Albany, New York City. 607-724-5524 or 800-776-7548. Buy Ticket.

Additional Information

Vendor Opportunities: There will be plenty of space to set up tables for vendors.

Sponsors: If you would like to sponsor the 2025 NYS Weightlifting Championships, please contact James McDermott.

Please contact James McDermott for any questions email: James.AMCD@yahoo.com.

Legal: Please enter me in the 2025 New York State Weightlifting Championships to be held on Saturday, September 27th & Sunday, September 28th at The DoubleTree by Hilton in Binghamton, New York. I certify that I am an amateur in good standing. In consideration of my entry in the competition, I do hereby waive and release the USA Weightlifting and the New York WSO, Weightlifting State Organization, and its directors, officers, and agents, the meet directors, competition personnel, volunteers, otherwise listed as the organizers, and all other related parties from any and all actions, liability, claim, and demands of every kind and nature that I or my heirs

or personal representatives may have for bodily injury, for expenses of medical treatment, hospitalization and other costs, damages or losses suffered or incurred by me in connection with my travel to and from the meet and my participation in the competition and related activities: except that the foregoing waiver and release shall not apply to injuries, damages, and loss resulting from the gross negligence or intentional misconduct of USA Weightlifting or the New York WSO for bodily injuries or medical expenses covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies maintained by USA Weightlifting.

I agree to be filmed and photographed under conditions approved and authorized by USA Weightlifting, the New York WSO, and its members to include the use of my name, biographical information, public appearances, interviews, photographs, portrait and motion pictures and television recordings of my weightlifting performance and grant to USA Weightlifting, the New York WSO, and its members the right to record and make use of the same, and to authorize others to do so in promoting the competition and the success of the weightlifting team on which I compete, to promote the image of the USA Weightlifting and its New York WSO, its sponsors and advertisers, and the sport of Olympic Weightlifting, and to fund the activities of the Program.

I agree that the Organizers may make judgments with appropriate input from available medical personnel as to my treatment, hospitalization or other medical care in the event of my illness or accidental injury in connection with my participation in the competition should I be disabled or incompetent to make necessary and appropriate decisions concerning such treatment, hospitalization or other care. I authorize the USA Weightlifting, the New York WSO, and its agents (including competition personnel and volunteers) to make decisions for me as though they stood in a relationship to me of parent, guardian, or next of kin should circumstances require the aforementioned to make judgments provided that my next of kin cannot be timely and/or conveniently contacted to participate in the making of such judgments.

I hereby release and agree to hold the Organizers harmless from all expenses, causes of action, liability, claims and demands arising from good faith judgments made by the Organizers concerning my treatment, hospitalization and medical care in the event of my illness, injury or other emergency circumstances in connection with the competition.

I agree that I will be financially responsible for treatment, hospitalization and other medical care received by me in the event of my illness, injury or other emergency circumstances in connection with the competition, except to the extent of my injuries and medical expenses, if any, are covered by accidental death, dismemberment, loss of sight, and medical reimbursement insurance policies: in which event, I will nevertheless continue to be financially responsible for expenses of treatment, hospitalization and other medical care in excess of such policies' limits.

By purchasing entry, I hereby agree to and accept these terms.

Budget
2025 NYS Championships

EXPENDITURES

<u>Hotel</u>	<u>Up to \$8,000</u>
○ Deposit (\$800 paid on 11/1/2022)	\$0
○ Room Rental (\$1,000 per day. Rental fee potentially waived for every 100 guest rooms booked).	\$2,000
○ Catering (3 meals: breakfast, lunch, dinner)	\$6,000
<u>Event Staff</u>	<u>Up to \$9,760</u>
○ Competition Secretary and/or Assistant	Up to \$800
○ Loaders, \$30 per session (4 Individuals)	\$960 (16 Sessions)
○ Event Staff Rooms	\$6,000 to \$8000
○ Livestream, \$50 per session	Up to \$800
<u>Awards</u>	<u>\$1,900</u>
○ Team Banners (Approx. \$65.14 before discounts)	\$150
○ Medal Backings	\$250
○ Cash Awards: Juniors & Seniors (\$300 x 4 individuals)	\$1,200
○ Best Lifter Awards: Youth & Masters (\$55 each)	\$300
<u>Apparel</u>	<u>\$2,500</u>
<u>U-Haul Rental</u>	<u>Up to \$1,000</u>
○ Includes: Tolls, Gas, Mileage	
<u>Miscellaneous</u>	<u>Up to \$4,354</u>
○ Marketing: Gym & Champion Invitations	\$150
○ Direct Deposit & W9 Forms, Event Signage, Lamination	\$150
○ 200 Stickers, 200 Gift Bags, Label Sheets	\$150
○ Two PA Systems	\$1,400
○ Medal Replacements: \$3.39 per medal, 200 Total & Sample	Up to \$800
○ Rogue Chalk Stands (\$195 each) + Tax & Shipping.	\$975
○ Chalk (\$14.50 each) + Tax & Shipping.	\$29
○ Additional Supplies (Gaffers Tape, Ethernet Cords, Misc. Electronics):	\$500
○ Annual Storage Unit: Upgrade to 10x10 space \$200 monthly	\$2,400
○ If needed, replacing damaged wood approved in August 2022 E-Vote Minutes.	
<u>Estimated Total Expenditure</u>	<u>\$Up to \$29,714</u>