

Competition Secretary Report: Adirondack Regional Open

Date: March 26, 2022

Venue: Albany CrossFit

Address: 444 Sand Creek Road, Albany NY 12205

Meet Director: James McDermott

Competition Secretary: Jeff Scott

Number of athletes who competed:

34 women

21 men

Recap of the sessions:

Session 1 (18 athletes)

Weigh at 7:00 A.M.

Lift at 9:00 A.M.

Session time: 2 hours and 36 minutes

Weigh in officials: Sara Soto and Haley Hahn

Speaker: Joe Triolo

Timer/Scorekeeper: Dena Smith

Referees: Shaaf Syed, Chris Smith and Dan Boland

Loaders: Josh Heller and Shye Evan

Session 2 (16 athletes)

Weigh in at 10:00 A.M.

Lift at 12:00 P.M.

Session time: 2 hours and 21 minutes

Weigh in officials: Sara Soto and Daiana Sismael

Speaker: Joe Triolo

Timer/Scorekeeper: Dena Smith

Referees: Chris Smith, Sara Soto and Kurt Roderick

Loaders: Josh Heller and Shye Evan

Session 3 (11 athletes)

Weigh at 1:00 P.M.

Lift at 3:00 P.M.

Session time: 1 hour and 40 minutes

Weigh in officials: Joe Rodriguez and Dan Boland

Speaker: Joe Triolo

Timer/Scorekeeper: Dena Smith

Referees: Shannon Dias, Joelle Von Bishoffshausen and Joe Rodriguez

Loaders: Jason Murphy and Pat Regan

Session 4 (10 athletes)

Weigh at 3:00 P.M.

Lift at 5:00 P.M.

Session time: 2 hours and 5 minutes

Weigh in officials: Chris Smith and Dan Boland

Speaker: Joe Triolo

Timer/Scorekeeper: Dena Smith

Referees: Shannon Dias, Joelle Von Bishoffshausen and Joe Rodriguez

Loaders: Jason Murphy and Pat Regan

Timing statistics for the event:

| Group | Start | End | Duration | Athletes | Attempts | Athletes per hour | Seconds per attempt |
|---------|-------------|-------------|----------|----------|----------|-------------------|---------------------|
| 1 | 9:15:21 AM | 11:51:29 AM | 2:36 | 18 | 108 | 6.92 | 86.74 |
| 2 | 12:14:08 PM | 2:35:34 PM | 2:21 | 16 | 96 | 6.79 | 88.39 |
| 3 | 3:19:47 PM | 5:00:43 PM | 1:40 | 11 | 62 | 6.54 | 97.67 |
| 4 | 5:14:44 PM | 7:19:44 PM | 2:05 | 10 | 60 | 4.80 | 125.00 |
| Average | | | 2:10 | 13.75 | 81.50 | 6.26 | 99.45 |

Event Summary:

The event ran according to the published final schedule. The environmental conditions on competition day 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 meet director recognizes the following people whose contributions helped ensure the quality and success of the event.

Chris Smith, technical official, production of the YouTube livestream.

Joe Rodriguez, technical official, bringing equipment including a microphone last minute when ours broke the night before.

Dan Boland, technical official, construction of the competition platform.

Joe Triolo, speaker, guidance and mentorship of athletes on the rules and process of a meet (with so many first timers I heard a lot of positive feedback, lifters and coaches appreciated learning from him).

Dena Smith, timer and scorekeeper for the entire event.

And of course...

The loaders: Jason Murphy, Shye Evan, Josh Heller, Pat Regan.

Report prepared by:

Jeff Scott

Competition Secretary