

NY WSO – Record of E-Vote, Week Commencing: November 21, 2022.

Proposal 1: To determine whether or not athletes can earn multiple medals at the 2023 New York State Championships and future events. Example, can a male youth athlete weighing 61 kg podium in the youth, junior, and senior divisions earning three medals or are they only eligible for a medal in the category they register under?

1A: Yes, athletes can earn multiple medals at the 2023 NYS Championships and future events, remove “Athletes are only eligible for awards in the category they register under” from the entry form.

1B: No, athletes can only medal in the category they register under at the 2023 NYS Championships and future events, keep “Athletes are only eligible for awards in the category they register under” on the entry form.

Proposal 1A Passes: 5 in favor of 1A, 3 in favor of 1B, 1 abstain.

Proposal 2: To adopt one of the following athlete entry rates for the 2023 New York State Championships:

2A: Keep the athlete entry rates the same as the 2022 event.

Early Bird: \$115.

Regular: \$135.

Youth & Junior Early Bird: \$75.

Youth & Junior Regular: \$95.

2B: Reduce the athlete entry rates by \$10 for each ticket type.

Early Bird: \$105.

Regular: \$125.

Youth & Junior Early Bird: \$65.

Youth & Junior Regular: \$85.

2C: Reduce only the senior athlete entry rates by \$10 for each ticket type.

Early Bird: \$105.

Regular: \$125.

Youth & Junior Early Bird: \$75.

Youth & Junior Regular: \$95.

Proposal 2B Passes: 9 in favor.

Proposal 3: To finalize and approve the entry form for the 2023 New York State Championships by accepting the small amendments listed below, the results of Proposals 1 & 2, and by approving the entirety of the posted document.

Small Amendments:

Added to cash prizes: "Awarded by Sinclair".

Added the hotel discount code, "WL3".

Added link for hotel room booking.

Added travel information to Binghamton, NY.

Proposal Passes: 9 in favor.

Proposal 4: To finalize the budget for the 2023 New York State Championships. This includes approving future reimbursement to NY WSO board members who make purchases of items listed on the 2023 budget. This includes approval to request that Alex Love from USA Weightlifting use the WSO debit card to make purchases of items listed on the 2023 budget.

Proposal Passes: 9 in favor.

Entry Form

2023 New York State Championships
Saturday, September 30 & Sunday, October 1
Double Tree by Hilton. 225 Water Street, Binghamton, NY.

This competition is a National University Qualifying Event for the 2024 National University Championships.

INSERT REGISTER HERE LINK

Registration:

- 160 Athlete Cap. Registration will close early if the cap is met.
- There is no waiting list to gain entry once registration closes.
- No Refunds.
- There will be no transfers of registrations permitted.
- Entrants will be given a t-shirt.

Early Bird Registration:

- May 1st, 2023 to June 30th, 2023
- \$105 for Senior & Masters Athletes
- \$65 for Youth & Junior Athletes

Regular Registration:

- July 1st, 2023 to August 31st, 2023
- \$125 for Senior & Masters Athletes
- \$85 for Youth & Junior Athletes

Important Information:

- Verification of Final Entries (VOFE) & Technical Officials meetings on Sunday, September 24th at 7:00 PM.
- Spectators are free and welcome to attend the event.
- **Equipment:** IWF competition equipment. All kilo equipment in warm up room.
- **Livestream:** Event livestream to be announced.
- **Check scale:** A scale will be at the venue Friday night, September 29th, for athletes to check weight.
- **Location Amenities:** A sauna, pool, hot tub & gym can be found at the hotel.

Age Groups:

- Youth: 13 – 17 years of age.
- Junior: 15 – 20 years of age.
- Senior: 15+ years of age.
- Masters: 35+ years of age.

Rules:

- USAW/IWF rules apply, [click here](#).
- There are currently no qualifying totals for this competition.
- 20-kilo rule will be enforced.
- NYS Championship Meet Records and NY State Records can be broken.
- Athletes need to be a resident of New York State in order to earn NYS Championship Meet records and podium placement.
- Out of state lifters are welcome to compete, but are not eligible for awards and cannot be counted as team members.
- Government photo ID is required at weigh-in along with your current USAW membership card (phone images acceptable).
- This is not a local meet and championship level standards will be upheld. After the VOFE meeting, ***athletes will not be allowed to move up or down weight classes***. The only exception to this rule is youth athletes (13 and under, 14-15, 16-17).
- 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.

INSERT REGISTER TEAM HERE LINK

Teams Registration:

- May 1st, 2023 to September 1st, 2023.
- \$50 to register only a single men's team or a single women's team.
- \$100 to register both a male and a female team.

Teams Information:

- 3 athletes constitute a team (3 men or 3 women).
- All team members must represent the same club as indicated on their USAW BARS account.
- The club must be registered in the NY WSO and non-expired through the last day of the competition.
- **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.
- **Tie-Breakers:** First tie-breaker is the number of first place scores, second tie-breaker is the sum total of team Sinclair scores.
- Email team name and the names of the athletes on your team(s) to james.amcd@yahoo.com.

Prizes & Awards

- **Medals:** Awarded to the first, second, and third best totals for all bodyweight categories for men and women in the following age groups: Youth (up to age 17), Junior, Senior, Master all age groups (e.g., 35-39, 40-44, 50-54 and so on).
- **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.
- **Cash Prizes:** \$300 awarded by Sinclair to the best male and female athletes in the Junior and Senior categories.
- **Banners:** Awarded to the best men's team and the best women's team.

Tentative Schedule

Saturday 9/30/2023:

- Session 1 Women - Weigh-in 6:00 AM, Lift 8:00 AM
- Session 2 Women - Weigh-in 8:45 AM, Lift 10:45 AM
- Session 3 Women - Weigh-in 12:15 PM, Lift 2:15 PM
- Session 4 Women - Weigh-in 3:00 PM, Lift 5:00 PM
- Session 5 Women - Weigh-in 5:30 PM, Lift 7:30 PM

Sunday 10/1/2023:

- Session 6 Men - Weigh-in 6:00 AM, Lift 8:00 AM
- Session 7 Men - Weigh-in 8:30 AM, Lift 10:30 AM
- Session 8 Men - Weigh-in 11:30 AM, Lift 1:30 PM
- Session 9 Men - Weigh-in 2:30 PM, Lift 4:30 PM

Hotel Accommodations

Guests can make overnight reservations online as follows:

- Go to [Hilton.com](https://www.hilton.com)
- Enter Destination: Binghamton NY
- Enter Dates: (Room Block is available evenings of September 29, 30, and October 1)
- Enter Number of Rooms/Guests
- Click Special Rates
- Enter Group Code: WL3
- 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:

- **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](#).
- **FlixBus:** Provides service to/from New York City. 855-626-8585. [Buy Ticket](#).
- **Greyhound:** Provides service to/from New York City, Hempstead, Syracuse, Albany, Buffalo, and more. 607-724-5542 or 800-231-2222. [Buy Ticket](#).
- **Megabus:** Provides low-cost service to/from the Port Authority in New York City. [Buy Ticket](#).
- **OurBus:** Provides service to/from New York City, For Lee NJ, Union City NJ. 844-800-6828. [Buy Ticket](#).
- **Trailways:** Provides service to/from Albany, New York City. 607-724-5524 or 800-776-7548. [Buy Ticket](#).

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

Sponsors: If you would like to sponsor the 2023 NYS Weightlifting Championships, please contact Joe Rodriguez.

Please contact Joe Rodriguez for any questions email: Joe@cuppajoeweightlifting.com.

Legal: Please enter me in the 2023 New York State Weightlifting Championships to be held on Saturday, September 30th & Sunday, October 1st, 2023 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.

2023 NYS Championships Budget

Expenditures

Hotel **\$3,267.20** (\$5,267.20 if we fail to sell rooms).

- Deposit \$800
- Room Rental (\$1,000 per day. For every 100 paid guestroom nights, Hotel will waive one day of the Grand Ballroom Rental). \$2,000
- Food Catering \$1,083.60 (2 meals per day) \$2,167.20
- Gratuity for Set-Up & Cleaning Staff \$300

Event Staff **\$7,140 to \$8,540**

- Meet Director \$2,500
- Competition Secretaries, \$50 per session (2 Individuals) \$900 (9 Sessions)
- Loaders, \$30 per session (2 Individuals) \$540 (9 Sessions)
- Event Staff Room Compensation \$3,000 to \$4,400
- Moving Help in Poughkeepsie, NY \$200

Awards **\$1,850**

- Team Banners (Approx. \$65.14 before discounts) \$150
- Medal Backings \$200
- Cash Awards: Juniors & Seniors (\$300 x 4 individuals) \$1,200
- Best Lifter Awards: Youth & Masters (\$55 each) \$300

Apparel **\$1,800**

U-Haul Rental **\$600 - \$1,000**

- Includes: Tolls, Gas, Mileage

Miscellaneous **\$250**

- Marketing: Gym & Champion Invitations \$100
- W9 & Direct Deposit Forms \$50
- Welcome Signage and Stand \$100
- If needed, replacing damaged wood approved in August 2022 E-Vote Minutes.

Estimated Total Expenditure **\$14,907.20 to \$18,307.20**