

Meeting Minutes

May 13, 2025

Present: Brian Leung, President
Abby Richards
Bianca Macias
Heather Krause
John Weeks
Kelly Nichols
Liz Korchnak
Steve Yanda

Absent: None

Agenda: 1. WSO Records
2. LiftPD Lift Off
3. WSO Championships
4. Other Business

Order: Meeting was called to order at 8:00 p.m.

Minutes:

1. WSO Records

The Committee finalized plans for resetting WSO Records as follows:

- We used the results over the past three years for all DMV lifters and set the standards based on the highest lifts recorded during this time period using the athlete's actual body weight.
- If there were no results recorded for a particular age group and weight category, we added one kilo to the standard for the next lower weight category. If there are no lower weight categories, we subtracted one kilo from the next higher weight category.
- If no one is able to set a record in a particular age group and weight category, we will lower the standard after a year.

2. LiftPD Lift Off

The Committee unanimously approved making a \$1,000 donation to LiftPD's Lift Off charity event hosted by RVA Weightlifting in Richmond, VA.

3. WSO Championships



The Committee discussed different ways to improve the athlete experience from last year's championships. The Committee decided it would not be financially prudent to have an elevated stage at this venue this year. The Committee intends to upgrade its competition platform and competition sets, as well as provide weight storage for the warm up room. The Committee also discussed potential vendors and sponsors, as well as pre-orders for athlete shirts and general DMV merchandise.

4. Other Business

The next meeting of the Committee will be June 17, 2025 at 8:00 p.m. virtually.