

NY WSO – Record of E-Vote, Week Commencing: December 18, 2023.

Proposal 1: To approve the 2024 NYS Championships budget. To authorize event spending and reimbursement of expenses for NY WSO board members. Includes requesting USAW Staff to use the WSO credit card to pay event invoices.

Proposal Passes: 9 in favor.

2024 NYS Championships Budget

EXPENDITURES

Hotel **\$7,028 to \$7,228**

- Deposit \$800
- Room Rental (\$1,000 per day. Rental fee potentially waived for every 100 guest rooms booked). \$2,000
- Food Catering (3 meals daily: breakfast, lunch, dinner), Saturday: \$1,999.50, Sunday: \$2,128.50. \$4,128
- Gratuity for Set-Up & Cleaning Staff \$100-300

Event Staff **\$7,220 to \$8,720**

- Competition Secretary, \$50 per session (1 Individual) \$800 (16 Sessions)
- Loaders, \$30 per session (4 Individuals) \$1,920 (16 Sessions)
- Event Staff Room Compensation \$3,500 to \$5,000
- Moving Help in Poughkeepsie, NY \$200
- Livestream, \$50 per session \$800 (16 Sessions)

Awards **\$1,900**

- 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

Apparel **\$2,500**

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

- Includes: Tolls, Gas, Mileage

Miscellaneous **\$1,850 to \$2,350**

- Marketing: Gym & Champion Invitations \$100
- Direct Deposit & W9 Forms, Event Signage, Lamination \$100
- 200 Stickers, 200 Gift Bags, Label Sheets \$150
- If needed, replacing damaged wood approved in August 2022 E-Vote Minutes.
- Additional Lumber: \$1,500 to \$2,000.

Estimated Total Expenditure **\$21,098 to \$23,698**

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Proposal 2: To approve the 2024 NYS Championships entry form which will be posted on the NY WSO website and within the USAW BARS website. This includes authorizing James McDermott to sanction the event with USAW.

Proposal Passes: 7 in favor, 2 opposed.

Entry Form

2024 New York State Championships
Saturday, September 28 & Sunday, September 29
Double Tree by Hilton. 225 Water Street, Binghamton, NY.

Register Here

This competition is a National University Qualifying Event for the 2025 National University Championships.

Registration:

- 200 Athlete Cap. Registration will close early if the cap is met.
- A waitlist with instructions will open if the event sells out.
- No Refunds.
- There will be no transfers of registrations permitted.
- Entrants will be given a t-shirt.

Early Bird Registration:

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

- May 1st, 2024 to June 30th, 2024.
- \$65 for Youth Athletes.
- \$65 for Junior Athletes.
- \$105 for Senior Athletes
- \$105 for Masters Athletes.

Regular Registration:

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

- July 1st, 2024 to August 31st, 2024.
- \$85 for Youth Athletes.
- \$85 for Junior Athletes.
- \$125 for Senior Athletes.
- \$125 for Masters Athletes.

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Important Information:

- Verification of Final Entries (VOFE) & Technical Officials meetings on Sunday, September 22nd at 7:00 PM.
- Spectators are free and welcome to attend the event.
- **Equipment:** IWF certified 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 27th, for athletes to check weight.
- **Training Hall:** Platforms, barbells, and plates will be available Friday night for athletes.
- **Location Amenities:** A sauna, pool, hot tub & gym can be found at the hotel.

Rules:

- USAW/IWF rules apply, [click here](#).
- There are currently no qualifying totals for this competition.
- **Age Groups:** Youth: 13 – 17 years of age, Junior: 15 – 20 years of age, Senior: 15+ years of age, Masters: 35+ years of age.
- 20-kilo rule will be enforced.
- 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.
- NYS Championship Meet Records and NY State Records can be broken.
- 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.
- 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.
- Non-US Citizens may compete and are eligible for placement, set state or state meet records, and count toward team points so long as they are hold a current

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USA Weightlifting membership, are in good standing, are a member of the NY WSO, and are a resident.

- 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 (up to 17 years old). Youth athletes may go up a weight class, but they cannot go down.
- 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.
- 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

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

[Click Here for Team Registration](#)

Teams Registration:

- May 1st, 2024 to September 22nd, 2024.
- \$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.
- **Age Groups:** Youth, Junior, and Masters athletes may be listed on a team. However, they can only earn points in the OPEN division. Example: A 81 kg youth athlete places 1st in the youth division and 3rd in the open division – they have earned their team 3rd place points.
- **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.

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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.

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

Bodyweight Categories:

Men: 49, 55, 61, 67, 73, 81, 89, 96, 102, +102 kg.

Women: 40, 45, 49, 55, 59, 64, 71, 76, 81, +81 kg.

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

Men: 55, 61, 67, 73, 81, 89, 96, 102, 109, +109 kg.

Women: 45, 49, 55, 59, 64, 71, 76, 81, 87, +87 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.

- 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.
- **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.

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Preliminary Schedule

Saturday 9/28/2024:

Red Platform:

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

Blue Platform:

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

Sunday 9/29/2024:

Red Platform:

- Session 6 Men - Weigh-in 6:00 AM, Lift 8:00 AM
- Session 7 Men - Weigh-in 9:15 AM, Lift 11:15 AM
- Session 8 Men - Weigh-in 12:45 PM, Lift 2:45 PM
- Session 9 Men - Weigh-in 3:30 PM, Lift 5:30 PM

Blue Platform:

- Session 6 Men - Weigh-in 6:00 AM, Lift 8:00 AM
- Session 7 Men - Weigh-in 9:15 AM, Lift 11:15 AM
- Session 8 Men - Weigh-in 12:45 PM, Lift 2:45 PM
- Session 9 Men - Weigh-in 3:30 PM, Lift 5:30 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 27th, 28th, and 29th)
- Enter Number of Rooms/Guests
- Click Special Rates
- Enter Group Code: **WL4**
- Click Find a Hotel

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

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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 2024 NYS Weightlifting Championships, please contact James McDermott.

Photography: Only authorized photographers will be given access to the competition area.

Click here to apply for a media pass.

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Medical Staff: We are looking for licenses massage or physical therapist to attend the event and work on athletes as the need arises.

Click here to apply to be on our medical team.

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

Legal: Please enter me in the 2024 New York State Weightlifting Championships to be held on Saturday, September 28th & Sunday, September 29th 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.

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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.