

NY WSO Board Meeting – Sunday, October 27, 2025.

Zoom Meeting

The meeting was called to order by WSO President James McDermott at 7:15 PM.

Board Members Present: Jerry Dunne, Alyssa Garrison, Frank Ford, Brian DeGennaro, James McDermott, and Joe Rodriguez.

Absent with Notice: Erica Caso, Michelle Woogen, and Chris Smith.

Agenda

1. Meeting Schedules.
2. Financial Report.
3. Committee Verbiage.
4. WSO Term Limits.
5. Website Upgrade.
6. Scholarships.
7. WSO Records.
8. NYS Championships

Meeting Minutes

[General Topics]

Meeting Schedules: The next General Membership meeting will be held on Sunday, November 16th at 7:00 PM recapping the rest of 2025 and looking head to 2026. James discussed moving future GM meetings to annually with the next taking place in November 2026. He also discussed a new Committee meeting schedule of once quarterly in 2026 with the option for impromptu meetings if important business pops up.

Financial Report: The WSO has a balance of \$2,517.63 (to be finalized by USAW's accounting department through the end of the year). James noted that the WSO card has been put on file to handle the monthly payments for our storage unit.

Committee Verbiage: James discussed USAW's request to refer to the WSO as a "Committee" as opposed to a "board" or "board of directors." USAW's BOD will hold that title while WSO's are referred to as committees. James will change this wording on the website and use it in communications going forward.

WSO Term Limits: Discussion was had on term limits for current Committee members.

Section 8.5 of the USA Weightlifting Bylaws:

"a. No standing or other committee member shall serve more than two (2) consecutive terms, unless otherwise stated herein."

"b. Any time on any Standing or Other Committee shall constitute a full term. For example, should a committee member serve less than two (2) years on a committee, such committee member would be eligible to serve only one (1) additional found (4) year terms immediately following their initial term."

As a result of this policy, a majority of the current sitting NY WSO Committee will term out at the conclusion of 2027 with a newly seated members starting January 2028. Planning for succession and setting up the future committee for success are already in progress.

Website Upgrade: James discussed a plan to upgrade the WSO website and the goal is to have the work completed in December 2025.

Scholarships: Discussion was had on seeking donors and sponsors to help support the Youth and Junior scholarship program. Committee members would reach out to local businesses around the state for interest. The goal being to reduce WSO expenses annually. The Committee also discussed the Coaching Scholarship program including statistics from previous years, participant feedback, and potential plans for the future.

WSO Records: WSO records are currently up to date with James checking results after each local or national meet finishes. James is still working on sifting through Pre-June 2025 records and meet results to ensure their accuracy with the goal to finish in December 2025.

Discussion was had on the annual reduction policy previously voted on in May of 2025. It was pointed out that there are several flaws in proceeding down this route which would negatively

affect record accuracy and having competition accuracy with lower record standards in the upper masters age groups.

VOTE: James moved to keep the current record standards and not reduce them annually by 5 kg going forward. The WSO website will be updated accordingly. **Seconded:** Frank Ford. **Result:** Motion passes with all in favor.

[NYS Championships Topics]

Hotel: James gave an update on recent happenings with the DoubleTree by Binghamton.

- In 2026 the hotel is undergoing extensive renovations and plan to have all hotel rooms completed by March.
- The WSO will receive a credit from the hotel's accounting department of \$118.82.
- The hotel replaced the light fixture damaged during breakdown and deducted the cost of \$86.18 from the initial credit amount.
- James confirmed there is no catering requirement in the contract and the WSO will proceed with other ways of feeding volunteers.
- Discussion was had on booking the venue for 2028. James had the hotel save dates in September of that year and the Committee has until March 2026 to make a decision. Discussion will continue at a later date.

Vote: James moved to pay the hotel deposit of \$1,600 for the years of 2026 and 2027 to the DoubleTree by Binghamton. **Seconded:** Joe Rodriguez. **Result:** Motion passes with all in favor.

Feedback Survey: The results of the post-event survey sent to participants was discussed. A few items were including apparel and weigh-in timing will be worked on and considered for next year's event.

2026 Budget: James proposed an updated budget for the 2026 event noting changes, additions, and expense reductions.

Vote: James moved to approve the budget for the 2026 New York State Championships. **Seconded:** Joe Rodriguez. **Results:** Motion passes with all in favor.

(Budget document located in subsequent pages of this report).

2026 Entry Form: James proposed an updated entry form the 2026 event noting changes, additions, and removals. Many items removed will be transferred to a separate page on the website in an effort to keep the entry form more concise and focused on the registration process and some notable rules.

Vote: James moved to approve the entry form for the 2026 New York State Championships. **Seconded:** Frank Ford. **Results:** Motion passes with all in favor.

(Entry form document located in subsequent pages of this report).

Event Sanction: With the budget and entry form approved, the Committee proceeded with approving the meet sanction. James will put together the information and send it to USAW for approval.

Vote: James moved to sanction the 2026 New York State Championships through USA Weightlifting. **Seconded:** Joe Rodriguez. **Results:** Motion passes with all in favor.

Meeting adjourned at 9:05 PM.

Budget

2026 NYS Championships

EXPENDITURES

Hotel **Up to \$2,800**

- Deposit \$800
- Room Rental (\$1,000 per day. Rental fee potentially waived for 200 guest rooms booked). \$2,000

Event Staff **Up to \$9,440**

- Loaders, \$20 per session (4 Individuals) \$640 (16 Sessions)
- Event Staff Rooms \$6,000 to \$8000
- Volunteer Food \$800

Awards **\$1,450**

- Team Banners (Approx. \$65.14 before discounts) \$150
- Best Lifter Awards: Youth, Junior, Masters, Seniors (\$55 each) \$300
- Medal Replacements: \$3.39 per medal, 200 total Up to \$1,000

U-Haul Rental (Includes Gas & Mileage) **Up to \$500**

Miscellaneous **Up to \$4,172.20**

- Marketing: Gym & Champion Invitations \$200
- Additional Misc. Supplies and Expenses \$500
- Rogue Pyrros Barbells (1 x 15 kg, 1 x 20 kg) Estimated \$1,312.20
- Annual Storage Unit: \$180 Monthly \$2,160
- If needed, replacing damaged wood approved in August 2022 E-Vote Minutes.

Estimated Total Expenditure **Up to \$18,362.20**

Entry Form

2026 New York State Championships

Saturday, September 26 & Sunday, September 27

Double Tree by Hilton. 225 Water Street, Binghamton, NY.

National University Qualifying Event for the 2027 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.

Refund Policy:

- o Athletes may receive a 50% refund through Monday, August 31, 2026.
- o NO REFUNDS after Monday, August 31, 2026.
- o There will be no transfers of registrations permitted.

Early Bird Registration:

- o June 1, 2026 to June 31, 2026.
- o \$85 Youth and Junior Athletes.
- o \$105 Masters and Senior Athletes.

Note: You are only eligible for an award in the category you enter. Changing categories before the deadline to make changes is allowed. **Deadline:** Sunday, September 20 at 11:59 PM.

Regular Registration:

- o July 1, 2026 to August 31, 2026.
- o \$105 Youth and Junior Athletes.
- o \$125 Masters and Senior Athletes.

Note: You are only eligible for an award in the category you enter. Changing categories before the deadline to make changes is allowed. **Deadline:** Sunday, September 20 at 11:59 PM.

Teams Registration:

- o June 1, 2026 to September 20, 2026.
- o There is no registration fee for the team competition.
- o Participation is open to all eligible New York WSO clubs with registered athletes.
- o **Deadline:** Team rosters are due to James.AMCD@yahoo.com by Sunday, September 20 at 11:59 PM.

Team Competition Information:

- o A team of any size can participate, but only up to 5 athletes will be accepted for the team roster with all contributing points. **Example:** A team has 20 athletes registered for the event, but only 5 are named to the official roster contributing points.
- o A club may register a men's only team, a women's only team, or one of each.
- o All team members must represent the same club as indicated on their USAW BARS account.
- o Clubs must be registered in the NY WSO and non-expired through the last day of the competition.
- o **Scoring:** USA Weightlifting / IWF scoring will be used as outlined in the IWF TCRR. The classification of teams is calculated by adding the points allocated to each athlete according to the following scale:
 - 1st place is 28 pts, 2nd place is 25 pts, 3rd place is 23 pts, 4th place is 22 pts,
 - 5th place to 25th place continue reducing by 1 pt with 5th being 21 pts and 25th being 1 pt.
- o **Tie-Breaker:** When two or more teams have the same points in the team competition, the team with more higher places must be ranked higher.
- o **Age Groups:** Youth, junior, and masters athletes may be listed on a team roster. However, they can only earn points in the OPEN division. Example: A 65 kg youth athlete places 1st in the youth division and 3rd in the open division – they have earned their team 3rd place points.

Rules:

- o USAW/IWF rules apply, [click here](#).
- 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 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.

Weigh-Ins:

- o Government photo ID is required at weigh-in.
- o **Athletes will not be allowed to move up or down weight classes at the weigh-in.** 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, including 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.

Records:

- o NYS Championships meet records and NY state records can be broken.
- o Athletes must be a resident of New York State or a member of the NY WSO in order to earn records.
- o Athletes who do not make weight can still set or break state or state meet records.

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, 94, 110, 110+ kg.

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

Medals will be given out for the following Junior, Masters, and Senior Bodyweight Categories:

Men: 56, 60, 65, 71, 79, 88, 94, 94+ kg.

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

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 **Best Lifter Awards:** Calculated by Q-Points to determine the best male and female athletes in the youth, junior, masters, and senior categories.

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

Preliminary Schedule:

Women will compete on Saturday, September 26, and men on Sunday, September 27. Two competition platforms are planned, with up to four sessions per day on each platform. Sessions schedules, weigh-in times, and start times will depend on the number of registered athletes. A preliminary schedule will be posted and emailed to athletes shortly after registration closes.

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

Click here [resource under construction] to read frequently asked questions about the event.