

2025 USAW National Championships

Date	Session	Platform	Weigh-In	Start	Gender	Weight Category	Entry Total	# of Lifters
Sat Jun 21	1	RED	6:00 AM	8:00 AM	F	36 B	30 - 39	11
		WHITE	6:00 AM	8:00 AM	M	40 D	34 - 41	13
		BLUE	6:00 AM	8:00 AM	F	53-63+B	40 - 83	10
	2	RED	7:40 AM	9:40 AM	F	36 A	40 - 70	11
		WHITE	7:40 AM	9:40 AM	M	40 C	42 - 49	12
		BLUE	7:30 AM	9:30 AM	F	40 A	36 - 135	13
	3	RED	9:20 AM	11:20 AM	F	48 A	48 - 99	12
		WHITE	9:20 AM	11:20 AM	M	40 B	49 - 55	12
		BLUE	9:30 AM	11:30 AM	F	44 A	41 - 85	13
	4	RED	11:30 AM	1:30 PM	M	44 A	50 - 107	13
		WHITE	11:30 AM	1:30 PM	M	40 A	58 - 89	12
		BLUE	11:30 AM	1:30 PM	F	53 A	53 - 75	14
	5	RED	1:30 PM	3:30 PM	M	48 A	49 - 80	8
		WHITE	1:30 PM	3:30 PM	M	52 A	45 - 100	11
		BLUE	1:30 PM	3:30 PM	F	58 A	50 - 103	11
	6	RED	3:00 PM	5:00 PM	M	56 A	55 - 107	9
		WHITE	2:40 PM	4:40 PM	M	60 A	62 - 145	9
		BLUE	2:40 PM	4:40 PM	F	63 A	60 - 138	12
	7	RED	4:30 PM	6:30 PM	M	65+A	70 - 175	14
		WHITE	4:30 PM	6:30 PM	M	65-79 A	59 - 260	9
		BLUE	4:40 PM	6:40 PM	F	63+A	88 - 115	10
Sun Jun 22	8	RED	6:00 AM	8:00 AM	F	40-48 A	60 - 120	13
		WHITE	6:00 AM	8:00 AM	F	53 A	76 - 118	12
		BLUE	6:00 AM	8:00 AM	M	48-52 A	73 - 121	15
	9	RED	7:50 AM	9:50 AM	M	56 A	73 - 160	11
		WHITE	7:50 AM	9:50 AM	F	58 A	86 - 148	15
		BLUE	8:10 AM	10:10 AM	M	60 A	105 - 175	10
	10	RED	9:50 AM	11:50 AM	F	63 A	89 - 175	10
		WHITE	10:00 AM	12:00 PM	F	69+B	95 - 120	10
		BLUE	9:50 AM	11:50 AM	M	65 A	125 - 200	8
	11	RED	11:30 AM	1:30 PM	M	71 A	123 - 200	11
		WHITE	11:30 AM	1:30 PM	M	79 A	133 - 210	14
		BLUE	11:20 AM	1:20 PM	F	69 A	93 - 170	11
	12	RED	1:00 PM	3:00 PM	F	69+A	123 - 160	9
		WHITE	1:30 PM	3:30 PM	M	79+A	90 - 207	12
		BLUE	1:00 PM	3:00 PM	M	56 A	107 - 185	14
	13	RED	2:30 PM	4:30 PM	F	44-48 B	79 - 96	10
		WHITE	3:20 PM	5:20 PM	F	53 B	82 - 104	11
		BLUE	3:30 PM	5:30 PM	M	65 B	142 - 173	10
	14	RED	4:00 PM	6:00 PM	F	48 A	100 - 143	8
		WHITE	5:00 PM	7:00 PM	F	53 A	108 - 146	10
		BLUE	5:10 PM	7:10 PM	M	60 A	124 - 185	7
	15	RED	6:00 AM	8:00 AM	F	58 C	54 - 110	12
		WHITE	6:00 AM	8:00 AM	M	71 B	145 - 175	14

Mon Jun 23	16	BLUE	6:00 AM	8:00 AM	M	79 C	155 - 177	13
		RED	8:00 AM	10:00 AM	F	58 B	110 - 122	11
		WHITE	8:15 AM	10:15 AM	F	69 B	50 - 125	13
		BLUE	8:15 AM	10:15 AM	M	79 B	178 - 200	12
	17	RED	9:50 AM	11:50 AM	M	71 A	177 - 230	14
		WHITE	10:10 AM	12:10 PM	M	65 A	175 - 228	10
		BLUE	10:10 AM	12:10 PM	F	58 A	129 - 170	11
	18	RED	12:00 PM	2:00 PM	F	63 A	95 - 165	14
		WHITE	12:00 PM	2:00 PM	M	79 A	201 - 270	12
		BLUE	12:00 PM	2:00 PM	M	88 A	148 - 250	17
	19	RED	2:30 PM	4:30 PM	F	69 A	125 - 180	12
		WHITE	2:00 PM	4:00 PM	M	94+ B	110 - 210	14
		BLUE	2:40 PM	4:40 PM	F	77 A	110 - 188	15
	20	RED	4:30 PM	6:30 PM	F	77+ A	106 - 197	18
		WHITE	4:30 PM	6:30 PM	M	94+ A	210 - 290	14
		BLUE	5:00 PM	7:00 PM	M	94 A	188 - 270	10
Tue Jun 24	21	RED	7:00 AM	9:00 AM	F	63 D	125 - 135	11
		WHITE	7:00 AM	9:00 AM	M	60 B	150 - 180	9
		BLUE	7:00 AM	9:00 AM	M	65 B	165 - 195	9
	22	RED	9:00 AM	11:00 AM	F	58 C	119 - 133	12
		WHITE	8:30 AM	10:30 AM	M	71 B	180 - 208	16
		BLUE	9:00 AM	11:00 AM	F	48 A	90 - 150	12
	23	RED	11:00 AM	1:00 PM	F	63 C	135 - 145	10
		WHITE	11:00 AM	1:00 PM	F	58 B	134 - 145	11
		BLUE	11:00 AM	1:00 PM	M	60 A	185 - 220	9
	24	RED	12:50 PM	2:50 PM	F	63 B	150 - 170	10
		WHITE	12:50 PM	2:50 PM	F	58 A	148 - 175	11
		BLUE	12:50 PM	2:50 PM	F	53 A	117 - 180	12
Wed Jun 25	25	RED	2:50 PM	4:50 PM	F	63 A	180 - 225	10
		WHITE	2:50 PM	4:50 PM	M	65 A	195 - 258	9
		BLUE	2:50 PM	4:50 PM	M	71 A	215 - 265	14
	26	RED	7:00 AM	9:00 AM	M	88 E	88 - 221	13
		WHITE	7:00 AM	9:00 AM	M	79 D	200 - 219	14
		BLUE	7:00 AM	9:00 AM	F	69 E	125 - 138	11
	27	RED	9:00 AM	11:00 AM	M	88 D	221 - 240	13
		WHITE	9:00 AM	11:00 AM	M	79 C	220 - 231	13
		BLUE	9:00 AM	11:00 AM	F	69 D	140 - 149	11
	28	RED	11:00 AM	1:00 PM	M	88 C	240 - 250	12
		WHITE	11:00 AM	1:00 PM	M	79 B	235 - 251	13
		BLUE	11:00 AM	1:00 PM	F	69 C	149 - 156	11
	29	RED	1:00 PM	3:00 PM	M	88 B	253 - 275	12
		WHITE	1:00 PM	3:00 PM	M	79 A	253 - 300	12
		BLUE	1:00 PM	3:00 PM	F	69 B	160 - 175	11
	30	RED	3:00 PM	5:00 PM	M	88 A	280 - 326	12
		WHITE	3:00 PM	5:00 PM	M	94 D	220 - 231	11
		BLUE	3:00 PM	5:00 PM	F	69 A	175 - 218	11
	31	RED	7:00 AM	9:00 AM	F	77 C	135 - 155	13
		WHITE	7:00 AM	9:00 AM	M	94 C	237 - 255	12

Thu Jun 26	32	BLUE	7:00 AM	9:00 AM	M	110 C	232 - 255	14
		RED	9:00 AM	11:00 AM	F	77 B	156 - 165	11
		WHITE	9:00 AM	11:00 AM	M	94 B	255 - 275	11
		BLUE	9:00 AM	11:00 AM	F	86 B	140 - 163	14
	33	RED	11:00 AM	1:00 PM	F	77 A	170 - 220	11
		WHITE	11:00 AM	1:00 PM	M	94 A	280 - 318	11
		BLUE	11:00 AM	1:00 PM	M	110 B	260 - 275	14
	34	RED	1:00 PM	3:00 PM	F	86+ B	135 - 171	13
		WHITE	1:00 PM	3:00 PM	F	86 A	170 - 215	13
		BLUE	1:00 PM	3:00 PM	M	110 A	280 - 320	13
	35	RED	3:00 PM	5:00 PM	F	86+ A	175 - 195	13
		BLUE	3:00 PM	5:00 PM	M	110+ A	233 - 300	15
Fri Jun 27	36	RED	8:00 AM	10:00 AM	F	63 C	141 - 180	11
		BLUE	8:00 AM	10:00 AM	M	71 B	123 - 270	10
	37	RED	10:00 AM	12:00 PM	F	63 B	180 - 186	11
		BLUE	10:00 AM	12:00 PM	F	58 B	150 - 185	10
	38	RED	12:00 PM	2:00 PM	F	48 A	123 - 175	11
		BLUE	12:00 PM	2:00 PM	M	60-65 A	209 - 270	9
	39	RED	2:00 PM	4:00 PM	M	71 A	271 - 300	11
		BLUE	1:40 PM	3:40 PM	F	53 A	140 - 190	15
Sat Jun 28	40	RED	4:00 PM	6:00 PM	F	58 A	155 - 220	10
		BLUE	4:10 PM	6:10 PM	F	63 A	190 - 222	10
	41	RED	10:00 AM	12:00 PM	M	94 B	300 - 310	9
		BLUE	10:00 AM	12:00 PM	M	88 B	280 - 297	14
	42	RED	12:00 PM	2:00 PM	F	69 B	177 - 185	11
		BLUE	12:20 PM	2:20 PM	M	79 A	260 - 336	10
	43	RED	2:00 PM	4:00 PM	F	69 A	191 - 226	10
		BLUE	2:10 PM	4:10 PM	M	88 A	298 - 330	13
Sun Jun 29	44	RED	4:00 PM	6:00 PM	M	94 A	310 - 350	8
		RED	8:00 AM	10:00 AM	M	110 B	181 - 321	10
		WHITE	8:00 AM	10:00 AM	F	86 B	185 - 201	9
	45	BLUE	8:00 AM	10:00 AM	F	77 B	180 - 195	14
		RED	10:00 AM	12:00 PM	F	86+ B	92 - 200	9
		BLUE	10:20 AM	12:20 PM	F	77 A	196 - 240	13
	46	RED	12:00 PM	2:00 PM	M	110 A	321 - 372	9
		BLUE	12:20 PM	2:20 PM	F	86 A	210 - 227	8
	47	RED	2:00 PM	4:00 PM	F	86+ A	201 - 230	9
		BLUE	2:00 PM	4:00 PM	M	110+ A	310 - 360	10