

# 2026 USAW National Championships & Mountain North WSO Championships

Date	Session	Platform	Weigh-In	Start	Gndr	Age Group	Weight Category	Entry Total	# Lifters Grp	Ses
Sat Jun 20	1	RED	6:00 AM	8:00 AM	F	U11	40 B	40 - 55	4	9
						U13	40 B	36 - 50	5	
		WHITE	6:00 AM	8:00 AM	F	U11	44 B	30 - 59	6	9
						U13	44 B	44 - 60	3	
		BLUE	6:00 AM	8:00 AM	M	U11	40 C	28 - 46	9	10
						U13	40 C	45 - 45	1	
	2	RED	7:40 AM	9:40 AM	F	U11	30 - 33 A	30 - 60	13	14
						U13	33 A	55 - 55	1	
		WHITE	7:40 AM	9:40 AM	M	U11	32 A	25 - 65	16	16
						U13	40 B	54 - 62	4	
		BLUE	8:00 AM	10:00 AM	M	U11	40 B	51 - 63	6	10
						U13	40 B	54 - 62	4	
	3	RED	10:00 AM	12:00 PM	F	U11	36 A	30 - 80	10	10
						U13	44 B	44 - 53	5	
		WHITE	10:10 AM	12:10 PM	M	U11	44 B	38 - 55	4	9
						U13	44 B	44 - 53	5	
		BLUE	10:00 AM	12:00 PM	M	U11	36 A	35 - 72	11	13
						U13	36 A	59 - 81	2	
	4	RED	12:00 PM	2:00 PM	F	U11	40 A	56 - 67	5	9
						U13	40 A	56 - 72	4	
		WHITE	12:00 PM	2:00 PM	M	U11	48 - 52 B	48 - 69	5	13
						U13	48 - 52 B	50 - 69	8	
		BLUE	12:00 PM	2:00 PM	M	U11	40 A	70 - 80	4	9
						U13	40 A	67 - 80	5	
	5	RED	1:40 PM	3:40 PM	F	U11	44 A	82 - 82	1	9
						U13	44 A	78 - 142	8	
		WHITE	2:00 PM	4:00 PM	F	U11	48 A	50 - 72	3	14
						U13	48 A	53 - 105	11	
		BLUE	1:40 PM	3:40 PM	F	U11	63+B	66 - 66	1	14
						U13	63 - 63+B	57 - 80	13	
6	RED	3:40 PM	5:40 PM	F	U11	53 A	53 - 92	2	9	
					U13	53 A	53 - 113	7		
	WHITE	4:00 PM	6:00 PM	F	U11	58 A	58 - 80	3	12	
					U13	58 A	58 - 100	9		
	BLUE	4:00 PM	6:00 PM	M	U11	44 A	56 - 70	2	8	
					U13	44 A	55 - 95	6		
7	RED	6:00 PM	8:00 PM	M	U11	52 A	100 - 100	1	13	
					U13	48 - 52 A	71 - 137	12		
	WHITE	6:00 PM	8:00 PM	M	U11	65+B	70 - 80	4	11	
					U13	65+B	65 - 90	7		
	BLUE	6:00 PM	8:00 PM	M	U11	56 A	58 - 58	1	10	
					U13	56 A	58 - 120	9		
8	RED	6:00 AM	8:00 AM	F	U15	53 - 58 B	37 - 90	13	13	
	WHITE	6:00 AM	8:00 AM	M	U15	71 - 79+C	124 - 144	12	12	
	BLUE	6:00 AM	8:00 AM	F	U15	69+B	86 - 115	9	9	
9	RED	7:40 AM	9:40 AM	F	U11	63 - 63+A	84 - 100	3	13	
					U13	63 - 63+A	85 - 110	10		
	WHITE	8:00 AM	10:00 AM	M	U11	60 A	60 - 60	1	12	
					U13	60 - 65 A	60 - 98	11		
	BLUE	8:00 AM	10:00 AM	M	U13	65+A	90 - 137	10	10	
					RED	10:00 AM	12:00 PM	F	U15	44 - 48 A

Sun Jun 21	10	WHITE	10:00 AM	12:00 PM	M	U15	71 - 79+ B	145 - 185	11	11
		BLUE	9:30 AM	11:30 AM	F	U15	53 - 58 A	92 - 160	13	13
	11	RED	11:40 AM	1:40 PM	M	U15	48 - 56 A	76 - 143	16	16
		WHITE	12:00 PM	2:00 PM	M	U15	60 - 65 A	118 - 165	13	13
	12	BLUE	11:30 AM	1:30 PM	F	U15	63 - 69 A	90 - 150	17	17
		RED	2:00 PM	4:00 PM	F	U15	69 - 69+ A	100 - 140	16	16
	13	WHITE	2:00 PM	4:00 PM	M	U15	71 - 79+ A	190 - 230	11	11
		BLUE	2:00 PM	4:00 PM	F	U17	58 B	85 - 115	11	11
	14	RED	4:30 PM	6:30 PM	F	ADAP U17	48 A	105 - 105	1	9
		WHITE	3:40 PM	5:40 PM	F	U17	53 A	77 - 175	17	17
15	BLUE	4:00 PM	6:00 PM	M	U17	56 A	99 - 194	11	11	
	RED	6:00 PM	8:00 PM	M	U17	60 B	120 - 150	10	10	
16	WHITE	6:00 PM	8:00 PM	M	U17	65 B	140 - 166	9	9	
	BLUE	6:00 PM	8:00 PM	M	U17	79 C	165 - 190	11	11	
17	RED	7:00 AM	9:00 AM	F	U17	69 - 77 C	107 - 125	12	12	
	WHITE	7:00 AM	9:00 AM	F	U17	77+ B	116 - 141	10	10	
18	BLUE	7:00 AM	9:00 AM	M	U17	71 B	145 - 174	11	11	
	RED	9:00 AM	11:00 AM	F	ADAP U17	58 A	136 - 136	1	10	
19	WHITE	9:00 AM	11:00 AM	F	U17	63 A	85 - 185	14	14	
	BLUE	9:00 AM	11:00 AM	M	U17	60 A	150 - 200	10	10	
20	RED	11:00 AM	1:00 PM	M	U17	79 B	192 - 208	12	12	
	WHITE	11:20 AM	1:20 PM	M	U17	65 A	170 - 228	9	9	
21	BLUE	11:00 AM	1:00 PM	M	U17	71 A	180 - 234	10	10	
	RED	1:00 PM	3:00 PM	M	U17	94+ B	140 - 210	11	11	
22	WHITE	1:00 PM	3:00 PM	F	U17	69 - 77 B	125 - 141	11	11	
	BLUE	1:00 PM	3:00 PM	M	U17	79 A	210 - 235	14	14	
23	RED	3:00 PM	5:00 PM	F	U17	69 - 77 A	143 - 184	11	11	
	WHITE	3:00 PM	5:00 PM	M	U17	88 A	180 - 270	14	14	
24	BLUE	3:00 PM	5:00 PM	M	U17	94 A	170 - 275	10	10	
	RED	5:00 PM	7:00 PM	M	U17	94+ A	214 - 265	11	11	
25	BLUE	5:00 PM	7:00 PM	F	U17	77+ A	145 - 185	10	10	
	RED	8:00 AM	10:00 AM	F	JR	53 B	99 - 125	8	9	
26	WHITE	8:00 AM	10:00 AM	F	U25	53 B	117 - 117	1	14	
	BLUE	8:00 AM	10:00 AM	M	JR	58 B	105 - 144	10	4	
27	RED	8:00 AM	10:00 AM	F	U25	58 B	120 - 140	4	12	
	WHITE	8:00 AM	10:00 AM	M	JR	60 - 65 C	97 - 185	10	1	
28	BLUE	8:00 AM	10:00 AM	M	ADAP U25	60 C	84 - 84	1	12	
	RED	10:00 AM	12:00 PM	F	U25	60 C	168 - 168	1	10	
29	WHITE	10:00 AM	12:00 PM	M	JR	48 A	99 - 145	8	11	
	BLUE	10:00 AM	12:00 PM	F	U25	48 A	117 - 120	2	10	
30	RED	10:00 AM	12:00 PM	F	JR	60 - 65 B	190 - 200	8	10	
	BLUE	10:00 AM	12:00 PM	F	U25	60 - 65 B	185 - 191	3	10	
31	RED	12:00 PM	2:00 PM	F	JR	53 A	129 - 180	5	13	
	BLUE	12:00 PM	2:00 PM	F	U25	53 A	132 - 180	5	12	
32	RED	12:00 PM	2:00 PM	F	JR	63 B	117 - 146	8	11	
	BLUE	12:00 PM	2:00 PM	F	U25	63 B	127 - 140	5	12	
33	RED	2:00 PM	4:00 PM	M	JR	69 C	110 - 144	7	11	
	BLUE	2:00 PM	4:00 PM	M	U25	69 C	122 - 144	5	11	
34	RED	2:00 PM	4:00 PM	M	JR	60 - 65 A	204 - 247	9	11	
	BLUE	2:00 PM	4:00 PM	F	U25	65 A	205 - 215	2	11	
35	RED	4:00 PM	6:00 PM	F	JR	58 A	145 - 185	8	11	
	BLUE	4:00 PM	6:00 PM	F	JR	58 A	145 - 185	8	11	

	BLUE	2:00 PM	4:00 PM	F	U25	58 A	150 - 210	5	13
25	RED	4:00 PM	6:00 PM	F	JR	63 A	149 - 185	5	13
	BLUE	4:00 PM	6:00 PM	M	JR	79 D	204 - 210	8	12
26	RED	8:00 AM	10:00 AM	M	JR	79 C	216 - 230	7	12
	WHITE	8:00 AM	10:00 AM	F	JR	69 B	149 - 160	6	12
	BLUE	8:00 AM	10:00 AM	M	JR	88 D	190 - 222	9	13
	RED	10:00 AM	12:00 PM	F	JR	69 A	165 - 210	6	11
27	WHITE	10:00 AM	12:00 PM	M	JR	79 B	240 - 251	6	12
	BLUE	10:00 AM	12:00 PM	M	JR	71 B	175 - 210	11	14
	RED	12:00 PM	2:00 PM	M	JR	88 C	225 - 232	7	13
	BLUE	12:00 PM	2:00 PM	M	JR	71 A	218 - 236	6	14
29	RED	2:15 PM	4:15 PM	F	ADAP JR	77 B	123 - 123	1	14
	BLUE	2:15 PM	4:15 PM	M	JR	94 C	210 - 230	8	13
	RED	4:40 PM	6:40 PM	M	JR	110 C	220 - 252	6	11
	BLUE	4:40 PM	6:40 PM	M	JR	79 A	260 - 290	8	11
31	RED	10:00 AM	12:00 PM	M	JR	88 B	235 - 260	4	12
	WHITE	10:00 AM	12:00 PM	F	JR	86 - 86+B	147 - 175	7	11
	BLUE	10:00 AM	12:00 PM	M	JR	94 B	232 - 264	10	13
	RED	12:00 PM	2:00 PM	M	JR	88 A	265 - 320	9	13
32	WHITE	12:00 PM	2:00 PM	F	JR	77 A	160 - 195	5	14
	BLUE	12:00 PM	2:00 PM	M	JR	110 B	255 - 278	6	11
	RED	2:00 PM	4:00 PM	M	JR	94 A	270 - 332	4	13
	BLUE	2:00 PM	4:00 PM	M	JR	110 A	283 - 330	4	11
34	RED	4:00 PM	6:00 PM	F	JR	86 - 86+A	180 - 195	7	10
	BLUE	4:00 PM	6:00 PM	M	JR	110+A	224 - 305	7	12
	RED	10:00 AM	12:00 PM	F	Open	63 B	175 - 190	7	7
	WHITE	10:00 AM	12:00 PM	M	ADAP	79 B	136 - 136	1	11
35	WHITE	10:00 AM	12:00 PM	M	Open	79 B	250 - 275	10	11

Fri Jun 26	36	BLUE	10:00 AM	12:00 PM	M	Open	65 B	220 - 245	9	9				
		RED	12:00 PM	2:00 PM	F	Open	48 A	135 - 160	6	6				
		WHITE	12:00 PM	2:00 PM	F	Open	69 C	163 - 182	12	12				
	37	BLUE	12:00 PM	2:00 PM	M	Open	60 - 71 A	215 - 300	13	13				
		RED	2:00 PM	4:00 PM	F	Open	53 A	148 - 184	9	9				
	38	BLUE	2:00 PM	4:00 PM	F	Open	58 A	148 - 188	12	12				
		RED	3:40 PM	5:40 PM	F	Open	63 A	196 - 240	7	7				
	Sat Jun 27	39	BLUE	3:40 PM	5:40 PM	M	Open	79 A	275 - 342	10	10			
			RED	10:00 AM	12:00 PM	M	Open	88 B	270 - 300	10	10			
		40	WHITE	10:00 AM	12:00 PM	M	Open	94 B	280 - 309	9	9			
BLUE			10:00 AM	12:00 PM	F	Open	69 B	183 - 195	12	12				
41		RED	12:00 PM	2:00 PM	F	Open	77 B	180 - 201	11	11				
		WHITE	12:00 PM	2:00 PM	F	Open	86 B	175 - 210	9	9				
42		BLUE	12:00 PM	2:00 PM	F	Open	69 A	195 - 220	12	12				
		RED	2:00 PM	4:00 PM	M	Open	88 A	300 - 349	9	9				
Sun Jun 28		43	BLUE	2:00 PM	4:00 PM	F	Open	77 A	205 - 250	11	11			
			RED	3:40 PM	5:40 PM	F	Open	86 A	210 - 245	8	8			
	44	BLUE	3:40 PM	5:40 PM	M	Open	94 A	310 - 360	9	9				
		RED	8:00 AM	10:00 AM	F	ADAP	86+ B	140 - 140	1	11				
	Sun Jun 28	45	WHITE	8:00 AM	10:00 AM	F	Open	86+ B	175 - 205	10				
							WSO U13	44 B	45 - 45	1				
		43	WHITE	8:00 AM	10:00 AM	F	WSO U17	77 B	100 - 100	1				
							WSO JR	63 B	80 - 120	2				
							WSO W35	63 - 69 B	110 - 125	2	12			
							WSO W45	77 B	70 - 70	1				
WSO W55							69 B	94 - 94	1					
WSO W60							86 B	105 - 105	1					
43		BLUE	8:00 AM	10:00 AM	M	WSO	58 - 69 B	90 - 120	3					
						WSO U17	88 A	146 - 146	1					
	WSO M35					88 A	215 - 215	1						
	WSO M40					79 A	180 - 180	1						
	WSO M45					88 A	225 - 225	1	9					
	WSO M50					79 A	185 - 185	1						
44	BLUE	10:00 AM	12:00 PM	M	WSO M60	71 A	130 - 130	1						
					WSO	71 - 88 A	160 - 255	3						
					45	RED	10:00 AM	12:00 PM	M	ADAP	110 A	180 - 200	2	13
										Open	110 A	290 - 340	11	
					44	WHITE	10:00 AM	12:00 PM	F	WSO JR	69 A	145 - 145	1	
										WSO W40	69 - 77 A	130 - 160	2	
WSO W45	69 - 86+ A	130 - 170	3	12										
WSO W50	63 A	138 - 138	1											
WSO	58 - 86+ A	135 - 160	5											
45	BLUE	10:00 AM	12:00 PM	M						WSO U17	94 - 94+ A	142 - 150	2	
					WSO M40	94 - 110 A	220 - 260	4						
					WSO M45	94 A	135 - 225	2	13					
					WSO M50	110+ A	230 - 230	1						
					WSO M60	110 A	150 - 150	1						
					WSO	94 - 110+ A	159 - 265	3						
45	RED	12:00 PM	2:00 PM	M	Open	110+ A	310 - 390	11	11					
					BLUE	12:00 PM	2:00 PM	F	Open	86+ A	205 - 245	10	10	