

2023 Nationals Week

Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	Pool	Qual		# Lifters	
						Group	Cat.		Min	Max	Grp	Ses
Sat Jun 24	1	Red	6:00 AM	8:00 AM	f	11U	45,49	C		54	4	10
						13U	45,49	C		54	6	
		White	6:00 AM	8:00 AM	f	11U	36,40	B		48	11	15
						13U	36,40	B		48	4	
		Blue	6:00 AM	8:00 AM	m	11U	32	B		40	10	11
						13U	32	B	32	40	1	
	2	Red	7:50 AM	9:50 AM	m	11U	36	B		50	8	11
						13U	36	B	36	50	3	
		White	8:30 AM	10:30 AM	f	11U	30	A		-	7	7
	Blue	7:50 AM	9:50 AM	f	11U	45,49	B	55	70	5	12	
					13U	45,49	B	55	70	7		
	3	Red	9:40 AM	11:40 AM	f	11U	33	A		-	5	9
						13U	33	A	33	-	4	
		White	10:00 AM	12:00 PM	m	11U	32	A	41	-	8	11
	13U	32	A	41	-	3						
	Blue	9:40 AM	11:40 AM	f	11U	36,40	A	49	-	11	17	
					13U	36,40	A	49	-	6		
	4	Red	12:00 PM	2:00 PM	m	11U	36	A	51	-	7	10
						13U	36	A	51	-	3	
		White	12:00 PM	2:00 PM	m	11U	39	A		-	4	12
	13U	39	A	39	-	8						
	Blue	12:00 PM	2:00 PM	f	11U	45,49	A	70	-	3	9	
					13U	45,49	A	70	-	6		
	5	Red	1:40 PM	3:40 PM	m	11U	44	B		61	7	14
13U						44	B	44	61	7		
White		1:40 PM	3:40 PM	m	11U	49	B		69	5	12	
					13U	49	B	49	69	7		
Blue		1:40 PM	3:40 PM	f	11U	55,59	B		74	5	13	
Blue	1:40 PM	3:40 PM	f	13U	55,59	B		74	8			

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Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	Pool	Qual		# Lifters		
						Group	Cat.		Min	Max	Grp	Ses	
Sat Jun 24	6	Red	4:00 PM	6:00 PM	m	11U	44	A	62	-	1	11	
						13U	44	A	62	-	10		
		White	4:00 PM	6:00 PM	f	11U	55,59	A	75	-	2		12
						13U	55,59	A	75	-	10		
		Blue	4:00 PM	6:00 PM	m	11U	49	A	70	-	4		14
						13U	49	A	70	-	10		
	7	Red	5:45 PM	7:45 PM	m	11U	55	B		77	5	11	
						13U	55	B	55	77	6		
		White	5:45 PM	7:45 PM	f	11U	64+	B		100	2	10	
						13U	64+	B	65	100	8		
		Blue	5:45 PM	7:45 PM	f	11U	64	A		-	5	12	
						13U	64	A	64	-	7		
Sun Jun 25	8	Red	6:00 AM	8:00 AM	m	11U	55	A	78	-	1	10	
						13U	55	A	78	-	9		
		White	6:00 AM	8:00 AM	m	11U	61	A		-	2	15	
						13U	61	A	61	-	13		
		Blue	6:00 AM	8:00 AM	m	11U	67,73	A		-	4	11	
						13U	67,73	A		-	7		
	9	Red	7:40 AM	9:40 AM	m	11U	73+	A		-	1	15	
						13U	73+	A	74	-	14		
		White	8:15 AM	10:15 AM	f	13U	64+	A	101	-	10		
	10	Blue	8:00 AM	10:00 AM	m	14-15	39-61	C		115	12	12	
						Red	10:00 AM	12:00 PM	f	14-15	36-45	A	
		White	10:00 AM	12:00 PM	f	14-15	55	B	76	94	10	10	
						Blue	10:00 AM	12:00 PM	m	14-15	39-61	B	115
		11	Red	12:15 PM	2:15 PM	f	14-15	49	A	67	-	11	11
							White	11:50 AM	1:50 PM	f	14-15	55	A
	Blue		12:00 PM	2:00 PM	m	14-15	39-61	A	135	-	11	11	
	12	Red	2:00 PM	4:00 PM	m	14-15	67,73	B		143	15	15	
						White	1:40 PM	3:40 PM	f	14-15	71-76+	C	
Blue		2:00 PM	4:00 PM	f	14-15	59	A	84	-	13	13		
13	Red	4:15 PM	6:15 PM	m	14-15	81-89+	B		169	10	10		
					White	4:00 PM	6:00 PM	f	14-15	71-76+	B	102	118
	Blue	4:15 PM	6:15 PM	m	14-15	67,73	A	144	-	15	15		

2023 Nationals Week

Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	Pool	Qual		# Lifters	
						Group	Cat.		Min	Max	Grp	Ses
Sun Jun 25	14	Red	6:00 PM	8:00 PM	f	14-15	71-76+	A	119	-	14	14
		White	6:00 PM	8:00 PM	m	14-15	81-89+	A	170	-	12	12
		Blue	6:15 PM	8:15 PM	f	14-15	64	A	89	-	13	13
Mon Jun 26	15	Red	6:00 AM	8:00 AM	f	16-17	55	C	85	99	10	10
		White	6:00 AM	8:00 AM	m	16-17	61	B	125	160	12	12
		Blue	6:00 AM	8:00 AM	f	16-17	59	B	96	119	17	17
	16	Red	7:50 AM	9:50 AM	f	16-17	55	B	100	120	10	10
		White	7:50 AM	9:50 AM	m	16-17	49,55	A		-	9	9
		Blue	7:50 AM	9:50 AM	f	16-17	40,45	A		-	8	8
	17	Red	9:30 AM	11:30 AM	f	16-17	55	A	120	-	9	9
		White	9:30 AM	11:30 AM	m	16-17	67	B	140	170	15	15
		Blue	9:30 AM	11:30 AM	m	16-17	61	A	160	-	10	10
	18	Red	11:30 AM	1:30 PM	f	16-17	64,71	D		117	12	12
		White	11:30 AM	1:30 PM	m	16-17	73	C	155	168	10	10
		Blue	11:30 AM	1:30 PM	f	16-17	49	A	74	-	15	15
	19	Red	1:20 PM	3:20 PM	f	16-17	64,71	C	118	128	11	11
		White	1:20 PM	3:20 PM	m	16-17	73	B	169	205	10	10
		Blue	1:20 PM	3:20 PM	f	16-17	59	A	120	-	13	13
	20	Red	3:10 PM	5:10 PM	f	16-17	64,71	B	129	145	11	11
		White	3:10 PM	5:10 PM	m	16-17	67	A	170	-	14	14
		Blue	3:10 PM	5:10 PM	m	16-17	81	B	170	200	10	10
21	Red	5:00 PM	7:00 PM	f	16-17	64,71	A	146	-	10	10	
	White	5:00 PM	7:00 PM	m	16-17	73	A	206	-	9	9	
	Blue	5:00 PM	7:00 PM	m	16-17	81	A	200	-	11	11	
Tue Jun 27	22	Red	6:00 AM	8:00 AM	m	16-17	89-102+	D		200	12	12
		White	6:00 AM	8:00 AM	f	ALL	55	C		120	9	9
		Blue	6:00 AM	8:00 AM	m	ALL	55,61	B		180	7	7
	23	Red	8:00 AM	10:00 AM	m	16-17	89-102+	C	200	215	11	11
		White	8:00 AM	10:00 AM	f	16-17	76	A	115	-	11	11
		Blue	7:50 AM	9:50 AM	f	16-17	81	A	120	-	13	13
24	Red	9:50 AM	11:50 AM	m	ALL	67	C		196	16	16	
	White	10:00 AM	12:00 PM	f	16-17	81+	A	122	-	11	11	
		Blue	10:00 AM	12:00 PM	m	16-17	89-102+	B	215	240	9	9

2023 Nationals Week

Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	Pool	Qual		# Lifters		
						Group	Cat.		Min	Max	Grp	Ses	
Tue Jun 27	25	Red	12:00 PM	2:00 PM	m	16-17	89-102+	A	240	-	11	11	
		White	12:00 PM	2:00 PM	m	ALL	55,61	A	180	-	10	10	
		Blue	12:00 PM	2:00 PM	f	ALL	45,49	B		110	11	11	
	26	Red	1:50 PM	3:50 PM	f	ALL	55	B	121	135	11	11	
		White	1:50 PM	3:50 PM	m	ALL	67	B	197	225	13	13	
		Blue	1:50 PM	3:50 PM	f	ALL	59	C		140	11	11	
	27	Red	3:40 PM	5:40 PM	f	ALL	55	A	136	-	10	10	
		White	4:00 PM	6:00 PM	f	ALL	45,49	A	111	-	8	8	
		Blue	3:40 PM	5:40 PM	m	ALL	67	A	225	-	13	13	
	Wed Jun 28	28	Red	6:00 AM	8:00 AM	m	ALL	81	E		210	13	13
			White	6:00 AM	8:00 AM	f	ALL	64	C		154	15	15
			Blue	6:00 AM	8:00 AM	m	ALL	73	C		210	14	14
29		Red	8:00 AM	10:00 AM	m	ALL	81	D	210	225	13	13	
		White	8:25 AM	10:25 AM	f	ALL	59	B	141	150	11	11	
		Blue	8:00 AM	10:00 AM	m	ALL	89	E		220	14	14	
30		Red	10:15 AM	12:15 PM	m	ALL	81	C	225	240	13	13	
		White	10:15 AM	12:15 PM	m	ALL	73	B	210	232	14	14	
		Blue	10:25 AM	12:25 PM	m	ALL	89	D	220	230	15	15	
31		Red	12:00 PM	2:00 PM	m	ALL	81	B	240	255	14	14	
		White	12:00 PM	2:00 PM	f	ALL	64	B	154	165	15	15	
		Blue	12:00 PM	2:00 PM	m	ALL	89	C	230	245	15	15	
32		Red	2:00 PM	4:00 PM	m	ALL	81	A	255	-	12	12	
		White	2:00 PM	4:00 PM	f	ALL	59	A	150	-	12	12	
		Blue	2:00 PM	4:00 PM	m	ALL	89	B	245	269	14	14	
33		Red	4:00 PM	6:00 PM	f	ALL	64	A	166	-	14	14	
		White	4:00 PM	6:00 PM	m	ALL	73	A	233	-	13	13	
		Blue	4:00 PM	6:00 PM	m	ALL	89	A	270	-	13	13	
Thu Jun 29	34	Red	6:00 AM	8:00 AM	f	ALL	71	C		150	13	13	
		White	6:00 AM	8:00 AM	m	ALL	96	D		240	11	11	
		Blue	6:00 AM	8:00 AM	f	ALL	76	B		165	13	13	
	35	Red	8:15 AM	10:15 AM	f	ALL	71	B	151	165	15	15	
		White	7:50 AM	9:50 AM	m	ALL	96	C	240	250	10	10	
		Blue	8:00 AM	10:00 AM	f	ALL	81	B		175	9	9	

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Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	Pool	Qual		# Lifters	
						Group	Cat.		Min	Max	Grp	Ses
Thu Jun 29	36	Red	10:20 AM	12:20 PM	m	ALL	96	B	250	275	10	10
		White	9:30 AM	11:30 AM	m	ALL	102	B		260	17	17
		Blue	10:00 AM	12:00 PM	f	ALL	71	A	165	-	11	11
	37	Red	12:00 PM	2:00 PM	m	ALL	109,109+	B		260	12	12
		White	12:00 PM	2:00 PM	m	ALL	96	A	276	-	9	9
		Blue	12:00 PM	2:00 PM	f	ALL	76	A	166	-	13	13
	38	Red	2:15 PM	4:15 PM	f	ALL	81	A	175	-	11	11
		White	2:15 PM	4:15 PM	f	ALL	87	A		-	13	13
		Blue	2:00 PM	4:00 PM	m	ALL	102	B		282	8	8
	39	Red	4:00 PM	6:00 PM	f	ALL	87+	A		-	12	12
		White	4:00 PM	6:00 PM	m	ALL	109,109+	A	260	-	12	12
		Blue	4:00 PM	6:00 PM	m	ALL	102	A	283	-	8	8
Fri Jun 30	40	Red	8:00 AM	10:00 AM	f	OPEN	45,49	B		142	9	9
		White	8:00 AM	10:00 AM	f	OPEN	59	C		170	12	12
		Blue	8:00 AM	10:00 AM	m	OPEN	55-67	B		236	8	8
	41	Red	10:00 AM	12:00 PM	f	OPEN	59	B	171	182	13	13
		White	10:00 AM	12:00 PM	m	OPEN	81	B		280	14	14
		Blue	10:00 AM	12:00 PM	m	OPEN	55-67	A	237	-	7	7
	42	Red	12:00 PM	2:00 PM	f	OPEN	45,49	A	143	-	10	10
		Blue	12:00 PM	2:00 PM	m	OPEN	73	A		-	11	11
		43	Red	2:00 PM	4:00 PM	f	OPEN	55	A	159	-	14
	Blue		2:00 PM	4:00 PM	f	OPEN	59	A	183	-	12	12
	44	Red	4:15 PM	6:15 PM	m	OPEN	81	A	281	-	12	12
		Blue	4:00 PM	6:00 PM	f	OPEN	64	C		180	12	12
Sat Jul 1	45	Red	10:00 AM	12:00 PM	m	OPEN	89	B		304	14	14
		Blue	10:00 AM	12:00 PM	f	OPEN	64	B	181	195	14	14
	46	Red	12:15 PM	2:15 PM	f	OPEN	71	C		185	10	10
		Blue	12:15 PM	2:15 PM	f	OPEN	64	A	196	-	9	9
	47	Red	2:00 PM	4:00 PM	f	OPEN	71	B	185	195	10	10
		Blue	2:00 PM	4:00 PM	m	OPEN	89	A	305	-	13	13
48	Red	3:45 PM	5:45 PM	m	OPEN	96	A		-	15	15	
	Blue	4:10 PM	6:10 PM	f	OPEN	71	A	196	-	9	9	
49	Red	8:00 AM	10:00 AM	m	OPEN	109,109+	C		320	11	11	
	Blue	8:00 AM	10:00 AM	f	OPEN	76	A		-	13	13	

2023 Nationals Week

Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	Pool	Qual		# Lifters	
						Group	Cat.		Min	Max	Grp	Ses
Sun Jul 2	50	Red	10:00 AM	12:00 PM	f	OPEN	81	A	-	-	11	11
		White	10:00 AM	12:00 PM	m	OPEN	102	A	-	-	11	11
		Blue	10:10 AM	12:10 PM	m	OPEN	109,109+	B	321	340	11	11
	51	Red	12:00 PM	2:00 PM	f	OPEN	87	A	-	-	11	11
		White	12:00 PM	2:00 PM	f	OPEN	87+	A	-	-	15	15
		Blue	12:00 PM	2:00 PM	m	OPEN	109,109+	A	341	-	11	11