



USAW Selection Procedure Policy

Applicable for events starting

January 1, 2026 to December 31, 2026

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Note: Youth Olympic Games, Pan American Games, Junior Pan American Games and Olympic Games selection procedures are published separately as such selection procedures may require United States Olympic and Paralympic Committee (USOPC) approval and ownership.

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Table of Contents

Philosophy..... 4

Right to Amend..... 4

International Competitions..... 5

 Competition Funding5

A & B Standards 5

 Senior Standards6

 Junior Standards6

 Youth Standards6

 U15 Standard.....6

Qualification, Ranking, and Selection Process 7

Athlete Minimum Eligibility Criteria 7

Qualification Period and Events 8

 Calendar Adjustments8

Athlete Rankings 8

 Minimum Total.....8

Ranking Process	9
Mixed Category Rankings	9
Athlete Selection.....	10
Selection Process	10
Three Athletes Ranked per Weight Category	10
Weight Category Change Protocol	10
Alternate Selection	11
Dual Age Selection	11
Event Postponement.....	11
Personal Coach Participation	11
Competition Preparation	12
Readiness Requirements	12
Weight Category Changes	13
Verification of Final Entries.....	14
Competition Performance	14
Performance Planning.....	14
Provisions For Substitutions	15
Injury.....	15
Illness	15
Medical Examination.....	15
Lack of Readiness	15
Removal From International Competition Delegation	15
Appendix A Qualification Calendar	16
Appendix B Competition Readiness Plan (CRP).....	20

Philosophy

USA Weightlifting (USAW) has been given responsibility by the United States Olympic & Paralympic Committee (USOPC) to govern the sport of weightlifting in the United States of America. One of USAW's fundamental duties is to field international teams that will represent the United States of America.

Selection Procedures developed by USAW to fulfill this duty prioritize the following hierarchy of key outcomes:

1. Olympic Qualification
2. Selection of Athletes that can compete among the World's best in their respective weight class
3. Earning Medals in International Competition
4. Developing competitive Athletes through International Competition Experience

Right to Amend

USAW may amend these selection procedures at any time, including in response to actions or decisions (e.g., event schedule releases or changes, qualification procedures, etc.) of the International Weightlifting Federation (IWF), Pan American Weightlifting Federation (PAWF), Panam Sports (PASO), International Olympic Committee (IOC), International University Sports Federation (FISU), or other applicable governing body with responsibility for an international weightlifting competition.

This includes the possibility of amendment if the IWF announces 2028 Olympic Games qualification procedures before December 31, 2026. Notice and explanation will be published electronically at www.usawweightlifting.org.

Amendments to the Qualification Calendar (Appendix A) may be made by USAW in its sole discretion and without review of the USAW Athletes Advisory Committee or approval of the USAW Board of Directors.

Revisions to the A and B Standards (published here on the USAW website) after they are initially determined must be approved by a simple majority vote of the USAW Board of Directors.

Any other material amendments to these procedures must likewise be approved by a simple majority vote of the USAW Board of Directors.

International Competitions

USAW will rank, invite, and field teams for the following competitions:

- IWF World Championships (Youth, Junior, and Senior)
- Pan American Championships (Youth, Junior, and Senior)
- Pan American Games (Junior and Senior)
- International University Sports Federation (FISU) events sanctioned by the IWF
- International Competitions listed as an Olympic Qualifying Event
- Select non-IWF sanctioned Competitions for developmental purposes

NOTE: USAW, in its sole discretion, may decide not to send a team to any of the above competitions (or other international competitions not listed), before or after team selection, based on factors including, but not limited to: concerns for safety of our delegation, natural disasters, civil unrest, travel challenges and restrictions, etc.

For the purpose of athlete development, USAW may select athletes within the National Team Program for participation in International Competitions, whether they are or are not sanctioned by the IWF.

Competition Funding

USAW will provide and allocate comprehensive funding for all selected athletes to the IWF Senior World Championships and Senior Pan American Championships, covering the explicitly defined costs of participation below:

- Athlete Accreditation and Doping Control Fees
- Flights and/or other longer forms of transportation
- Organizing Committee Transportation Fees
- Organizing Committee Accommodations Fees
- Official Team USA Outfitting

For any and all other funding information related to International Competitions, please refer to USA Weightlifting's National Team Program document.

A & B Standards

No later than January 31st of each year, USAW determines and publishes totals known as A & B Standards, which are used to qualify and rank athletes for International Competitions. A and B Standards are specific to each age group, gender, and weight category. Standards are updated yearly for all International Competitions regardless of competition level, excluding Olympic Qualification Events.

These Standards provide a minimum qualification standard for athlete selection, facilitate an objective rankings process, and ensure alignment with USAW's mission to field qualitatively high performers in International Competition.

Senior Standards

The Senior A Standards are derived through a statistical analysis of the IWF World Rankings, typically, but not always, from the previous (3) years of competition results. Rankings are compiled on December 31st of each year in question, using one athlete per nation, for each weight category and gender.

In absence of historical data during periods of weight category change and/or to ensure progressive standards across increases in bodyweight, USAW may employ a variety of analytical methods and consult with statistics experts to produce appropriate standards.

Detailed explanation of these methods, along with a published list of these figures can be found in the A & B Standards document published on www.usaweightinglifting.org.

With these figures established, the Senior B Standards for each category are set at 95% of each respective A Standard.

Junior Standards

The A Standards for Junior level competitions are set at 90% of the Senior A Standard for each category and gender. The Junior B Standards are set at 85% of the Senior A Standard.

In the absence of robust competition data, qualification and ranking for any FISU or U23 International Competitions will utilize the Junior A and B Standards.

Youth Standards

The A Standards for Youth level competitions are set at 80% of the Senior A Standard for each category and gender. The Youth B Standards are set at 75% of the Senior A Standard.

U15 Standard

The U15 Standards for all age-appropriate competitions are set at 70% of the Senior A Standard. No B Standard will be assigned for this age group.

Qualification, Ranking, and Selection Process

The pathway to participation in an International Competition is a multi-step process requiring Qualification, Ranking, and Selection. The following sections outline these steps.

Athlete Minimum Eligibility Criteria

To be considered for an International Competition, athletes must meet the following minimum requirements:

- **Be a citizen of the United States of America**
 - If dual citizenship is held, an athlete's sport nationality must be registered as the United States with the IWF/PAWF
- **Possess a valid United States of America Passport**
 - Athletes must possess a U.S. Passport with an expiration date six (6) months or later than the end of the international competition in question, or that meets the specific entry requirements of the host nation, whichever is greater.
- **Be the correct Sporting Age for the relevant competition**
 - Youth: 13 – 17 years of age
 - Junior: 15 – 20 years of age
 - Senior: 15 years of age or older
 - An athlete's Sporting Age is calculated using their age on December 31st of the calendar year in which the competition takes place
- **Comply with all requirements of the applicable governing body**
 - Olympics: for the Olympic and Youth Olympic Games, the relevant IOC, USOPC, and IWF rules apply.
 - Pan American Games: for the Pan American and Junior Pan American Games, the relevant USOPC, Panam Sports, and IWF rules apply.
 - International Weightlifting: for IWF operated events, IWF rules apply.
 - FISU: for FISU operated events, FISU and IWF rules apply
- **Submit to a Background Screen & Meet SafeSport Training Requirements**
 - Upon selection to an International Team, all athletes eighteen (18) years and older must complete a USAW Background Screen via USAW's membership system and hold a current U.S. Center for SafeSport certification
 - In the event of a Red-Light Background Screen result, the athlete will be given the opportunity for a hearing before the USAW Background Screen Hearing Panel to appeal the result.
 - The USAW Background Screen Hearing Panel may remove an athlete from a team by unanimous vote, if they believe that selection may put the physical

or mental health of any delegation member at risk.

- **Complete USADA Athlete Advantage Certification**
 - Athletes must have successfully completed training and maintain a current USADA Athlete Advantage Certification
- **Be a Member of USA Weightlifting**
 - Athletes must be a valid USAW member in good standing.

Qualification Period and Events

- To comply with IWF and International Test Agency (ITA) anti-doping requirements regarding athlete entry into the Registered Testing Pool (RTP), all qualification periods must **end** three (3) months prior to the listed start date of the specific competition, unless otherwise specified by USAW.
- Qualification Periods for an International Competition with **begin** nine (9) months prior to the aforementioned three-month IWF/ITA RTP deadline.
- Qualification Events included all USAW national events and any IWF sanctioned or non-sanctioned events in which USAW formally participates.
- In the event a USAW national event or IWF sanctioned event falls within thirty (30) days before the start date of the Qualification Period, the period will be adjusted to include such event(s).

Calendar Adjustments

In the event the IWF, PAWF, FISU, or other applicable governing body changes an International Competition date, USAW will make any necessary revisions to the qualification period.

Athlete Rankings

Upon commencement of an International Competition's qualification period, a ranking list is published and made available at www.usaweighting.org under the "International Team Rankings" section. These ranking lists will be updated following the results of each qualifying event.

Only the top 20 ranked athletes will be listed for each International Competition.

Minimum Total

In order to be eligible and ranked for International Competition, an athlete must achieve the B Standard for the appropriate age group, gender, and weight category at a qualifying event. The lone exception to this requirement is for U15 events, which necessitate achieving the U15 Standard for eligibility.

Ranking Process

- Athletes are ranked for each International Competition using eligible totals achieved at a qualification event within the defined qualification period.
- Their highest eligible totals are compared against the appropriate age, gender, and weight category matched A Standard. A percentage is yielded, dividing the eligible total by the matched A Standard.
- Athletes are ranked in descending order of their A Standard Percentage, listed to the hundredths place.
- In the event of a percentage tie, the athlete that achieves their eligible total first (using equivalent Greenwich Mean Time) is ranked higher.
- If an athlete scores eligible totals in more than one bodyweight category, the total yielding highest A Standard Percentage will be applied for to the ranking process. During the selection stage, an athlete may declare they wish to be ranked using a lower A Standard Percentage result, if they intend to be selected in that respective weight category.

Example: if the A Standard for youth 79kg men is 279kg, and one athlete totals 279 kg (100% of the A Standard), and another totals 281kg (100.72% of the A Standard), the lifter that totaled 281kg is ranked higher. If, for the same youth age group, the men's 94kg A Standard is 299kg and an athlete in the 94kg weight category totals 300 kg (100.33%), they are ranked above the 79kg athlete that totaled 279kg, but below the 79kg athlete totaling 281.

Mixed Category Rankings

In the event the IWF announces changes to weight categories that will result in a qualification period of "mixed category" results, USAW will take all necessary means to establish A Standards for newly created categories in a timely fashion.

To avoid eliminating qualifying events, reducing the qualification period, and maintain athlete fairness, USAW will proceed with a Mixed Category ranking process.

All eligible totals within the qualification period will then be compared against their age, gender, and weight category matched A Standard to determine an A Standard Percentage result and ranked using the conventional process defined above.

Example: if the A Standards for Senior 63kg and 64kg Women are 225kg and 226kg respectively, and a 63kg athlete totals 225kg (100% of the A 63kg Standard), while a 64kg athlete also totals 225 (99.56% of the A 64kg Standard), the 63kg athlete is ranked higher due to the greater A Standard Percentage.

Athlete Selection

At the end of the qualification period for any event, USAW selects (by name) only qualified athletes from the International Team Rankings up to a maximum number per gender permitted by the International Competition organizing committee. Per the Team Participation guidelines set forth in the IWF TCRR, this is typically a maximum eight (8) athletes per gender, and no more than two (2) per weight category.

Selection Process

- Athletes are invited in descending ranking order of A Standard Percentage, beginning with the highest ranked athlete
- Athletes have the choice to either accept or decline their invitation
- In the event an athlete declines, USAW proceeds with invitations down the ranking list until either the maximum number of athletes permitted for the competition has been met or no further eligible athletes remain

Three Athletes Ranked per Weight Category

In some instances, three (3) or more athletes may be ranked per weight category, while only two (2) athletes may qualify for selection in the category. If an athlete who ranks third in their weight category can also rank first or second in another heavier weight category using their eligible total, and this eligible total exceeds the B Standard of the heavier weight category, the athlete will be invited for selection in that heavier category.

Example: Three 77kg Women have posted eligible qualifying totals of 278, 250, and 245 respectively, all exceeding the 77kg B Standard and ranking in the Top 8 across all athletes by A Standard Percentage. Both 77kg athletes with the two highest totals have accepted their invitations. However, no 86kg athlete with a higher eligible total has been selected. The remaining 77kg athlete may be selected to compete at 86kg, having exceeded the 86kg B Standard of 230.

Weight Category Change Protocol

In the event the IWF announces changes to weight categories that take effect for International Competitions, but athletes were unable to post an eligible qualifying total for ranking in the new categories, USAW utilize the following protocol for selection:

- Athletes will be asked, and consult with USAW Sport Performance Staff, in descending ranking order of A Standard Percentage, beginning with the highest ranked athlete, which category they will choose for selection
- Once two (2) athletes are selected for a weight category, it will become closed and further athlete selections must be made into a remaining open category
- USAW will continue to offer invitation and consult with athletes on category selection until the maximum number of athletes permitted for the competition has been met or no further eligible athletes remain

Alternate Selection

If more than eight (8) athletes have achieved the minimum qualifying standard for an event, a further two (2) athletes may be selected as alternates. If an athlete is third in their weight category and not ranked in the top eight (8), they may likewise be selected as an alternate if they can be positioned in the next heavier weight category and the athlete has an eligible total that meets the B Standard of that heavier category.

If an athlete is ranked third or greater in their weight category, but cannot be positioned in the next heavier weight category for any reason, the next highest athlete on the ranking list may be selected as an alternate.

Dual Age Selection

In International Competitions where multiple age groups are contested, an athlete may be selected to compete in multiple age groups, if they have posted an eligible total and are ranked sufficiently to be awarded an invitation for each age specific category.

Event Postponement

If an International Competition is postponed by more than one calendar month after the selection of the team, the invite process will be restarted. Only athletes who appeared on the original event ranking list and their previously ranked eligible totals will be considered in this re-commenced selection process.

Personal Coach Participation

Personal Coaches may travel with their athletes to International Competitions as members of the USAW Delegation, provided they meet the necessary deadlines and requirements. The Personal Coach must be listed as the selected athlete's Coach 1 or Coach 2 no later than the deadline for final entries to the International Competition. Only one personal coach per athlete may be accredited and access the competition field of play, warmup area, and training hall.

The costs associated with Personal Coach participation at International Competitions may come at their own expense, unless such funding is allocated via the National Team Program. See the National Team Program document for more on potential support.

Competition Preparation

As a selected member of Team USA, the athlete and their personal coach must promptly work with the USAW Sport Performance Team to communicate regarding the athlete's preparation. Such communications may include, but are not limited to, submitting readiness videos, weight management, reporting of illness/injuries, and Competition Readiness Plan development.

Readiness Requirements

The following are minimum requirements. Failure to comply with one or more of these may result in removal of selection by USAW.

1. **A Competition Readiness Plan (CRP) must be submitted to and approved by USAW.** The CRP will include the training plan and readiness markers for competition performance. Approval of this plan by USAW is a requirement for all athletes, including alternates. The CRP must be submitted by the personal coach no later than two (2) weeks after athlete selection.
 - a. USAW Competition Readiness Plan Template can be found in Appendix B.
2. **The Readiness Period is defined as eight (8) Weeks prior to the start date of an International Competition.** It is organized in descending order from Week 8 to Week 1 (the week of competition). See the CRP in Appendix B for an illustration.
3. **Selected Athletes and Alternates must post training videos and bodyweight check photos for each week in the Athlete Manage System provided by USAW.** These videos must be of the athlete's heaviest snatch, clean & jerk, and squat related performances in the corresponding week. They must be timestamped using any variety of methods. The bodyweight check may be a photo or video of the athlete standing atop a weight scale and timestamped.
4. **In Weeks 4, 3, and 2 of the Readiness Period, Selected Athletes and Alternates must post videos of a snatch and clean & jerk that totals at least 90% of their qualifying total.** The videos must likewise be timestamped using any variety of methods.
 - a. Athletes may request an exception to one or both requirements, subject to approval by the USAW Sport Performance Team.
5. **During the Readiness Period, any illness or injury that impacts training must be promptly reported to the USAW Sport Performance Team.**
 - a. If such an injury or illness is not reported, it may not be used as a reason to not achieve 90% of qualifying total later in the preparation period.
 - b. If such an injury or illness is reported, the athlete must also promptly consult a medical professional from one of the following categories: MD, DO, DPT,

ATC. Upon request, USAW will make best efforts to help the athlete identify a qualified provider.

- c. Should the reported injury or illness affect the athlete's ability to demonstrate 90% of their qualifying total, it may be permissible for a medical professional to submit in writing that the injury/illness is improving at a rate that will likely allow the athlete to perform 90% of their qualifying total in the next seven (7) days.
- d. Athletes may request an exception to this requirement, subject to approval by the USAW Sport Performance Team.

6. The final heavy session of the Readiness Period must be post to the Athlete Management System. The weights hit and timing of this session must be documented in the CRP and used to inform decisions on competition attempts.

- a. Athletes may request an exception to this requirement, subject to approval by the USAW Sport Performance Team.

7. A timestamped bodyweight check video must be uploaded to the Athlete Management System one week prior to departure for competition or pre-competition training camp.

- a. Athlete's weight must be no more than 5% above their competition weight category.
- b. If an athlete and a USAW Sport Performance Staff Member are together during this period, the bodyweight check may be proven in person.
- c. Athletes who are cutting weight to compete must keep USAW informed of their weight cut progression so USAW can be aware of any medical support or sports nutrition needs.
- d. Upon consultation with a USAW Registered Dietician, the USAW Sport Performance Team may inform an athlete/coach when it is believed unsafe to the athlete's health to proceed with cutting weight.
- e. Athletes may request an exception to this requirement, subject to approval by the USAW Sport Performance Team.

Weight Category Changes

Once the Selection Process has been completed and prior to Final Entries, a selected athlete who wishes to change their bodyweight category may do so, provided there are not already two athletes selected in their desired category. There must further be no ranked athlete in the desired category that was not selected who possessed a higher total than the athlete requesting a change. Additionally, the athlete must have an eligible qualifying total from a USAW National or IWF Sanctioned International Competition that meets the B Standard of their changed category.

Over the course of the nine (9) month qualification period for International Competitions, USAW recognizes Youth and Junior athletes may experience substantial physiological

changes. As such, selected Youth and Junior athletes may be allowed to move up or down one (1) bodyweight category after the selection process is completed. These athletes must demonstrate at least 95% of the changed category's B Standard and there can be no other ranked athletes in that weight category with a higher total who were not selected due to a lower A Standard Percentage ranking.

All Weight Category Changes are to be conducted in consultation with the USAW Sport Performance Team and subject to its final approval.

Verification of Final Entries

At their discretion and upon consultation with the Personal Coach, the USAW Sport Performance Team may change an athlete's weight category or entry total at the Verification of Final Entries (VFE) for specific opportunities to medal, inclusion into a higher session, or Olympic Qualification purposes.

Competition Performance

Two (2) National Team Coaches from the USAW Sport Performance Staff will serve as Head Coaches for each International Competition Delegation. These Head Coaches are the final decision-makers for all Team USA Athletes' competition strategy and attempts. To avoid conflicts of interest among competing athletes, ensure unbiased decisionmaking, and strategic excellence, only the Head Coaches may sign athlete competition card at the Marshall's table with attempt declarations and changes.

Performance Planning

In preparation for competition, USAW Head Coach(es) will discuss with the Athlete and their Personal Coach the appropriate attempts to maximize placement for Team USA and/or achieve an agreed upon total for Olympic, World, or NTP qualification.

Competition attempts, openers, and overall strategy are informed by official competition results history, Competition Readiness Plan, and demonstrated readiness videos.

Together, the Athlete, Personal Coach, and USAW Head Coach(es) will determine a Performance Plan, outlining warmups, timing, attempts, and desired performance outcomes.

In the event of any disagreement between the Personal Coach and USAW Head Coach(es) regarding attempts in competition, the USAW Head Coach(es) act a final decision-makers in the interest of optimal Sport Performance.

Provisions For Substitutions

Injury

An injured athlete may be replaced if USAW determines any of the following:

- The Athlete is unable to achieve a total within 90% of their qualification total
- The Athlete is unlikely to perform as well as another ranked athlete
- Risks further injury complication by competing

This determination must be made in consultation with USAW's Director of Sports Medicine and/or an appropriate sports medicine specialist.

Illness

An ill athlete may be replaced if USAW determines that they are unable to perform a minimum of 90% of their qualifying total due to their illness. This determination must be made in consultation with USAW's Director of Sports Medicine and/or a medical professional trained in the relevant illness.

Medical Examination

Refusal to be examined by the appointed medical professional for injury or illness is grounds for replacement by a selected alternate.

Lack of Readiness

An athlete may be replaced if they have not satisfied the terms of their Competition Readiness Plan, such that the USAW Sport Performance Team determines a selected alternate will likely outperform them.

Removal From International Competition Delegation

USAW reserves the right to remove, at any time before or during competition, any athlete that violates the USAW Code of Conduct, International Team Code of Conduct, Code of Ethics, SafeSport policy, or commits a violation of applicable anti-doping rules.

Appendix A

Qualification Calendar

Important Note: USAW is not responsible for any move of an International Competition for which an individual may have been relying on for selection, qualification, or funding. Calendar updates which do not otherwise affect the method of selection will be automatically made when the IWF, PAWF, FISU, or other applicable governing body informs USAW or publishes the revised dates. Please see the Qualification Period & Events policy for more information.

*Dates, event quotas, and locations are subject to change.

Competition	Qualification Period	Qualifying Events	Qual. Event Dates
2026 Pan American Championships Date: April 27 - May 1, 2026 Location: Panama City, Panama	April 27, 2025 – January 27, 2026 **Note that 2025 A/B Standards apply**	2025 National Championships 2025 Pan American Senior Championships 2025 Junior Pan American Games 2025 Virus Series 2 2025 IWF World Championships 2025 Pan American Youth Championships 2025 Virus Series Finals <i>FINAL QUALIFICATION EVENT</i>	June 21-29, 2025 July 13-18, 2025 August 20-23, 2025 August 28-31, 2025 October 2-11, 2025 November 11-15, 2025 December 4-7, 2025
2026 IWF Junior World Championships Date: May 2-8, 2026 Location: Ismailia, Egypt	May 2, 2025 – February 2, 2026 **Note that 2025 A/B Standards apply**	2025 National Championships 2025 Pan American Senior Championships 2025 Junior Pan American Games	June 21-29, 2025 July 13-18, 2025 August 20-23, 2025

		2025 Virus Series 2	August 28-31, 2025
		2025 IWF World Championships	October 2-11, 2025
		2025 Pan American Youth Championships	November 11-15, 2025
		2025 Virus Series Finals <i>FINAL QUALIFICATION EVENT</i>	December 4-7, 2025
2026 IWF Youth World Championships Date: July 05-11, 2026 Location: Cali, Colombia	June 21, 2025 – April 05, 2026 **Note that 2025 A/B Standards apply**	2025 National Championships	June 21-29, 2025
		2025 Pan American Senior Championships	July 13-18, 2025
		2025 Junior Pan American Games	August 20-23, 2025
		2025 Virus Series 2	August 28-31, 2025
		2025 IWF World Championships	October 2-11, 2025
		2025 Pan American Youth Championships	November 11-15, 2025
		2025 Virus Series Finals	December 4-7, 2025
		2026 Virus Series 1 <i>FINAL QUALIFICATION EVENT</i>	March 5-8, 2026
2026 Pan American Youth Championships Date: August 17-22, 2026 Location: Cuenca, Ecuador	August 17, 2025 – May 17, 2026 **Note that 2026 A/B Standards apply**	2025 Junior Pan American Games	August 20-23, 2025
		2025 Virus Series 2	August 28-31, 2025
		2025 IWF World Championships	October 2-11, 2025

		2025 Pan American Youth Championships 2025 Virus Series Finals 2026 Virus Series 1 2026 Pan American Championships 2026 IWF Junior World Championships <i>FINAL QUALIFICATION EVENT</i>	November 11-15, 2025 December 4-7, 2025 March 5-8, 2026 April 27 – May 1, 2026 May 2-8, 2026
2026 FISU World University Championships Date: September 8-12, 2026 Location: Doha, Qatar	August 28, 2025 – June 8, 2026 **Note that 2026 A/B Standards apply**	2025 Virus Series 2 2025 IWF World Championships 2025 Pan American Youth Championships 2025 Virus Series Finals 2026 Virus Series 1 2026 National University Championships 2026 Pan American Championships 2026 IWF Junior World Championships <i>FINAL QUALIFICATION EVENT</i>	August 28-31, 2025* October 2-11, 2025 November 11-15, 2025 December 4-7, 2025 March 5-8, 2026 April 9-12, 2026 April 27 - May 1, 2026 May 2-8, 2026
2026 Pan American Junior Championships Date: October 6-10, 2026	October 6, 2025 – July 6, 2026 **Note that 2026 A/B Standards apply**	2025 IWF World Championships 2025 Pan American Youth Championships 2025 Virus Series Finals	October 2-11, 2025 November 11-15, 2025 December 4-7, 2025

<p>Location: Guadalajara, Mexico</p>		<p>2026 Virus Series 1</p> <p>2026 National University Championships</p> <p>2026 Pan American Championships</p> <p>2026 IWF Junior World Championships</p> <p>2026 National Championships <i>FINAL QUALIFICATION EVENT</i></p>	<p>March 5-8, 2026</p> <p>April 9-12, 2026</p> <p>April 27 – May 1, 2026</p> <p>May 2-8, 2026</p> <p>June 20-28, 2026</p>
<p>2026 IWF World Championships</p> <p>Date: October 28- November 9, 2026</p> <p>Location: Ningbo, China</p>	<p>October 28, 2025 – July 28, 2026</p> <p>**Note that 2026 A/B Standards apply**</p>	<p>2025 Pan American Youth Championships</p> <p>2025 Virus Series Finals</p> <p>2026 Virus Series 1</p> <p>2026 Masters Championships/National University Championships</p> <p>2026 Pan American Championships</p> <p>2026 IWF Junior World Championships</p> <p>2026 National Championships</p> <p>2026 IWF Youth World Championships <i>FINAL QUALIFICATION EVENT</i></p>	<p>November 11-15, 2025</p> <p>December 4-7, 2025</p> <p>March 5-8, 2026</p> <p>April 9-12, 2026</p> <p>April 27 – May 1, 2026</p> <p>May 2-8, 2026</p> <p>June 20-28, 2026</p> <p>July 5-11, 2026</p>

Appendix B

Competition Readiness Plan (CRP)

Athlete	Event	Qualifying Total
George Washington	2026 Senior World Championships	390

Key Performance Indicators	Target Total
Hang Snatch 177; Back Squat 300; Rack Jerk 220; Clean+FS+Jerk 210	396

Theme	Weeks Out	Peak Snatch	Peak C&J	Peak Squat
Base	Week 8	160	195	BS 250x3
Volume	Week 7	155	190	BS 250x5
Volume	Week 6	150	180	BS 260x3
Base	Week 5	160	195	BS 270x2
Intensity	Week 4	167	200	BS 300x1
Intensity	Week 3	170	210	FS 220x3
Peak	Week 2	175	215	FS 240x1
Taper	Week 1	170	208	FS 220x2

Training Theme Key

Base	a "basic", average training load. neither too much nor too little
Volume	a training load that represents a higher # of lifts, tonnage, or other significant workload
Intensity	a training load biased towards a higher average intensity
Peak	a training load biased heavily towards maximal intensities and performance
Taper	a training load of measured intensity and minimal effective volume

How To Use

Step 1: Fill in Target Total $= (Sn + C&J)$; Establish Key Performance Indicators

Step 2: Select a Training Theme for each Week in the Preparation

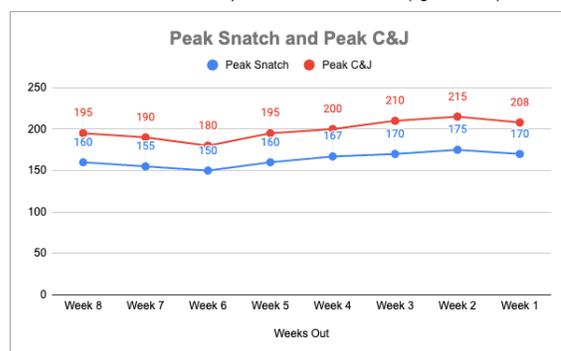
Step 3: Complete longer response to Goals Question below

Step 4: Update Weekly with Peak Snatch, C&J, and Squat Numbers.

*Choose KG Load or % of Max for Peak Snatch and Peak C&J

** Record heaviest Snatch or C&J regardless of variation

*** Record Peak Squat as Variation and Load (eg FS 220x2)



In your opinion, what are the important goals for this Competition Preparation? What does success look like? What will be necessary to realize that vision of success?