

2026 Junior World Championships Rankings - Men

Rankings as of 1/13/26

Athlete Name	Body Weight	Total	% of A Standard	Age as of 12/31/26	Competition Total Achieved
1 Ryan McDonald	88	334	101.21%	19	2025 Virus Weightlifting Finals
2 Christopher Cruz	65	269	98.18%	20	2025 Virus Weightlifting Finals
3 Zakaria Naas	79	303	97.12%	20	2025 National Championships
4 Kyle Martin Jr.	94	326	96.45%	20	2025 National Championships
5 Carter Sing	79	295	94.55%	18	2025 Pan American Youth Championships
6 Bryson Brown	65	258	94.16%	19	2025 Virus Weightlifting Finals

A Standard - New BW's	
60	253
65	274
71	293
79	312
88	330
94	338
110	349
110+	369

B Standard - New BW's	
60	239
65	258
71	276
79	295
88	312
94	320
110	330
110+	349