

# 2024 USAW Masters Nationals

Date	Sess	Pfm	Weigh-in	Start	Sex	Age Group	Weight Cat.	Qual Min	# Lifters Grp	Ses
Thu Mar 21	1	Red	6:00 AM	8:00 AM	f	W80	45-87+		1	10
						W75	45-87+		1	
						W70	45-87+		3	
						W65	45-87+		5	
	2	Blue	6:00 AM	8:00 AM	m	M90	55-109+		2	8
						M80	55-109+		1	
	3	Red	8:00 AM	10:00 AM	m	M75	96-109+		2	8
						M70	55-109+		6	
	4	Blue	7:40 AM	9:40 AM	f	W60	45-64		14	14
						W55	45-71		14	
	5	Red	9:40 AM	11:40 AM	f	W60	71-87+		9	9
						W60	71-87+		9	
	6	Blue	10:00 AM	12:00 PM	f	M60	55-109+		9	9
						M65	55-109+		8	
7	Red	12:00 PM	2:00 PM	m	W55	76-87+		11	11	
					M55	55-109+		15		
8	Blue	1:45 PM	3:45 PM	m	W50	64,71		13	13	
					W50	45-59		9		
Fri Mar 22	8	Red	6:00 AM	8:00 AM	m	M45	55-73		8	11
						M50	55-73		3	
	9	Blue	6:00 AM	8:00 AM	m	M50	81-102		11	11
						W50	76-87+		11	
	10	Red	8:00 AM	10:00 AM	f	W45	45-59		9	9
						W45	45-59		9	
	11	Blue	10:00 AM	12:00 PM	m	M45	81-96		12	12
						W45	64		9	
	12	Red	12:00 PM	2:00 PM	f	W45	71		11	11
						M50	109,109+		4	
	13	Blue	11:45 AM	1:45 PM	m	M45	102-109+		9	13
						M45	102-109+		9	
	14	Red	2:00 PM	4:00 PM	f	W45	76-87+		12	12
						W40	45-55		7	
15	Blue	2:00 PM	4:00 PM	f	W40	59		8	8	
					W40	59		8		
16	Red	4:00 PM	6:00 PM	f	W40	55-73		15	15	
					M40	55-73		15		
17	Blue	3:25 PM	5:25 PM	m	W40	64		10	10	
					W40	64		10		
18	Red	6:00 PM	8:00 PM	f	W40	71		8	8	
					W40	71		8		

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Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	Qual	# Lifters		
						Group	Cat.	Min	Grp	Ses	
Sat Mar 23	15	Red	6:00 AM	8:00 AM	f	W40	81		9	9	
		Blue	6:00 AM	8:00 AM	f	W40	64	117	9	9	
	16	Red	7:45 AM	9:45 AM	m	M40	81		8	8	
		Blue	7:45 AM	9:45 AM	f	W40	71	121	9	9	
	17	Red	9:30 AM	11:30 AM	f	W40	76		12	12	
		Blue	9:30 AM	11:30 AM	f	W40	81		9	9	
	18	Red	11:30 AM	1:30 PM	m	M40	89		10	10	
		Blue	11:30 AM	1:30 PM	m	M40	96-109+		13	13	
	19	Red	1:40 PM	3:40 PM	f	W35	59		13	13	
		Blue	1:40 PM	3:40 PM	f	W35	45-55		9	9	
	20	Red		3:30 PM	5:30 PM	f	W35	64		5	15
						f	W35	71		10	
		Blue	4:00 PM	6:00 PM	m	M35	55-73		12	12	
	21	Red	6:00 PM	8:00 PM	f	W35	64	120	10	10	
		Blue	6:00 PM	8:00 PM	m	M35	81		11	11	
	Sun Mar 24	22	Red	7:00 AM	9:00 AM	f	W35	71	136	10	10
			Blue	7:00 AM	9:00 AM	m	M35	89		12	12
		23	Red	9:00 AM	11:00 AM	f	W35	76		11	11
Blue			9:00 AM	11:00 AM	m	M35	96		7	7	
24		Red	11:00 AM	1:00 PM	f	W35	87+		10		
		Blue		10:30 AM	12:30 PM	f	W35	81		8	15
					f	W35	87		7		
25		Red	12:45 PM	2:45 PM	m	M35	102-109+		12	12	