

2026 Pan American Junior Championships Rankings - Men

Rankings as of 3/9/2026

	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	Carter Sing	79	302	96.79%	18	2026 Virus Series 1
4	Kyle Martin Jr.	94	320	94.67%	20	2025 Virus Weightlifting Finals
5	Bryson Brown	65	258	94.16%	19	2025 Virus Weightlifting Finals

A Standard	
60	253
65	274
71	293
79	312
88	330
94	338
110	349
110+	369

B Standard - Minimum	
60	239
65	258
71	276
79	295
88	312
94	320
110	330
110+	349