

ALL TIMES ARE LOCAL UNLESS POSTED OTHERWISE

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2023 National Youth Championships - Colorado Springs CO
2023 National Junior & Under 23 & Under 25 Championships - Colorado Springs CO
Preliminary Schedule

Sunday June 18, 2023

Technical Officials Briefing - 4.00pm MOUNTAIN TIME (ONLINE EVENT)

Monday June 19, 2023

Verification of Final Entries - 10.00am to 10.30am MOUNTAIN TIME (ONLINE EVENT)

USADA All-Athlete Briefing - TBC

College Opportunities Briefing - TBC

Friday June 23, 2023

Training, Athlete Check In & Check Scale - OPEN 2pm

Saturday June 24, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|------------------------|------|-------|----------|----------|--------|-----------|-----------------|------------------------------------|-------------------|
| Saturday June 24, 2023 | 1 | Red | 6:00 AM | 8:00 AM | F | U13 & U11 | 45kg & 49kg C | 42-55 | 11 |
| | | White | 6:00 AM | 8:00 AM | F | U13 & U11 | 36kg & 40kg B | 37-45 | 14 |
| | | Blue | 6:00 AM | 8:00 AM | M | U13 & U11 | 32kg B | 32-42 | 12 |
| | 2 | Red | 7:50 AM | 9:50 AM | M | U13 & U11 | 36kg B | 36-50 | 11 |
| | | White | 7:50 AM | 9:50 AM | F | U13 & U11 | 45kg & 49kg B | 55-66 | 11 |
| | | Blue | 7:50 AM | 9:50 AM | F | U13 & U11 | 30kg A | All | 8 |
| | 3 | Red | 9:20 AM | 11:20 AM | F | U13 & U11 | 33kg A | All | 14 |
| | | White | 9:20 AM | 11:20 AM | M | U13 & U11 | 32kg A | 42-79 | 11 |
| | | Blue | 9:20 AM | 11:20 AM | F | U13 & U11 | 36kg & 40kg A | 46-80 | 14 |
| | 4 | Red | 11:10 AM | 1:10 PM | M | U13 & U11 | 36kg A | 56-91 | 10 |
| | | White | 11:10 AM | 1:10 PM | M | U13 & U11 | 39kg A | All | 11 |
| | | Blue | 11:10 AM | 1:10 PM | F | U13 & U11 | 45kg & 49kg A | 68-120 | 11 |
| | 5 | Red | 1:40 PM | 3:40 PM | M | U13 & U11 | 44kg B | 44-61 | 13 |
| | | White | 1:40 PM | 3:40 PM | F | U13 & U11 | 55kg & 59kg B | 55-75 | 12 |
| | | Blue | 1:40 PM | 3:40 PM | M | U13 & U11 | 49kg B | 50-70 | 13 |
| | 6 | Red | 3:30 PM | 5:30 PM | M | U13 & U11 | 44kg A | 62-110 | 13 |
| | | White | 3:30 PM | 5:30 PM | F | U13 & U11 | 55kg & 59kg A | 75-177 | 11 |
| | | Blue | 3:30 PM | 5:30 PM | M | U13 & U11 | 49kg A | 72-120 | 13 |
| | 7 | Red | 5:20 PM | 7:20 PM | M | U13 & U11 | 55kg B | 55-78 | 10 |
| | | White | 5:20 PM | 7:20 PM | F | U13 & U11 | 64+kg B | 65-90 | 10 |
| | | Blue | 5:20 PM | 7:20 PM | F | U13 & U11 | 64kg A | 64-125 | 12 |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

Sunday June 25, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|------|------|-------|---------|----------|--------|-----------|-----------------|------------------------------------|-------------------|
| | 8 | Red | 6:00 AM | 8:00 AM | M | U13 & U11 | 55kg A | 80-115 | 10 |
| | | White | 6:00 AM | 8:00 AM | M | U13 & U11 | 61kg A | All | 11 |
| | | Blue | 6:00 AM | 8:00 AM | M | U13 & U11 | 67kg A & 73kg A | All | 10 |
| | 9 | Red | 7:40 AM | 9:40 AM | F | U13 & U11 | 64+kg A | 90-140 | 10 |
| | | White | 7:40 AM | 9:40 AM | M | U13 & U11 | 73+kg A | All | 14 |
| | | Blue | 7:40 AM | 9:40 AM | M | 14-15yo | 39-61kg C | 93-115 | 13 |
| | 10 | Red | 9:10 AM | 11:10 AM | F | 14-15yo | 36-45kg A | All | 15 |
| | | White | 9:30 AM | 11:30 AM | F | 14-15yo | 55kg B | 78-90 | 10 |

| | | | | | | | | | |
|-------------------------|----|-------|----------|----------|---|---------|---------------|---------|----|
| Sunday June 25, 2023 | 11 | Blue | 9:30 AM | 11:30 AM | M | 14-15yo | 39-61kg B | 115-129 | 12 |
| | | Red | 11:10 AM | 1:10 PM | F | 14-15yo | 49kg A | All | 13 |
| | | White | 11:10 AM | 1:10 PM | F | 14-15yo | 55kg A | 93-130 | 10 |
| | 12 | Blue | 11:10 AM | 1:10 PM | M | 14-15yo | 39-61kg A | 135-160 | 12 |
| | | Red | 1:00 PM | 3:00 PM | M | 14-15yo | 67kg & 73kg B | 115-143 | 14 |
| | | White | 1:00 PM | 3:00 PM | F | 14-15yo | 71-76+kg C | 93-102 | 12 |
| | 13 | Blue | 1:00 PM | 3:00 PM | F | 14-15yo | 59kg A | All | 13 |
| | | Red | 3:00 PM | 5:00 PM | M | 14-15yo | 81-89+kg B | 110-169 | 12 |
| | | White | 3:00 PM | 5:00 PM | F | 14-15yo | 71-76+kg B | 102-118 | 11 |
| | 14 | Blue | 3:00 PM | 5:00 PM | M | 14-15yo | 67kg & 73kg A | 144-205 | 13 |
| | | Red | 4:40 PM | 6:40 PM | M | 14-15yo | 81-89+kg A | 170-200 | 11 |
| | | White | 4:40 PM | 6:40 PM | F | 14-15yo | 71-76+kg A | 124-160 | 11 |
| | | Blue | 4:40 PM | 6:40 PM | F | 14-15yo | 64kg A | All | 15 |
| | | | | | | | | | |
| | | | | | | | | | |

Monday June 26, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|-------------------------|------|-------|----------|----------|--------|-----------|-----------------|------------------------------------|-------------------|
| Monday June 26, 2023 | 15 | Red | 6:00 AM | 8:00 AM | F | 16-17yo | 55kg C | 85-100 | 12 |
| | | White | 6:00 AM | 8:00 AM | M | 16-17yo | 61kg B | 125-155 | 10 |
| | | Blue | 6:00 AM | 8:00 AM | F | 16-17yo | 59kg B | 96-115 | 12 |
| | 16 | Red | 7:50 AM | 9:50 AM | F | 16-17yo | 55kg B | 100-119 | 12 |
| | | White | 7:50 AM | 9:50 AM | M | 16-17yo | 49kg A & 55kg A | All | 9 |
| | | Blue | 7:50 AM | 9:50 AM | F | 16-17yo | 40kg & 45kg A | All | 9 |
| | 17 | Red | 9:30 AM | 11:30 AM | F | 16-17yo | 55kg A | 119-148 | 11 |
| | | White | 9:30 AM | 11:30 AM | M | 16-17yo | 67kg B | 140-165 | 13 |
| | | Blue | 9:30 AM | 11:30 AM | M | 16-17yo | 61kg A | 156-220 | 10 |
| | 18 | Red | 11:30 AM | 1:30 PM | F | 16-17yo | 64kg & 71kg D | 100-118 | 12 |
| | | White | 11:30 AM | 1:30 PM | M | 16-17yo | 73kg C | 145-165 | 11 |
| | | Blue | 11:30 AM | 1:30 PM | F | 16-17yo | 49kg A | All | 14 |
| | 19 | Red | 1:20 PM | 3:20 PM | F | 16-17yo | 64kg & 71kg C | 120-128 | 11 |
| | | White | 1:20 PM | 3:20 PM | M | 16-17yo | 73kg B | 167-190 | 10 |
| | | Blue | 1:20 PM | 3:20 PM | F | 16-17yo | 59kg A | 117-169 | 12 |
| | 20 | Red | 3:10 PM | 5:10 PM | F | 16-17yo | 64kg & 71kg B | 130-143 | 11 |
| | | White | 3:10 PM | 5:10 PM | M | 16-17yo | 73kg A | 190-260 | 10 |
| | | Blue | 3:10 PM | 5:10 PM | M | 16-17yo | 81kg B | 170-200 | 10 |
| | 21 | Red | 5:00 PM | 7:00 PM | F | 16-17yo | 64kg & 71kg A | 145-180 | 11 |
| | | White | 5:00 PM | 7:00 PM | M | 16-17yo | 67kg A | 165-200 | 13 |
| | | Blue | 5:00 PM | 7:00 PM | M | 16-17yo | 81kg A | 200-292 | 10 |
| | | | | | | | | | |
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Tuesday June 27, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|------|------|-------|----------|----------|--------|------------|-----------------|------------------------------------|-------------------|
| | 22 | Red | 6:00 AM | 8:00 AM | M | 16-17yo | 89-102+kg D | 150-195 | 11 |
| | | White | 6:00 AM | 8:00 AM | F | Jr-U23-U25 | 55kg C | 113-120 | 10 |
| | | Blue | 6:00 AM | 8:00 AM | M | Jr-U23-U25 | 55kg & 61kg B | 135-175 | 11 |
| | 23 | Red | 8:00 AM | 10:00 AM | M | 16-17yo | 89-102+kg C | 195-211 | 11 |
| | | White | 8:00 AM | 10:00 AM | F | 16-17yo | 76kg A | All | 13 |
| | | Blue | 8:00 AM | 10:00 AM | F | 16-17yo | 81kg A | All | 9 |
| | 24 | Red | 10:00 AM | 12:00 PM | M | 16-17yo | 89-102+kg B | 213-237 | 11 |
| | | White | 10:00 AM | 12:00 PM | F | 16-17yo | 81+kg A | All | 12 |

| | | | | | | | | | |
|-----------------------|----|-------|----------|----------|---|------------|---------------|---------|----|
| Tuesday June 27, 2023 | 25 | Blue | 10:00 AM | 12:00 PM | M | Jr-U23-U25 | 67kg C | 175-190 | 12 |
| | | Red | 12:00 PM | 2:00 PM | M | 16-17yo | 89-102+kg A | 238-275 | 11 |
| | | White | 12:00 PM | 2:00 PM | M | Jr-U23-U25 | 55kg & 61kg A | 180-275 | 11 |
| | 26 | Blue | 12:00 PM | 2:00 PM | F | Jr-U23-U25 | 45kg & 49kg A | All | 16 |
| | | Red | 2:00 PM | 4:00 PM | F | Jr-U23-U25 | 55kg B | 122-135 | 10 |
| | | White | 2:00 PM | 4:00 PM | M | Jr-U23-U25 | 67kg B | 193-220 | 12 |
| | 27 | Blue | 2:00 PM | 4:00 PM | F | Jr-U23-U25 | 59kg C | 120-140 | 12 |
| | | Red | 4:00 PM | 6:00 PM | F | Jr-U23-U25 | 55kg A | 136-175 | 10 |
| | | White | 4:00 PM | 6:00 PM | M | Jr-U23-U25 | 67kg A | 221-280 | 12 |
| | | Blue | 4:00 PM | 6:00 PM | | | | | |

Wednesday June 28, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|-------------------------|------|-------|----------|----------|--------|------------|-----------------|------------------------------------|-------------------|
| Wednesday June 28, 2023 | 28 | Red | 6:00 AM | 8:00 AM | M | Jr-U23-U25 | 81kg E | 200-210 | 12 |
| | | White | 6:00 AM | 8:00 AM | F | Jr-U23-U25 | 64kg C | 130-154 | 15 |
| | | Blue | 6:00 AM | 8:00 AM | M | Jr-U23-U25 | 73kg C | 175-207 | 12 |
| | 29 | Red | 8:00 AM | 10:00 AM | M | Jr-U23-U25 | 81kg D | 210-225 | 12 |
| | | White | 8:00 AM | 10:00 AM | F | Jr-U23-U25 | 59kg B | 141-150 | 11 |
| | | Blue | 8:00 AM | 10:00 AM | M | Jr-U23-U25 | 89kg E | 210-220 | 14 |
| | 30 | Red | 10:00 AM | 12:00 PM | M | Jr-U23-U25 | 81kg C | 225-240 | 11 |
| | | White | 10:00 AM | 12:00 PM | M | Jr-U23-U25 | 73kg B | 210-230 | 12 |
| | | Blue | 10:00 AM | 12:00 PM | M | Jr-U23-U25 | 89kg D | 220-230 | 13 |
| | 31 | Red | 12:00 PM | 2:00 PM | M | Jr-U23-U25 | 81kg B | 240-250 | 11 |
| | | White | 12:00 PM | 2:00 PM | F | Jr-U23-U25 | 64kg B | 154-172 | 14 |
| | | Blue | 12:00 PM | 2:00 PM | M | Jr-U23-U25 | 89kg C | 230-245 | 13 |
| | 32 | Red | 2:00 PM | 4:00 PM | M | Jr-U23-U25 | 81kg A | 250-300 | 11 |
| | | White | 2:00 PM | 4:00 PM | F | Jr-U23-U25 | 59kg A | 150-190 | 11 |
| | | Blue | 2:00 PM | 4:00 PM | M | Jr-U23-U25 | 89kg B | 245-270 | 13 |
| | 33 | Red | 4:00 PM | 6:00 PM | F | Jr-U23-U25 | 64kg A | 172-203 | 14 |
| | | White | 4:00 PM | 6:00 PM | M | Jr-U23-U25 | 73kg A | 230-280 | 12 |
| | | Blue | 4:00 PM | 6:00 PM | M | Jr-U23-U25 | 89kg A | 270-311 | 13 |

Thursday June 29, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|------------------------|------|-------|----------|----------|--------|------------|------------------|------------------------------------|-------------------|
| Thursday June 29, 2023 | 34 | Red | 6:00 AM | 8:00 AM | F | Jr-U23-U25 | 71kg C | 133-149 | 14 |
| | | White | 6:00 AM | 8:00 AM | M | Jr-U23-U25 | 96kg D | 215-230 | 11 |
| | | Blue | 6:00 AM | 8:00 AM | F | Jr-U23-U25 | 76kg B | 139-165 | 12 |
| | 35 | Red | 8:00 AM | 10:00 AM | F | Jr-U23-U25 | 71kg B | 150-163 | 13 |
| | | White | 8:00 AM | 10:00 AM | M | Jr-U23-U25 | 96kg C | 232-250 | 11 |
| | | Blue | 8:00 AM | 10:00 AM | F | Jr-U23-U25 | 81kg B | 140-175 | 12 |
| | 36 | Red | 10:00 AM | 12:00 PM | F | Jr-U23-U25 | 71kg A | 165-195 | 13 |
| | | White | 10:00 AM | 12:00 PM | M | Jr-U23-U25 | 96kg B | 250-275 | 11 |
| | | Blue | 10:00 AM | 12:00 PM | M | Jr-U23-U25 | 102kg B | 222-260 | 13 |
| | 37 | Red | 12:00 PM | 2:00 PM | M | Jr-U23-U25 | 109kg & 109+kg B | 230-260 | 11 |
| | | White | 12:00 PM | 2:00 PM | M | Jr-U23-U25 | 96kg A | 280-325 | 11 |
| | | Blue | 12:00 PM | 2:00 PM | F | Jr-U23-U25 | 76kg A | 180-200 | 11 |
| | 38 | Red | 2:00 PM | 4:00 PM | F | Jr-U23-U25 | 81kg A | 175-220 | 12 |
| | | White | 2:00 PM | 4:00 PM | F | Jr-U23-U25 | 87kg A | All | 12 |
| | | Blue | 2:00 PM | 4:00 PM | M | Jr-U23-U25 | 102kg A | 262-315 | 13 |
| | 39 | Red | 4:00 PM | 6:00 PM | F | Jr-U23-U25 | 87+kg A | All | 9 |
| | | White | 4:00 PM | 6:00 PM | M | Jr-U23-U25 | 109kg & 109+kg A | 270-370 | 10 |
| | | Blue | 4:00 PM | 6:00 PM | | | | | |

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2023 USAW National Championships - Colorado Springs CO
Preliminary Schedule

Sunday June 18, 2023

Technical Officials Briefing - 4.00pm MOUNTAIN TIME (ONLINE EVENT)

Monday June 19, 2023

USADA All-Athlete Briefing - TBC

College Opportunities Briefing - TBC

Friday June 23, 2023

Training, Athlete Check In & Check Scale - OPEN 2pm

Monday June 26, 2023

Verification of Final Entries - 10.00am to 10.30am MOUNTAIN TIME (ONLINE EVENT)

Friday June 30, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|----------------------|------|-------|----------|----------|--------|-----------|-----------------|------------------------------------|-------------------|
| Friday June 30, 2023 | 40 | Red | 8:00 AM | 10:00 AM | F | Open | 45kg & 49kg B | 110-142 | 10 |
| | | White | 8:00 AM | 10:00 AM | F | Open | 59kg C | 160-170 | 13 |
| | | Blue | 8:00 AM | 10:00 AM | F | Open | 55kg B | 159-174 | 9 |
| | 41 | Red | 10:00 AM | 12:00 PM | F | Open | 59kg B | 172-182 | 13 |
| | | White | 10:00 AM | 12:00 PM | M | Open | 81kg B | 270-280 | 12 |
| | | Blue | 10:00 AM | 12:00 PM | M | Open | 55-67kg A | All | 15 |
| | 42 | Red | 12:00 PM | 2:00 PM | F | Open | 45kg & 49kg A | 145-160 | 10 |
| | | Blue | 12:00 PM | 2:00 PM | M | Open | 73kg A | All | 10 |
| | 43 | Red | 2:00 PM | 4:00 PM | F | Open | 55kg A | 175-196 | 8 |
| | | Blue | 2:00 PM | 4:00 PM | F | Open | 59kg A | 185-206 | 12 |
| | 44 | Red | 4:00 PM | 6:00 PM | M | Open | 81kg A | 280-330 | 11 |
| | | Blue | 4:00 PM | 6:00 PM | F | Open | 64kg C | 140-179 | 11 |

Saturday July 1, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|-----------------------|------|------|----------|----------|--------|-----------|-----------------|------------------------------------|-------------------|
| Saturday July 1, 2023 | 45 | Red | 10:00 AM | 12:00 PM | M | Open | 89kg B | 157-305 | 13 |
| | | Blue | 10:00 AM | 12:00 PM | F | Open | 64kg B | 180-193 | 11 |
| | 46 | Red | 12:00 PM | 2:00 PM | F | Open | 71kg C | 177-185 | 10 |
| | | Blue | 12:00 PM | 2:00 PM | F | Open | 64kg A | 195-208 | 10 |
| | 47 | Red | 2:00 PM | 4:00 PM | F | Open | 71kg B | 185-195 | 10 |
| | | Blue | 2:00 PM | 4:00 PM | M | Open | 89kg A | 305-335 | 12 |
| | 48 | Red | 4:00 PM | 6:00 PM | F | Open | 71kg A | 197-210 | 9 |
| | | Blue | 4:00 PM | 6:00 PM | M | Open | 96kg A | All | 12 |

Sunday July 2, 2023

| Date | Sess | Plat | Weigh | Time | Gender | Age Group | Weight Category | Estimated Entry Totals (min - max) | Number of Lifters |
|------|------|------|-------|------|--------|-----------|-----------------|------------------------------------|-------------------|
|------|------|------|-------|------|--------|-----------|-----------------|------------------------------------|-------------------|

| | | | | | | | | | |
|------------------------|----|-------|----------|----------|---|------|------------------|---------|----|
| Sunday July 2, 2023 | 49 | Red | 8:00 AM | 10:00 AM | M | Open | 109kg & 109+kg C | 295-325 | 11 |
| | | Blue | 8:00 AM | 10:00 AM | F | Open | 76kg A | All | 13 |
| | 50 | Red | 10:00 AM | 12:00 PM | F | Open | 81kg A | All | 12 |
| | | White | 10:00 AM | 12:00 PM | M | Open | 102kg A | All | 13 |
| | | Blue | 10:00 AM | 12:00 PM | M | Open | 109kg & 109+kg B | 330-340 | 11 |
| | 51 | Red | 12:00 PM | 2:00 PM | F | Open | 87kg A | All | 11 |
| | | White | 12:00 PM | 2:00 PM | F | Open | 87+kg A | All | 15 |
| | | Blue | 12:00 PM | 2:00 PM | M | Open | 109kg & 109+kg A | 340-400 | 10 |
| | | | | | | | | | |
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