

ALL TIMES ARE LOCAL UNLESS POSTED OTHERWISE

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2025 National Championships Week - Colorado Springs CO
Preliminary Schedule

Monday June 9, 2025

Verification of Final Entries YOUTH, JR, U23 & U25
10.00am to 10.30am MOUNTAIN TIME (ONLINE EVENT)

Sunday June 15, 2025

New Athlete & Coach Briefing / Counting Attempts seminar- 10.00am MOUNTAIN TIME (ONLINE EVENT)

Technical Officials Briefing - 11.00am MOUNTAIN TIME (ONLINE EVENT)

Friday June 20, 2025

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

Saturday June 21, 2025

	Saturday June 21, 2025								
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Saturday June 21, 2025	1	Red	6:00 AM	8:00 AM	F	U13 & U11	36kg B	30-40	12
		White	6:00 AM	8:00 AM	M	U13 & U11	40kg D	34-40	12
		Blue	6:00 AM	8:00 AM	F	U13 & U11	63+kg B	62-88	9
	2	Red	7:40 AM	9:40 AM	F	U13 & U11	36kg A	42-70	11
		White	7:40 AM	9:40 AM	M	U13 & U11	40kg C	41-49	11
		Blue	7:30 AM	9:30 AM	F	U13 & U11	40kg A	36-135	15
	3	Red	9:20 AM	11:20 AM	F	U13 & U11	48kg A	0-99	15
		White	9:20 AM	11:20 AM	M	U13 & U11	40kg B	49-56	11
		Blue	9:50 AM	11:50 AM	F	U13 & U11	44kg A	41-85	10
	4	Red	11:40 AM	1:40 PM	M	U13 & U11	44kg A	0-84	10
		White	11:10 AM	1:10 PM	M	U13 & U11	40kg A	58-89	11
		Blue	11:30 AM	1:30 PM	F	U13 & U11	53kg A	0-72	14
	5	Red	1:30 PM	3:30 PM	M	U13 & U11	48kg A	49-90	11
		White	1:00 PM	3:00 PM	M	U13 & U11	52kg A	45-100	8
		Blue	1:30 PM	3:30 PM	F	U13 & U11	58kg A	0-103	11
	6	Red	3:00 PM	5:00 PM	M	U13 & U11	56kg A	55-107	8
		White	2:30 PM	4:30 PM	M	U13 & U11	60kg & 65kg A	59-145	15
		Blue	3:00 PM	5:00 PM	F	U13 & U11	63kg A	60-138	12
	7	Red	4:20 PM	6:20 PM	M	U13 & U11	65+ kg A	70-175	14
		White							
		Blue	4:40 PM	6:40 PM	F	U13 & U11	63+kg A	90-115	8
	Sunday June 22, 2025								
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Sunday June 22, 2025	8	Red	6:00 AM	8:00 AM	F	14-15yo	40kg & 44kg & 48kg A	60-120	13
		White	6:00 AM	8:00 AM	F	14-15yo	53kg A	79-110	12
		Blue	6:00 AM	8:00 AM	M	14-15yo	48kg & 52kg A	73-121	12
	9	Red	7:50 AM	9:50 AM	M	14-15yo	56kg A	73-160	11
		White	7:50 AM	9:50 AM	M	14-15yo	60kg A	109-175	10
		Blue	7:50 AM	9:50 AM	F	14-15yo	58kg A	88-148	13
	10	Red	9:30 AM	11:30 AM	F	14-15yo	63kg A	89-175	11
		White	9:30 AM	11:30 AM	F	14-15yo	69+kg B	0-120	11
		Blue	9:30 AM	11:30 AM	M	14-15yo	65kg A	125-200	8
	11	Red	11:20 AM	1:20 PM	M	14-15yo	71kg A	123-200	11
		White	11:20 AM	1:20 PM	M	14-15yo	79kg A	133-210	11
		Blue	11:20 AM	1:20 PM	F	14-15yo	69kg A	93-170	10

	12	Red	1:00 PM	3:00 PM	F	14-15yo	69+kg A	120-160	10
		White	1:00 PM	3:00 PM	M	14-15yo	79+kg A	90-200	12
		Blue	1:00 PM	3:00 PM	M	16-17yo	56kg & 60kg B	107-140	9
	13	Red	2:50 PM	4:50 PM	F	16-17yo	44kg & 48kg B	0-90	9
		White	2:50 PM	4:50 PM	F	16-17yo	53kg B	82-108	11
		Blue	2:50 PM	4:50 PM	M	16-17yo	65kg B	0-172	11
	14	Red	4:40 PM	6:40 PM	F	16-17yo	44kg & 48kg A	92-130	8
		White	4:40 PM	6:40 PM	F	16-17yo	53kg A	110-146	10
		Blue	4:40 PM	6:40 PM	M	16-17yo	56kg & 60kg A	145-185	9

Monday June 23, 2025

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

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Monday June 23, 2025	15	Red	6:00 AM	8:00 AM	F	16-17yo	58kg C	54-110	12
		White	6:00 AM	8:00 AM	M	16-17yo	71kg B	145-175	12
		Blue	6:00 AM	8:00 AM	M	16-17yo	79kg C	136-175	13
	16	Red	8:00 AM	10:00 AM	F	16-17yo	58kg B	110-120	11
		White	8:00 AM	10:00 AM	F	16-17yo	69kg B	50-121	12
		Blue	8:00 AM	10:00 AM	M	16-17yo	79kg B	177-200	12
	17	Red	10:00 AM	12:00 PM	F	16-17yo	58kg A	121-170	11
		White	10:00 AM	12:00 PM	M	16-17yo	65kg A	173-228	11
		Blue	10:00 AM	12:00 PM	M	16-17yo	71kg A	177-225	12
	18	Red	12:00 PM	2:00 PM	F	16-17yo	63kg A	110-170	15
		White	12:00 PM	2:00 PM	M	16-17yo	79kg A	201-270	12
		Blue	12:00 PM	2:00 PM	M	16-17yo	88kg A	0-245	16
	19	Red	2:00 PM	4:00 PM	F	16-17yo	69kg A	123-180	11
		White	2:00 PM	4:00 PM	M	16-17yo	94k+kg B	110-210	14
		Blue	2:00 PM	4:00 PM	F	16-17yo	77kg A	118-188	12
	20	Red	4:00 PM	6:00 PM	F	16-17yo	77+kg A	96-197	15
		White	4:00 PM	6:00 PM	M	16-17yo	94k+kg A	210-290	14
		Blue	4:00 PM	6:00 PM	M	16-17yo	94kg A	188-265	9

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Tuesday June 24, 2025

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Tuesday June 24, 2025	21	Red	7:00 AM	9:00 AM	F	Jr-U23-U25	63kg D	125-135	10
		White	7:00 AM	9:00 AM	M	Jr-U23-U25	60kg B	150-180	9
		Blue	7:00 AM	9:00 AM	M	Jr-U23-U25	65kg B	165-190	9
	22	Red	9:00 AM	11:00 AM	M	Jr-U23-U25	71kg B	180-210	14
		White	9:00 AM	11:00 AM	F	Jr-U23-U25	58kg C	119-130	11
		Blue	9:00 AM	11:00 AM	F	Jr-U23-U25	48kg A	90-150	10
	23	Red	11:00 AM	1:00 PM	F	Jr-U23-U25	63kg C	135-145	10
		White	11:00 AM	1:00 PM	F	Jr-U23-U25	58kg B	133-145	11
		Blue	11:00 AM	1:00 PM	M	Jr-U23-U25	60kg A	185-220	8
	24	Red	1:00 PM	3:00 PM	F	Jr-U23-U25	63kg B	145-170	10
		White	1:00 PM	3:00 PM	F	Jr-U23-U25	58kg A	148-175	11
		Blue	1:00 PM	3:00 PM	F	Jr-U23-U25	53kg A	115-180	12
	25	Red	3:00 PM	5:00 PM	F	Jr-U23-U25	63kg A	170-225	9
		White	3:00 PM	5:00 PM	M	Jr-U23-U25	65kg A	190-258	8
		Blue	3:00 PM	5:00 PM	M	Jr-U23-U25	71kg A	215-265	13

Wednesday June 25, 2025

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
	26	Red	7:00 AM	9:00 AM	M	Jr-U23-U25	88kg E	200-221	12
		White	7:00 AM	9:00 AM	M	Jr-U23-U25	79kg D	200-215	12

Wednesday June 25, 2025	27	Blue	7:00 AM	9:00 AM	F	Jr-U23-U25	69kg E	114-138	11
		Red	9:00 AM	11:00 AM	M	Jr-U23-U25	88kg D	221-240	11
		White	9:00 AM	11:00 AM	M	Jr-U23-U25	79kg C	215-230	12
		Blue	9:00 AM	11:00 AM	F	Jr-U23-U25	69kg D	140-150	11
	28	Red	11:00 AM	1:00 PM	M	Jr-U23-U25	88kg C	240-250	11
		White	11:00 AM	1:00 PM	M	Jr-U23-U25	79kg B	230-250	12
		Blue	11:00 AM	1:00 PM	F	Jr-U23-U25	69kg C	150-160	11
	29	Red	1:00 PM	3:00 PM	M	Jr-U23-U25	88kg B	250-270	11
		White	1:00 PM	3:00 PM	M	Jr-U23-U25	79kg A	250-300	12
		Blue	1:00 PM	3:00 PM	F	Jr-U23-U25	69kg B	160-175	10
30	Red	3:00 PM	5:00 PM	M	Jr-U23-U25	88kg A	272-326	11	
	White	3:00 PM	5:00 PM	M	Jr-U23-U25	94kg D	220-231	12	
	Blue	3:00 PM	5:00 PM	F	Jr-U23-U25	69kg A	179-218	10	
	Thursday June 26, 2025								
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Thursday June 26, 2025	31	Red	7:00 AM	9:00 AM	F	Jr-U23-U25	77kg C	0-151	13
		White	7:00 AM	9:00 AM	M	Jr-U23-U25	94kg C	240-262	12
		Blue	7:00 AM	9:00 AM	M	Jr-U23-U25	110kg C	232-250	11
	32	Red	9:00 AM	11:00 AM	F	Jr-U23-U25	77kg B	154-165	12
		White	9:00 AM	11:00 AM	M	Jr-U23-U25	94kg B	265-280	12
		Blue	9:00 AM	11:00 AM	F	Jr-U23-U25	86kg B	147-170	13
	33	Red	11:00 AM	1:00 PM	F	Jr-U23-U25	77kg A	168-220	12
		White	11:00 AM	1:00 PM	M	Jr-U23-U25	94kg A	280-320	12
		Blue	11:00 AM	1:00 PM	M	Jr-U23-U25	110kg B	255-275	11
	34	Red	1:00 PM	3:00 PM	F	Jr-U23-U25	86+kg B	135-171	12
		White	1:00 PM	3:00 PM	F	Jr-U23-U25	86kg A	170-215	12
		Blue	1:00 PM	3:00 PM	M	Jr-U23-U25	110kg A	280-295	11
35	Red	3:00 PM	5:00 PM	F	Jr-U23-U25	86+kg A	175-195	11	
	White	3:00 PM	5:00 PM						
	Blue	3:00 PM	5:00 PM	M	Jr-U23-U25	110+kg A	232-300	14	
	Friday June 27, 2025								
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Friday June 27, 2025	36	Red	8:00 AM	10:00 AM	F	Open	63kg C	141-177	11
		White	8:00 AM	10:00 AM					
		Blue	8:00 AM	10:00 AM	M	Open	71kg B	123-270	10
	37	Red	10:00 AM	12:00 PM	F	Open	63kg B	180-190	10
		White	10:00 AM	12:00 PM					
		Blue	10:00 AM	12:00 PM	F	Open	58kg B	150-173	11
	38	Red	12:00 PM	2:00 PM	F	Open	48kg A	123-175	11
			12:00 PM	2:00 PM					
		Blue	12:00 PM	2:00 PM	M	Open	60kg & 65kg A	209-270	10
	39	Red	2:00 PM	4:00 PM	F	Open	53kg A	140-190	15
		White	2:00 PM	4:00 PM					
		Blue	2:00 PM	4:00 PM	M	Open	71kg A	270-310	9
40	Red	4:00 PM	6:00 PM	F	Open	58kg A	177-220	10	
	White	4:00 PM	6:00 PM						
	Blue	4:00 PM	6:00 PM	F	Open	63kg A	190-222	9	
	Saturday June 28, 2025								
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Saturday June 28, 2025	41	Red	10:00 AM	12:00 PM	M	Open	94kg B	300-320	10
	Blue	10:00 AM	12:00 PM	M	Open	88kg B	215-295	14	
	42	Red	12:00 PM	2:00 PM	F	Open	69kg B	177-185	12
	Blue	12:00 PM	2:00 PM	M	Open	79kg A	250-320	9	
	43	Red	2:00 PM	4:00 PM	F	Open	69kg A	191-226	11
Blue	2:00 PM	4:00 PM	M	Open	88kg A	295-330	12		
44	Red	4:00 PM	6:00 PM	M	Open	94kg A	325-350	9	
	Blue	4:00 PM	6:00 PM						
	Sunday June 29, 2025								

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Sunday June 29, 2025	45	Red	8:00 AM	10:00 AM	M	Open	110kg B	181-320	10
		White	8:00 AM	10:00 AM	F	Open	86kg B	190-200	9
		Blue	8:00 AM	10:00 AM	F	Open	77kg B	180-195	13
	46	Red	10:00 AM	12:00 PM	F	Open	86+kg B	88-201	10
		Blue	10:00 AM	12:00 PM	F	Open	77kg A	196-240	13
	47	Red	12:00 PM	2:00 PM	F	Open	86kg A	204-227	8
		Blue	12:00 PM	2:00 PM	M	Open	110kg A	320-372	9
	48	Red	2:00 PM	4:00 PM	F	Open	86+kg A	201-230	8
		Blue	2:00 PM	4:00 PM	M	Open	110+kg A	310-360	9
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