

ALL TIMES ARE LOCAL UNLESS POSTED OTHERWISE

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2026 National Championships Week - Colorado Springs CO
Preliminary Schedule

Monday June 8, 2026

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

Thursday June 11, 2026

Technical Officials Briefing - 5.00pm MOUNTAIN TIME (ONLINE EVENT)

Friday June 19, 2026

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

Saturday June 20, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Saturday June 20, 2026	1	Red	6:00 AM	8:00 AM	F	U11 & U13	40kg B	36-53	9
		White	6:00 AM	8:00 AM	F	U11 & U13	44kg B	30-62	10
		Blue	6:00 AM	8:00 AM	M	U11 & U13	40kg C	28-45	10
	2	Red	8:00 AM	10:00 AM	F	U11 & U13	30kg & 33kg A	30-55	11
		White	8:00 AM	10:00 AM	M	U11 & U13	32kg A	25-60	13
		Blue	8:00 AM	10:00 AM	M	U11 & U13	40kg B	46-60	10
	3	Red	10:00 AM	12:00 PM	F	U11 & U13	36kg A	30-80	13
		White	10:00 AM	12:00 PM	M	U11 & U13	36kg A	29-81	12
		Blue	10:00 AM	12:00 PM	M	U11 & U13	44kg B	38-55	9
	4	Red	12:00 PM	2:00 PM	F	U11 & U13	40kg A	53-72	9
		White	12:00 PM	2:00 PM	M	U11 & U13	48kg & 52kg B	48-60	11
		Blue	12:00 PM	2:00 PM	M	U11 & U13	40kg A	62-80	10
	5	Red	2:00 PM	4:00 PM	F	U11 & U13	44kg A	78-142	9
		White	2:00 PM	4:00 PM	F	U11 & U13	48kg A	57-105	9
		Blue	2:00 PM	4:00 PM	F	U11 & U13	63kg & 63+kg B	57-80	14
	6	Red	4:00 PM	6:00 PM	F	U11 & U13	53kg A	50-113	11
		White	4:00 PM	6:00 PM	F	U11 & U13	58kg A	58-100	10
		Blue	4:00 PM	6:00 PM	M	U11 & U13	44kg A	55-95	9
	7	Red	6:00 PM	8:00 PM	M	U11 & U13	65+kg B	65-85	10
		White	6:00 PM	8:00 PM	M	U11 & U13	48kg & 52kg A	69-137	11
		Blue	6:00 PM	8:00 PM	M	U11 & U13	56kg A	58-110	10

Sunday June 21, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Sunday June 21, 2026	8	Red	6:00 AM	8:00 AM	F	14-15yo	53kg & 58kg B	1-88	13
		White	6:00 AM	8:00 AM	M	14-15yo	71kg-79+kg C	124-142	11
		Blue	6:00 AM	8:00 AM	F	14-15yo	69kg & 69+kg B	86-110	12
	9	Red	8:00 AM	10:00 AM	F	U11 & U13	63kg & 63+kg A	84-110	13
		White	8:00 AM	10:00 AM	M	U11 & U13	60kg & 65kg A	60-98	13
		Blue	8:00 AM	10:00 AM	M	U11 & U13	65+kg A	90-137	10
	10	Red	10:00 AM	12:00 PM	F	14-15yo	40kg-48kg A	63-112	10
		White	10:00 AM	12:00 PM	M	14-15yo	71kg-79+kg B	144-185	11
		Blue	10:00 AM	12:00 PM	F	14-15yo	53kg & 58kg A	90-160	14
	11	Red	12:00 PM	2:00 PM	M	14-15yo	48kg-56kg A	76-143	15
		White	12:00 PM	2:00 PM	M	14-15yo	60kg & 65kg A	118-165	13
		Blue	12:00 PM	2:00 PM	F	14-15yo	63kg A	90-150	12
	12	Red	2:00 PM	4:00 PM	F	14-15yo	69kg & 69+kg A	110-140	13
		White	2:00 PM	4:00 PM	M	14-15yo	71kg-79+kg A	190-230	11

	Blue	2:00 PM	4:00 PM	F	16-17yo	58kg B	85-100	10
13	Red	4:00 PM	6:00 PM	F	16-17yo	44kg & 48kg A	48-145	10
	White	4:00 PM	6:00 PM	F	16-17yo	53kg A	84-175	15
	Blue	4:00 PM	6:00 PM	M	16-17yo	56kg A	99-180	9
14	Red	6:00 PM	8:00 PM	M	16-17yo	60kg B	110-142	10
	White	6:00 PM	8:00 PM	M	16-17yo	65kg B	140-166	10
	Blue	6:00 PM	8:00 PM	M	16-17yo	79kg C	165-190	12

Monday June 22, 2026

**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 22, 2026	15	Red	7:00 AM	9:00 AM	F	16-17yo	77kg B	110-140	9
		White	7:00 AM	9:00 AM	F	16-17yo	77+kg B	116-132	10
		Blue	7:00 AM	9:00 AM	M	16-17yo	71kg B	155-180	9
	16	Red	9:00 AM	11:00 AM	F	16-17yo	58kg A	114-155	9
		White	9:00 AM	11:00 AM	F	16-17yo	63kg A	85-185	15
		Blue	9:00 AM	11:00 AM	M	16-17yo	60kg A	150-200	10
	17	Red	11:00 AM	1:00 PM	M	16-17yo	79kg B	190-205	11
		White	11:00 AM	1:00 PM	M	16-17yo	65kg A	170-228	9
		Blue	11:00 AM	1:00 PM	M	16-17yo	71kg A	186-234	9
	18	Red	1:00 PM	3:00 PM	M	16-17yo	94+kg B	160-212	11
		White	1:00 PM	3:00 PM	F	16-17yo	69kg A	107-320	14
		Blue	1:00 PM	3:00 PM	F	16-17yo	77kg A	141-170	9
	19	Red	3:00 PM	5:00 PM	M	16-17yo	79kg A	206-235	11
		White	3:00 PM	5:00 PM	M	16-17yo	88kg A	180-270	13
		Blue	3:00 PM	5:00 PM	M	16-17yo	94kg A	170-275	9
	20	Red	5:00 PM	7:00 PM	M	16-17yo	94+kg A	214-265	10
		White	5:00 PM	7:00 PM	F	16-17yo	77+kg A	141-185	10
		Blue	5:00 PM	7:00 PM	---	---	---	---	---

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Tuesday June 23, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Tuesday June 23, 2026	21	Red	8:00 AM	10:00 AM	F	JR/U25	53kg B	57-129	10
		White	8:00 AM	10:00 AM	F	JR/U25	58kg B	105-140	14
		Blue	8:00 AM	10:00 AM	M	JR/U25	60kg B	84-180	9
	22	Red	10:00 AM	12:00 PM	F	JR/U25	48kg A	99-145	11
		White	10:00 AM	12:00 PM	M	JR/U25	60kg A	185-220	8
		Blue	10:00 AM	12:00 PM	F	JR/U25	53kg A	132-180	10
	23	Red	12:00 PM	2:00 PM	F	JR/U25	63kg B	117-146	11
		Blue	12:00 PM	2:00 PM	F	JR/U25	69kg C	110-144	11
	24	Red	2:00 PM	4:00 PM	M	JR/U25	65kg B	180-200	8
		Blue	2:00 PM	4:00 PM	F	JR/U25	58kg A	145-210	14
	25	Red	4:00 PM	6:00 PM	F	JR/U25	63kg A	149-190	11
		Blue	4:00 PM	6:00 PM	M	JR/U25	65kg A	205-247	8

Wednesday June 24, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Wednesday June 24, 2026	26	Red	8:00 AM	10:00 AM	M	JR/U25	79kg C	200-216	14
		White	8:00 AM	10:00 AM	F	JR/U25	69kg B	144-160	11
		Blue	8:00 AM	10:00 AM	M	JR/U25	88kg D	190-220	12
	27	Red	10:00 AM	12:00 PM	M	JR/U25	79kg B	217-250	13
		White	10:00 AM	12:00 PM	F	JR/U25	69kg A	162-210	11
		Blue	10:00 AM	12:00 PM	M	JR/U25	71kg B	175-215	13
28	Red	12:00 PM	2:00 PM	M	JR/U25	88kg C	220-230	12	

28	Blue	12:00 PM	2:00 PM	M	JR/U25	71kg A	218-260	12
	Red	2:00 PM	4:00 PM	F	JR/U25	77kg B	123-158	15
29	Blue	2:00 PM	4:00 PM	M	JR/U25	94kg C	210-230	11
	Red	4:00 PM	6:00 PM	M	JR/U25	110kg C	0-250	10
30	Blue	4:00 PM	6:00 PM	M	JR/U25	79kg A	250-290	13

Thursday June 25, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Thursday June 25, 2026	31	Red	10:00 AM	12:00 PM	M	JR/U25	88kg B	232-264	12
		White	10:00 AM	12:00 PM	F	JR/U25	86kg & 86+kg B	147-175	12
		Blue	10:00 AM	12:00 PM	M	JR/U25	94kg B	230-264	11
	32	Red	12:00 PM	2:00 PM	M	JR/U25	88kg A	265-300	11
		White	12:00 PM	2:00 PM	F	JR/U25	77kg A	160-206	14
		Blue	12:00 PM	2:00 PM	M	JR/U25	110kg B	251-275	9
	33	Red	2:00 PM	4:00 PM	M	JR/U25	94kg A	265-332	11
		Blue	2:00 PM	4:00 PM	M	JR/U25	110kg A	280-330	9
	34	Red	4:00 PM	6:00 PM	F	JR/U25	86kg & 86+kg A	180-200	11
		Blue	4:00 PM	6:00 PM	M	JR/U25	110+kg A	224-305	12

Friday June 26, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Friday June 26, 2026	35	Red	10:00 AM	12:00 PM	F	NAT	63kg B	175-190	8
		White	10:00 AM	12:00 PM	M	NAT	79kg B	136-272	10
		Blue	10:00 AM	12:00 PM	M	NAT	60kg-71kg B	215-241	12
	36	Red	12:00 PM	2:00 PM	F	NAT	69kg C	163-183	11
		White	12:00 PM	2:00 PM	F	NAT	48kg A	135-160	6
		Blue	12:00 PM	2:00 PM	M	NAT	60kg-71kg A	245-300	11
	37	Red	2:00 PM	4:00 PM	F	NAT	53kg A	145-184	10
		Blue	2:00 PM	4:00 PM	F	NAT	58kg A	148-188	10
	38	Red	4:00 PM	6:00 PM	F	NAT	63kg A	190-240	8
		Blue	4:00 PM	6:00 PM	M	NAT	79kg A	275-290	10

Saturday June 27, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Saturday June 27, 2026	39	Red	10:00 AM	12:00 PM	M	NAT	88kg B	270-295	10
		White	10:00 AM	12:00 PM	M	NAT	94kg B	280-305	8
		Blue	10:00 AM	12:00 PM	F	NAT	69kg B	185-203	11
	40	Red	12:00 PM	2:00 PM	F	NAT	77kg B	180-201	11
		White	12:00 PM	2:00 PM	F	NAT	86kg B	175-210	8
		Blue	12:00 PM	2:00 PM	F	NAT	69kg A	205-220	10
	41	Red	2:00 PM	4:00 PM	M	NAT	88kg A	300-345	9
		Blue	2:00 PM	4:00 PM	F	NAT	77kg A	205-250	10
	42	Red	4:00 PM	6:00 PM	F	NAT	86kg A	210-250	7
		Blue	4:00 PM	6:00 PM	M	NAT	94kg A	308-360	8

Sunday June 28, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Sunday June 28, 2026	43	Red	8:00 AM	10:00 AM	F	WSO	48kg-86+kg B	80-130	9
		White	8:00 AM	10:00 AM	F	NAT	86+kg B	140-205	10
		Blue	8:00 AM	10:00 AM	M	WSO	60kg-88kg A	130-255	9
	44	Red	10:00 AM	12:00 PM	F	WSO	48kg-86+kg A	130-170	9
		Red	10:00 AM	12:00 PM	M	NAT	110kg A	180-335	12
		Blue	10:00 AM	12:00 PM	M	WSO	94kg-110+kg A	135-260	10
	45	Red	12:00 PM	2:00 PM	M	NAT	110+kg A	310-390	11
		Blue	12:00 PM	2:00 PM	F	NAT	86+kg A	205-245	10

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