

ALL TIMES ARE LOCAL UNLESS POSTED OTHERWISE

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2024 National Youth Championships - Pittsburgh PA  
2024 National Junior & Under 23 & Under 25 Championships - Pittsburgh PA  
Preliminary Schedule

Sunday June 9, 2024

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

Monday June 10, 2024

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

USADA All-Athlete Briefing - TBC

Friday June 14, 2024

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

Saturday June 15, 2024

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Saturday June 15, 2024	1	Red	6:00 AM	8:00 AM	F	U13 & U11	30kg A	30-46	9
		White	6:00 AM	8:00 AM	F	U13 & U11	45kg & 49kg C	40-60	11
		Blue	6:00 AM	8:00 AM	M	U13 & U11	32kg & 36kg B	32-45	11
	2	Red	7:50 AM	9:50 AM	F	U13 & U11	33kg A	33-70	9
		White	7:50 AM	9:50 AM	F	U13 & U11	45kg & 49kg B	60-70	11
		Blue	7:50 AM	9:50 AM	M	U13 & U11	32kg & 36kg A	52-150	10
	3	Red	9:40 AM	11:40 AM	M	U13 & U11	44kg & 49kg B	44-70	12
		White	9:40 AM	11:40 AM	F	U13 & U11	45kg & 49kg A	73-100	10
		Blue	9:40 AM	11:40 AM	M	U13 & U11	39kg A	39-90	9
	4	Red	11:30 AM	1:30 PM	F	U13 & U11	36kg A	36-132	13
		White	11:30 AM	1:30 PM	F	U13 & U11	40kg A	40-80	10
		Blue	11:30 AM	1:30 PM	M	U13 & U11	44kg & 49kg A	71-101	12
	5	Red	1:20 PM	3:20 PM	M	U13 & U11	67kg-73+kg B	61-75	10
		White	1:20 PM	3:20 PM	F	U13 & U11	55kg & 59kg B	51-79	11
		Blue	1:20 PM	3:20 PM	M	U13 & U11	55kg & 61kg A	59-161	15
	6	Red	3:20 PM	5:20 PM	M	U13 & U11	67kg-73+kg A	76-155	10
		White	3:20 PM	5:20 PM	F	U13 & U11	55kg & 59kg A	80-103	11
		Blue	3:30 PM	5:30 PM	F	U13 & U11	64kg & 64+kg A	60-110	14
	7	Red	5:20 PM	7:20 PM					
		White	5:20 PM	7:20 PM					
		Blue	5:20 PM	7:20 PM					

Sunday June 16, 2024

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	F	14-15yo	36kg-45kg A	65-210	7
		White	6:00 AM	8:00 AM	F	14-15yo	55kg & 59kg C	78-97	10
		Blue	6:00 AM	8:00 AM	M	14-15yo	39kg-55kg B	70-105	13
	9	Red	7:50 AM	9:50 AM	F	14-15yo	49kg A	86-125	9
		White	7:50 AM	9:50 AM	F	14-15yo	55kg & 59kg B	98-109	10
		Blue	7:50 AM	9:50 AM	M	14-15yo	39kg-55kg A	105-167	13
	10	Red	9:40 AM	11:40 AM	M	14-15yo	61kg A	61-165	11
		White	9:40 AM	11:40 AM	F	14-15yo	55kg & 59kg A	109-137	9
		Blue	9:40 AM	11:40 AM	M	14-15yo	67kg A	121-165	10

Sunday June 16, 2024

11	Red	11:30 AM	1:30 PM	F	14-15yo	64kg A	95-165	12
	White	11:30 AM	1:30 PM	F	14-15yo	71kg A	95-155	13
	Blue	11:30 AM	1:30 PM	M	14-15yo	73kg A	125-215	9
12	Red	1:20 PM	3:20 PM	M	14-15yo	81kg A	125-190	10
	White	1:20 PM	3:20 PM	M	14-15yo	89kg & 89+kg A	147-205	12
	Blue	1:20 PM	3:20 PM	F	14-15yo	76kg A	98-163	8
13	Red	3:10 PM	5:10 PM	F	14-15yo	76+kg A	101-165	11
	White	3:10 PM	5:10 PM	M	16-17yo	49kg A & 55kg A	108-184	9
	Blue	3:10 PM	5:10 PM	F	16-17yo	55kg B	80-100	10
14	Red	5:00 PM	7:00 PM	F	16-17yo	40kg & 45kg A	70-111	8
	White	5:00 PM	7:00 PM	F	16-17yo	49kg A	77-122	13
	Blue	5:00 PM	7:00 PM	F	16-17yo	55kg A	101-175	10

Monday June 17, 2024

**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 17, 2024	15	Red	6:00 AM	8:00 AM	M	16-17yo	61kg & 67kg D	115-150	12
		White	6:00 AM	8:00 AM	M	16-17yo	73kg B	140-165	10
		Blue	6:00 AM	8:00 AM	F	16-17yo	59kg B	95-120	11
	16	Red	8:00 AM	10:00 AM	M	16-17yo	61kg & 67kg C	151-166	12
		White	8:00 AM	10:00 AM	F	16-17yo	64kg B	110-132	12
		Blue	8:00 AM	10:00 AM	F	16-17yo	59kg A	125-175	10
	17	Red	10:00 AM	12:00 PM	M	16-17yo	61kg & 67kg B	170-190	11
		White	10:00 AM	12:00 PM	F	16-17yo	64kg A	134-165	11
		Blue	10:00 AM	12:00 PM	M	16-17yo	81kg B	142-186	10
	18	Red	12:00 PM	2:00 PM	M	16-17yo	61kg & 67kg A	190-230	11
		White	12:00 PM	2:00 PM	M	16-17yo	73kg A	170-276	10
		Blue	12:00 PM	2:00 PM	M	16-17yo	81kg A	188-250	9
	19	Red	2:00 PM	4:00 PM	M	16-17yo	89kg & 96kg B	180-201	11
		White	2:00 PM	4:00 PM	M	16-17yo	102kg & 102+kg B	175-205	11
		Blue	2:00 PM	4:00 PM	F	16-17yo	71kg A	114-178	10
	20	Red	4:00 PM	6:00 PM	F	16-17yo	81kg & 81+kg B	120-142	10
		White	4:00 PM	6:00 PM	M	16-17yo	89kg & 96kg A	205-250	11
		Blue	4:00 PM	6:00 PM	F	16-17yo	76kg A	122-153	12
	21	Red	6:00 PM	8:00 PM	M	16-17yo	102kg & 102+kg A	207-245	11
		White	6:00 PM	8:00 PM	F	16-17yo	81kg & 81+kg A	150-195	9
		Blue	6:00 PM	8:00 PM					

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Tuesday June 18, 2024

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	F	Jr-U23-U25	64kg D	120-134	10
		White	6:00 AM	8:00 AM	F	Jr-U23-U25	59kg C	124-130	12
		Blue	6:00 AM	8:00 AM	M	Jr-U23-U25	67kg C	170-192	11
	23	Red	8:00 AM	10:00 AM	F	Jr-U23-U25	64kg C	134-142	10
		White	8:00 AM	10:00 AM	F	Jr-U23-U25	55kg B	117-130	12
		Blue	8:00 AM	10:00 AM	M	Jr-U23-U25	73kg C	175-200	11
		Red	10:00 AM	12:00 PM	M	Jr-U23-U25	55kg & 61kg B	160-181	10

Tuesday June 18, 2024	24	White	10:00 AM	12:00 PM	M	Jr-U23-U25	67kg B	195-215	11
		Blue	10:00 AM	12:00 PM	F	Jr-U23-U25	45kg & 49kg A	90-150	14
	25	Red	12:00 PM	2:00 PM	M	Jr-U23-U25	55kg & 61kg A	182-260	10
		White	12:00 PM	2:00 PM	F	Jr-U23-U25	55kg A	130-165	11
	26	Blue	12:00 PM	2:00 PM	F	Jr-U23-U25	59kg B	130-147	11
		Red	2:00 PM	4:00 PM	M	Jr-U23-U25	73kg B	203-215	11
		White	2:00 PM	4:00 PM	F	Jr-U23-U25	64kg B	144-165	10
	27	Blue	2:00 PM	4:00 PM	F	Jr-U23-U25	59kg A	153-200	11
		Red	4:00 PM	6:00 PM	M	Jr-U23-U25	JUNIOR SUPER SESSION 1	TBD	11
		White	4:00 PM	6:00 PM	M	Jr-U23-U25	JUNIOR SUPER SESSION 2	TBD	11
	28	Blue	4:00 PM	6:00 PM	F	Jr-U23-U25	JUNIOR SUPER SESSION 3	TBD	11
		Red	6:00 PM	8:00 PM	M	Jr-U23-U25	73kg A	220-250	11
White		6:00 PM	8:00 PM	F	Jr-U23-U25	64kg B	171-220	10	
		Blue	6:00 PM	8:00 PM	M	Jr-U23-U25	67kg A	215-300	11
<b>Wednesday June 19, 2024</b>									
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Wednesday June 19, 2024	29	Red	6:00 AM	8:00 AM	M	Jr-U23-U25	73kg B	203-215	11
		White	6:00 AM	8:00 AM	F	Jr-U23-U25	89kg E	144-165	10
		Blue	6:00 AM	8:00 AM	F	Jr-U23-U25	59kg A	153-200	11
	30	Red	8:00 AM	10:00 AM	F	Jr-U23-U25	JUNIOR SUPER SESSION 4	TBD	12
		White	8:00 AM	10:00 AM	F	Jr-U23-U25	JUNIOR SUPER SESSION 5	TBD	12
		Blue	8:00 AM	10:00 AM	M	Jr-U23-U25	JUNIOR SUPER SESSION 6	TBD	12
	31	Red	10:00 AM	12:00 PM	M	Jr-U23-U25	81kg E	185-213	11
		White	10:00 AM	12:00 PM	M	Jr-U23-U25	64kg A	190-225	12
		Blue	10:00 AM	12:00 PM	F	Jr-U23-U25	71kg E	115-137	11
	32	Red	12:00 PM	2:00 PM	M	Jr-U23-U25	81kg D	215-225	11
		White	12:00 PM	2:00 PM	M	Jr-U23-U25	89kg D	225-235	12
		Blue	12:00 PM	2:00 PM	F	Jr-U23-U25	71kg D	138-145	11
	33	Red	2:00 PM	4:00 PM	M	Jr-U23-U25	81kg C	229-242	11
		White	2:00 PM	4:00 PM	M	Jr-U23-U25	89kg C	235-245	12
		Blue	2:00 PM	4:00 PM	F	Jr-U23-U25	71kg C	145-155	11
	34	Red	4:00 PM	6:00 PM	M	Jr-U23-U25	81kg B	245-260	10
		White	4:00 PM	6:00 PM	M	Jr-U23-U25	89kg B	245-270	12
		Blue	4:00 PM	6:00 PM	F	Jr-U23-U25	71kg B	156-168	11
35	Red	6:00 PM	8:00 PM	M	Jr-U23-U25	81kg A	265-300	10	
	White	6:00 PM	8:00 PM	M	Jr-U23-U25	89kg A	270-313	11	
	Blue	6:00 PM	8:00 PM	F	Jr-U23-U25	71kg A	169-220	10	
<b>Thursday June 20, 2024</b>									
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Thursday June 20, 2024	36	Red	6:00 AM	8:00 AM	M	Jr-U23-U25	96kg D	210-230	10
		White	6:00 AM	8:00 AM	M	Jr-U23-U25	102kg C	230-250	10
		Blue	6:00 AM	8:00 AM	M	Jr-U23-U25	109kg B	235-260	10
	37	Red	8:00 AM	10:00 AM	M	Jr-U23-U25	96kg C	235-255	10
		White	8:00 AM	10:00 AM	M	Jr-U23-U25	102kg B	255-275	9
		Blue	8:00 AM	10:00 AM	F	Jr-U23-U25	76kg B	125-160	12
	38	Red	10:00 AM	12:00 PM	M	Jr-U23-U25	96kg B	256-267	10
		White	10:00 AM	12:00 PM	F	Jr-U23-U25	81kg & 87kg B	143-165	13
		Blue	10:00 AM	12:00 PM	F	Jr-U23-U25	76kg A	160-200	11
	39	Red	12:00 PM	2:00 PM	M	Jr-U23-U25	96kg A	270-310	10
		White	12:00 PM	2:00 PM					
	40	Blue	12:00 PM	2:00 PM	M	Jr-U23-U25	102kg A	280-312	9
		Red	2:00 PM	4:00 PM	M	Jr-U23-U25	109kg A	265-320	10
		White	2:00 PM	4:00 PM					
	41	Blue	2:00 PM	4:00 PM	F	Jr-U23-U25	81kg & 87kg A	165-215	13
Red		4:00 PM	6:00 PM	M	Jr-U23-U25	109+kg A	234-305	11	
White		4:00 PM	6:00 PM						
		Blue	4:00 PM	6:00 PM	F	Jr-U23-U25	87+kg A	154-200	13
<b>Friday June 21, 2024</b>									
Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
	42	Red	8:00 AM	10:00 AM	F	Open	55kg & 59kg B	163-176	14
		White	8:00 AM	10:00 AM					
		Blue	8:00 AM	10:00 AM	M	Open	73kg & 81kg C	130-275	10
	43	Red	10:00 AM	12:00 PM	F	Open	64kg B	175-187	12
		White	10:00 AM	12:00 PM					
		Blue	10:00 AM	12:00 PM	M	Open	73kg & 81kg B	275-288	10

Friday June 21, 2024	44	Red	12:00 PM	2:00 PM			OLYMPIANS AUTOGRAPH SESSION & SEND OFF CEREMONY		
		Blue	12:00 PM	2:00 PM					
	45	Red	1:00 PM	3:00 PM	F	Open		45kg & 49kg A	123-167
		Blue	1:00 PM	3:00 PM	M	Open	55kg-67kg A	195-260	11
	46	Red	3:00 PM	5:00 PM	F	Open	55kg & 59kg A	182-195	13
		White	3:00 PM	5:00 PM	F	Open	64kg A	190-210	12
Blue		3:00 PM	5:00 PM	M	Open	73kg & 81kg A	290-320	9	

**Saturday June 22, 2024**

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Saturday June 22, 2024	47	Red	10:00 AM	12:00 PM	M	Open	89kg B	158-300	9
		Blue	10:00 AM	12:00 PM	F	Open	76kg & 81kg C	100-190	10
	48	Red	12:00 PM	2:00 PM	F	Open	71kg B	175-189	14
		Blue	12:00 PM	2:00 PM	F	Open	76kg & 81kg B	191-200	10
	49	Red	2:00 PM	4:00 PM	M	Open	89kg A	301-341	9
		Blue	2:00 PM	4:00 PM	F	Open	71kg A	190-230	13
	50	Red	4:00 PM	6:00 PM	F	Open	76kg & 81kg A	200-230	10
		Blue							

**Sunday June 23, 2024**

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Sunday June 23, 2024	51	Red	7:00 AM	9:00 AM	M	Open	96kg & 102kg B	290-320	13
		Blue	7:00 AM	9:00 AM	M	Open	109kg & 109+kg B	315-340	10
	52	Red	9:10 AM	11:10 AM	M	Open	96kg & 102kg A	320-350	13
		Blue	9:00 AM	11:00 AM	F	Open	87kg & 87+kg B	135-203	12
	53	Red	11:20 AM	1:20 PM	M	Open	109kg & 109+kg A	345-400	9
		Blue	11:00 AM	1:00 PM	F	Open	87kg & 87+kg A	205-275	11

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