

ALL TIMES ARE LOCAL UNLESS POSTED OTHERWISE

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2025 Virus Weightlifting Finals & UMWF World Championships
Daytona Beach, FL
Preliminary Schedule

Monday November 24, 2025

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

Sunday November 30, 2025

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

USADA All-Athlete Briefing - TBC

Wednesday December 3, 2025

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

Thursday December 4, 2025

Date	Sess	Plat	Weigh	Time	Gender	Meet	Age Group Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Thursday December 4, 2025	1	Red	7:00 AM	9:00 AM	F	Finals	58kg D	74-118	13
		White	7:00 AM	9:00 AM	M	Finals	71kg C	88-194	13
		Blue	7:00 AM	9:00 AM	M	UMWF	M70 - M80 65kg - 110kg	90 - 122	8
		Stars	7:00 AM	9:00 AM	M	UMWF	M65 60kg - 79kg	47 - 165	8
		Stripes	7:00 AM	9:00 AM	M	UMWF	M65 88kg - 110+kg	80 - 180	7
	2	Red	9:00 AM	11:00 AM	F	Finals	58kg C	119-140	13
		White	9:00 AM	11:00 AM	M	Finals	60kg B	148-173	8
		Blue	9:00 AM	11:00 AM	M	Finals	65kg B	127-203	12
		Stars	9:00 AM	11:00 AM	F	UMWF	W65 - W75 48kg - 86+kg	45 - 100	15
		Stripes	9:00 AM	11:00 AM	F	UMWF	W60 48kg - 86+kg	55 - 113	15
	3	Red	11:00 AM	1:00 PM	F	Finals	53kg C	50-108	12
		White	11:00 AM	1:00 PM	F	Finals	44kg & 48kg B	83-140	8
		Blue	11:00 AM	1:00 PM	M	Finals	52kg & 56kg A	102-175	9
		Stars	11:00 AM	1:00 PM	F	UMWF	W55 53kg - 69kg	65 - 130	15
		Stripes	11:00 AM	1:00 PM	F	UMWF	W55 77kg - 86+kg	90 - 135	9
		Red	1:00 PM	3:00 PM	F	Finals	53kg B	109-131	12

4	White	1:00 PM	3:00 PM	M	Finals	71kg B	195-230	13
	Blue	1:00 PM	3:00 PM	M	Finals	60kg A	190-228	8
	Stars	1:00 PM	3:00 PM	F	UMWF	W50 48kg - 69kg B	70 - 96	10
	Stripes	1:00 PM	3:00 PM	F	UMWF	W50 48kg - 69kg A	100 - 140	9
5	Red	3:00 PM	5:00 PM	F	Finals	58kg B	143-168	12
	White	3:00 PM	5:00 PM	M	Finals	65kg A	205-300	12
	Blue	3:00 PM	5:00 PM	M	Finals	71kg A	232-300	13
	Stars	3:00 PM	5:00 PM	M	UMWF	M60 79kg - 110+kg	100 - 201	12
	Stripes	3:00 PM	5:00 PM	M	UMWF	M55 71kg - 88kg	140 - 195	7
6	Red	5:00 PM	7:00 PM	F	Finals	44kg & 48kg A	140-300	7
	White	5:00 PM	7:00 PM	F	Finals	53kg A	135-175	12
	Blue	5:00 PM	7:00 PM	F	Finals	58kg A	171-190	12
	Stars	5:00 PM	7:00 PM	M	UMWF	M55 94kg - 110+kg	157 - 245	10
	Stripes	5:00 PM	7:00 PM	F	UMWF	W50 77kg - 86+kg	100 - 155	13

Friday December 5, 2025

<i>Date</i>	<i>Sess</i>	<i>Plat</i>	<i>Weigh</i>	<i>Time</i>	<i>Gender</i>	<i>Meet</i>	<i>Age Group Weight Category</i>	<i>Estimated Entry Totals (min - max)</i>	<i>Number of Lifters</i>
	7	Red	6:00 AM	8:00 AM	M	Finals	79kg E	165-200	11
		White	6:00 AM	8:00 AM	F	Finals	63kg E	0-115	11
		Blue	6:00 AM	8:00 AM	M	UMWF	M50 71kg - 88kg	165 - 205	14
		Stars	6:00 AM	8:00 AM	M	UMWF	M50 94kg - 110+kg	180 - 230	12
		Stripes	6:00 AM	8:00 AM	F	UMWF	W45 48kg - 58kg	100 - 145	12
	8	Red	8:00 AM	10:00 AM	M	Finals	79kg D	200-220	11
		White	8:00 AM	10:00 AM	F	Finals	63kg D	116-153	11
		Blue	8:00 AM	10:00 AM	F	UMWF	W45 63kg	98 - 150	13
		Stars	8:00 AM	10:00 AM	F	UMWF	W45 69kg	100 - 168	10
		Stripes	8:00 AM	10:00 AM	M	UMWF	M45 71kg - 79kg	150 - 200	12
	9	Red	10:00 AM	12:00 PM	M	Finals	79kg C	220-240	11
		White	10:00 AM	12:00 PM	F	Finals	63kg C	160-175	11
		Blue	10:00 AM	12:00 PM	F	UMWF	W45 77kg	95 - 165	12
		Stars	10:00 AM	12:00 PM	F	UMWF	W45 86kg - 86+kg	100 - 168	12

Friday December 5, 2025		Stripes	10:00 AM	12:00 PM	F	UMWF	W40 48kg - 53kg	92 - 150	8
	10	Red	12:00 PM	2:00 PM	M	Finals	79kg B	250-265	11
		White	12:00 PM	2:00 PM	F	Finals	63kg B	177-187	10
		Blue	12:00 PM	2:00 PM	F	UMWF	W40 58kg	99 - 165	14
		Stars	12:00 PM	2:00 PM	F	UMWF	W40 63kg B	100 - 132	10
		Stripes	12:00 PM	2:00 PM	F	UMWF	W40 69kg B	90 - 130	12
	11	Red	2:00 PM	4:00 PM	M	Finals	79kg A	265-290	11
		White	2:00 PM	4:00 PM	M	Finals	88kg & 79+kg D	0-201	13
		Blue	2:00 PM	4:00 PM	M	UMWF	M45 88kg	160 - 240	9
		Stars	2:00 PM	4:00 PM	F	UMWF	W40 77kg B	113 - 154	9
		Stripes	2:00 PM	4:00 PM	F	UMWF	W40 86kg - 86+kg B	118 - 140	11
	12	Red	4:00 PM	6:00 PM	F	Finals	69kg F	98-125	13
		White	4:00 PM	6:00 PM	F	Finals	63kg A	189-262	10
		Blue	4:00 PM	6:00 PM	F	UMWF	W40 63kg A	132 - 170	10
		Stars	4:00 PM	6:00 PM	M	UMWF	M45 94kg	176 - 250	9
		Stripes	4:00 PM	6:00 PM	F	UMWF	W40 69kg A	135 - 175	12
	13	Red	6:00 PM	8:00 PM	F	Finals	69kg E	125-150	13
		White	6:00 PM	8:00 PM	M	Finals	88kg & 79+kg C	210-258	12
		Blue	6:00 PM	8:00 PM	M	UMWF	M45 110kg - 110+kg	192 - 275	11
		Stars	6:00 PM	8:00 PM	F	UMWF	W40 77kg A	155 - 165	9
		Stripes	6:00 PM	8:00 PM	F	UMWF	W40 86kg - 86+kg A	148 - 206	11
	Saturday December 6, 2025								
Date	Sess	Plat	Weigh	Time	Gender	Meet	Age Group Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
	14	Red	6:00 AM	8:00 AM	F	U13 Finals	36kg - 63+kg Adap	50 - 95	11
		White	6:00 AM	8:00 AM	F	U13 Finals	48kg - 53kg	33 - 100	9
		Blue	6:00 AM	8:00 AM	M	U13 Finals	40kg - 52kg	55 - 111	10
		Stars	6:00 AM	8:00 AM	F	UMWF	W30 & W35 58kg B	100 - 130	11
		Stripes	6:00 AM	8:00 AM	F	UMWF	W30 & W35 69kg C	110 - 233	11
		Red	8:00 AM	10:00 AM	M	U13 Finals	56kg - 65+kg	75 - 180	12
		White	8:00 AM	10:00 AM	F	U13 Finals	58kg - 63kg	60 - 175	10

Saturday December 6, 2025	15	Blue	8:00 AM	10:00 AM	F	U13 Finals	63+kg	90 - 160	10
		Stars	8:00 AM	10:00 AM	F	UMWF	W30 & W35 63kg B	111 - 137	11
		Stripes	8:00 AM	10:00 AM	F	UMWF	W30 & W35 69kg B	140 - 160	11
	16	Red	10:00 AM	12:00 PM	F	Finals	77kg & 69+kg E	90-130	13
		White	10:00 AM	12:00 PM	F	Finals	69kg D	150-170	13
		Blue	10:00 AM	12:00 PM	M	UMWF	M40 60kg - 79kg	170 - 271	13
		Stars	10:00 AM	12:00 PM	M	UMWF	M40 88kg	190 - 260	13
		Stripes	10:00 AM	12:00 PM	F	UMWF	W30 & W35 48kg - 53kg	94 - 165	8
	17	Red	12:00 PM	2:00 PM	F	Finals	77kg & 69+kg D	130-155	13
		White	12:00 PM	2:00 PM	F	Finals	69kg C	170-180	13
		Blue	12:00 PM	2:00 PM	M	Finals	94kg C	135-260	13
		Stars	12:00 PM	2:00 PM	F	UMWF	W30 & W35 77kg C	117 - 131	10
		Stripes	12:00 PM	2:00 PM	F	UMWF	W30 & W35 58kg A	130 - 170	12
	18	Red	2:00 PM	4:00 PM	F	Finals	77kg & 69+kg C	161-183	12
		White	2:00 PM	4:00 PM	M	Finals	88kg & 79+kg B	270-290	12
		Blue	2:00 PM	4:00 PM	F	Finals	69kg B	181-195	12
		Stars	2:00 PM	4:00 PM	F	UMWF	W30 & W35 77kg B	132 - 160	10
		Stripes	2:00 PM	4:00 PM	F	UMWF	W30 & W35 63kg A	139 - 202	11
	19	Red	4:00 PM	6:00 PM	F	Finals	77kg & 69+kg B	185-200	12
		White	4:00 PM	6:00 PM	M	Finals	94kg B	262-295	13
		Blue	4:00 PM	6:00 PM	F	Finals	69kg A	195-225	12
		Stars	4:00 PM	6:00 PM	F	UMWF	W30 & W35 69kg A	160 - 210	11
		Stripes	4:00 PM	6:00 PM	M	UMWF	M40 94kg	195 - 280	12
	20	Red	6:00 PM	8:00 PM	F	Finals	77kg & 69+kg A	201-245	12
		White	6:00 PM	8:00 PM	M	Finals	94kg A	300-345	12
		Blue	6:00 PM	8:00 PM	M	Finals	88kg & 79+kg A	290-340	12
		Stars	6:00 PM	8:00 PM	F	UMWF	W30 & W35 77kg A	160 - 245	10
		Stripes	6:00 PM	8:00 PM	M	UMWF	M40 110kg - 110+kg	215 - 305	14
Sunday December 7, 2025									
Date	Sess	Plat	Weigh	Time	Gender	Meet	Age Group Weight Category	Estimated Entry Totals (min - max)	Number of Lifters

Sunday December 7, 2025	21	Red	6:00 AM	8:00 AM	M	Finals	110kg & 94+kg C	0-265	13
		White	6:00 AM	8:00 AM	F	Finals	86+kg C	110-155	11
		Blue	6:00 AM	8:00 AM	F	Finals	86kg & 77+kg D	95-159	12
		Stars	6:00 AM	8:00 AM	F	UMWF	W30 & W35 86kg B	124 - 155	11
		Stripes	6:00 AM	8:00 AM	M	UMWF	M30 & M35 88kg B	190 - 230	12
	22	Red	8:00 AM	10:00 AM	M	Finals	110kg & 94+kg B	266-300	13
		White	8:00 AM	10:00 AM	M	Finals	110+kg B	225-305	7
		Blue	8:00 AM	10:00 AM	M	UMWF	M30 & M35 60kg - 71kg	160 - 245	9
		Stars	8:00 AM	10:00 AM	M	UMWF	M30 & M35 79kg	200 - 265	11
		Stripes	8:00 AM	10:00 AM	F	UMWF	W30 & W35 86kg A	156 - 220	11
	23	Red	10:00 AM	12:00 PM	F	Finals	86+kg B	162-193	10
		White	10:00 AM	12:00 PM	M	Finals	110kg & 94+kg A	300-350	13
		Blue	10:00 AM	12:00 PM	F	Finals	86kg & 77+kg C	160-180	12
		Stars	10:00 AM	12:00 PM	M	UMWF	M30 & M35 88kg A	230 - 305	11
		Stripes	10:00 AM	12:00 PM	M	UMWF	M30 & M35 94kg	204 - 286	12
	24	Red	12:00 PM	2:00 PM	---	---	---	---	---
		White	12:00 PM	2:00 PM	M	Finals	110+kg A	305-400	7
		Blue	12:00 PM	2:00 PM	F	Finals	86kg & 77+kg B	180-191	12
		Stars	12:00 PM	2:00 PM	F	UMWF	W30 & W35 86+kg B	124 - 170	9
		Stripes	12:00 PM	2:00 PM	M	UMWF	M30 & M35 110kg	220 - 300	14
	25	Red	2:00 PM	4:00 PM	---	---	---	---	---
		White	2:00 PM	4:00 PM	F	Finals	86+kg A	195-230	10
		Blue	2:00 PM	4:00 PM	F	Finals	86kg & 77+kg A	191-230	12
		Stars	2:00 PM	4:00 PM	F	UMWF	W30 & W35 86+kg A	170 - 210	8
		Stripes	2:00 PM	4:00 PM	M	UMWF	M30 & M35 110+kg	226 - 360	11

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