

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 & 45kg 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 & 45kg 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 A | 171-220 | 10 | |
| | | Blue | 6:00 PM | 8:00 PM | M | Jr-U23-U25 | 67kg A | 215-300 | 11 |
| Wednesday June 19, 2024 | | | | | | | | | |
| 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 | 64kg B | 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 | 89kg E | 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 | |
| Thursday June 20, 2024 | | | | | | | | | |
| 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 |
| Friday June 21, 2024 | | | | | | | | | |
| 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 |
| | | | | | | | | | |

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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