

2024 USAW Nationals Week

Date	Session	Platform	Weigh-In	Start	Gndr	Age	Weight	Entry Total	# Lifters	
						Group	Category		Grp	Ses
Sat Jun 15	1	RED	6:00 AM	8:00 AM	F	U11	30 A	30 - 46	7	8
						U13	33 A	33 - 33	1	
		WHITE	6:00 AM	8:00 AM	F	U11	45-55 C	45 - 58	3	10
						U13	45-55 C	40 - 53	7	
		BLUE	6:00 AM	8:00 AM	M	U11	32-36 B	32 - 45	11	11
						U13	32-36 B	32 - 45	11	
	2	RED	7:50 AM	9:50 AM	F	U11	33-36 A	33 - 55	7	9
						U13	30-33 A	33 - 40	2	
		WHITE	7:50 AM	9:50 AM	F	U11	45-49 B	60 - 69	5	11
						U13	45-49 B	60 - 75	6	
		BLUE	7:50 AM	9:50 AM	M	U11	32-36 A	55 - 65	5	10
						U13	32-36 A	52 - 70	5	
	3	RED	9:30 AM	11:30 AM	M	U11	44-49 B	44 - 71	7	13
						U13	44-49 B	44 - 74	6	
		WHITE	9:40 AM	11:40 AM	F	U11	36-40 A	36 - 70	8	10
						U13	36-40 A	55 - 55	2	
		BLUE	9:40 AM	11:40 AM	M	U11	39-44 A	39 - 54	4	9
						U13	39-44 A	40 - 90	5	
	4	RED	11:30 AM	1:30 PM	F	U11	45 A	75 - 75	1	10
						U13	45-49 A	75 - 100	9	
		WHITE	11:20 AM	1:20 PM	F	U11	40 A	40 - 132	8	14
						U13	40 A	36 - 80	6	
		BLUE	11:30 AM	1:30 PM	M	U11	44 A	75 - 75	1	12
						U13	44-49 A	75 - 101	11	
5	RED	1:20 PM	3:20 PM	M	U13	67-73+ B	70 - 81	13	13	
					U11	55-59 A	51 - 70	3		
	WHITE	1:20 PM	3:20 PM	F	U13	55-59 A	60 - 94	8	11	
					U11	55-59 A	60 - 94	8		
	BLUE	1:20 PM	3:20 PM	M	U11	55-61 A	59 - 85	3	13	
					U13	55-61 A	61 - 161	10		
6	RED	3:20 PM	5:20 PM	F	U11	64+ A	65 - 65	1	15	
					U13	64-64+ A	64 - 110	14		
	WHITE	3:20 PM	5:20 PM	F	U11	59 A	56 - 56	1	10	
					U13	59-64 A	62 - 103	9		
	BLUE	3:20 PM	5:20 PM	M	U13	67-73+ A	90 - 155	9	10	
					U15	61 A	135 - 135	1		
8	RED	6:00 AM	8:00 AM	F	U15	36-45 A	65 - 125	6	6	
	WHITE	6:00 AM	8:00 AM	F	U15	55-59 C	78 - 98	10	10	
	BLUE	6:00 AM	8:00 AM	M	U15	39-55 B	70 - 106	12	12	
9	RED	7:30 AM	9:30 AM	M	U15	44-55 A	107 - 167	11	11	
	WHITE	7:50 AM	9:50 AM	F	U15	55-59 B	99 - 113	10	10	
	BLUE	7:50 AM	9:50 AM	F	U15	49 A	77 - 125	10	10	

Sun Jun 16	10	RED	9:30 AM	11:30 AM	M	U15	61-67 A	105 - 165	11	11	
		WHITE	9:40 AM	11:40 AM	F	U15	55-59 A	116 - 137	9	9	
		BLUE	9:40 AM	11:40 AM	M	U15	67-73 A	120 - 175	12	12	
	11	RED	11:20 AM	1:20 PM	F	U15	64 A	95 - 165	15	15	
		WHITE	11:30 AM	1:30 PM	F	U15	71-76 A	95 - 155	14	14	
		BLUE	11:30 AM	1:30 PM	M	U15	73-81 A	125 - 180	8	8	
	12	RED	1:40 PM	3:40 PM	F	U15	76-76+ A	98 - 163	7	7	
		WHITE	1:30 PM	3:30 PM	M	U15	89-89+ A	141 - 205	14	14	
		BLUE	1:30 PM	3:30 PM	M	U15	81 A	125 - 215	11	11	
	13	RED	3:10 PM	5:10 PM	F	U15	76+ A	90 - 165	13	13	
		WHITE	3:30 PM	5:30 PM	M	U17	55 A	120 - 175	6	6	
		BLUE	3:20 PM	5:20 PM	F	U17	55-59 B	80 - 107	10	10	
	14	RED	5:00 PM	7:00 PM	F	U17	40-45 A	70 - 111	8	8	
		WHITE	5:00 PM	7:00 PM	F	U17	49 A	80 - 122	10	10	
		BLUE	5:00 PM	7:00 PM	F	U17	55-59 A	87 - 175	10	10	
	Mon Jun 17	15	RED	6:00 AM	8:00 AM	M	U17	61-67 D	115 - 152	11	11
			WHITE	6:00 AM	8:00 AM	M	U17	73-81 B	140 - 171	9	9
			BLUE	6:00 AM	8:00 AM	F	U17	59-64 B	95 - 118	12	12
16		RED	8:00 AM	10:00 AM	M	U17	61C, 67C, 67D, 73C	153 - 166	12	12	
		WHITE	8:00 AM	10:00 AM	F	U17	64-81 B	110 - 132	11	11	
		BLUE	8:00 AM	10:00 AM	F	U17	59-64 A	120 - 175	12	12	
17		RED	10:00 AM	12:00 PM	M	U17	61-67 B	170 - 189	12	12	
		WHITE	10:00 AM	12:00 PM	F	U17	64 A	134 - 165	10	10	
		BLUE	10:00 AM	12:00 PM	M	U17	81 B	142 - 190	13	13	
18		RED	12:00 PM	2:00 PM	M	U17	61-67 A	190 - 230	12	12	
		WHITE	12:00 PM	2:00 PM	M	U17	73A, 73C	175 - 245	11	11	
		BLUE	12:00 PM	2:00 PM	M	U17	81 A	192 - 263	11	11	
19		RED	2:00 PM	4:00 PM	M	U17	89-96 B	180 - 210	13	13	
		WHITE	2:00 PM	4:00 PM	M	U17	102-102+ B	175 - 205	11	11	
		BLUE	2:00 PM	4:00 PM	F	JR U17	71 E 71 A	135 - 135 110 - 178	1 15	16	
20		RED	4:00 PM	6:00 PM	F	U17	76 A	122 - 160	13	13	
		WHITE	4:00 PM	6:00 PM	M	U17	89-96 A	215 - 250	13	13	
		BLUE	4:20 PM	6:20 PM	F	U17	81-81+ B	120 - 142	10	10	
21	RED	6:00 PM	8:00 PM	F	U17	81-81+ A	147 - 195	9	9		
	WHITE	6:00 PM	8:00 PM	M	U17	102-102+ A	207 - 245	11	11		
22	RED	6:00 AM	8:00 AM	F	JR U23	64 D 64 D	120 - 134 133 - 133	8 1	9		
	WHITE	6:00 AM	8:00 AM	F	JR U23	59 C 59 B	124 - 126 130 - 130	10 1	11		
	BLUE	6:00 AM	8:00 AM	M	JR U23 U25	67 C 67 C 67 C	160 - 192 170 - 188 175 - 182	8 2 2	12		
	RED	8:00 AM	10:00 AM	F	JR	64 C	135 - 148	7	10		

Tue Jun 18	23	RED	8:00 AM	10:00 AM	F	U25	64 C	135 - 150	3	10	
						JR	55 B	117 - 132	6		
		WHITE	8:00 AM	10:00 AM	F	U23	55 B	119 - 119	1		11
					U25	55 B	121 - 130	4			
			BLUE	8:00 AM	10:00 AM	M	JR	73 C	195 - 200	4	10
					U23	73 C	195 - 200	4			
					U25	73 C	196 - 203	2			
			RED	10:00 AM	12:00 PM	M	JR	61 B	165 - 175	5	7
					U23	61 B	180 - 180	1			
					U25	55 B	160 - 160	1			
							JR	67 B	195 - 206	7	12
		24	WHITE	10:00 AM	12:00 PM	M	U23	67 B	195 - 207	3	
						U25	67 B	201 - 207	2		
						JR	45-49 A	90 - 134	10	12	
		BLUE	10:00 AM	12:00 PM	F	U23	45 A	93 - 93	1		
						U25	49 A	115 - 115	1		
						JR	61 A	186 - 205	7	8	
		RED	12:00 PM	2:00 PM	M	U23	61 B	182 - 182	1		
						JR	55 A	134 - 146	5		
						U23	55 A	138 - 158	3	10	
	25	WHITE	12:00 PM	2:00 PM	F	U25	55 A	135 - 140	2		
						JR	59 B	130 - 140	5		
						U23	59 B	140 - 145	3	11	
		BLUE	12:00 PM	2:00 PM	F	U25	59 B	135 - 145	3		
						JR	73 B	205 - 215	9		
						U23	73 B	210 - 215	2	11	
		RED	2:00 PM	4:00 PM	M	JR	64 B	152 - 165	3		
						U23	64 B	154 - 165	3		
						U25	64 B	156 - 161	4	10	
	26	WHITE	2:00 PM	4:00 PM	F	JR	59 A	157 - 180	3		
						U23	59 A	160 - 170	4		
						U25	59 A	147 - 163	4	11	
		BLUE	2:00 PM	4:00 PM	F	JR	55A, 61A, 61B	181 - 260	3		
						U17	67-73 A	190 - 276	2		
						JR	67A, 73A, 81A, 81B	231 - 300	10	10	
	27	WHITE	4:00 PM	6:00 PM	M	JR	49-71 A	130 - 220	5		
						U15	45 A	95 - 95	1		
						U17	81+ A	171 - 171	1	7	
		BLUE	4:00 PM	6:00 PM	F	JR	73 A	225 - 240	5		
						U23	73 A	221 - 250	4		
						U25	73 A	235 - 240	2	11	
		RED	6:00 PM	8:00 PM	M	JR	64 A	174 - 180	3		
						U23	64 A	171 - 205	2		
						U25	64 A	174 - 210	4	9	
	28	WHITE	6:00 PM	8:00 PM	F	JR	64 A	174 - 180	3		
						U23	64 A	171 - 205	2		
						U25	64 A	174 - 210	4		

	BLUE	6:00 PM	8:00 PM	M	JR	67 A	210 - 240	5	
					U23	67 A	207 - 227	2	10
					U25	67 A	210 - 275	3	
	RED	6:00 AM	8:00 AM	M	JR	81 E	197 - 213	6	
					U23	81 E	185 - 185	1	10
					U25	81 E	200 - 210	3	
29	WHITE	6:00 AM	8:00 AM	M	JR	89 E	210 - 225	7	
					U25	89 E	220 - 225	5	12
	BLUE	6:00 AM	8:00 AM	F	JR	71 E	125 - 134	7	
					U23	71 E	136 - 136	3	10
	RED	8:00 AM	10:00 AM	F	JR	55A, 64A, 64D, 71A, 71B	131 - 220	8	8
					JR	76-87+ A	179 - 215	9	
30	WHITE	8:00 AM	10:00 AM	F	Open	81 A	190 - 190	1	10
	BLUE	8:00 AM	10:00 AM	M	JR	89A, 89E, 96A, 102A, 102B, 109A, 109+A	217 - 320	12	12
	RED	10:00 AM	12:00 PM	M	JR	81 D	220 - 225	3	
					U23	81 D	220 - 222	2	10
					U25	81 D	215 - 223	5	
	WHITE	10:00 AM	12:00 PM	M	JR	89 D	225 - 235	6	
31					U23	89 D	225 - 230	4	13
					U25	89 D	230 - 235	3	
	BLUE	10:00 AM	12:00 PM	F	JR	71 D	137 - 141	3	
					U23	71 D	138 - 140	5	11
					U25	71C, 71D	138 - 145	3	
	RED	12:00 PM	2:00 PM	M	JR	81 C	229 - 240	4	
					U23	81 C	225 - 240	2	10
					U25	81 C	230 - 235	4	
	WHITE	12:00 PM	2:00 PM	M	JR	89 C	235 - 245	6	
32					U23	89 C	237 - 245	3	12
					U25	89 C	240 - 245	3	
	BLUE	12:00 PM	2:00 PM	F	JR	71 C	145 - 150	5	
					U23	71 C	145 - 151	5	11
					U25	71 C	150 - 150	1	
	RED	2:00 PM	4:00 PM	M	JR	81 B	245 - 260	4	
					U23	81 B	242 - 252	4	10
					U25	81 B	241 - 255	2	
	WHITE	2:00 PM	4:00 PM	M	JR	89 B	250 - 260	5	
33					U23	89 B	245 - 260	4	11
					U25	89 B	246 - 247	2	
	BLUE	2:00 PM	4:00 PM	F	JR	71 B	157 - 171	6	
					U23	71 B	162 - 162	1	11
					U25	71 B	152 - 170	4	
	RED	4:00 PM	6:00 PM	M	JR	81 A	265 - 265	2	
					U23	81 A	267 - 285	4	9
					U25	81 A	267 - 290	3	

Wed
Jun 19

Thu Jun 20	34	WHITE	4:00 PM	6:00 PM	M	JR	89 A	270 - 295	2	10
						U23	89 A	270 - 285	3	
						U25	89 A	270 - 285	5	
	BLUE	4:00 PM	6:00 PM	F	JR	71 A	174 - 198	5	10	
					U23	71 A	185 - 202	2		
					U25	71 A	176 - 185	3		
	RED	6:00 AM	8:00 AM	M	JR	96 D	210 - 235	6	11	
					U23	96 D	240 - 240	1		
					U25	96 D	220 - 230	4		
	36	WHITE	6:00 AM	8:00 AM	M	JR	102 C	226 - 230	2	8
						U23	102 C	235 - 238	2	
						U25	102 C	225 - 240	4	
BLUE	6:00 AM	8:00 AM	M	JR	109 B	240 - 250	4	10		
				U23	109 B	250 - 250	2			
				U25	109 B	240 - 265	4			
RED	8:00 AM	10:00 AM	M	JR	96 C	241 - 256	3	10		
				U23	96 C	250 - 250	3			
				U25	96 C	240 - 251	4			
37	WHITE	8:00 AM	10:00 AM	M	JR	102 B	250 - 270	6	10	
					U23	102 B	260 - 260	1		
					U25	102 B	245 - 267	3		
BLUE	8:00 AM	10:00 AM	F	JR	76A, 76B	125 - 160	7	12		
				U25	76 B	143 - 156	5			
				RED	10:00 AM	12:00 PM	M		JR	96 B
U23	96 B	266 - 266	1							
U25	96 B	257 - 266	3							
38	WHITE	10:00 AM	12:00 PM	F	JR	81-87 B	143 - 161	8	14	
					U23	81-87 B	150 - 165	4		
					U25	81-87 B	153 - 170	2		
BLUE	10:00 AM	12:00 PM	F	JR	76 A	160 - 175	3	10		
				U23	76 A	180 - 183	3			
				U25	76 A	160 - 200	4			
39	RED	12:00 PM	2:00 PM	M	JR	96 A	271 - 271	1	10	
					U23	96 A	290 - 295	4		
					U25	96 A	267 - 305	5		
BLUE	12:00 PM	2:00 PM	M	JR	102 A	272 - 290	2	10		
				U23	102 A	280 - 305	2			
				U25	102 A	275 - 312	6			
40	RED	2:00 PM	4:00 PM	M	JR	109 A	270 - 290	3	11	
					U23	109 A	275 - 295	2		
					U25	109 A	270 - 300	6		
BLUE	2:00 PM	4:00 PM	F	JR	81-87 A	185 - 215	2	10		
				U23	81-87 A	178 - 215	4			
				U25	81-87 A	175 - 190	4			

41	RED	4:00 PM	6:00 PM	M	JR	109+ A	234 - 305	6	10
					U23	109+ A	240 - 242	2	
					U25	109+ A	242 - 280	2	
	BLUE	4:00 PM	6:00 PM	F	JR	87+ A	154 - 170	8	11
					U25	87+ A	167 - 180	3	
	42	RED	8:00 AM	10:00 AM	F	Open	55-59 B	163 - 175	13
BLUE		8:00 AM	10:00 AM	M	ADP	73 C	130 - 130	1	11
43	WHITE	10:00 AM	12:00 PM	F	ADP	64 B	141 - 141	1	
					Open	64 B	175 - 185	11	
45	BLUE	10:00 AM	12:00 PM	M	Open	73-81 B	281 - 290	11	11
	WHITE	1:00 PM	3:00 PM	F	Open	45-49 A	123 - 167	11	11
46	BLUE	1:00 PM	3:00 PM	M	Open	55-67 A	195 - 260	15	15
	RED	3:00 PM	5:00 PM	F	Open	64 A	185 - 209	12	12
	WHITE	3:00 PM	5:00 PM	F	Open	55-59 A	182 - 195	13	13
47	WHITE	10:00 AM	12:00 PM	M	ADP	89 B	158 - 158	1	9
					Open	89 B	295 - 300	8	
	BLUE	10:00 AM	12:00 PM	F	ADP	76 C	100 - 100	1	10
48	WHITE	12:00 PM	2:00 PM	F	Open	71 B	175 - 189	13	13
					Open	76-81 B	194 - 205	9	9
	BLUE	12:00 PM	2:00 PM	F	Open	76-81 C	180 - 191	9	
49	WHITE	2:15 PM	4:15 PM	M	Open	89 A	301 - 340	8	8
	BLUE	2:00 PM	4:00 PM	F	Open	71 A	190 - 230	13	13
50	WHITE	4:00 PM	6:00 PM	F	Open	76-81 A	206 - 230	9	9
51	WHITE	7:00 AM	9:00 AM	M	Open	96-102 B	290 - 320	14	14
	BLUE	7:00 AM	9:00 AM	M	Open	109-109+ B	315 - 345	10	10
52	WHITE	9:30 AM	11:30 AM	M	Open	96-102 A	320 - 350	13	13
	BLUE	9:00 AM	11:00 AM	F	ADP	87+ B	135 - 135	1	12
					Open	87-87+ B	199 - 203	11	
53	WHITE	11:30 AM	1:30 PM	M	Open	109-109+ A	345 - 400	10	10
	BLUE	11:00 AM	1:00 PM	F	Open	87-87+ A	205 - 275	12	12