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2026 Virus Weightlifting Finals & 2026 California North Central WSO Championships
Pleasanton CA
Preliminary Schedule

Monday November 23, 2026

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

Tuesday November 24, 2026

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

Wednesday December 2, 2026

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

Thursday December 3, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Thursday December 3, 2026	1	Red	7:00 AM	9:00 AM	F	OPEN	61kg E	55-100	12
		White	7:00 AM	9:00 AM	F	OPEN	49kg A	70-170	13
		Blue	7:00 AM	9:00 AM	F	OPEN	53kg B	42-105	12
		Stars	7:00 AM	9:00 AM	F	OPEN	57kg C	58-109	13
	2	Red	9:00 AM	11:00 AM	F	OPEN	61kg D	100-116	12
		White	9:00 AM	11:00 AM	M	OPEN	65kg B	100-200	10
		Blue	9:00 AM	11:00 AM	F	OPEN	53kg A	120-180	12
		Stars	9:00 AM	11:00 AM	F	OPEN	57kg B	110-140	13
	3	Red	11:00 AM	1:00 PM	F	OPEN	61kg C	118-141	12
		White	11:00 AM	1:00 PM	M	OPEN	60kg A	149-215	10
		Blue	11:00 AM	1:00 PM	M	OPEN	75kg C	60-195	11
		Stars	11:00 AM	1:00 PM	F	OPEN	57kg A	145-185	12
	4	Red	1:00 PM	3:00 PM	F	OPEN	61kg B	142-168	11
		White	1:00 PM	3:00 PM	F	OPEN	69kg H	0-97	13
		Blue	1:00 PM	3:00 PM	M	OPEN	75kg B	196-240	10
		Stars	1:00 PM	3:00 PM	M	OPEN	70kg B	118-195	11
	5	Red	3:00 PM	5:00 PM	F	OPEN	61kg A	168-210	11
		White	3:00 PM	5:00 PM	F	OPEN	69kg G	100-110	13
		Blue	3:00 PM	5:00 PM	M	OPEN	65kg A	205-245	10
		Stars	3:00 PM	5:00 PM	M	OPEN	70kg A	205-300	11

Friday December 4, 2026

Date	Sess	Plat	Weigh	Time	Gender	Age Group	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Friday December 4, 2026	6	Red	7:00 AM	9:00 AM	F	OPEN	69kg F	110-121	13
		White	7:00 AM	9:00 AM	M	OPEN	75kg A	240-271	10
		Blue	7:00 AM	9:00 AM	M	OPEN	85kg F	78-180	13
		Stars	7:00 AM	9:00 AM					
	7	Red	9:00 AM	11:00 AM	F	OPEN	69kg E	122-135	13
		White	9:00 AM	11:00 AM	M	OPEN	95kg E	70-192	13
		Blue	9:00 AM	11:00 AM	M	OPEN	85kg E	181-201	13
		Stars	9:00 AM	11:00 AM	F	OPEN	77kg E	70-112	13
	8	Red	11:00 AM	1:00 PM	F	OPEN	69kg D	135-168	12
		White	11:00 AM	1:00 PM	M	OPEN	95kg D	195-225	13
		Blue	11:00 AM	1:00 PM	M	OPEN	85kg D	202-225	13
		Stars	11:00 AM	1:00 PM	F	OPEN	77kg D	112-130	12
	9	Red	1:00 PM	3:00 PM	F	OPEN	69kg C	170-175	12
		White	1:00 PM	3:00 PM	M	OPEN	95kg C	225-280	13
		Blue	1:00 PM	3:00 PM	M	OPEN	85kg C	225-255	12

		Stars	1:00 PM	3:00 PM	F	OPEN	77kg C	130-149	12
	10	Red	3:00 PM	5:00 PM	F	OPEN	69kg B	175-190	12
		White	3:00 PM	5:00 PM	M	OPEN	95kg B	280-295	13
		Blue	3:00 PM	5:00 PM	M	OPEN	85kg B	255-280	12
		Stars	3:00 PM	5:00 PM	F	OPEN	77kg B	150-181	12
	11	Red	5:00 PM	7:00 PM	F	OPEN	69kg A	190-220	12
		White	5:00 PM	7:00 PM	M	OPEN	95kg A	300-360	12
		Blue	5:00 PM	7:00 PM	M	OPEN	85kg A	290-340	12
		Stars	5:00 PM	7:00 PM	F	OPEN	77kg A	182-220	12
	Saturday December 5, 2026								
Date	***Sess***	***Plat***	***Weigh***	***Time***	***Gender***	***Age Group***	***Weight Category***	***Estimated Entry Totals (min - max)***	***Number of Lifters***
Saturday December 5, 2026	12	Red	6:00 AM	8:00 AM	F	11&u/12-13yo	30kg-41kg A	28-90	13
		White	6:00 AM	8:00 AM	M	11&u/12-13yo	32kg A	22-50	9
		Blue	6:00 AM	8:00 AM	M	11&u/12-13yo	36kg & 40kg A	40-90	9
		Stars	6:00 AM	8:00 AM	M	11&u/12-13yo	45kg A	50-100	8
	13	Red	8:00 AM	10:00 AM	F	11&u/12-13yo	45kg A	30-104	7
		White	8:00 AM	10:00 AM	F	11&u/12-13yo	49kg A	49-114	9
		Blue	8:00 AM	10:00 AM	M	11&u/12-13yo	50kg & 55kg A	47-114	11
		Stars	8:00 AM	10:00 AM	M	11&u/12-13yo	60kg & 65kg A	50-135	11
	14	Red	10:00 AM	12:00 PM	F	11&u/12-13yo	53kg-61kg A	50-100	13
		White	10:00 AM	12:00 PM	F	11&u/12-13yo	61+kg A	60-110	10
		Blue	10:00 AM	12:00 PM	F	14-15yo	41kg-53kg A	57-120	9
		Stars	10:00 AM	12:00 PM	M	11&u/12-13yo	70kg & 70+kg A	45-155	7
	15	Red	12:00 PM	2:00 PM	F	14-15yo	57kg & 61kg A	65-155	9
		White	12:00 PM	2:00 PM	F	14-15yo	69kg-77+kg A	61-150	14
		Blue	12:00 PM	2:00 PM	M	14-15yo	50kg-65kg A	70-163	8
		Stars	12:00 PM	2:00 PM	M	14-15yo	70kg-95+kg A	1-227	10
	16	Red	2:00 PM	4:00 PM	F	16-17yo	41kg-57kg A	49-156	10
		White	2:00 PM	4:00 PM	F	16-17yo	61kg & 69kg A	65-205	13
		Blue	2:00 PM	4:00 PM	M	16-17yo	55kg-65kg A	120-240	14
		Stars	2:00 PM	4:00 PM	M	16-17yo	70kg & 75kg A	155-265	13
	17	Red	4:00 PM	6:00 PM	F	16-17yo	77kg A	105-175	9
		White	4:00 PM	6:00 PM	M	WSO	75kg B	140-185	8
		Blue	4:00 PM	6:00 PM	M	16-17yo	85kg A	65-290	11
		Stars	4:00 PM	6:00 PM	M	16-17yo	95kg & 95+kg A	168-300	7
	18	Red	6:00 PM	8:00 PM	F	16-17yo	77+kg A	125-200	7
		White	6:00 PM	8:00 PM	M	WSO	75kg A	210-230	7
		Blue	6:00 PM	8:00 PM	F	WSO	49kg-57kg A	82-150	8
		Stars	6:00 PM	8:00 PM	M	WSO	60kg-70kg A	116-200	11
	Sunday December 6, 2026								
Date	***Sess***	***Plat***	***Weigh***	***Time***	***Gender***	***Age Group***	***Weight Category***	***Estimated Entry Totals (min - max)***	***Number of Lifters***
Sunday December 6, 2026	19	Red	6:00 AM	8:00 AM	M	OPEN	110kg C	140-215	12
		White	6:00 AM	8:00 AM	F	OPEN	86kg D	75-111	12
		Blue	6:00 AM	8:00 AM	F	OPEN	86+kg C	75-149	13
		Stars	6:00 AM	8:00 AM	M	OPEN	110+kg B	175-265	9
	20	Red	8:00 AM	10:00 AM	M	OPEN	110kg B	220-285	12
		White	8:00 AM	10:00 AM	F	OPEN	86kg C	118-145	12
		Blue	8:00 AM	10:00 AM	F	OPEN	86+kg B	150-190	13
		Stars	8:00 AM	10:00 AM	F	OPEN	86kg B	150-182	11
	21	Red	10:00 AM	12:00 PM	M	OPEN	110kg A	290-360	11
		White	10:00 AM	12:00 PM	F	OPEN	86kg A	185-230	11
		Blue	10:00 AM	12:00 PM	F	OPEN	86+kg A	195-235	12
		Stars	10:00 AM	12:00 PM	M	OPEN	110+kg A	275-365	9
	22	Red	12:00 PM	2:00 PM	F	WSO	61kg B	53-115	8
		White	12:00 PM	2:00 PM	M	WSO	85kg B	140-200	8
		Blue	12:00 PM	2:00 PM	M	WSO	95kg-110+kg C	115-180	9
		Stars	12:00 PM	2:00 PM					
	23	Red	2:00 PM	4:00 PM	F	WSO	61kg A	115-160	7
		White	2:00 PM	4:00 PM	F	WSO	69kg A	65-132	13
		Blue	2:00 PM	4:00 PM	M	WSO	85kg A	205-250	8
		Stars	2:00 PM	4:00 PM	M	WSO	95kg-110+kg B	200-230	9

	24	Red	4:00 PM	6:00 PM	F	WSO	86+kg A	57-170	11
		White	4:00 PM	6:00 PM	F	WSO	77kg & 86kg A	61-171	14
		Blue	4:00 PM	6:00 PM	M	WSO	95kg-110+kg A	235-289	9
		Stars	4:00 PM	6:00 PM					

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