

USA Weightlifting 2016 National University & U25 Championships - Alario Center - September 22-25, 2016

Thursday September 22, 2016

Training On-Site, Athlete Check In & Check Scale - OPEN AT 2pm - Alario Center

Verification of Final Entries Meeting - 2.30pm-3pm - Alario Center Meeting Room 2

New Athlete & Coach Briefing w/Danny Camargo - 4.30pm - Alario Center Meeting Room 2

Technical Conference - 8pm - Alario Center Meeting Room 2

Off-Site Training Available at: Redline Athletics, 1801 N Causeway, Mandeville, 70471

Small Sauna Available in Training Hall On-Site

Larger Sauna Facility Available at New Orleans Athletic Club

Friday September 23, 2016

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	Entry Total From/To
Friday Sept 23, 2016	1	Red	7:00 AM	9:00 AM	F	48kg B	107kg to 124kg
		White	7:00 AM	9:00 AM	M	M69kg D	190kg to 199kg
		Blue	7:00 AM	9:00 AM	F	58kg C	134kg to 135kg
	2	Red	9:00 AM	11:00 AM	M	62kg B	173kg to 189kg
		White	9:00 AM	11:00 AM	F	53kg B	123kg to 134kg
		Blue	9:00 AM	11:00 AM	M	M69kg C	200kg to 215kg
	3	White	11:00 AM	1:00 PM	F	58kg B	137kg to 149kg
		Blue	11:00 AM	1:00 PM	M	M69kg B	216kg to 236kg
	4	White	1:30 PM	3:30 PM	F	48kg A	125kg and Up
		Blue	1:30 PM	3:30 PM	M	56kg/62kg A	All 56kg & 190kg and Up
	5	White	3:30 PM	5:30 PM	M	69kg A	237kg and Up
		Blue	3:30 PM	5:30 PM	F	53kg A	135kg and Up
	6	White	5:30 PM	7:30 PM	M	77kg E	223kg
		Blue	5:30 PM	7:30 PM	F	58kg A	150kg and Up

Saturday September 24, 2016

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	From/To
Saturday Sept 24, 2016	7	Red	7:00 AM	9:00 AM	F	63kg D	142kg to 146kg
		White	7:00 AM	9:00 AM	M	77kg D	223kg to 229kg
		Blue	7:00 AM	9:00 AM	M	85kg E	230kg
	8	Red	9:30 AM	11:30 AM	F	63kg C	147kg to 154kg
		White	9:30 AM	11:30 AM	M	77kg C	230kg to 238kg
		Blue	9:30 AM	11:30 AM	M	85kg D	230kg to 241kg
	9	Red	12:00 N	2:00 PM	F	63kg B	155kg to 165kg
		White	12:00 N	2:00 PM	M	77kg B	240kg to 269kg
		Blue	12:00 N	2:00 PM	M	85kg C	242kg to 251kg
	10	White	2:00 PM	4:00 PM	M	85kg B	252kg to 269kg
		Blue	2:00 PM	4:00 PM	F	63kg A	166kg and Up
	11	White	4:00 PM	6:00 PM	M	77kg A	270kg and Up
		Blue	4:00 PM	6:00 PM	M	85kg A	270kg and Up
	12	Red	6:00 PM	8:00 PM	F	W69kg C	150kg to 152kg
		White	6:00 PM	8:00 PM	M	105kg C	248kg to 266kg
Blue		6:00 PM	8:00 PM	M	94kg D	241kg to 245kg	

Sunday September 25, 2016

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	From/To
Sunday September 25, 2016	13	Red	7:00 AM	9:00 AM	M	105kg B	267kg to 289kg
		White	7:00 AM	9:00 AM	M	94kg C	246kg to 264kg
		Blue	7:00 AM	9:00 AM	F	69kg B	153kg to 169kg
	14	Red	9:00 AM	11:00 AM	F	75kg B	155kg to 164kg
		White	9:00 AM	11:00 AM	M	94kg B	265kg to 279kg
		Blue	9:00 AM	11:00 AM	M	+105kg B	256kg to 272kg
	15	White	11:00 AM	1:00 PM	M	94kg A	280kg and Up
		Blue	11:00 AM	1:00 PM	F	W69kg A	170kg and Up
	16	White	1:30 PM	3:30 PM	M	105kg A	290kg and Up
		Blue	1:30 PM	3:30 PM	F	75kg A	165kg and Up
	17	White	3:30 PM	5:30 PM	M	+105kg A	273kg and Up
		Blue	3:30 PM	5:30 PM	F	+75kg A	All +75kg