

**2014 National Championships  
Competition Schedule**

Date	Sess	Pfm	Weigh-in	Start	Sex	Weight	Pool	Qual		# Lifters	
						Categories		Min	Max	Grp	Ses
<b>Fri Jul 18</b>	<b>1</b>	A	6:00 AM	8:00 AM	f	58	D	137	140	15	15
		B	6:00 AM	8:00 AM	m	69	C	221	226	17	17
	<b>2</b>	A	8:30 AM	10:30 AM	f	53	C	128	132	7	15
						58	C	141	144	8	
		B	8:30 AM	10:30 AM	f	69	C	153	162	14	14
	<b>3</b>	A	10:30 AM	12:30 PM	f	48	B	109	123	12	12
		B	10:30 AM	12:30 PM	m	62	B	188	193	5	17
						69	B	227	249	11	
	<b>4</b>	A	1:00 PM	3:00 PM	f	63	C	150	158	12	12
		B	1:00 PM	3:00 PM	f	58	B	145	159	15	15
	<b>5</b>	A	3:30 PM	5:30 PM	f	69	B	163	179	12	12
		B	3:30 PM	5:30 PM	f	53	B	133	150	11	11
	<b>6</b>	A	5:30 PM	7:30 PM	f	75	C	161	174	15	15
		B	5:30 PM	7:30 PM	f	63	B	159	174	13	13

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						Categories	Pool	Min	Max	Grp	Ses
Sat Jul 19	7	A	7:00 AM	9:00 AM	m	77	B	260	279	15	15
		B	7:00 AM	9:00 AM	m	85	B	273	289	11	11
	8	A	9:00 AM	11:00 AM	f	48	A	124		11	11
		B	9:00 AM	11:00 AM	f	53	A	151		9	9
	9	A	11:00 AM	1:00 PM	f	58	A	160		13	13
	10	A	1:00 PM	3:00 PM	m	56	A	157		7	7
		B	1:00 PM	3:00 PM	m	62	A	194		11	10
	11	A	3:00 PM	5:00 PM	f	63	A	175		11	11
		B	3:00 PM	5:00 PM	f	69	A	180		9	9
	12	A	5:00 PM	7:00 PM	f	75	B	175	180	3	15
						+75	B	170	186	12	
		B	5:00 PM	7:00 PM	m	94	B	283	311	18	18
Sun Jul 20	13	A	7:00 AM	9:00 AM	m	105	B	300	310	5	13
						+105	B	303	313	8	
	14	A	9:00 AM	11:00 AM	m	69	A	250		8	
		B	9:00 AM	11:00 AM	m	77	A	280		8	8
	15	A	11:00 AM	1:00 PM	f	75	A	181		12	12
		B	11:00 AM	1:00 PM	f	+75	A	187		11	11
	16	A	1:00 PM	3:00 PM	m	85	A	290		7	7
		B	1:00 PM	3:00 PM	m	94	A	312		9	9
	17	A	3:00 PM	5:00 PM	m	105	A	311		8	8
		B	3:00 PM	5:00 PM	m	+105	A	314		9	9