

USA Weightlifting American Open Championships - Orlando, FL

Thursday December 8, 2016

Training On-Site, Athlete Check In & Check Scale - OPEN AT 2pm - Pam's Ballroom

Verification of Final Entries Meeting - 2.30pm-3pm - Marriott World Center Room Crystal Ballroom A&B

USADA All-Athlete Briefing - 5.30pm - Crystal Ballroom A&B

New Athlete & Coach Briefing w/Danny Camargo - 4.30pm - Crystal Ballroom A&B

Referee Briefing - 3pm - Crystal E/F

Technical Conference - 8pm - Crystal Ballroom A&B

Off-Site Training Available at: Apesquad Weightlifting, 6765 Narcoosee Rd, Orlando, FL, 32822

Sauna available from 5am to 8 pm at Marriott Orlando World Center Spa

Thursday December 8, 2016 - Youth & Junior Sessions

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	Entry Total From/To	Number of Lifters
Thursday December 8, 2016	1	Red	3:30 PM	5:30 PM	F	48kg B	37kg to 98kg	14
		White	3:30 PM	5:30 PM	M	56kg to 62kg	All	15
		Blue	3:30 PM	5:30PM	F	58kg	All	10
	2	Red	5:30 PM	7:30 PM	F	48kg A and 53kg	85kg and up	17
		White	5:30 PM	7:30 PM	F	63kg to +90kg	All	19
		Blue	5:30 PM	7:30 PM	M	69kg & 77kg	All	16
	3	Blue	7:30 PM	9:30 PM	M	85kg and Up	All	13

Friday December 9, 2016

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	Entry Total From/To	Number of Lifters
Friday December 9, 2016	1	Red	6:30 AM	8:30 AM	F	58 kg D	154kg to 155kg	18
		White	6:30 AM	8:30 AM	F	53 kg D	140kg to 142kg	17
		Blue	6:30 AM	8:30 AM	F	48 kg C	123kg to 126kg	16
	2	Red	9:00 AM	11:00 AM	F	58 kg C	155kg to 160kg	18
		White	9:00 AM	11:00 AM	F	53 kg C	140kg to 146kg	17
		Blue	9:00 AM	11:00 AM	F	48 kg B	126kg to 139kg	15
	3	Red	11:30 AM	1:30 PM	F	53kg B/58kg B	147kg to 151kg (53kg) 161kg to 166kg (58kg)	18
		White	11:30 AM	1:30 PM	M	62 kg B	200kg to 210kg	16
		Blue	11:30 AM	1:30 PM	M	69 kg C	173kg to 179kg	12
	4	Red	2:00 PM	4:00 PM	M	56 kg A	174kg to 239kg	14
		White	2:00 PM	4:00 PM	F	48 kg A	140kg to 175kg	15
		Blue	2:00 PM	4:00 PM	M	62 kg A	215kg to 267kg	17
	5	Red	4:30 PM	6:30 PM	M	69 kg B	180kg to 192kg	14
		White	4:30 PM	6:30 PM	F	53 kg A	152kg to 180kg	15
		Blue	4:30 PM	6:30 PM	F	58 kg A	166kg to 208kg	17
	6	Red	6:30 PM	8:30 PM	M	85 kg E	271kg to 271kg	14
		White	6:30 PM	8:30 PM	M	77 kg D	256kg to 258kg	18
		Blue	6:30 PM	8:30 PM	F	63 kg E	165kg to 165kg	15

Saturday December 10, 2016

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	From/To	Number of Lifters
	7	Red	7:00 AM	9:00 AM	F	63 kg D	165kg to 170kg	14
		White	7:00 AM	9:00 AM	M	85 kg D	271kg to 276kg	13
		Blue	7:00 AM	9:00 AM	M	77 kg C	256kg to 262kg	16
	8	Red	9:30 AM	11:30 AM	F	63 kg C	170kg to 177kg	15
		White	9:30 AM	11:30 AM	M	85 kg C	276kg to 280kg	14
		Blue	9:30 AM	11:30 AM	F	69 kg E	170kg to 174kg	16

Saturday December 10, 2016	9	Red	12:00 N	2:00 PM	F	63 kg B	177kg to 185kg	15
		White	12:00 N	2:00 PM	M	85 kg B	280kg to 292kg	14
		Blue	12:00 N	2:00 PM	M	77 kg B	263kg to 271kg	16
	10	White	2:30 PM	4:30 PM	M	77 kg A	272kg to 335kg	16
		Blue	2:30 PM	4:30 PM	M	69 kg A	187kg to 215kg	15
	11	Red	4:30 PM	6:30 PM	M	85 kg A	295kg to 336kg	14
		White	4:30 PM	6:30 PM	F	63 kg A	185kg to 200kg	13
		Blue	4:30 PM	6:30 PM	F	69 kg D	170kg to 173kg	14
	12	Red	6:30 PM	8:30 PM	F	75 kg C	176kg to 180kg	13
White		6:30 PM	8:30 PM	F	69 kg C	173kg to 179kg	12	
Blue		6:30 PM	8:30 PM	M	94 kg D	282kg to 282kg	14	
Sunday December 11, 2016								
<i>Date</i>	<i>Sess</i>	<i>Plat</i>	<i>Weigh</i>	<i>Time</i>	<i>Gender</i>	<i>Wt Cat's (Kgs)</i>	<i>From/To</i>	<i>Number of Lifters</i>
Sunday December 11, 2016	13	Red	7:00 AM	9:00 AM	F	69 kg B	180kg to 192kg	14
		White	7:00 AM	9:00 AM	M	94 kg C	283kg to 289kg	14
		Blue	7:00 AM	9:00 AM	M	105 kg C	292kg to 292kg	14
	14	Red	9:00 AM	11:00 AM	F	75 kg B / 90 kg B	176kg to 190kg (75kg) 176kg to 179kg (90kg)	18
		White	9:00 AM	11:00 AM	M	94 kg B	290kg to 300kg	16
		Blue	9:00 AM	11:00 AM	M	105 kg B	294kg to 310kg	12
	15	Red	11:00 AM	1:00 PM	M	94 kg A	300kg to 360kg	15
		White	11:00 AM	1:00 PM	F	69 kg A	187kg to 215kg	15
		Blue	11:00 AM	1:00 PM	F	75 kg A	191kg to 217kg	10
	16	White	1:00 PM	3:00 PM	M	105 kg A	314kg to 365kg	13
		Blue	1:00 PM	3:00 PM	F	90 kg A	179kg to 205kg	18
	17	White	3:30 PM	5:30 PM	M	+105kg A	300kg to 370kg	17
		Blue	3:30 PM	5:30 PM	F	+90 kg A	184kg to 240kg	17