

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

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	Number of Lifters
Friday Sept 23, 2016	1	Red	7:00 AM	9:00 AM	F	48kg B	107kg to 124kg	11
		White	7:00 AM	9:00 AM	M	M69kg D	190kg to 199kg	12
		Blue	7:00 AM	9:00 AM	F	58kg C	134kg to 135kg	16
	2	Red	9:00 AM	11:00 AM	M	62kg B	173kg to 199kg	18
		White	9:00 AM	11:00 AM	F	53kg B	123kg to 134kg	15
		Blue	9:00 AM	11:00 AM	M	M69kg C	200kg to 215kg	17
	3	White	11:30 AM	1:30 PM	F	58kg B	137kg to 149kg	15
		Blue	11:30 AM	1:30 PM	M	M69kg B	216kg to 236kg	15
	4	White	1:30 PM	3:30 PM	F	48kg A	125kg and Up	10
		Blue	1:30 PM	3:30 PM	M	56kg/62kg A	All 56kg & 200kg and Up	17
	5	White	3:30 PM	5:30 PM	M	69kg A	237kg and Up	15
		Blue	3:30 PM	5:30 PM	F	53kg A	135kg and Up	12
6	White	5:30 PM	7:30 PM	M	77kg E	223kg	14	
	Blue	5:30 PM	7:30 PM	F	58kg A	150kg and Up	15	

Saturday September 24, 2016

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	From/To	Number of Lifters
Saturday Sept 24, 2016	7	Red	7:00 AM	9:00 AM	F	63kg D	142kg to 146kg	18
		White	7:00 AM	9:00 AM	M	77kg D	223kg to 229kg	14
		Blue	7:00 AM	9:00 AM	M	85kg E	229kg	18
	8	Red	9:30 AM	11:30 AM	F	63kg C	147kg to 154kg	15
		White	9:30 AM	11:30 AM	M	77kg C	230kg to 238kg	18
		Blue	9:30 AM	11:30 AM	M	85kg D	230kg to 241kg	18
	9	Red	12:00 N	2:00 PM	F	63kg B	155kg to 165kg	13
		White	12:00 N	2:00 PM	M	77kg B	240kg to 269kg	18
		Blue	12:00 N	2:00 PM	M	85kg C	242kg to 252kg	18
	10	White	2:30 PM	4:30 PM	M	85kg B	253kg to 269kg	18
		Blue	2:30 PM	4:30 PM	F	63kg A	166kg and Up	14
	11	White	5:00 PM	7:00 PM	M	77kg A	270kg and Up	16
Blue		5:00 PM	7:00 PM	M	85kg A	270kg and Up	17	
12	Red	7:00 PM	9:00 PM	F	W69kg C	150kg to 152kg	15	
	White	7:00 PM	9:00 PM	M	105kg C	248kg to 266kg	17	
	Blue	7:00 PM	9:00 PM	M	94kg D	241kg to 245kg	18	

Sunday September 25, 2016

Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	From/To	Number of Lifters
Sunday September 25, 2016	13	Red	7:00 AM	9:00 AM	M	105kg B	267kg to 289kg	18
		White	7:00 AM	9:00 AM	M	94kg C	246kg to 264kg	17
		Blue	7:00 AM	9:00 AM	F	69kg B	153kg to 169kg	15
	14	Red	9:30 AM	11:30 AM	F	75kg B	155kg to 164kg	12
		White	9:30 AM	11:30 AM	M	94kg B	265kg to 279kg	15
		Blue	9:30 AM	11:30 AM	M	+105kg B	256kg to 272kg	13
	15	White	11:30 AM	1:30 PM	M	94kg A	280kg and Up	14
		Blue	11:30 AM	1:30 PM	F	W69kg A	170kg and Up	11
	16	White	1:30 PM	3:30 PM	M	105kg A	290kg and Up	13
		Blue	1:30 PM	3:30 PM	F	75kg A	165kg and Up	15
17	White	3:30 PM	5:30 PM	M	+105kg A	273kg and Up	10	
	Blue	3:30 PM	5:30 PM	F	+75kg A	All +75kg	18	