

THE SCHEDULE IS NOT FINAL UNTIL THE VERIFICATION OF FINAL ENTRIES MEETING									
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2019 USAW National Championships - Memphis TN - Preliminary Schedule									
Wednesday May 8, 2019									
Verification of Final Entries - 10.00am to 10.30am MOUNTAIN TIME (ONLINE EVENT)									
Thursday May 9, 2019									
Training On-Site, Athlete Check In & Check Scale - OPEN AT 2pm									
New Athlete & Coach Briefing - 2.00pm									
USADA All-Athlete Briefing - 3.00pm									
Technical Officials Briefing - 4.00pm									
Athlete Ally/RISE Joint Training - 4.00pm									
High Performance Selection Procedures - 5.30pm									
Technical Conference - 6pm									
Friday May 10, 2019									
Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	Entry Total From/To	Number of Lifters	
Friday May 10, 2019	1	Red	6:00 AM	8:00 AM	F	55kg E	143kg to 151kg	13	
		Blue	6:00 AM	8:00 AM	M	61kg B	210kg to 225kg	9	
	2	Red	8:10 AM	10:10 AM	F	55kg D	151kg to 155kg	13	
		Blue	8:10 AM	10:10 AM	M	73kg B	250kg to 261kg	11	
	3	Red	10:20 AM	12:20 PM	F	55kg C	155kg to 160kg	13	
		Blue	10:20 AM	12:20 PM	F	45kg A	120kg to 152kg	13	
	4	Red	12:30 PM	2:30 PM	F	55kg B	161kg to 170kg	13	
		Blue	12:30 PM	2:30 PM	F	49kg A	135kg to 168kg	15	
	5	Red	3:00 PM	5:00 PM	F	55kg A	180kg to 195kg	12	
		Blue	3:00 PM	5:00 PM	M	55kg A & 61kg A	200kg & 225kg to 232kg	3 & 6	
	6	Red	5:15 PM	7:15 PM	M	67kg A	220kg to 280kg	9	
		Blue	4:50 PM	6:50 PM	M	73kg A	266kg to 285kg	11	
Saturday May 11, 2019									
Annual Membership Meeting - 7.00am									
Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	From/To	Number of Lifters	
Saturday May 11, 2019	7	Red	6:00 AM	8:00 AM	F	59kg C	155kg to 170kg	13	
		Blue	6:00 AM	8:00 AM	M	81kg C	260kg to 275kg	11	
	8	Red	8:10 AM	10:10 AM	F	64kg C	177kg to 182kg	12	
		Blue	8:10 AM	10:10 AM	M	81kg B	277kg to 285kg	10	
	9	Red	10:20 AM	12:20 PM	F	59kg B	170kg to 180kg	12	
		Blue	10:20 AM	12:20 PM	M	81kg A	287kg to 320kg	10	
	10	Red	12:30 PM	2:30 PM	F	59kg A	180kg to 205kg	12	
		Blue	12:30 PM	2:30 PM	M	89kg B	275kg to 296kg	13	
	11	Red	2:45 PM	4:45 PM	F	64kg B	182kg to 186kg	11	
		Blue	2:45 PM	4:45 PM	M	89kg A	296kg to 340kg	13	
	12	Red	5:00 PM	7:00 PM	F	64kg A	187kg to 207kg	11	
		Blue	5:00 PM	7:00 PM	F	71kg C	178kg to 186kg	11	
Sunday May 12, 2019									
Date	Sess	Plat	Weigh	Time	Gender	Wt Cat's (Kgs)	From/To	Number of Lifters	
Sunday May 12, 2019	13	Red	6:00 AM	8:00 AM	F	71kg B	188kg to 200kg	11	
		Blue	6:00 AM	8:00 AM	M	96kg B	292kg to 314kg	9	
	14	Red	8:00 AM	10:00 AM	F	71kg A	201kg to 230kg	10	
		Blue	8:00 AM	10:00 AM	M	96kg A	320kg to 350kg	8	
	15	Red	10:00 AM	12:00 PM	F	76kg A	191kg to 230kg	14	
		Blue	10:00 AM	12:00 PM	M	102kg A	306kg to 345kg	11	
	16	Red	12:25 PM	2:25 PM	F	81kg A	180kg to 230kg	13	
		Blue	12:10 PM	2:10 PM	M	109kg A	308kg to 350kg	15	
	17	Red	2:50 PM	4:50 PM	M	+109kg A	311kg to 370kg	15	
		Blue	2:40 PM	4:40 PM	F	87kg A	194kg to 220kg	10	
	18	Red							
		Blue	4:45 PM	6:45 PM	F	+87kg A	195kg to 220kg	11	
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ALL TIMES WITH THE EXCEPTION OF THE VERIFICATION OF FINAL ENTRIES MEETING ARE LOCAL									

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