etition Schedule		2019 AO3 - American Open Series 3 Age Weight							September 13 - 15 Qual # Lifters				
Date	Sess	Pfm	Weigh-in	Start	Sex	Group	Cat.	Pool	Min	Max	Grp	Ses	
		Red	6:00 AM	8:00 AM	f	ALL	45	В		86	6	10	
	1				-	Yth.	40	Α		95	4		
		White	6:00 AM	8:00 AM	f	ALL	49	С		90	14	14	
		Blue	6:00 AM	8:00 AM	f	ALL	64	L		91	12	12	
		Stars	6:00 AM	8:00 AM	m	ALL	67	С		178	15	15	
		Stripes	6:00 AM	8:00 AM	m	ALL	73	F		175	12	12	
	,	Red	8:00 AM	10:00 AM	m	ALL	61	В		182	11	11	
		White	8:20 AM	10:20 AM	f	ALL	49	В	91	111	13	13	
	2	Blue	8:00 AM	10:00 AM	f	ALL	64	K	92	112	12	12	
	,	Stars	8:20 AM	10:20 AM	m	ALL	67	В	179	210	14	14	
		Stripes	8:00 AM	10:00 AM	m	ALL	73	Е	175	190	12	12	
		Red	10:00 AM	12:00 PM	f	ALL	45	Α	87	-	10	10	
		White	10:30 AM	12:30 PM	f	ALL	49	Α	112	-	13	13	
	3	Blue	10:00 AM	12:00 PM	f	ALL	64	J	112	113	12	12	
	,	Stars	10:30 AM	12:30 PM	f	ALL	55	G		95	12	12	
		Stripes	10:00 AM	12:00 PM	m	ALL	73	D	190	200	12	12	
	4	Red	12:00 PM	2:00 PM	m	ALL	81	Н		166	13	13	
Fri Sep 13		White	12:30 PM	2:30 PM	f	ALL	59	Н		103	13	13	
		Blue	12:00 PM	2:00 PM	f	ALL	64	I	114	122	12	12	
		Stars	12:30 PM	2:30 PM	f	ALL	55	F	96	104	12	12	
	,	Stripes	12:00 PM	2:00 PM	m	ALL	73	С	200	212	12	12	
	5	Red	2:00 PM	4:00 PM	m	ALL	81	G	166	200	13	13	
		White	2:40 PM	4:40 PM	f	ALL	59	G	103	109	13	13	
		Blue	2:00 PM	4:00 PM	f	ALL	64	Н	123	126	12	12	
		Stars	2:40 PM	4:40 PM	f	ALL	55	E	104	114	12	12	
	•	Stripes	2:00 PM	4:00 PM	m	ALL	73	В	213	229	11	11	
	6	D	4.00 014	::00 PM 6:00 PM	m	ALL	55	Α		-	6	10	
-		Red	4:00 PIVI			Yth.	49	Α		-	4		
		White	4:40 PM	6:40 PM	f	ALL	59	F	110	118	13	13	
		Blue	4:00 PM	6:00 PM	f	ALL	64	G	126	133	12	12	
		Stars	4:40 PM	6:40 PM	f	ALL	55	D	115	128	11	11	
		Stripes	4:00 PM	6:00 PM	m	ALL	73	Α	230	-	11	11	
		Red	6:00 PM	8:00 PM	m	ALL	61	Α	183	-	11	11	
	7	White	6:40 PM	8:40 PM	f	ALL	59	Е	118	124	13	13	
		Blue	6:00 PM	8:00 PM	m	ALL	67	А	211	-	14	14	
		Stars	6:40 PM	8:40 PM	f	ALL	64	F	134	140	12	12	
	,	Stripes	6:00 PM	8:00 PM	m	ALL	81	F	200	211	12	12	

Detition Schedule		Age Weight Qual # Lifters										
Date	Sess	Pfm	Weigh-in	Start	Sex	Group	Cat.	Pool	Min	Max	Grp	Ses
-	8	Red	6:00 AM	8:00 AM	f	ALL	71	K		100	12	12
		White	6:00 AM	8:00 AM	f	ALL	59	D	124	135	12	12
		Blue	6:00 AM	8:00 AM	f	ALL	64	E	140	147	12	12
		Stars	6:00 AM	8:00 AM	f	ALL	55	С	128	140	11	11
		Stripes	6:00 AM	8:00 AM	m	ALL	81	Е	212	222	12	12
	9	Red	8:00 AM	10:00 AM	f	ALL	71	J	100	124	12	12
		White	8:00 AM	10:00 AM	f	ALL	59	С	135	145	12	12
		Blue	8:00 AM	10:00 AM	f	ALL	64	D	148	150	12	12
		Stars	8:00 AM	10:00 AM	f	ALL	55	В	141	148	11	11
		Stripes	8:00 AM	10:00 AM	m	ALL	81	D	223	231	12	12
•	10	Red	10:00 AM	12:00 PM	f	ALL	71	I	124	126	12	12
		White	10:00 AM	12:00 PM	f	ALL	59	В	146	155	12	12
Sat Sep 14		Blue	10:00 AM	12:00 PM	f	ALL	64	С	151	160	12	12
		Stars	10:00 AM	12:00 PM	f	ALL	55	Α	149	-	11	11
		Stripes	10:00 AM	12:00 PM	m	ALL	81	С	232	243	12	12
	11	Red	12:00 PM	2:00 PM	m	ALL	89	J		172	12	12
		White	12:00 PM	2:00 PM	f	ALL	59	Α	156	-	12	12
		Blue	12:00 PM	2:00 PM	f	ALL	64	В	160	175	11	11
		Stars	12:00 PM	2:00 PM	f	ALL	71	Н	126	132	12	12
		Stripes	12:00 PM	2:00 PM	m	ALL	81	В	244	274	12	12
	12	Red	2:00 PM	4:00 PM	m	ALL	89	I	172	200	12	12
		White	2:00 PM	4:00 PM	f	ALL	76	F		125	13	13
		Blue	2:00 PM	4:00 PM	f	ALL	64	Α	175	-	11	11
		Stars	2:00 PM	4:00 PM	f	ALL	71	G	132	138	12	12
		Stripes	2:00 PM	4:00 PM	m	ALL	81	Α	275	-	12	12
	13	Red	4:00 PM	6:00 PM	m	ALL	89	Н	201	207	12	12
		White	4:00 PM	6:00 PM	f	ALL	76	Е	126	129	12	12
		Blue	4:00 PM	6:00 PM	m	ALL	96	Е		210	12	12
		Stars	4:00 PM	6:00 PM	f	ALL	71	F	139	144	11	11
		Stripes	4:00 PM	6:00 PM	m	ALL	102	D		218	13	13
	14	Red	6:00 PM	8:00 PM	m	ALL	89	G	207	211	12	12
		White	6:00 PM	8:00 PM	f	ALL	76	D	129	140	12	12
		Blue	6:00 PM	8:00 PM	m	ALL	96	D	211	228	12	12
		Stars	6:00 PM	8:00 PM	f	ALL	71	E	144	148	11	11
		Stripes	6:00 PM	8:00 PM	f	ALL	81	D		114	12	12

	1ax Gr	rp Ses
D-4 C-00 AM 0-00 AM ALL 00 5 342 2		
Red 6:00 AM 8:00 AM m ALL 89 F 212 2	20 12	2 12
White 6:00 AM 8:00 AM m ALL 96 C 229 2	46 17	2 12
15 Blue 6:00 AM 8:00 AM f ALL 76 C 141 1	.60 12	2 12
Stars 6:00 AM 8:00 AM f ALL 71 D 148 1	.54 1:	1 11
Stripes 6:00 AM 8:00 AM m ALL 102 C 219 2	35 13	3 13
Red 8:00 AM 10:00 AM m ALL 89 E 221 2	30 12	2 12
White 8:00 AM 10:00 AM f ALL 76 B 160 1	.75 12	2 12
Blue 8:00 AM 10:00 AM f ALL 81 C 115 1	.35 12	2 12
	.65 1:	1 11
Yth. +102 A Stripes 8:00 AM 10:00 AM m	- 2	14
	34 17	
Red 10:00 AM 12:00 PM m ALL 89 D 230 2	45 12	2 12
White 10:00 AM 12:00 PM f ALL 87 B 1	.47 10	0 10
17 Blue 10:00 AM 12:00 PM m ALL 102 B 235 2	85 13	3 13
Stars 10:00 AM 12:00 PM f ALL 71 B 165 1	.72 1:	1 11
Stripes 10:20 AM 12:20 PM m ALL 96 B 247 2	70 12	2 12
Sun Sep Red 12:00 PM 2:00 PM m ALL 89 C 246 2	63 12	2 12
White 12:00 PM 2:00 PM f ALL +87 C 1	.45 13	3 13
18 Blue 12:00 PM 2:00 PM f ALL 76 A 176	- 12	2 12
Stars 12:00 PM 2:00 PM f ALL 71 A 173	- 13	1 11
Stripes 12:20 PM 2:20 PM f ALL 81 B 135 1	.61 12	2 12
Red 2:00 PM 4:00 PM f Yth. +81 A	- 13	1 11
White 2:00 PM 4:00 PM f ALL +87 B 146 1	.65 13	3 13
19 Blue 2:00 PM 4:00 PM m ALL 89 B 264 2	80 12	2 12
Stars 2:00 PM 4:00 PM f ALL 81 A 161	- 12	2 12
Stripes 2:20 PM 4:20 PM m ALL +109 B 2	74 17	2 12
Red 4:00 PM 6:00 PM m ALL 89 A 280	- 13	1 11
White 4:00 PM 6:00 PM m ALL 96 A 271	- 12	2 12
Blue 4:00 PM 6:00 PM m ALL 102 A 286	- 12	2 12
Stars 4:20 PM 6:20 PM m ALL 109 A 235	- 13	3 13
Red 6:00 PM 8:00 PM f ALL 87 A 148	- 10	0 10
21 White 6:00 PM 8:00 PM f ALL +87 A 166	- 12	2 12
Blue 6:00 PM 8:00 PM m ALL +109 A 275	- 1:	1 11