

THE SCHEDULE IS NOT FINAL UNTIL THE VERIFICATION OF FINAL ENTRIES MEETING

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2019 American Open Finals - Salt Lake City UT - Preliminary Schedule

Wednesday December 5, 2019

Verification of Final Entries - 10.00am to 10.30am **MOUNTAIN TIME (ONLINE EVENT)**

Thursday December 6, 2019

Training On-Site, Athlete Check In & Check Scale - OPEN AT 2pm

Technical Conference - 2.00pm

New Athlete & Coach Briefing- 2.30pm

USADA All-Athlete Briefing - 3.30pm

Technical Officials Briefing - 4.30pm

Friday December 6, 2019

Date	Sess	Plat	Weigh	Time	Gender	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Friday December 6, 2019	1	Red	6:00 AM	8:00 AM	F	49kg B	92-137	12
		White	6:00 AM	8:00 AM	F	55kg E	122-150	12
		Blue	6:00 AM	8:00 AM	F	59kg D	123-165	11
	2	Red	8:00 AM	10:00 AM	M	67kg B	120-241	9
		White	8:00 AM	10:00 AM	F	55kg D	150-152	12
		Blue	8:00 AM	10:00 AM	F	59kg C	166-174	11
	3	Red	10:00 AM	12:00 PM	M	51kg A & 61kg B	181-220 & 187-215	4 & 5
		White	10:00 AM	12:00 PM	F	55kg C	153-162	11
		Blue	10:00 AM	12:00 PM	F	45kg A	113-150	15
	4	Red	12:00 PM	2:00 PM	F	59kg B	175-185	11
		White	12:00 PM	2:00 PM	F	55kg B	163-171	11
		Blue	12:30 PM	2:30 PM	M	61kg A	220-232	8
	5	Red	2:00 PM	4:00 PM	F	49kg A	139-180	12
		White	2:00 PM	4:00 PM	F	55kg A	172-198	11
		Blue	2:15 PM	4:15 PM	F	59kg A	185-206	11
	6	Red	4:00 PM	6:00 PM	F	64kg D	111-175	12
		White	4:00 PM	6:00 PM	M	73kg C	220-242	11
		Blue	4:10 PM	6:10 PM	M	67kg A	242-285	9

Saturday December 7, 2019

Date	Sess	Plat	Weigh	Time	Gender	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Saturday December 7, 2019	7	Red	6:00 AM	8:00 AM	M	73kg B	245-260	11
		White	6:00 AM	8:00 AM	F	64kg C	177-181	12
		Blue	6:00 AM	8:00 AM	M	81kg D	120-267	12
	8	Red	8:00 AM	10:00 AM	F	71kg C	75-182	12
		White	8:00 AM	10:00 AM	F	64kg B	182-190	12
		Blue	8:00 AM	10:00 AM	M	81kg C	267-274	12
	9	Red	10:00 AM	12:00 PM	M	73kg A	260-295	10
		White	10:00 AM	12:00 PM	F	64kg A	190-206	12
		Blue	10:00 AM	12:00 PM	M	81kg B	274-288	11
	10	Red	12:00 PM	2:00 PM	F	71kg B	182-190	12
		White	12:00 PM	2:00 PM	M	89kg B	199-294	12
		Blue	12:00 PM	2:00 PM	M	81kg A	288-315	11
	11	Red	2:00 PM	4:00 PM	F	71kg A	190-230	11
		White	2:00 PM	4:00 PM	F	76kg B	170-193	12
		Blue	2:00 PM	4:00 PM	M	96kg C	150-291	11
	12	Red	4:00 PM	6:00 PM	M	89kg A	300-340	11
		White	4:00 PM	6:00 PM	F	76kg A	195-240	11
		Blue	4:00 PM	6:00 PM	M	96kg B	295-303	11

Sunday December 8, 2019

Date	Sess	Plat	Weigh	Time	Gender	Weight Category	Estimated Entry Totals (min - max)	Number of Lifters
Sunday December 8, 2019	13	Red	7:30 AM	9:30 AM	M	102kg B	160-315	8
		White	7:30 AM	9:30 AM	M	109kg B	300-230	9
		Blue	7:30 AM	9:30 AM	F	81kg B	185-195	9
	14	Red	9:30 AM	11:30 AM	M	+109kg B	300-315	10
		White	9:30 AM	11:30 AM	M	96kg A	305-360	10
		Blue	9:30 AM	11:30 AM	F	81kg A	195-245	9
	15	Red	11:30 AM	1:30 PM	F	87kg A	187-247	8
		White	11:30 AM	1:30 PM	F	+87kg B	103-200	10
		Blue	11:30 AM	1:30 PM	M	102kg A	317-340	7
	16	Red	1:30 PM	3:30 PM	M	109kg A	320-340	9
		White	1:30 PM	3:30 PM	F	+87kg A	200-250	9
		Blue	1:30 PM	3:30 PM	M	+109kg A	315-340	10

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