

2023 NAOS1 & NUC - Series 1

Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	# Lifters			
						Group	Cat.	Pool	Grp	Ses	
Thu Mar 2	1	Red	6:00 AM	8:00 AM	f	ALL	59	F	13	13	
						ALL	32-39		3		
						ALL	44	B	6		
		White	6:00 AM	8:00 AM	m	ALL	49	B	1	13	
						ALL	55	E	2		
						ALL	61	E	1		
		Blue	6:00 AM	8:00 AM	m	ALL	73	E	8	11	
						ALL	73+	A	3		
						OPEN	61	C	3		
		Stars	6:00 AM	8:00 AM	m	OPEN	67	C	3		
						OPEN	73	C	4		
	2	Red	8:00 AM	10:00 AM	f	ALL	59	E	11	11	
						ALL	55	D	11	11	
						ALL	73	D	12	12	
		Stars	8:00 AM	10:00 AM	m	OPEN	55	B	3		
						OPEN	61	B	4	12	
						OPEN	67	B	1		
		Stars	8:00 AM	10:00 AM	m	OPEN	73	B	4		
		3	Red	10:00 AM	12:00 PM	f	ALL	59	D	11	11
							ALL	44	A	2	
							ALL	49	A	1	
	White		10:00 AM	12:00 PM	m	ALL	55	D	4	13	
						ALL	61	D	4		
						ALL	67	D	2		
	Blue		10:00 AM	12:00 PM	m	ALL	73	C	13	13	
Stars	10:00 AM		12:00 PM	f	OPEN	45,49		9	9		
4	Red	12:00 PM	2:00 PM	f	ALL	55	C	11	11		
					ALL	55	C	2			
					ALL	61	C	3	10		
	White	12:00 PM	2:00 PM	m	ALL	67	C	5			
	Blue	12:00 PM	2:00 PM	m	ALL	73	B	14	14		
	Stars	12:00 PM	2:00 PM	f	OPEN	55		10	10		

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Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	# Lifters			
						Group	Cat.	Pool	Grp	Ses	
Thu Mar 2	5	Red	2:00 PM	4:00 PM	f	ALL	59	C	11	11	
		White	1:50 PM	3:50 PM	m	ALL	61	B	3		
						ALL	67	B	8		
		Blue	2:15 PM	4:15 PM	f	ALL	30	A	1		
						ALL	33	A	1		
						ALL	40	A	4	12	
						ALL	45	B	3		
						ALL	49	B	3		
		Stars	2:00 PM	4:00 PM	m	OPEN	67	A	5		
						OPEN	73	A	8		
	6	Red	4:00 PM	6:00 PM	f	ALL	59	B	10	10	
		White	4:00 PM	6:00 PM	f	ALL	55	B	11	11	
		Blue	4:10 PM	6:10 PM	m	ALL	61	A	6		
						ALL	67	A	6		
		Stars	4:10 PM	6:10 PM	f	OPEN	59		13	13	
		Red	6:00 PM	8:00 PM	m	ALL	73	A	12	12	
White	6:00 PM	8:00 PM	f	ALL	55	A	8	8			
7	Blue	6:00 PM	8:00 PM	f	ALL	59	A	8	8		
	Stars	6:10 PM	8:10 PM	f	ALL	45	A	4	11		
					ALL	49	A	7			
	Red	6:00 AM	8:00 AM	f	ALL	64	J	12	12		
White	6:00 AM	8:00 AM	m	ALL	81	E	13	13			
Fri Mar 3	8	Blue	6:00 AM	8:00 AM	f	ALL	71	H	9	12	
		Stars	6:00 AM	8:00 AM	m	OPEN	81	B	12	13	
						OPEN	89		1		
		9	Red	8:00 AM	10:00 AM	f	ALL	64	I	13	13
	White		8:00 AM	10:00 AM	m	ALL	81	D	16	16	
	Blue		8:00 AM	10:00 AM	f	ALL	71	G	13	13	
	Stars		8:00 AM	10:00 AM	f	OPEN	64	B	13	13	
	10		Red	10:00 AM	12:00 PM	f	ALL	64	H	12	12
			White	10:30 AM	12:30 PM	m	ALL	81	C	12	12
		Blue	10:00 AM	12:00 PM	m	ALL	89	G	11	11	
Stars		10:00 AM	12:00 PM	m	OPEN	81	A	10	10		

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Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	# Lifters			
						Group	Cat.	Pool	Grp	Ses	
Fri Mar 3	11	Rogue	11:00 AM	1:00 PM	m	SR	55-109+		12	12	
		Red	12:00 PM	2:00 PM	f	ALL	64	G	12	12	
	12	White	12:30 PM	2:30 PM	m	ALL	81	B	13	13	
		Blue	12:00 PM	2:00 PM	f	ALL	71	F	11	11	
		Stars	12:00 PM	2:00 PM	f	OPEN	64	A	11	11	
	13	Rogue	1:00 PM	3:00 PM	f	SR	45-87+		12	12	
		Red	2:00 PM	4:00 PM	f	ALL	64	F	12	12	
	14	White	2:30 PM	4:30 PM	m	ALL	81	A	11	11	
		Blue	2:00 PM	4:00 PM	m	ALL	89	F	12	12	
		Stars	2:00 PM	4:00 PM	m	OPEN	89	B	13	13	
	15	Red	4:15 PM	6:15 PM	f	ALL	64	E	11	11	
		White	4:15 PM	6:15 PM	f	ALL	71	E	13	13	
		Blue	4:15 PM	6:15 PM	m	ALL	89	E	11	11	
		Stars	4:15 PM	6:15 PM	m	OPEN	89	A	12	12	
		Red	6:00 PM	8:00 PM	f	ALL	64	D	11	11	
	16	White	6:15 PM	8:15 PM	f	ALL	71	D	12	12	
		Blue	6:00 PM	8:00 PM	m	ALL	89	D	11	11	
	Sat Mar 4	17	Red	6:00 AM	8:00 AM	f	ALL	64	C	11	11
			White	6:00 AM	8:00 AM	f	ALL	76	E	13	13
			Blue	6:00 AM	8:00 AM	f	ALL	71	C	11	11
Stars			6:00 AM	8:00 AM	m	OPEN	96	B	10	10	
18		Red	8:00 AM	10:00 AM	f	ALL	64	B	11	11	
		White	8:10 AM	10:10 AM	f	ALL	76	D	13	13	
		Blue	8:00 AM	10:00 AM	m	ALL	89	C	11	11	
		Stars	8:00 AM	10:00 AM	f	OPEN	71	B	9	9	
19		Red	10:00 AM	12:00 PM	f	ALL	64	A	11	11	
		White	10:20 AM	12:20 PM	f	ALL	76	C	12	12	
	Blue	10:00 AM	12:00 PM	m	ALL	89	B	12	12		
	Stars	10:00 AM	12:00 PM	m	OPEN	96	A	11	11		
20	Red	12:00 PM	2:00 PM	f	ALL	71	B	11	11		
	White	12:20 PM	2:20 PM	f	ALL	76	B	12	12		
	Blue	12:00 PM	2:00 PM	m	ALL	89	A	11	11		
	Stars	12:00 PM	2:00 PM	f	OPEN	71	A	9	9		

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Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	# Lifters						
						Group	Cat.	Pool	Grp	Ses				
Sat Mar 4	21	Red	2:00 PM	4:00 PM	f	ALL	81	D	12	13				
						14-15	76+	A	1					
		White	2:20 PM	4:20 PM	f	ALL	71	A	10	10				
		Blue	2:00 PM	4:00 PM	m	ALL	96	D	12	12				
		Stars	2:00 PM	4:00 PM	f	OPEN	76	C	5					
						OPEN	81	C	4	11				
	OPEN					87	C	1						
	Stars	2:00 PM	4:00 PM	f	OPEN	87+	C	1						
					OPEN	76	A	10	10					
					OPEN	81	C	13	13					
	22	Blue	4:00 PM	6:00 PM	m	ALL	96	C	12	12				
						OPEN	76	B	7					
		Stars	4:00 PM	6:00 PM	f	OPEN	81	B	2	11				
						OPEN	87	B	1					
						OPEN	87+	B	1					
		Stars	4:00 PM	6:00 PM	f	OPEN	87	C	10	10				
	OPEN					87+	D	11	11					
	OPEN					102	C	13	13					
	23	Red	6:00 AM	8:00 AM	m	ALL	96	B	11	11				
						White	6:00 AM	8:00 AM	m	ALL	102	B	10	10
						Blue	6:00 AM	8:00 AM	f	ALL	87+	C	12	12
Stars		6:00 AM	8:00 AM	m	OPEN	102	B	5						
					OPEN	109	B	5	15					
					OPEN	109+	B	5						
24		Red	8:00 AM	10:00 AM	m	ALL	96	A	10	10				
						White	8:00 AM	10:00 AM	f	ALL	81	B	13	13
		Blue	8:00 AM	10:00 AM	f	16-17	81+	A	2	10				
						ALL	87	B	8					
		Stars	8:10 AM	10:10 AM	f	OPEN	76	A	7					
						OPEN	81	A	2	11				
OPEN	87					A	1							
25	Stars	8:10 AM	10:10 AM	f	OPEN	87+	A	1						
					OPEN	87+	A	1						
					OPEN	87+	A	1						

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Date	Sess	Pfm	Weigh-in	Start	Sex	Age	Weight	# Lifters			
						Group	Cat.	Pool	Grp	Ses	
	26	Red	10:00 AM	12:00 PM	f	ALL	87+	B	11	11	
		White	10:10 AM	12:10 PM	f	ALL	81	A	12	12	
		Blue	10:00 AM	12:00 PM	f	ALL	87	A	11	11	
							OPEN	102	A	4	
		Stars	10:00 AM	12:00 PM	m	OPEN	109	A	4	10	
						OPEN	109+	A	2		
	27	Red	12:00 PM	2:00 PM	m	ALL	102	A	11	11	
		White	12:00 PM	2:00 PM	m	ALL	109	B	11	11	
		Blue	12:00 PM	2:00 PM	m	ALL	109+	B	11	11	
	28	Red	2:00 PM	4:00 PM	f	ALL	87+	A	10	10	
White		2:00 PM	4:00 PM	m	ALL	109	A	10	10		
Blue		2:00 PM	4:00 PM	m	ALL	109+	A	9	9		