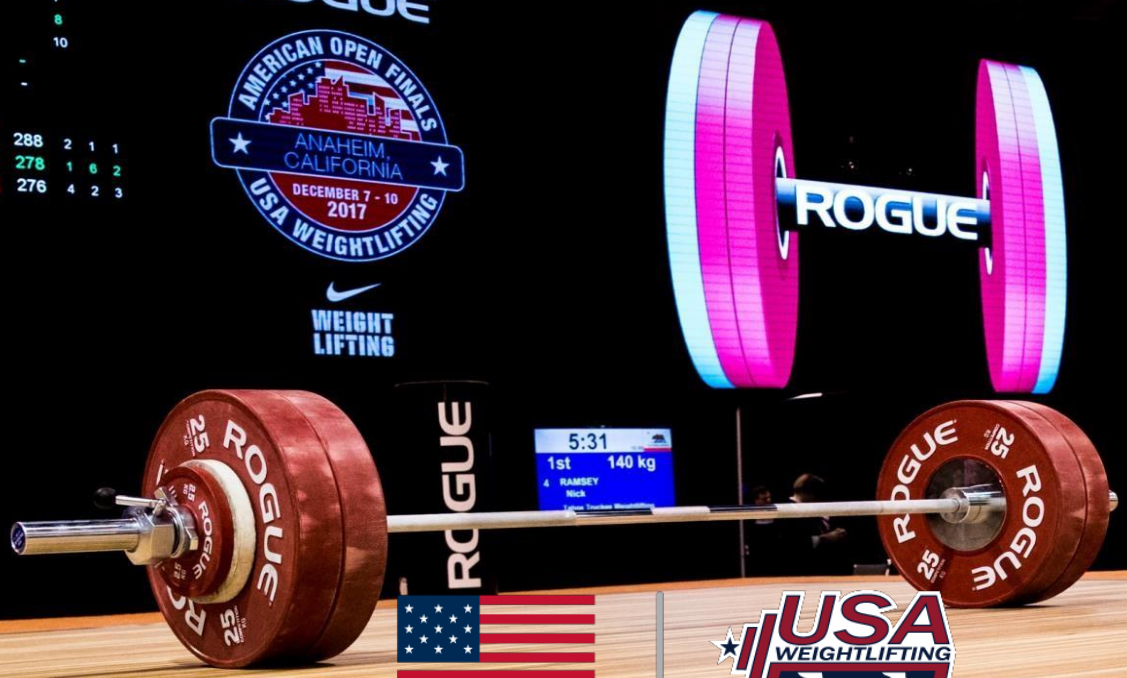


92	Sr.	77 B	150
93	Sr.	77 B	143
		77 B	150
		77 B	142
		77 B	143
86	Sr.	77 C	150
88	Sr.	77 D	150
993	Sr.	77 C	150



5:31
1st 140 kg
RAMSEY Nick



Where Olympic Journeys Begin

8:55

No.	Athlete	Team	Birth Year	Age	Sex	Weight Class	Snatch	Clean and Jerk	Total	Rank
1	HORSAGER Chadwick	CALST	1993	24	SC	85 C	110	120	230	1
2	LOCH Dale	FST13	1993	24	SC	85 C	110	120	230	2
3	FLAGG Marshall	CALST	1993	24	SC	85 C	110	120	230	3
4	COWELL Brennan	12WRO	1993	24	SC	85 C	110	120	230	4
5	STEINBACHER Gaultrey	GNDPW	1993	24	SC	85 C	110	120	230	5
6	REIDMAN Eric	SHWS	1993	24	SC	85 C	110	120	230	6
7	BAILEY Nicholas	CHPPW	1993	24	SC	85 C	110	120	230	7
8	TILNER Ryan	THWLD	1993	24	SC	85 C	110	120	230	8
9	SPINDLER Joe	LFTL	1993	24	SC	85 C	110	120	230	9
10	ELAM II Oray	CHPPW	1993	24	SC	85 C	110	120	230	10
11	MCCLUNE Mitch	HQACL	1993	24	SC	85 C	110	120	230	11
12	WOELMER Paul	EDDRL	1993	24	SC	85 C	110	120	230	12
13	CAMPBELL Huest	UNWTT	1993	24	SC	85 C	110	120	230	13
14	WILLIAMS Jeffrey	GREAT	1993	24	SC	85 C	110	120	230	14

HOW TO COMPETE



THE BASICS

Where Olympic Journeys Begin

Step 1:-

[Become a member](#) of USA Weightlifting

Step 2:

Check out the [Weightlifting 101](#) guide

Step 3:

Contact a local [coach](#) or [club](#) for guidance

Step 4:

[Register](#) for a sanctioned event through the USA Weightlifting website

Step 5:

COMPETE !!





Where Olympic Journeys Begin

Getting Started in Weightlifting



Coaching: Each athlete is encouraged to find a coach.

Coaches provide:

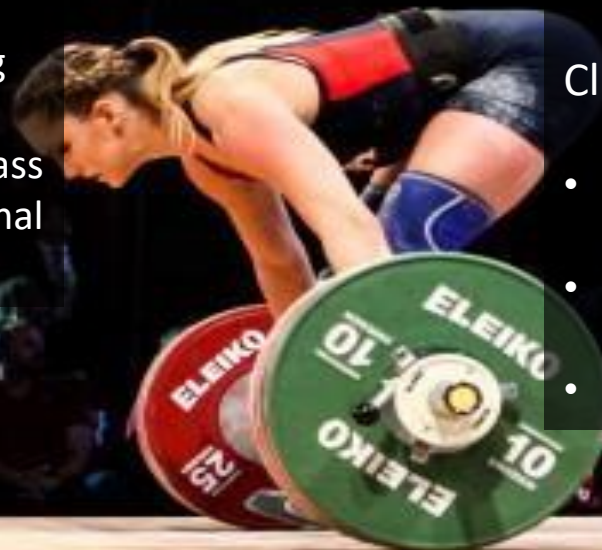
- Programming
- Competition coaching e.x. attempt counting
- Expertise related to the sport e.x. weight class selection, competition selection, international qualification, etc.

Rules: USA Weightlifting rules are governed by the [International Weightlifting Federation](#)

Clubs: USA Weightlifting clubs are managed by USA Weightlifting coaches.

Clubs provide:

- Positive team setting
- USAW certified coaches
- National and local team event opportunities





Weight Classes and Age Categories



Where Olympic Journeys Begin

Weight Classes:

Olympic Classes vs. Non Olympic Classes:

There are 10 non Olympic and 7 Olympic weight classes for both genders.

All 10 bodyweight categories are contested at world championship and domestic level events.

W: 45, 49, 55, 59, 64, 71, 76, 81, 87, 87+

M: 55, 61, 67, 73, 81, 89, 96, 102, 109, 109+

Age Categories:

There are 4 age categories in the sport of weight lifting

Youth: Sub 17

Junior: 18-20

Senior: 21+

Masters: 35+

Age category is determined by your age that year i.e. Jan 1 an athlete is 17 but on Dec 31 the athlete is 18. The athlete would be a Junior athlete.





COMPETITION

Where Olympic Journeys Begin

Local competition

1. Train
2. [Register](#)
3. Compete

National Competition

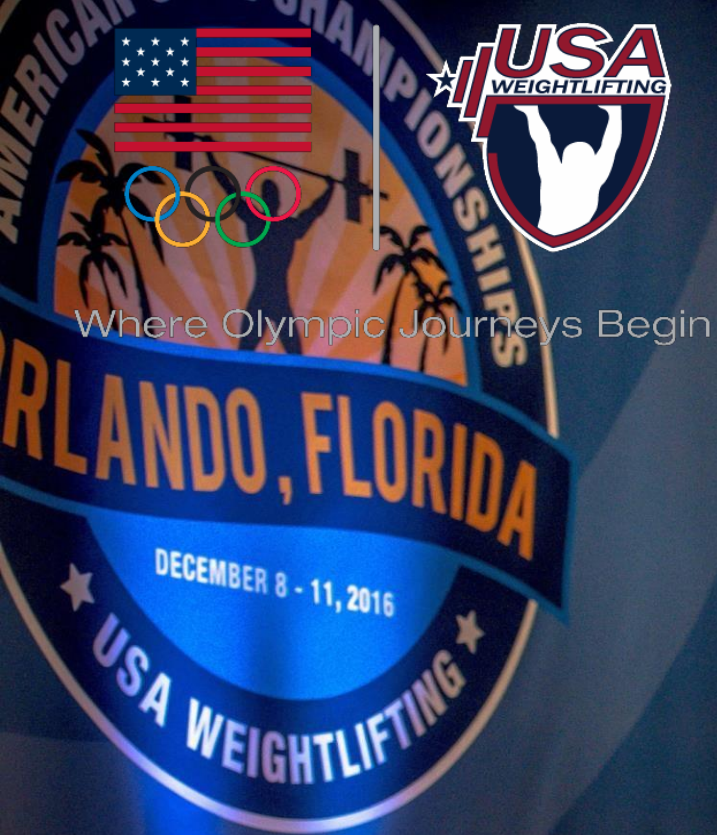
1. [Qualify](#)
2. *Register
3. Compete

International Competition

1. [Qualify](#)
2. Notification of *Selection
3. Complete documentation
4. Compete

*To register for national events you must complete the USADA Athlete Advantage course through your membership profile.

*To be selected you must have requested to be in the USADA Random Testing Pool for at least 6 months, you can do that via your membership profile.



RANKING

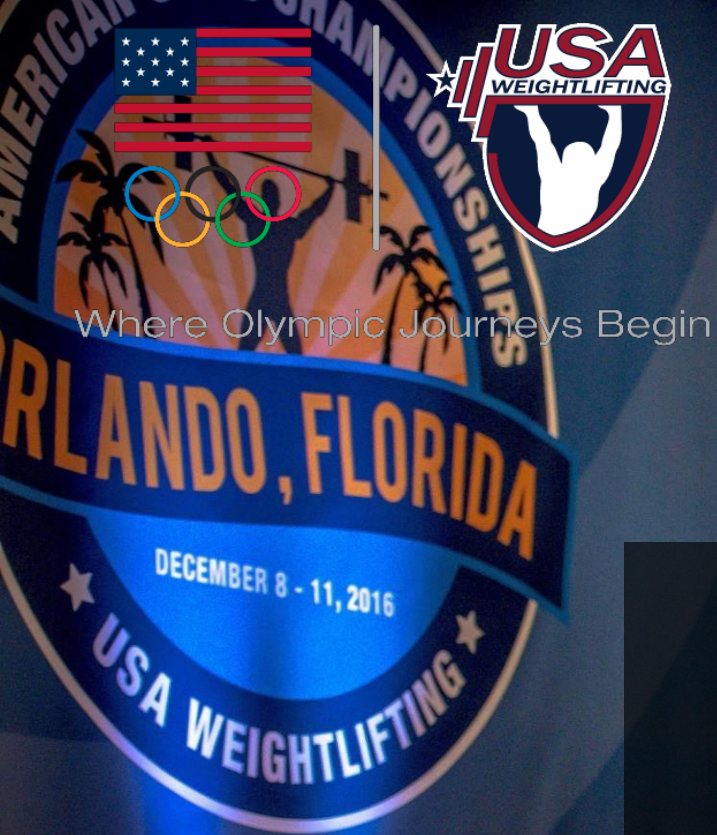
Athletes can be ranked two different ways in weightlifting:

1. Weight class [ranking](#)
2. International team [ranking](#)

Weight class ranking: Where your total stacks up against everyone in your weight class at the local and national level.

International team ranking: Where your total stacks up against all of the top athletes across all weight classes for team selection.





Questions

EMAIL
usaw@usaweightlifting.org

