



2025 USA Nationals

Host: Muzz's Gym, N. Wilkesboro, NC, USA, May 31, 2025

Agenda / Schedule (Military Time)

Day & Date	Time Ranges	Event Agenda	Start
Friday 30 May		Early Weigh-ins: for all Competitors	
	08:30 – 12:30	All Female Divisions & Weight Classes 44 kg thru 110.1+ kg and All Males in Divisions & Weight Classes 52 kg – 140.1+kg	08:30
	16:00 – 18:00	All Female Divisions & Weight Classes 44 kg thru 110.1+ kg and All Males in Divisions & Weight Classes 52 kg – 140.1+kg	16:00
Saturday 31 May	06:30-07:45	Late Weigh-ins (by request) – All Lifters	06:30
All Competitors	07:45-08:00	Mandatory Rules Meeting	07:45
		Session I Agenda	
	08:30 – 13:30	Session I Begins for the Following Athletes: Includes All Females and All Males in Weight Classes 52 kg – 90 kg	08:30
	13:30	Session I Award Ceremony precedes Session II	13:30
Saturday 31 May		Session II Agenda	
Session II Competitors	07:45-08:00 or 13:00 – 13:15	Mandatory Rules Meeting	07:45 or 13:00
	14:00 – 18:00	Session II Begins for the Following Athletes: All Male in Weight Classes 100kg – 140.1+kg	14:00
	18:15 (Approx.)	Session II Award Ceremony	18:15
Event Features		As needed, we will use 2 platforms for each session.	
		All male best lifter awards are presented at the completion of Session II	
Strict Curl		The strict curl competition begins once deadlifts are completed in each session.	

All questions are addressed by calling Bill Clary at 704.236.1899 or emailing info@365strong.org