



# 2024 USA Nationals

Host: Mountain Island Fitness, Charlotte, NC, USA, May 18-19, 2024

## Agenda / Schedule (Military Time)

Day & Date	Time Ranges	Event Agenda	Start
<b>Friday 17 May</b>		<b>Day #1 Weigh-ins: for Saturday Competitors only</b>	
	<b>09:00 – 12:00</b>	<b>All Female</b> Divisions & Weight Classes 44 kg thru 110.1+ kg and <b>All Males</b> in Divisions & Weight Classes 52 kg - 90 kg	<b>9:00</b>
	<b>16:00 – 18:00</b>	<b>All Female</b> Divisions & Weight Classes 44 kg – 110.1+ kg and <b>All Males</b> Divisions & Weight Classes 52 kg - 90 kg	<b>16:00</b>
<b>Saturday 18 May</b>	<b>06:45-08:00</b>	<b>Day #1 &amp; #2 Weigh-ins (by request) – Sat/Sun Lifters</b>	<b>06:45</b>
<b>Day #1 Competitors</b>	<b>08:00-08:20</b>	<b>Mandatory Rules Meeting</b>	<b>08:00</b>
	<b>09:00</b>	<b>Competition Begins for the Following Athletes:</b> <b>All Female</b> Divisions & Weight Classes 44 kg – 110.1+ kg and <b>All Male</b> Divisions & Weight Classes 52 kg - 90 kg	<b>09:00</b>
	<b>17:00 (Approx.)</b>	<b>Saturday Award Ceremony</b>	<b>17:00</b>
<b>Saturday 18 May</b>		<b>Continue Weigh-ins for only Sunday Competitors</b>	
	<b>6:45 – 08:00</b> <b>10:00 - 12:00</b>	<b>All Male</b> Divisions for Weight Classes 100kg – 140.1+kg	<b>6:45</b> <b>10:00</b>
	<b>15:30 – 17:00</b>	<b>All Male</b> Divisions for Weight Classes 100kg – 140.1+kg	<b>15:30</b>
<b>Sunday 19 May</b>	<b>06:45-08:00</b>	<b>Late Weigh-in (by request) – All Sunday Lifters</b>	<b>06:45</b>
<b>Sunday 19 May</b>		<b>Sunday Competition Day Schedule</b>	
<b>Day #2 Competitors</b>	<b>08:00-08:20</b>	<b>Mandatory Rules Meeting</b>	<b>08:00</b>
	<b>09:00</b>	<b>Competition Begins for the Following Athletes:</b> <b>All Male</b> Divisions for Weight Classes 100kg – 140.1+kg	<b>09:00</b>
	<b>17:00 (Approx.)</b>	<b>Sunday Award Ceremony</b>	<b>17:00</b>
		<b>1-3 Places in each Division/Weight Class, Best Lifters and 1-3 Place Team Champions</b>	