



2010 USA Weightlifting Championships at a Glance



The following dates are approximate, but may be negotiable within two weeks either direction.

Note: 50% of the total bid fee for each national championships you are bidding on is due with your application.

National Junior Weightlifting Championships

Month: February to early/mid March (Friday-Sunday)
Number of Competitors: 150-220
Bid Fee: \$500

This three-day event is the top USA Weightlifting championship for junior athletes, age 20 and under. The 2008 National Junior Championships was held February 8-10 in Chattanooga, TN. The 2009 National Junior Championships was held March 20-22 in Foster City, CA.

Collegiate Weightlifting Championships

Month: early/mid April (Friday-Sunday)
Number of Competitors: 100-150
Bid Fee: \$500

This three-day event is for college students attending American universities or colleges, regardless of nationality. The 2008 Collegiate Championships was held April 11-13 in Reno, NV. The 2009 Collegiate Championships will be held April 17-19 in Shreveport, LA.

National Weightlifting Championships

Month: May to early June (Friday-Sunday)
Number of Competitors: 120-160
Bid Fee: \$1000

This three-day championship is USA Weightlifting's annual premier weightlifting event in the United States. The annual membership meeting, open to all USA Weightlifting members, will be held in conjunction with the National Championships. The 2008 National Championships was held February 29-March 2 (not typical dates because of the Olympics) in Columbus, OH. The 2009 National Championships will be held June 3-7 in Chicago, IL.

National School Age Weightlifting Championships

Month: late June to mid-July (Friday-Sunday)
Number of Competitors: 180-300
Bid Fee: \$500

This three-day event is designed as an introductory national event for young athletes 13-17 years old. The National School Age Championships has the potential to develop into a large participatory base and because many parents and families travel to this event, it has great potential for economic impact in the local community. The 2008 National School Age Championships was held June 20-22 in Orlando, FL. The 2009 National School-Age Championships will be held June 19-21 in Gainesville, GA.

American Open Weightlifting Championships

Month: December, usually 1st weekend (Friday-Sunday)
Number of Competitors: 150-200
Bid Fee: \$1000

This three-day event is the final USA Weightlifting national event of the year. The American Open Championships is also the last ranking competition of the year and features our best junior and senior lifters. The 2008 American Open Championships was held December 5-7 in Chandler, AZ. The 2009 American Open Championships will be held December 11-13 in Mobile, AL.