



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 Weightlifting Championships

Month: May to early June (Friday-Sunday)
Number of Competitors: 120-160
Bid Fee: \$1,000

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.

Bid deadline for the 2010 National Championships is now August 15, 2009.

American Open Weightlifting Championships

Month: December, usually 1st weekend (Friday-Sunday)
Number of Competitors: 150-200
Bid Fee: \$1,000

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.

Bid deadline for the 2010 American Open is November 13, 2009.

Bidding for the following 2010 events has been **closed**. Events have been granted as follows:

National Junior Championships
February 26-28, 2010
Rochester, Minnesota

National Collegiate Championships
April 16-18, 2010
Marquette, Michigan

National School Age Championships
June 25-27, 2010
Foster City, California