





Where Olympic Journeys Begin

## The Basics:

Step 1:

Become a member of USA Weightlifting [HERE](#)

Step 2:

Search for a local event [HERE](#)

Step 3:

Contact the meet director to register or register online if link is provided

Step 4:

**COMPETE !!**





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# Competing in Weightlifting

## Step 1: Find a Coach

It is wise to have a coach to help you at your first competition, even if you usually work out by yourself. Often the meet director will be happy to help you find someone at their meet or you can click [HERE](#) for our online coaches directory.

## Step 2: Competition Prep

You may need some guidance with competition management, primarily in timing your warm ups, known as “counting attempts”. One of our top coaches has put together a handy guide [HERE](#).

## Step 3: Review the Rules

It is worth knowing the rules before you hit the platform. Click [HERE](#) to review.

Where to start?

- Section 1 (Participants),
- Section 2 (The Two Lifts)
- Section 4 (Athlete Outfit)
- Section 6 (Competition)

## Step 4: What to expect

Before the competition review our Weightlifting 101 guide [HERE](#).

Questions? Do not hesitate to reach out to [usaw@usaweighting.org](mailto:usaw@usaweighting.org)



Photo by Abby Starob @ LIFTINGLIFE





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## LOCAL

The first place to compete is a local competition, these happen around 650 times a year.

## NATIONAL

From there you can qualify to national events, held 8 times per year. Qualification totals can be found [HERE](#)

Generally the Nationals is regarded as the highest level, or age-group nationals if you are a Junior (20 and under) or Youth (17 and under)

Remember your age is determined by how old you are on 12/31 of the year

## INTERNATIONAL

From the national events the very top athletes qualify to Team USA. Selection procedures can be found [HERE](#)

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

Questions? [usaw@usaweightlifting.org](mailto:usaw@usaweightlifting.org)





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## Clubs

After competing you now want to join a team. Click [HERE](#) for a full list of clubs in your area. Just reach out to the club director to find out how to join.

## Post Competition

### Ranking

Once you've lifted and your result is uploaded to your membership account and you can find out where you rank nationally [HERE](#).

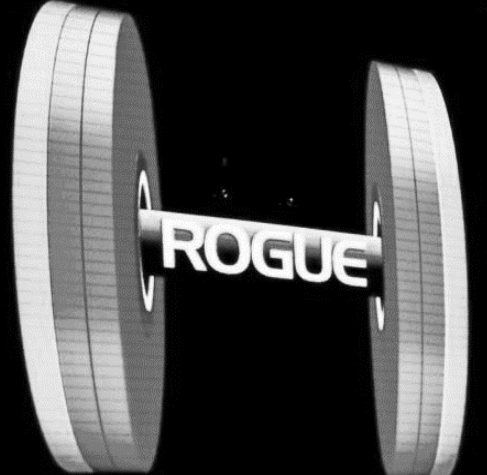
What next?

Start training for your next event!



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|      |      |      |      |      |     |      |      |      |           |
|------|------|------|------|------|-----|------|------|------|-----------|
| Sr.  | 77 B | 115  | -122 | -122 | 142 |      |      |      |           |
|      |      | -118 | -118 | -119 | 142 |      |      |      |           |
| 1986 | Sr.  | 77 C | 121  | 125  | 128 | 150  | 155  | 168  |           |
| 1988 | Sr.  | 77 D | 120  | 125  | 130 | 148  | -153 | -154 | 288 2 1 1 |
| 1993 | Sr.  | 77 C | -118 | 118  | 123 | -153 | -154 | -160 | 278 1 0 2 |
|      |      |      |      |      |     |      |      |      | 276 4 2 3 |



8:55

| Start No. | Athlete             | Team  | Birth Year | Age | Wt. Cpt. | Stk. | 1 | 2 | 3 | Other and Best | Place |
|-----------|---------------------|-------|------------|-----|----------|------|---|---|---|----------------|-------|
| 1         | HORSAGER Chadwick   | CALST | 1997       | St. | 85 C     |      |   |   |   |                |       |
| 2         | LOCH Dale           | FST13 | 1999       | St. | 85 C     |      |   |   |   |                |       |
| 3         | FLAGG Marshall      | CALST | 1998       | St. | 85 C     |      |   |   |   |                |       |
| 4         | COLWELL Brennan     | 12VRD | 1998       | St. | 85 C     |      |   |   |   |                |       |
| 5         | STENBACHER Geoffrey | GICPW | 1991       | St. | 85 C     |      |   |   |   |                |       |
| 6         | REDMAN Eric         | 30NG  | 1982       | St. | 85 C     |      |   |   |   |                |       |
| 7         | BAILEY Nicholas     | CHFPW | 1989       | St. | 85 C     |      |   |   |   |                |       |
| 8         | TYLER Ryan          | TMMLS | 1977       | St. | 85 C     |      |   |   |   |                |       |
| 9         | SPINDLER Joe        | LFTL  | 1991       | St. | 85 C     |      |   |   |   |                |       |
| 10        | ELAM II Orey        | CHFPW | 1991       | St. | 85 C     |      |   |   |   |                |       |
| 11        | MICCOLINE Mitch     | HOAC  | 1990       | St. | 85 C     |      |   |   |   |                |       |
| 12        | WOELMER Paul        | ECOWL | 1994       | St. | 85 C     |      |   |   |   |                |       |
| 13        | CAMPBELL Mack       | UNAT  | 1979       | St. | 85 C     |      |   |   |   |                |       |
| 14        | WILLIAMS Jeffrey    | GREAT | 1980       | St. | 85 C     |      |   |   |   |                |       |



See you on the platform!