

# 2025 PAN AMERICAN MASTERS CHAMPIONSHIPS

| Date | Sess | Pfm      | Weigh-in<br>Start | Start    | Sex | Age<br>Group | Weight<br>Cat. | Qual<br>Min | # Lifters<br>Grp | Ses |
|------|------|----------|-------------------|----------|-----|--------------|----------------|-------------|------------------|-----|
| WED  | 1    | A        | 8:00 AM           | 10:00 AM | W   | W75          | 48-86+         |             | 2                | 11  |
|      |      |          |                   |          |     | W70          | 48-86+         |             | 3                |     |
|      |      |          |                   |          |     | W65          | 48-86+         |             | 7                |     |
|      |      | B        | 8:00 AM           | 10:00 AM | M   | M90          | 60-110+        |             | 0                | 13  |
|      |      |          |                   |          |     | M85          | 60-110+        |             | 1                |     |
|      |      |          |                   |          |     | M80          | 60-110+        |             | 4                |     |
|      | 2    | A        | 10:00 AM          | 12:00 PM | W   | M75          | 60-79          |             | 8                | 12  |
|      |      |          |                   |          |     | W60          | 48-86+         |             | 10               |     |
|      |      |          |                   |          |     | W55          | 48-53          |             | 2                |     |
|      |      | B        | 10:00 AM          | 12:00 PM | M   | M75          | 88-110+        |             | 5                | 13  |
|      |      |          |                   |          |     | M70          | 60-88          |             | 8                |     |
|      |      |          |                   |          |     | M65          | 79-98          |             | 11               |     |
| 3    | A    | 12:00 PM | 2:00 PM           | M        | M70 | 98-110+      |                | 5           | 12               |     |
|      | B    | 12:00 PM | 2:00 PM           | M        | M65 | 60-71        |                | 7           | 11               |     |
| DL   | DL   |          | 4:00 PM           | W        |     |              |                |             |                  |     |
|      | DL   |          | 4:00 PM           | M        |     |              |                |             |                  |     |
| THUR | 4    | A        | 8:00 AM           | 10:00 AM | W   | W55          | 58-86          |             | 13               | 13  |
|      |      | B        | 8:00 AM           | 10:00 AM | M   | M65          | 110-110+       |             | 3                | 10  |
|      |      |          |                   |          |     | M60          | 60-79          |             | 7                |     |
|      | 5    | A        | 10:00 AM          | 12:00 PM | W   | W55          | 86+            |             | 1                | 10  |
|      |      | B        | 10:00 AM          | 12:00 PM | M   | W50          | 48-63          |             | 9                | 13  |
|      |      |          |                   |          |     | M60          | 88-110+        |             | 9                |     |
|      | 6    | A        | 12:00 PM          | 2:00 PM  | W   | M55          | 60-71          |             | 4                | 12  |
|      |      | B        | 12:00 PM          | 2:00 PM  | M   | W50          | 69-86+         |             | 10               |     |
|      |      |          |                   |          |     | W45          | 48-58          |             | 2                |     |
|      | DL   | A        | DL                | 4:00 PM  | W   | M55          | 79-110+        |             | 7                | 12  |
|      |      | B        | DL                | 4:00 PM  | M   | M50          | 60-79          |             | 5                |     |
|      |      |          |                   |          |     |              |                |             |                  |     |
| FRI  | 7    | A        | 8:00 AM           | 10:00 AM | W   | W45          | 63-77          |             | 13               | 13  |
|      |      | B        | 8:00 AM           | 10:00 AM | M   | M50          | 88-110+        |             | 5                | 13  |
|      |      |          |                   |          |     | M45          | 60-79          |             | 8                |     |
|      | 8    | A        | 10:00 AM          | 12:00 PM | W   | W45          | 86-86+         |             | 5                | 11  |
|      |      | B        | 10:00 AM          | 12:00 PM | M   | W40          | 48-58          |             | 6                | 13  |
|      |      |          |                   |          |     | M45          | 88-110+        |             | 13               |     |
|      | 9    | A        | 12:00 PM          | 2:00 PM  | W   | M45          | 88-110+        |             | 13               | 13  |
|      |      | B        | 12:00 PM          | 2:00 PM  | M   | W40          | 63-69          |             | 12               | 12  |
|      |      |          |                   |          |     | M40          | 60-88          |             | 11               |     |
|      | DL   | A        | DL                | 4:00 PM  | W   |              |                |             |                  |     |
|      |      | B        | DL                | 4:00 PM  | M   |              |                |             |                  |     |

|     |                                         |    |          |          |          |            |                     |        |    |    |
|-----|-----------------------------------------|----|----------|----------|----------|------------|---------------------|--------|----|----|
| SAT | 10                                      | A  | 8:00 AM  | 10:00 AM | W        | W40        | 77-86               | 14     | 14 |    |
|     |                                         | B  | 8:00 AM  | 10:00 AM | M        | M40<br>M35 | 98-110+<br>65-71    | 9<br>3 | 12 |    |
|     | 11                                      | A  | 10:00 AM | 12:00 PM | W        | W40<br>W35 | 86+<br>48-58        | 2<br>8 | 10 |    |
|     |                                         | B  | 10:00 AM | 12:00 PM | W        | W35        | 63-69               | 12     | 12 |    |
|     | DL                                      | A  | DL       | 2:00 PM  | W        |            |                     |        |    |    |
|     |                                         | B  | DL       | 2:00PM   | M        |            |                     |        |    |    |
|     | BANQUET - 7:00 PM (PURCHASE TIX ONLINE) |    |          |          |          |            |                     |        |    |    |
|     | SUN                                     | 12 | A        | 8:00 AM  | 10:00 AM | M          | M35                 | 79-98  | 14 | 14 |
| B   |                                         |    | 8:00 AM  | 10:00 AM | W        | W35        | 77-86               | 11     | 11 |    |
| 13  |                                         | A  | 10:00 AM | 12:00 PM | M        | M35<br>M30 | 110-110+<br>60-110+ | 3<br>8 | 11 |    |
|     |                                         | B  | 10:00 AM | 12:00 PM | W        | W35<br>W30 | 86+<br>48-86+       | 5<br>4 | 9  |    |
| DL  |                                         | A  | DL       | 2:00 PM  | W        |            |                     |        |    |    |
|     |                                         | B  | DL       | 2:00 PM  | M        |            |                     |        |    |    |