

Everything to know about the 2025 Texas State Weightlifting Championships:

Texas State Weightlifting Championships – January 17-19, 2025 – Pflugerville Texas

REGISTRATION TIMELINE

1. Qualifying Period: October 1, 2023 – September 30, 2024
2. First Round Registration^: October 1 – October 14
 - a. One qualifying total % for each age group
 - i. Masters – 95% 2024 Masters Nationals Qualifying Total
 1. Use correct 2025 Age category*
 - ii. Seniors – 85% 2023 Senior Nationals Qualifying Total
 - iii. U20
 1. Juniors – 95% 2024 Junior Nationals Qualifying Total
 - a. Use correct 2025 Age*
 2. Youth – 95% 2024 Youth Nationals Qualifying Total
 - a. Use correct 2025 Age Category*
3. Open Registration: October 15 – Dec 1
 - a. All remaining U20 and/or Masters spots will convert to Open November 1
 - b. First come, first served
4. Wait List: October 23 – December 1

VENUE:

Courtyard by Marriott Austin/Pflugerville.

QUALIFYING EVENTS

All totals used for First Round Registration must come from a local meet hosted in Texas and the 2024 Texas-Oklahoma WSO Championship. USA Masters and IWF events will not count.

MAX ATHLETES

1. Maximum number of competitors will be increased to **540**
 - a. Split among genders
 - i. Open – 95
 - ii. Masters – 95
 - iii. U20 – 80
2. Pilot Program (Non-Texas Residents)
 - a. Maximum number of extra lifters will be 16 split evenly among genders (8/8)
 - b. Entry totals will only be allowed from Texas local events
 - c. Will be considered 'Extra' lifters
 - i. Not able to place, score points, win any cash prizes, or set Texas State Records
 - ii. Will be notated on screen for coaches to easily identify
 - d. Volunteerism requirement
 - i. Must volunteer a certain number of hours during setup, TO, loading, data entry, and/or tear down
 1. Number of hours TBD

e. You must be in the Texas-Oklahoma WSO

^ No need to register an account. All registrations made during the first round will be validated. Those entries that do not meet the requirements will be cancelled and refunded less any fees associated with the transaction.

* Please use your 2025 age to determine your correct age. Subtract your year of birth from 2024. Example, anyone born in 2006 will be considered 18 for this event (2025-2007=18)