

USA POWERLIFTING ANNOUNCES EXCITING CHANGES FOR 2025

USA Powerlifting, the nation's oldest drug tested powerlifting organization, is thrilled to unveil a series of significant changes that will shape the landscape of USA Powerlifting in 2025 and beyond. These changes are designed to enhance the overall experience for our members, athletes, and fans.

Raw Nationals Moves to June:

- Starting in 2025, Raw Nationals, one of the most anticipated events in USA Powerlifting's calendar, will be moved to the month of June. This change will help to give us more freedom and flexibility in the calendar which we have been lacking.

New Qualifying Totals:

In recognition of the continuous improvement in the sport, USA Powerlifting is updating the qualifying totals for Raw Nationals and Regionals. These new totals will ensure that our competitions remain competitive. These will be updated at the beginning of every year to reflect our growing population.

[2025 Raw Nationals Qualifying Totals](#)

Clear Published Lifter Caps and Dates:

- Moving forward we will ensure that all Regional, National, and International meets have clear published dates and deadlines for registration, caps for meets, and last date for finalized schedule .
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Shift of Regionals to the Fall:

- In an effort to streamline the competition schedule and create a more balanced calendar, regional competitions will now take place in the fall. This adjustment aims to accommodate athletes' training cycles and ensure they have ample time to prepare for these important qualifying events. By shifting Regionals to the fall, athletes looking to register for Raw Nationals have the ability to sign up when registration opens.

These changes underscore USA Powerlifting's commitment to continuous improvement and responsiveness to the needs of our diverse and growing community. We believe these adjustments will not only elevate the quality of our events but also contribute to the long-term success and satisfaction of our members.

About USA Powerlifting

USA Powerlifting is the leading powerlifting organization in the United States, committed to providing a clean platform for athletes to compete at all levels, while promoting the sport's values of strength, integrity, and community. With a rich history and a growing membership, USA Powerlifting continues to shape the future of powerlifting in the nation. #liftclean