



Competition Schedule

Dubai 2023 World Para Powerlifting World Championships

20-Aug-23

Monday 21 August: OPENING CEREMONY

Tuesday 22 August: Rookies and Next Gens

Day 0 Event	BW	Total Athletes	Group	Kit Check		Athletes Warm Up	Athletes presentation	Call area	Competition		Victory Ceremony	
				Start	Finish				Start	Finish	Start	Finish
1	Men's Up to 65 kg	5	A	9:15	9:20	9:20	9:55	9:55	10:00	10:35	10:40	10:50
1 Victory ceremony: Next Gen (G,S,B)												
2	Men's Up to 49 kg	7	B	10:10	10:20	10:20	10:55	10:55	11:00	11:40	12:30	12:45
		7	A	10:40	10:50	10:50		11:40	11:40	12:25		
2 Victory ceremonies: Rookie (G,S,B), Next Gen (G,S,B)												
3	Women's Up to 41 kg & Up to 45 kg & 50 kg	10	A	12:10	12:20	12:20	12:55	12:55	13:00	14:05	14:10	14:35
5 Victory ceremonies: Up to 41 kg Rookie (G by MS), Next Gen (G,S,B) & Up to 45 kg Rookie (G by MS), Next Gen (G by MS), Up to 50 kg Next Gen (G,S,B)												
Break												
4	Men's Up to 72 kg, Up to 107 kg, Over 107 kg	6	A	14:44	14:50	14:50	15:25	15:25	15:30	16:10	16:15	16:40
4 Victory ceremonies: Up to 72kg Rookie (G by MS), Next Gen (G,S) & Up to 107 kg Next Gen (G by MS) & Over 107 kg (G,S)												
5	Women's Up to 55 kg, Up to 61 kg, Up to 67, 73 kg, Over 86 kg	7	A	16:00	16:10	16:10	16:45	16:45	16:50	17:35	17:40	18:05
4 Victory ceremonies: Up to 55 kg Rookie (G by MS), Next Gen (G,S) & Up to 67 kg (G by MS), Over 86 kg Next Gen (G by MS)												
6	Men's Up to 54 kg , Up to 59 kg	7	A	17:28	17:35	17:35	18:10	18:10	18:15	19:00	19:05	19:30
4 Victory ceremonies: Up to 54 kg Rookie (G,S), Next Gen (G by MS) & Up to 59 kg Next Gen (G,S)												
7	Men's Up to 80 kg & 88 kg	7	A	18:53	19:00	19:00	19:35	19:35	19:40	20:25	20:30	20:45
3 Victory ceremonies: Rookie (G,S), Next Gen (G,S,B) & Up to 88kg (G by MS)												

Wednesday 23 August: Elite and Legends

Day 1 Event	BW	Total Athletes	Group	Kit Check		Athletes Warm Up	Athletes presentation	Call area opens	Competition		Victory Ceremony	
				Start	Finish				Start	Finish	Start	Finish
1	Men's Up to 49 kg	8	D	8:35	8:45	8:45	9:25	9:25	9:30	10:25		
		8	C	9:35	9:45	9:45	10:25	10:25	10:30	11:25		
		10	B	10:35	10:45	10:45	11:25	11:25	11:30	12:35		
		10	A	11:45	11:55	11:55	12:35	12:35	12:40	13:45		
Break												
2	Women's Up to 41 kg	8	B	15:05	15:15	15:15	15:55	15:55	16:00	16:55		
		8	A	16:05	16:15	16:15	16:55	16:55	17:00	17:55		
3	Women's Up to 50 kg	7	C	17:25	17:35	17:35	18:15	18:15	18:20	19:10		
		7	B	18:20	18:30	18:30	19:10	19:10	19:15	20:00		
		8	A	19:10	19:20	19:20	20:00	20:00	20:05	21:00		



Thursday 24 August												
Day 2	BW	Total Athletes	Group	Kit Check		Athletes	Athletes	Call area opens	Competition		Victory Ceremony	
Event				Start	Finish	Warm Up	presentation		Start	Finish	Start	Finish
4	Men's Up to 72 kg	8	D	8:35	8:45	8:45	9:25	9:25	9:30	10:25		
		9	C	9:35	9:45	9:45	10:25	10:25	10:30	11:30		
		9	B	10:40	10:50	10:50	11:30	11:30	11:35	12:35		
		10	A	11:45	11:55	11:55	12:35	12:35	12:40	13:45		
Break												
5	Women's Up to 45 kg	9	B	15:05	15:15	15:15	15:55	15:55	16:00	17:00		
		9	A	16:15	16:25	16:25	17:05	17:05	17:10	18:10		
6	Women's Over 86 kg	9	B	17:40	17:50	17:50	18:30	18:30	18:35	19:35		
		10	A	18:45	18:55	18:55	19:35	19:35	19:40	20:45		

Friday 25 August												
Day 3	BW	Total Athletes	Group	Kit Check		Athletes	Athletes	Call area opens	Competition		Victory Ceremony	
Event				Start	Finish	Warm Up	presentation		Start	Finish	Start	Finish
7	Men's Up to 107 kg	8	C	8:35	8:45	8:45	9:25	9:25	9:30	10:25		
		8	B	9:35	9:45	9:45	10:25	10:25	10:30	11:25		
		8	A	10:35	10:45	10:45	11:25	11:25	11:30	12:25		
Break												
8	Women's Up to 86 kg	9	B	14:05	14:15	14:15	14:55	14:55	15:00	16:00		
		10	A	15:10	15:20	15:20	16:00	16:00	16:05	17:10		
9	Men's Over 107 kg	7	C	16:40	16:50	16:50	17:30	17:30	17:35	18:25		
		7	B	17:35	17:45	17:45	18:25	18:25	18:30	19:20		
		8	A	18:30	18:40	18:40	19:20	19:20	19:25	20:20		

Saturday 26 August												
Day 4	BW	Total Athletes	Group	Kit Check		Athletes	Athletes	Call area opens	Competition		Victory Ceremony	
Event				Start	Finish	Warm Up	presentation		Start	Finish	Start	Finish
10	Women's Up to 73 kg	8	C	8:35	8:45	8:45	9:25	9:25	9:30	10:25		
		8	B	9:35	9:45	9:45	10:25	10:25	10:30	11:25		
		8	A	10:35	10:45	10:45	11:25	11:25	11:30	12:25		
Break												
11	Women's Up to 79 kg	7	B	14:05	14:15	14:15	14:55	14:55	15:00	15:50		
		8	A	15:00	15:10	15:10	15:50	15:50	15:55	16:50		
12	Men's Up to 65 kg	8	C	16:20	16:30	16:30	17:10	17:10	17:15	18:10		
		9	B	17:20	17:30	17:30	18:10	18:10	18:15	19:15		
		9	A	18:25	18:35	18:35	19:15	19:15	19:20	20:20		



Sunday 27 August												
Day 5	BW	Total Athletes	Group	Kit Check		Athletes	Athletes	Call area opens	Competition		Victory Ceremony	
Event				Start	Finish	Warm Up	presentation		Start	Finish	Start	Finish
13	Men's Up to 54 kg	9	C	8:35	8:45	8:45	9:25	9:25	9:30	10:30		
		10	B	9:40	9:50	9:50	10:30	10:30	10:35	11:40		
		10	A	10:50	11:00	11:00	11:40	11:40	11:45	12:50	12:55	13:05
Break												
14	Women's Up to 61 kg	7	C	14:05	14:15	14:15	14:55	14:55	15:00	15:50		
		8	B	15:00	15:10	15:10	15:50	15:50	15:55	16:50		
		8	A	16:00	16:10	16:10	16:50	16:50	16:55	17:50	17:55	18:05
15	Men's Up to 97 kg	10	B	17:20	17:30	17:30	18:10	18:10	18:15	19:20		
		10	A	18:30	18:40	18:40	19:20	19:20	19:25	20:30	20:35	20:45

Monday 28 August												
Day 6	BW	Total Athletes	Group	Kit Check		Athletes	Athletes	Call area	Competition		Victory Ceremony	
Event				Start	Finish	Warm Up	presentation		Start	Finish	Start	Finish
16	Women's Up to 55 kg	10	C	8:35	8:45	8:45	9:25	9:25	9:30	10:35		
		10	B	9:45	9:55	9:55	10:35	10:35	10:40	11:45		
		10	A	10:55	11:05	11:05	11:45	11:45	11:50	12:55	13:00	13:10
Break												
17	Women's Up to 67 kg	7	B	14:05	14:15	14:15	14:55	14:55	15:00	15:50		
		8	A	15:00	15:10	15:10	15:50	15:50	15:55	16:50	16:55	17:05
18	Men's Up to 59 kg	8	C	16:20	16:30	16:30	17:10	17:10	17:15	18:10		
		9	B	17:20	17:30	17:30	18:10	18:10	18:15	19:15		
		9	A	18:25	18:35	18:35	19:15	19:15	19:20	20:20	20:25	20:35

Tuesday 29 August												
Day 7	BW	Total Athletes	Group	Kit Check		Athletes	Athletes	Call area opens	Competition		Victory Ceremony	
Event				Start	Finish	Warm Up	presentation		Start	Finish	Start	Finish
19	Men's Up to 80 kg	10	C	8:35	8:45	8:45	9:25	9:25	9:30	10:35		
		10	B	9:45	9:55	9:55	10:35	10:35	10:40	11:45		
		10	A	10:55	11:05	11:05	11:45	11:45	11:50	12:55	13:00	13:10
Break												
20	Men's Up to 88 kg	9	C	13:05	13:15	13:15	13:55	13:55	14:00	15:00		
		9	B	14:10	14:20	14:20	15:00	15:00	15:05	16:05		
		9	A	15:15	15:25	15:25	16:05	16:05	16:10	17:10	17:15	17:25
Sport Gathering												



Wednesday 30 August												
Day8	BW	Total Teams	Group	Kit Check		Athletes	Athletes	Call area opens	Competition		Victory Ceremony	
Event				Start	Finish	Warm Up	presentation		Start	Finish	Start	Finish
	Heats	3	C	8:00	8:15	8:15	Warm-Up		9:00	9:25		
		4	B	8:30	8:45	8:45	Warm-Up		9:30	10:00		
		4	A	9:05	9:20	9:20	Warm-Up		10:05	10:35		
	Head-to-Head	4				Open	Warm-Up		10:45	11:15		
	Bronze match	2				Open	10' FOP		10:45	11:00		
	Gold match	2							11:00	11:15		
Women's Team Event												
2	Heats	4	C	10:50	11:05	11:05	Warm-Up		11:50	12:20		
		3	B	11:30	11:45	11:45	Warm-Up		12:25	12:50		
		4	A	12:00	12:15	12:15	Warm-Up		12:55	13:25		
	Head-to-Head	4				Open	Warm-Up		13:40	14:10		
	Bronze match	2				Open	10' FOP		14:20	14:40		
	Gold match	2							14:40	14:55		
Mixed Team Event												
3	Heats	6	D	15:00	15:15	15:15	Warm-Up		16:00	16:40		
		5	C	15:50	16:05	16:05	Warm-Up		16:45	17:20		
		6	B	16:30	16:45	16:45	Warm-Up		17:25	18:05		
		6	A	17:25	17:40	17:40	Warm-Up		18:20	19:00		
	Head-to-Head	4				Open	Warm-Up		19:15	19:45		
	Bronze match	2				Open	10' FOP		19:50	20:05		
Gold match	2							20:05	20:20	20:25	20:40	
Closing Ceremony												