

Preliminary Competition SCHEDULE

Dubai 2023 World Para Powerlifting World Championships



Version 28-Jul-23

Monday 21 August: OPENING CEREMONY

Tuesday 22 August: Rookies and Next Gens

Tuesday 22 August: Rookies and Next Gens							
Day 0	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
1	Men's Up to 65 kg	A	09:15	10:00	10:35	10:40	10:50
1 Victory ceremony: Next Gen (G,S,B)							
2	Men's Up to 49 kg	B	10:10	11:00	11:35	12:20	12:35
		A	10:40	11:35	12:15		
2 Victory ceremonies: Rookie (G,S,B), Next Gen (G,S,B)							
3	Women's Up to 41 kg & Up to 45 kg	A	12:00	12:50	13:30	13:40	14:00
4 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)							
Break							
4	Men's Up to 72 kg, Up to 107 kg, Over 107 kg	A	14:45	15:30	16:05	16:10	16:40
4 Victory ceremonies: Up to 72k g Rookie (G by MS), Next Gen (G by MS) & Up to 107 kg Next Gen (G by MS) & Over 107 kg (G,S)							
5	Women's Up to 50 kg, Up to 55 kg, Up to 67 kg, Over 86 kg	A	16:00	16:50	17:45	17:50	18:20
4 Victory ceremonies: Up to 50 kg Next Gen (G,S,B) & 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	A	17:45	18:30	19:05	19:10	19:40
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	A	19:05	19:50	20:25	20:30	20:40
2 Victory ceremonies: Rookie (G,S), Next Gen (G,S,B)							

Wednesday 23 August: Elite and Legends

Day 1	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
1	Men's Up to 49 kg	D	08:35	09:30	10:30		
		C	09:40	10:35	11:35		
		B	10:45	11:40	12:50		
		A	12:00	12:55	14:00		
Break							
2	Women's Up to 41 kg	B	15:05	16:00	16:55		
		A	16:05	17:00	17:55		
3	Women's Up to 50 kg	C	17:25	18:20	19:05		
		B	18:15	19:10	19:55		
		A	19:05	20:00	20:55		

Thursday 24 August

Day 2	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
4	Men's Up to 72 kg	D	08:35	09:30	10:25		
		C	09:40	10:35	11:35		
		B	10:50	11:45	12:50		
		A	12:05	13:00	14:05		
Break							
5	Women's Up to 45 kg	B	15:05	16:00	17:05		
		A	16:15	17:10	18:15		
6	Women's Over 86 kg	B	17:45	18:40	19:45		
		A	18:55	19:50	20:55		

Friday 25 August

Day 3	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
7	Men's Up to 107 kg	C	08:35	09:30	10:30		
		B	09:40	10:35	11:40		
		A	10:50	11:45	12:50		
Break							
8	Women's Up to 86 kg	B	14:05	15:00	16:05		
		A	15:15	16:10	17:05		
9	Men's Over 107 kg	C	16:35	17:30	18:15		
		B	17:25	18:20	19:15		
		A	18:35	19:30	20:25		

Saturday 26 August							
Day 4	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
10	Women's Up to 73 kg	B	08:35	09:30	10:35		
		A	09:45	10:40	11:45	11:50	12:00
11	Women's Up to 79 kg	B	11:15	12:10	13:10		
		A	12:20	13:15	14:15	14:20	14:30
Break							
12	Men's Up to 65 kg	C	15:05	16:00	17:00		
		B	16:10	17:05	18:05		
		A	17:15	18:10	19:10	19:15	19:25

Sunday 27 August							
Day 5	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
13	Men's Up to 54 kg	C	08:35	09:30	10:30		
		B	09:40	10:35	11:35		
		A	10:45	11:40	12:45	12:50	13:00
Break							
14	Women's Up to 61 kg	C	15:05	16:00	16:45		
		B	15:55	16:50	17:45		
		A	16:55	17:50	18:45	18:50	19:00
15	Men's Up to 97 kg	B	18:15	19:10	20:15		
		A	19:25	20:20	21:25	21:30	21:40

Monday 28 August							
Day 6	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
16	Women's Up to 55 kg	D	08:35	09:30	10:15		
		C	09:25	10:20	11:05		
		B	10:15	11:10	12:05		
		A	11:15	12:10	13:15	13:20	13:30
Break							
17	Women's Up to 67 kg	B	14:05	15:00	16:00		
		A	15:10	16:05	17:05	17:10	17:20
18	Men's Up to 59 kg	C	16:35	17:30	18:30		
		B	17:40	18:35	19:40		
		A	18:50	19:45	20:50	20:55	21:05

Tuesday 29 August							
Day 7	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
19	Men's Up to 80 kg	C	08:35	09:30	10:25		
		B	09:35	10:30	11:35		
		A	10:45	11:40	12:45		
Break							
20	Men's Up to 88 kg	C	12:35	13:30	14:25		
		B	13:45	14:40	15:35		
		A	14:45	15:40	16:40		
Sport Gathering							

TEAM EVENTS

Wednesday 30 August							
Day 8	BW	Group	Kit Check	Competition		Victory Ceremony	
Event			Start	Start	Finish	Start	Finish
Men's Team Event							
1	Heats	B	07:48	09:00	10:00		
		A	09:11	10:15	11:10		
	Head-to-Head		11:20	11:50			
	Bronze match		12:00	12:15			
	Gold match		12:15	12:30	12:35		
Women's Team Event							
2	Heats	B	12:12	13:15	13:55		
		A	13:15	14:10	14:45		
	Head-to-Head		15:00	15:30			
	Bronze match		15:40	15:58			
	Gold match		15:58	16:15	16:20		
Mixed Team Event							
3	Heats	C	15:54	17:00	17:45		
		B	17:02	18:00	18:40		
		A	17:57	18:55	19:35		
	Head-to-Head		19:50	20:20			
	Bronze match		20:25	20:40			
Gold match		20:40	20:55	21:00	21:15		
CLOSING CEREMONY							