

Cairo 2023 Para powerlifting World Cup Competition Schedule

1st November after Technical Meeting

	15t November after Technical Meeting									wiccung			
Friday, November 3, 2023													
Day 1	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area Comp		etition	Cere	Ceremony	
Session				Start	Finish	Open	Close	Open	Start	Finish	Start	Finish	
1	Men's Up to 97 kg & 65 kg	9	A	13:10	13:20	13:20	14:18	13:55	14:00	15:00	15:05	15:15	
Victory Ceremony Up to 97 kg G,S,B & Up to 65 kg G,S,B													
2	Women's Up to 67 kg & 73 kg & 79kg	8	Α	14:45	14:55	14:55	15:51	15:30	15:35	16:30	16:35	16:50	
Victory Ceremony Up to 67 kg G,S & Up to 73 kg G,S,B & Up to 79kg G,S													
3	Men's Up to 54 kg & 59 kg	8	Α	16:15	16:25	16:25	17:21	17:00	17:05	18:00	18:05	18:15	
Victory Ceremony Up to 54 kg G,S,B & Up to 59 kg G,S,B													
4	Men's Up to 80 kg & 88 kg	8	A	17:40	17:50	17:50	18:46	18:25	18:30	19:25	19:30	19:40	
Victory Ceremony Up to 80 kg G,S,B & Up to 88 kg G,S,B													

Saturday, November 4, 2023												
Day 2	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Competition		Ceremony	
Session				Start	Finish	Open	Close	Open	Start	Finish	Start	Finish
5	Women's Up to 41 kg, 45 kg, 50 kg, 55 kg	8	A	9:10	9:20	9:20	10:16	9:55	10:00	10:55	11:00	11:20
Victory Ceremony Up to 41 kg G,S & Up to 45 kg G (by MS), & Up to 50 kg G,S & Up to 55 kg G,S,B												
6	Men's Up to 107 kg & Over 107 kg	9	Α	10:45	10:55	10:55	11:53	11:30	11:35	12:35	12:40	12:50
	Victory Ceremony Up to 107 kg G,S,B & Over 107 kg G,S,B											
Lunch Break												
7	Men's Up to 49 kg & 72 kg	8	Α	13:25	13:35	13:35	14:31	14:10	14:15	15:10	15:15	15:20
Victory Ceremony Up to 49 kg G,S,B & Up to 72 kg G,S,B												
8	Up to 61 kg & 86kg & Over 86 kg	6	Α	14:45	14:55	14:55	15:47	15:30	15:35	16:20	16:25	16:40
Victory Ceremony Up to 61 kg G,S & Up to 86 kg G,S & Over 86 kg G,S												

Day 3 Session				Sunday,	November 5, 2023				
WOMEN'S TEAM EVENT Session Phase		Number of Teams	Kit Check		Warm-Up Area	Competition		Ceremony	
		Trainibor or roanio	Start Finish		Walli Op / II oa	Start	Finish	Start	Finish
4	Heats	3	8:30	8:45	from 8:45am	9:30	9:55		
1	Final	2			from 8:45am	10:05	10:20	10:25	10:35
				Victory C	Ceremony				
MEN'S TEAM EVENT		Number of Teams	Kit Check		Warm-Up Area	Competition		Ceremony	
Session	Phase		Start	Finish		Start	Finish	Start	Finish
2	Heats	5	9:50	10:05		10:50	11:25		
	Head-to-Head	4			from 10:05am	11:35	12:05		
	Third Place	2			110111 10.03a111	12:15	12:30		
	Final	2				12:30	12:45	12:50	13:00
				Victory C	Ceremony				
MIXED TEAM EVENT		Number of Teams	Kit Check		Warm-Up Area	Competition		Ceremony	
Session	Phase		Start	Finish		Start	Finish	Start	Finish
3	Head-to-Head	4	12:20	12:35		13:20	13:50		
	Third Place	2	12.20		from 12:35am	14:00	14:15		
	Final	2				14:25	14:40	14:45	14:55
				Victory C	eremony				