



Nakhon Ratchasima 2023 Para powerlifting World Cup Preliminary Competition Schedule

vNovember

November

Wednesday, December 6, 2023														
Day 1	Category	Number of athletes	Group Division	Team Arrival	Kit Check		Warm-Up Area		Call Area	Athlete Presentation	Competition		Ceremony	
Session					Start	Finish	Open	Close	Open		Start	Finish	Start	Finish
1	Men's Up to 59 kg	9	A	8:45	9:10	9:20	9:20	10:18	9:50	-7min	10:00	11:00	11:05	11:10
2	Women's Up to 67 kg	5	A	10:10	10:35	10:45	10:45	11:35	11:15	-7min	11:25	12:00	12:05	12:10
3	Men's Up to 49 kg & 65 kg	7	A	11:10	11:35	11:45	11:45	12:39	12:15	-7min	12:25	13:10	13:15	13:25
Lunch Break														
4	Women's Up to 55 kg & 61 kg	6	A	13:15	13:40	13:50	13:50	14:42	14:20	-7min	14:30	15:10	15:15	15:25
5	Men's Up to 54 kg	6	A	14:25	14:50	15:00	15:00	15:52	15:30	-7min	15:40	16:20	16:25	16:30
6	Men's Up to 72 kg	5	A	15:30	15:55	16:05	16:05	16:55	16:35	-7min	16:45	17:25	17:30	17:45

Thursday, December 7, 2023														
Day 2	Category	Number of athletes	Group Division	Team Arrival	Kit Check		Warm-Up Area		Call Area	Athlete Presentation	Competition		Ceremony	
Session					Start	Finish	Open	Close	Open		Start	Finish	Start	Finish
7	Women's Up to 73 kg & 79 kg	7	A	8:45	9:10	9:20	9:20	10:14	9:50	-7min	10:00	10:45	10:50	11:00
8	Men's Up to 80 kg	9	A	10:00	10:25	10:35	10:35	11:33	11:05	-7min	11:15	12:15	12:20	12:25
Lunch Break														
9	Women's Up to 50 kg & 86kg & Over 86 kg	10	A	12:15	12:40	12:50	12:50	13:50	13:20	-7min	13:30	14:35	14:40	14:55
10	Men's Up to 88 kg & 97 kg	6	A	13:55	14:20	14:30	14:30	15:22	15:00	-7min	15:10	15:55	16:00	16:10
11	Men's Up to 107 kg & Over 107 kg	8	A	15:10	15:35	15:45	15:45	16:41	16:15	-7min	16:25	17:25	17:30	17:40

Friday, December 8, 2023														
Day 3	MIXED TEAM EVENT													
Session		Number of teams	Team Arrival	Kit Check		Warm-Up Area		Athlete Presentation	Competition		Ceremony			
				Start	Finish				Start	Finish	Start	Finish		
14	Heats	5	8:35	9:00	9:15	from 9:00am			10:00	10:35				
	Head-to-Head	4						10:45	11:15					
	Third Place	2						11:25	11:40					
	Final	2						11:40	11:55	12:00	12:10			