

Santiago 2023 Parapan American Games Para powerlifting

PO update 14/09/2023

18-Nov												
Day 1		Gender	Category	Equipment Kit Check		Athletes Warm Up	Call area	Athletes Presentation	Competition		Victory Ceremony	
Session	Event			Start	Finish				Start	Finish	Start	Finish
1	1	M	Men's Up to 49 kg	9:20	9:30	9:30	10:20	10:20	10:30	11:15	11:25	11:35
	2	W	Women's Up to 61 kg	10:35	10:45	10:45	11:35	11:40	11:45	12:20	12:30	12:40
	3	W (2)	Women's Up to 73 kg & 79 kg	11:40	11:50	11:50	12:40	12:45	12:50	13:50	14:00	14:10
Break												
2	4	M	Men's Up to 59 kg	14:50	15:00	15:00	15:50	15:50	16:00	16:45	16:50	17:00
	5	W	Women's Up to 41 kg	16:05	16:15	16:15	17:05	17:05	17:15	17:50	17:55	18:05
	6	M	Men's Up to 72 kg	17:10	17:20	17:20	18:10	18:10	18:20	19:05	19:10	19:20

19-Nov												
Day 2		Gender	Category	Equipment Kit Check		Athletes Warm Up	Call area	Athletes Presentation	Competition		Victory Ceremony	
Session	Event			Start	Finish				Start	Finish	Start	Finish
3	7	M	Men's Up to 54 kg	9:20	9:30	9:30	10:20	10:20	10:30	11:15	11:25	11:35
	8	W	Women's Up to 67 kg	10:35	10:45	10:45	11:35	11:40	11:45	12:20	12:30	12:40
	9	M	Men's Up to 97 kg	11:40	11:50	11:50	12:40	12:45	12:50	13:35	13:45	13:55
Break												
4	10	W	Women's Up to 45 kg	14:50	15:00	15:00	15:50	15:50	16:00	16:35	16:45	16:55
	11	M (2)	Men's Up to 107 & Over 107 kg	15:55	16:05	16:05	16:55	17:00	17:05	18:25	18:35	18:45

20-Nov												
Day 3		Gender	Category	Equipment Kit Check		Athletes Warm Up	Call area	Athletes Presentation	Competition		Victory Ceremony	
Session	Event			Start	Finish				Start	Finish	Start	Finish
5	12	M	Men's Up to 80 kg	9:20	9:30	9:30	10:20	10:20	10:30	11:15	11:25	11:35
	13	W (2)	Women's Up to 86 kg & Over 86 kg	10:35	10:45	10:45	11:35	11:40	11:45	12:45	12:55	13:05
	14	M	Men's Up to 88 kg	12:05	12:15	12:15	13:05	13:10	13:15	14:00	14:10	14:20
Break												
6	15	W (2)	Women's Up to 50 kg & 55 kg	14:50	15:00	15:00	15:50	15:50	16:00	17:00	17:10	17:20
	16	M	Men's Up to 65 kg	16:20	16:30	16:30	17:20	17:25	17:30	18:15	18:25	18:35

21-Nov												
Day 4		Gender	Phase	Equipment Kit Check		Athletes Warm Up	Call area	Athletes Presentation	Competition		Victory Ceremony	
Session	Event			Start	Finish				Start	Finish	Start	Finish
7	17	Mixed Team Event	Heats Group B	9:50	10:00	10:00		10:50	11:00	12:00		
			Heats Group A	11:05	11:15			12:05	12:15	13:15		
			Head-to-Head					13:15	13:25	14:00		
			Bronze Game					14:00	14:10	14:20		
			Gold Game					14:20	14:30	14:35-14:45		