



Sharm El Sheikh Para powerlifting World Cup Competition Schedule

Updated on 20/3/2024

Wednesday, 20 March 2024													
Day 1	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call area		Competition		Ceremony	
Session				Start	Finish	Open	Close	Open	Close	Start	Finish	Start	Finish
1	Women's Up to 55 kg	9	A	14:10	14:20	14:20	15:18	14:55	16:00	15:00	16:00	16:05	16:10
2	Women's Up to 50 kg	8	A	15:35	15:45	15:45	16:41	16:20	17:20	16:25	17:20	17:25	17:30
3	Men's Up to 80 kg	7	B	18:25	18:35	18:35	19:29	19:10	19:55	19:15	19:55		
		7	A	19:05	19:15	19:15	20:09	19:50	20:45	19:55	20:45	20:50	20:55
4	Women's Up to 41 kg & 45 kg	9	A	20:20	20:30	20:30	21:28	21:05	22:10	21:10	22:10	22:15	22:20

Thursday, 21 March 2024													
Day 2	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call area		Competition		Ceremony	
Session				Start	Finish	Open	Close	Open	Close	Start	Finish	Start	Finish
5	Men's Up to 49 kg	10	B	08:40	08:50	08:50	09:50	09:25	10:30	09:30	10:30		
		10	A	09:40	09:50	09:50	10:50	10:25	11:35	10:30	11:35	11:40	11:45
6	Men's Up to 65 kg	9	B	11:10	11:20	11:20	12:18	11:55	12:55	12:00	12:55		
		10	A	12:05	12:15	12:15	13:15	12:50	14:00	12:55	14:00	14:05	14:10
7	Men's Up to 54 kg	6	B	15:50	16:00	16:00	16:52	16:35	17:15	16:40	17:15		
		7	A	16:25	16:35	16:35	17:29	17:10	18:05	17:15	18:05	18:10	18:15

Friday, 22 March 2024													
Day 3	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call area		Competition		Ceremony	
Session				Start	Finish	Open	Close	Open	Close	Start	Finish	Start	Finish
8	Women's Up to 61 kg	7	B	08:40	08:50	08:50	09:44	09:25	10:10	09:30	10:10		
		7	A	09:20	09:30	09:30	10:24	10:05	11:00	10:10	11:00	11:05	11:10
9	Men's Up to 59 kg	8	B	13:10	13:20	13:20	14:16	13:55	14:50	14:00	14:50		
		9	A	14:00	14:10	14:10	15:08	14:45	15:50	14:50	15:50	15:55	16:00
10	Men's Up to 72 kg	8	B	15:25	15:35	15:35	16:31	16:10	17:10	16:15	17:10		
		8	A	16:20	16:30	16:30	17:26	17:05	18:05	17:10	18:05	18:10	18:15
11	Men's Up to 88 kg	6	B	19:25	19:35	19:35	20:27	20:10	20:50	20:15	20:50		
		7	A	20:00	20:10	20:10	21:04	20:45	21:40	20:50	21:40	21:45	21:50

Saturday, 23 March 2024													
Day 4	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call area		Competition		Ceremony	
Session				Start	Finish	Open	Close	Open	Close	Start	Finish	Start	Finish
12	Women's Up to 73 kg	6	B	08:40	08:50	08:50	09:42	09:25	10:05	09:30	10:05		
		6	A	09:15	09:25	09:25	10:17	10:00	10:45	10:05	10:45	10:50	10:55
13	Women's Up 79 kg	10	B	10:20	10:30	10:30	11:30	11:05	12:10	11:10	12:10	12:15	12:20
14	Women's Over 86 kg	5	B	14:10	14:20	14:20	15:10	14:55	15:35	15:00	15:35		
		6	A	14:45	14:55	14:55	15:47	15:30	16:15	15:35	16:15	16:20	16:25
15	Men's Up to 107 kg	5	B	15:50	16:00	16:00	16:50	16:35	17:15	16:40	17:15		
		6	A	16:25	16:35	16:35	17:27	17:10	17:55	17:15	17:55	18:00	18:05

Sunday, 24 March 2024													
Day 5	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call area		Competition		Ceremony	
Session				Start	Finish	Open	Close	Open	Close	Start	Finish	Start	Finish
16	Women's Up to 67 kg	10	B	08:40	08:50	08:50	09:50	09:25	10:30	09:30	10:30	10:35	10:40
17	Men's Over 107 kg	6	B	10:05	10:15	10:15	11:07	10:50	11:30	10:55	11:30		
		7	A	10:40	10:50	10:50	11:44	11:25	12:20	11:30	12:20	12:25	12:30
18	Women's Up 86 kg	9	A	13:55	14:05	14:05	15:03	14:40	15:45	14:45	15:45	15:50	15:55
19	Men's Up to 97 kg	7	B	15:20	15:30	15:30	16:24	16:05	16:50	16:10	16:50		
		7	A	16:00	16:10	16:10	17:04	16:45	17:40	16:50	17:40	17:45	17:50