

# Cairo 2025 Para powerlifting World Championships Preliminary Competition Schedule



9 - 18 October 2025

## Wednesday, 8 October 2025 OPENING CEREMONY

#### v. 12 Sep

### Rookie & Next Gen Championships

					Thursday,	9 October 2025	5								
Day 1	Category	Number of	Group		heck	Warm-Up Area	Call Area	Athletes'		etition		Ceremony			
<u>'</u>	ğ ,	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish			
1	Men's Up to 49 kg	9	В	08:40	08:50	08:50	09:15	09:20	09:30	10:25					
	Men 3 Op to 43 kg	9	Α	09:35	09:45	09:45	10:15	10:15	10:25	11:25	11:30	11:45			
				2 Victory Ce	remonies: Ro	ookie (G,S,B); Nex	t Gen (G,S,B)								
2	2 Women's Up to 41 kg Women's Up to 45 kg 10 A 11:05 11:15 11:15 11:45 11:45 11:55 13:00 13:05 13:35														
		4 Victory Ceren	nonies: Up t	o 41 kg Rook	ie (G,S,B); Ne	ext Gen (G,S) & U	p to 45 kg Roo	kie (G,S); Next (	Gen (G,S,B)						
					ŀ	BREAK									
3		6	В	13:55	14:05	14:05	14:35	14:35	14:45	15:20					
3	Men's Up to 54 kg	6	Α	14:30	14:40	14:40	15:10	15:10	15:20	16:00	16:05	16:20			
				2 Victory Co	eremonies: R	ookie (G,S); Next	Gen (G,S,B)								
4	Men's Up to 59 kg	8	А	15:40	15:50	15:50	16:20	16:20	16:30	17:25	17:30	17:45			
				2 Victory Ce	remonies: Ro	ookie (G,S,B); Nex	t Gen (G,S,B)								
5	Men's Up to 65 kg	9	А	17:05	17:15	17:15	17:45	17:45	17:55	18:55	19:00	19:15			
			2	Victory Cere	emonies: Roo	kie (G by MS); Ne	ext Gen (G,S,B	)							
6	Women's Up to 50 kg Women's Up to 55 kg	8	А	18:35	18:45	18:45	19:15	19:15	19:25	20:25	20:35	21:05			
	4	Victory Ceremo	onies: Up to	50 kg Rookie	(G,S); Next	Gen (G,S,B) & Up	to 55 kg Rook	ie (G,S); Next Ge	en (G by MS)						

					Friday, 10	October 2025						
Day 2	Category	Number of	Group	Kit C	heck	Warm-Up Area	Call Area	Athletes'	Comp	etition	Victory C	Ceremony
Day 2	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish
7	Women's Up to 61 kg	6	Α	08:10	08:20	08:20	08:50	08:50	09:00	09:40	09:45	10:00
				2 Victory Co	eremonies: R	ookie (G,S,B); Ne	xt Gen (G,S)					
8	Men's Up to 72 kg	7	В	09:20	09:30	09:30	10:00	10:00	10:10	10:50		
٥	ivien's up to 72 kg	6	Α	10:05	10:15	10:15	10:45	10:45	10:55	11:35	11:40	11:55
				2 Victory Ce	remonies: Ro	okie (G,S,B); Nex	t Gen (G,S,B)					
9	Men's Up to 88 kg	8	Α	11:15	11:25	11:25	11:55	11:55	12:05	13:00	13:05	13:20
				2 Victory Ce	remonies: Ro	okie (G,S,B); Nex	t Gen (G,S,B)					
10	Women's Up to 79 kg Women's Up to 86 kg	6	Α	12:40	12:50	12:50	13:20	13:20	13:30	14:15	14:20	14:45
		3 Victory (	Ceremonies:	Up to 79 kg	Rookie (G,S,I	B); Next Gen (G,S	) & Up to 86 k	g Next Gen (G by	/ MS)			
					E	BREAK						
11	Men's Up to 80 kg	6	Α	15:05	15:15	15:15	15:45	15:45	15:55	16:35	16:40	16:55
			2	Victory Cere	monies: Roo	kie (G by MS); Ne	ext Gen (G,S,B)					
12	Men's Up to 97 kg	6	Α	16:15	16:25	16:25	16:55	16:55	17:05	17:45	17:50	18:05
				2 Victory Ce	remonies: Ro	okie (G,S,B); Nex	t Gen (G,S,B)					
13	Women's Up to 67 kg Women's Up to 73 kg	6	Α	17:25	17:35	17:35	18:05	18:05	18:15	19:00	19:10	19:25
		2	Victory Cere	monies: Up	to 67 kg Next	t Gen (G,S,B) & U	p to 73 kg Nex	t Gen (G,S,B)				
14	Men's Up to 107 kg Men's Over 107 kg	8	Α	18:45	18:55	18:55	19:25	19:25	19:35	20:35	20:40	21:00
		4 Victory Cere	monies: Up	to 107 kg Ro	okie (G,S); No	ext Gen (G,S) & O	ver 107 kg Ro	okie (G,S); Next	Gen (G,S)			

# Elite Championships

	Saturday, 11 October 2025													
Day 3	Day 3 Category Number of Group Kit Check Warm-Up Area Call Area Athletes' Competition Victory Ceremony													
Day 3	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish		
		9	С	09:10	09:20	09:20	09:50	09:50	10:00	10:55				
1	Men's Up to 80 kg	9	В	10:10	10:20	10:20	10:50	10:50	11:00	11:55				
		9	Α	11:10	11:20	11:20	11:50	11:50	12:00	13:00	13:05	13:15		
					į	BREAK								
2	Women's Up to 50 kg	9	В	13:35	13:45	13:45	14:15	14:15	14:25	15:20				
2	women's Op to 50 kg	10	Α	14:35	14:45	14:45	15:15	15:15	15:25	16:30	16:35	16:45		
3	Women's Up to 79 kg	7	В	16:05	16:15	16:15	16:45	16:45	16:55	17:35				
,	women's Op to 79 kg	8	Α	16:50	17:00	17:00	17:30	17:30	17:40	18:35	18:40	18:50		

	Sunday, 12 October 2025													
Day 4	Category	Number of	Group	Kit C	heck	Warm-Up Area	Call Area	Athletes'	Competition		Victory C	Ceremony		
Day 4	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish		
		9	E	08:10	08:20	08:20	08:50	08:50	09:00	09:55				
		8	D	09:10	09:20	09:20	09:50	09:50	10:00	10:50				
4	Men's Up to 88 kg	8	С	10:05	10:15	10:15	10:45	10:45	10:55	11:45				
		8	В	11:00	11:10	11:10	11:40	11:40	11:50	12:40				
		8	Α	11:55	12:05	12:05	12:35	12:35	12:45	13:40	13:45	13:55		
					I	BREAK								
		10	С	14:15	14:25	14:25	14:55	14:55	15:05	16:05				
5	Men's Up to 59 kg	10	В	15:20	15:30	15:30	16:00	16:00	16:10	17:10				
		9	Α	16:25	16:35	16:35	17:05	17:05	17:15	18:15	18:20	18:30		
		8	С	17:50	18:00	18:00	18:30	18:30	18:40	19:30				
6	Women's Up to 55 kg	8	В	18:45	18:55	18:55	19:25	19:25	19:35	20:25				
		8	Α	19:40	19:50	19:50	20:20	20:20	20:30	21:25	21:30	21:40		

	Monday, 13 October 2025													
Day 5	Category	Number of	Group	Kit C	heck	Warm-Up Area	Call Area	Athletes'	Comp	etition	Victory C	eremony		
Day 5	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish		
		9	D	08:10	08:20	08:20	08:50	08:50	09:00	09:55				
7	Men's Up to 72 kg	9	С	09:10	09:20	09:20	09:50	09:50	10:00	10:55				
'	Wiell's Op to 72 kg	9	В	10:10	10:20	10:20	10:50	10:50	11:00	11:55				
		9	Α	11:10	11:20	11:20	11:50	11:50	12:00	13:00	13:05	13:15		
					ا	BREAK								
		9	D	13:35	13:45	13:45	14:15	14:15	14:25	15:20				
8	Men's Up to 65 kg	9	С	14:35	14:45	14:45	15:15	15:15	15:25	16:20				
°	ivien s op to 65 kg	9	В	15:35	15:45	15:45	16:15	16:15	16:25	17:20				
		9	Α	16:35	16:45	16:45	17:15	17:15	17:25	18:25	18:30	18:40		
		8	С	18:00	18:10	18:10	18:40	18:40	18:50	19:40				
9	Women's Up to 73 kg	8	В	18:55	19:05	19:05	19:35	19:35	19:45	20:35				
		8	Α	19:50	20:00	20:00	20:30	20:30	20:40	21:35	21:40	21:50		

	Tuesday, 14 October 2025													
David	Day 6 Category Number of Group Kit Check Warm-Up Area Call Area Athletes' Competition							Victory Ceremon						
рау 6	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish		
		9	D	08:40	08:50	08:50	09:20	09:20	09:30	10:25				
10	Men's Up to 54 kg	8	С	09:40	09:50	09:50	10:20	10:20	10:30	11:20				
10	Wiell's Op to 34 kg	8	В	10:35	10:45	10:45	11:15	11:15	11:25	12:15				
		8	Α	11:30	11:40	11:40	12:10	12:10	12:20	13:15	13:20	13:30		
					ا	BREAK								
		8	С	13:50	14:00	14:00	14:30	14:30	14:40	15:30				
11	Women's Up to 45 kg	7	В	14:45	14:55	14:55	15:25	15:25	15:35	16:15				
		7	Α	15:30	15:40	15:40	16:10	16:10	16:20	17:05	17:10	17:20		
		6	С	16:40	16:50	16:50	17:20	17:20	17:30	18:05				
12	Women's Up to 41 kg	6	В	17:20	17:30	17:30	18:00	18:00	18:10	18:45				
		6	Α	18:00	18:10	18:10	18:40	18:40	18:50	19:30	19:35	19:45		

	Wednesday, 15 October 2025													
Day 7	Category	Number of	Group	Kit C	Check	Warm-Up Area	Call Area	Athletes'	Comp	etition	Victory C	eremony		
Day 7	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish		
		8	D	08:10	08:20	08:20	08:50	08:50	09:00	09:50				
13	Women's Up to 61 kg	8	С	09:05	09:15	09:15	09:45	09:45	09:55	10:45				
13	Women's Op to or kg	8	В	10:00	10:10	10:10	10:40	10:40	10:50	11:40				
		8	Α	10:55	11:05	11:05	11:35	11:35	11:45	12:40	12:45	12:55		
						BREAK								
		10	С	13:15	13:25	13:25	13:55	13:55	14:05	15:05				
14	Men's Up to 49 kg	10	В	14:20	14:30	14:30	15:00	15:00	15:10	16:10				
		10	Α	15:25	15:35	15:35	16:05	16:05	16:15	17:20	17:25	17:35		
		8	С	16:55	17:05	17:05	17:35	17:35	17:45	18:35				
15	Women's Up to 67 kg	8	В	17:50	18:00	18:00	18:30	18:30	18:40	19:30				
		8	Α	18:45	18:55	18:55	19:25	19:25	19:35	20:30	20:35	20:45		

Thursday, 16 October 2025														
Day 9	Day 8 Category Number of Group Kit Check Warm-Up Area Call Area Athletes' Competition Victory Ceremony													
Days	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish		
		10	С	09:10	09:20	09:20	09:50	09:50	10:00	11:00				
16	Men's Up to 97 kg	9	В	10:15	10:25	10:25	10:55	10:55	11:05	12:00				
		9	Α	11:15	11:25	11:25	11:55	11:55	12:05	13:05	13:10	13:20		
					Į.	BREAK								
		9	С	13:40	13:50	13:50	14:20	14:20	14:30	15:25				
17	Men's Up to 107 kg	9	В	14:40	14:50	14:50	15:20	15:20	15:30	16:25				
		8	Α	15:40	15:50	15:50	16:20	16:20	16:30	17:25	17:30	17:40		
		8	С	17:00	17:10	17:10	17:40	17:40	17:50	18:40				
18	Women's Over 86 kg	8	В	17:55	18:05	18:05	18:35	18:35	18:45	19:35				
		8	Α	18:50	19:00	19:00	19:30	19:30	19:40	20:35	20:40	20:50		

	Friday, 17 October 2025													
Day 9	Category	Number of	Group	Kit C	heck	Warm-Up Area	Call Area	Athletes'	Comp	etition	Victory C	Ceremony		
Day 5	Category	athletes	Division	Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish		
		9	С	09:10	09:20	09:20	09:50	09:50	10:00	10:55				
19	Women's Up to 86 kg	9	В	10:10	10:20	10:20	10:50	10:50	11:00	11:55				
		9	Α	11:10	11:20	11:20	11:50	11:50	12:00	13:00	13:05	13:15		
					ĺ	BREAK								
		10	С	13:35	13:45	13:45	14:15	14:15	14:25	15:25				
20	Men's Over 107 kg	10	В	14:40	14:50	14:50	15:20	15:20	15:30	16:30				
		10	Α	15:45	15:55	15:55	16:25	16:25	16:35	17:40	17:45	17:55		

				:	Saturday, 1	l8 October 202	5					
Day 10	Category	Number of	Group	Kit C	Check	Warm-Up Area	Call Area	Athletes'	Comp	etition	Victory (	Ceremony
Day 10	Category	teams	Division	Start	Finish	Open	Start	Presentation	Start	Finish	Start	Finish
					Men's	Team Event						
		6	С	08:05	08:15	08:15	08:45	08:50	09:00	09:35		
	Heats	6	В	08:50	09:00	09:00	09:25	09:30	09:40	10:15		
21		6	Α	09:30	09:40	09:40	10:05	10:10	10:20	10:55		
21	Head-to-Head	4				10:55			11:05	11:30		
	Bronze Match	2				11:30		11:35	11:45	11:55		
	Gold Match	2				11.50		11.55	12:00	12:10	12:15	12:30
					Women'	s Team Event						
	Heats	7	В	12:00	12:10	12:10	12:40	12:45	12:55	13:35		
	rieats	6	Α	12:50	13:00	13:00	13:25	13:30	13:40	14:15		
22	Head-to-Head	4				14:15			14:25	14:50		
	Bronze Match	2				14:50		14:55	15:05	15:15		
	Gold Match	2				14.30		14.55	15:20	15:30	15:35	15:50
					ĺ	BREAK						
					Mixed	Team Event						
		7	С	16:05	16:15	16:15	16:45	16:50	17:00	17:40		
	Heats	7	В	16:55	17:05	17:05	17:30	17:35	17:45	18:25		
23		6	Α	17:40	17:50	17:50	18:15	18:20	18:30	19:05		
23	Head-to-Head	4				19:05			19:15	19:40		
	Bronze Match	2				19:40		19:45	19:55	20:05		
	Gold Match	2				19.40		19.43	20:10	20:20	20:25	20:40

Saturday, 18 October 2025 CLOSING CEREMONY