

Cairo 2025 Para powerlifting World Championships Preliminary Competition Schedule

9 - 18 October 2025



v. 12 Sep

Wednesday, 8 October 2025 OPENING CEREMONY

Rookie & Next Gen Championships

Thursday, 9 October 2025												
Day 1	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area	Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Open		Start	Finish	Start	Finish
1	Men's Up to 49 kg	9	B	08:40	08:50	08:50	09:15	09:20	09:30	10:25		
		9	A	09:35	09:45	09:45	10:15	10:15	10:25	11:25	11:30	11:45
2 Victory Ceremonies: Rookie (G,S,B); Next Gen (G,S,B)												
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 Ceremonies: Up to 41 kg Rookie (G,S,B); Next Gen (G,S) & Up to 45 kg Rookie (G,S); Next Gen (G,S,B)												
BREAK												
3	Men's Up to 54 kg	6	B	13:55	14:05	14:05	14:35	14:35	14:45	15:20		
		6	A	14:30	14:40	14:40	15:10	15:10	15:20	16:00	16:05	16:20
2 Victory Ceremonies: Rookie (G,S); Next Gen (G,S,B)												
4	Men's Up to 59 kg	8	A	15:40	15:50	15:50	16:20	16:20	16:30	17:25	17:30	17:45
2 Victory Ceremonies: Rookie (G,S,B); Next Gen (G,S,B)												
5	Men's Up to 65 kg	9	A	17:05	17:15	17:15	17:45	17:45	17:55	18:55	19:00	19:15
2 Victory Ceremonies: Rookie (G by MS); Next Gen (G,S,B)												
6	Women's Up to 50 kg Women's Up to 55 kg	8	A	18:35	18:45	18:45	19:15	19:15	19:25	20:25	20:35	21:05
4 Victory Ceremonies: Up to 50 kg Rookie (G,S); Next Gen (G,S,B) & Up to 55 kg Rookie (G,S); Next Gen (G by MS)												

Friday, 10 October 2025												
Day 2	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area	Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Open		Start	Finish	Start	Finish
7	Women's Up to 61 kg	6	A	08:10	08:20	08:20	08:50	08:50	09:00	09:40	09:45	10:00
2 Victory Ceremonies: Rookie (G,S,B); Next Gen (G,S)												
8	Men's Up to 72 kg	7	B	09:20	09:30	09:30	10:00	10:00	10:10	10:50		
		6	A	10:05	10:15	10:15	10:45	10:45	10:55	11:35	11:40	11:55
2 Victory Ceremonies: Rookie (G,S,B); Next Gen (G,S,B)												
9	Men's Up to 88 kg	8	A	11:15	11:25	11:25	11:55	11:55	12:05	13:00	13:05	13:20
2 Victory Ceremonies: Rookie (G,S,B); Next Gen (G,S,B)												
10	Women's Up to 79 kg Women's Up to 86 kg	6	A	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,B); Next Gen (G,S) & Up to 86 kg Next Gen (G by MS)												
BREAK												
11	Men's Up to 80 kg	6	A	15:05	15:15	15:15	15:45	15:45	15:55	16:35	16:40	16:55
2 Victory Ceremonies: Rookie (G by MS); Next Gen (G,S,B)												
12	Men's Up to 97 kg	6	A	16:15	16:25	16:25	16:55	16:55	17:05	17:45	17:50	18:05
2 Victory Ceremonies: Rookie (G,S,B); Next Gen (G,S,B)												
13	Women's Up to 67 kg Women's Up to 73 kg	6	A	17:25	17:35	17:35	18:05	18:05	18:15	19:00	19:10	19:25
2 Victory Ceremonies: Up to 67 kg Next Gen (G,S,B) & Up to 73 kg Next Gen (G,S,B)												
14	Men's Up to 107 kg Men's Over 107 kg	8	A	18:45	18:55	18:55	19:25	19:25	19:35	20:35	20:40	21:00
4 Victory Ceremonies: Up to 107 kg Rookie (G,S); Next Gen (G,S) & Over 107 kg Rookie (G,S); Next Gen (G,S)												

Elite Championships

Saturday, 11 October 2025												
Day 3	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area	Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Open		Start	Finish	Start	Finish
1	Men's Up to 80 kg	9	C	09:10	09:20	09:20	09:50	09:50	10:00	10:55		
		9	B	10:10	10:20	10:20	10:50	10:50	11:00	11:55		
		9	A	11:10	11:20	11:20	11:50	11:50	12:00	13:00	13:05	13:15
BREAK												
2	Women's Up to 50 kg	9	B	13:35	13:45	13:45	14:15	14:15	14:25	15:20		
		10	A	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	B	16:05	16:15	16:15	16:45	16:45	16:55	17:35		
		8	A	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 athletes	Group Division	Kit Check		Warm-Up Area	Call Area	Athletes'	Competition		Victory Ceremony	
				Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish
4	Men's Up to 88 kg	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		
		8	C	10:05	10:15	10:15	10:45	10:45	10:55	11:45		
		8	B	11:00	11:10	11:10	11:40	11:40	11:50	12:40		
		8	A	11:55	12:05	12:05	12:35	12:35	12:45	13:40		
BREAK												
5	Men's Up to 59 kg	10	C	14:15	14:25	14:25	14:55	14:55	15:05	16:05		
		10	B	15:20	15:30	15:30	16:00	16:00	16:10	17:10		
		9	A	16:25	16:35	16:35	17:05	17:05	17:15	18:15		
6	Women's Up to 55 kg	8	C	17:50	18:00	18:00	18:30	18:30	18:40	19:30		
		8	B	18:45	18:55	18:55	19:25	19:25	19:35	20:25		
		8	A	19:40	19:50	19:50	20:20	20:20	20:30	21:25		

Monday, 13 October 2025													
Day 5	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area	Call Area	Athletes'	Competition		Victory Ceremony		
				Start	Finish	Open	Open	Presentation	Start	Finish	Start	Finish	
7	Men's Up to 72 kg	9	D	08:10	08:20	08:20	08:50	08:50	09:00	09:55			
		9	C	09:10	09:20	09:20	09:50	09:50	10:00	10:55			
		9	B	10:10	10:20	10:20	10:50	10:50	11:00	11:55			
		9	A	11:10	11:20	11:20	11:50	11:50	12:00	13:00			13:05
BREAK													
8	Men's Up to 65 kg	9	D	13:35	13:45	13:45	14:15	14:15	14:25	15:20			
		9	C	14:35	14:45	14:45	15:15	15:15	15:25	16:20			
		9	B	15:35	15:45	15:45	16:15	16:15	16:25	17:20			
		9	A	16:35	16:45	16:45	17:15	17:15	17:25	18:25			18:30
9	Women's Up to 73 kg	8	C	18:00	18:10	18:10	18:40	18:40	18:50	19:40			
		8	B	18:55	19:05	19:05	19:35	19:35	19:45	20:35			
		8	A	19:50	20:00	20:00	20:30	20:30	20:40	21:35			21:40

Tuesday, 14 October 2025												
Day 6	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area	Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish				Open	Open	Start	Finish
10	Men's Up to 54 kg	9	D	08:40	08:50	08:50	09:20	09:20	09:30	10:25		
		8	C	09:40	09:50	09:50	10:20	10:20	10:30	11:20		
		8	B	10:35	10:45	10:45	11:15	11:15	11:25	12:15		
		8	A	11:30	11:40	11:40	12:10	12:10	12:20	13:15		
BREAK												
11	Women's Up to 45 kg	8	C	13:50	14:00	14:00	14:30	14:30	14:40	15:30		
		7	B	14:45	14:55	14:55	15:25	15:25	15:35	16:15		
		7	A	15:30	15:40	15:40	16:10	16:10	16:20	17:05		
12	Women's Up to 41 kg	6	C	16:40	16:50	16:50	17:20	17:20	17:30	18:05		
		6	B	17:20	17:30	17:30	18:00	18:00	18:10	18:45		
		6	A	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 athletes	Group Division	Kit Check		Warm-Up Area	Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish				Open	Open	Start	Finish
13	Women's Up to 61 kg	8	D	08:10	08:20	08:20	08:50	08:50	09:00	09:50		
		8	C	09:05	09:15	09:15	09:45	09:45	09:55	10:45		
		8	B	10:00	10:10	10:10	10:40	10:40	10:50	11:40		
		8	A	10:55	11:05	11:05	11:35	11:35	11:45	12:40		
BREAK												
14	Men's Up to 49 kg	10	C	13:15	13:25	13:25	13:55	13:55	14:05	15:05		
		10	B	14:20	14:30	14:30	15:00	15:00	15:10	16:10		
		10	A	15:25	15:35	15:35	16:05	16:05	16:15	17:20		
15	Women's Up to 67 kg	8	C	16:55	17:05	17:05	17:35	17:35	17:45	18:35		
		8	B	17:50	18:00	18:00	18:30	18:30	18:40	19:30		
		8	A	18:45	18:55	18:55	19:25	19:25	19:35	20:30		
											20:35	20:45

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

