



Cairo 2025 Para powerlifting World Championships Competition Schedule

9 - 18 October 2025



v. 10 Oct

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 | 09:50 | 10:00 | 10:55 | | |
| | | 8 | B | 10:15 | 10:25 | 10:25 | 10:55 | 11:00 | 11:00 | 11:05 | 11:55 | | |
| | | 8 | A | 11:15 | 11:25 | 11:25 | 11:55 | 12:00 | 12:00 | 12:05 | 13:00 | 13:05 | 13:15 |
| Victory Ceremony | | | | | | | | | | | | | |
| BREAK | | | | | | | | | | | | | |
| 2 | Women's Up to 50 kg | 10 | B | 13:40 | 13:50 | 13:50 | 14:20 | 14:20 | 14:20 | 14:30 | 15:30 | | |
| | | 10 | A | 14:50 | 15:00 | 15:00 | 15:30 | 15:35 | 15:35 | 15:40 | 16:45 | 16:50 | 17:00 |
| Victory Ceremony | | | | | | | | | | | | | |
| 3 | Women's Up to 79 kg | 8 | B | 16:25 | 16:35 | 16:35 | 17:05 | 17:05 | 17:05 | 17:15 | 18:05 | | |
| | | 8 | A | 17:25 | 17:35 | 17:35 | 18:05 | 18:10 | 18:10 | 18:15 | 19:10 | 19:15 | 19:25 |
| Victory Ceremony | | | | | | | | | | | | | |

Sunday, 12 October 2025

| Day 4 | 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 |
| 4 | Men's Up to 88 kg | 10 | D | 08:10 | 08:20 | 08:20 | 08:50 | 08:50 | 09:00 | 10:00 | | | |
| | | 10 | C | 09:20 | 09:30 | 09:30 | 10:00 | 10:05 | 10:10 | 11:10 | | | |
| | | 10 | B | 10:30 | 10:40 | 10:40 | 11:10 | 11:15 | 11:20 | 12:20 | | | |
| | | 9 | A | 11:40 | 11:50 | 11:50 | 12:20 | 12:25 | 12:30 | 13:30 | 13:35 | 13:45 | |
| Victory Ceremony | | | | | | | | | | | | | |
| BREAK | | | | | | | | | | | | | |
| 5 | Men's Up to 59 kg | 9 | C | 14:10 | 14:20 | 14:20 | 14:50 | 14:50 | 15:00 | 15:55 | | | |
| | | 9 | B | 15:15 | 15:25 | 15:25 | 15:55 | 16:00 | 16:05 | 17:00 | | | |
| | | 9 | A | 16:20 | 16:30 | 16:30 | 17:00 | 17:05 | 17:10 | 18:10 | 18:15 | 18:25 | |
| Victory Ceremony | | | | | | | | | | | | | |
| 6 | Women's Up to 55 kg | 7 | C | 17:50 | 18:00 | 18:00 | 18:30 | 18:30 | 18:40 | 19:20 | | | |
| | | 7 | B | 18:40 | 18:50 | 18:50 | 19:20 | 19:30 | 19:30 | 20:10 | | | |
| | | 7 | A | 19:30 | 19:40 | 19:40 | 20:20 | 20:25 | 20:20 | 21:05 | 21:10 | 21:20 | |
| Victory Ceremony | | | | | | | | | | | | | |

Monday, 13 October 2025

| Day 5 | 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 | Men's Up to 72 kg | 9 | D | 08:10 | 08:20 | 08:20 | 08:50 | 08:50 | 08:50 | 09:00 | 09:55 | | |
| | | 8 | C | 09:15 | 09:25 | 09:25 | 09:55 | 10:00 | 10:05 | 10:55 | | | |
| | | 8 | B | 10:15 | 10:25 | 10:25 | 10:55 | 11:00 | 11:05 | 11:55 | | | |
| | | 8 | A | 11:15 | 11:25 | 11:25 | 11:55 | 12:00 | 12:05 | 13:00 | 13:05 | 13:15 | |
| Victory Ceremony | | | | | | | | | | | | | |
| BREAK | | | | | | | | | | | | | |
| 8 | Men's Up to 65 kg | 10 | D | 13:40 | 13:50 | 13:50 | 14:20 | 14:20 | 14:20 | 14:30 | 15:30 | | |
| | | 9 | C | 14:50 | 15:00 | 15:00 | 15:30 | 15:35 | 15:40 | 16:35 | | | |
| | | 9 | B | 15:55 | 16:05 | 16:05 | 16:35 | 16:40 | 16:45 | 17:40 | | | |
| | | 9 | A | 17:00 | 17:10 | 17:10 | 17:40 | 17:45 | 17:50 | 18:50 | 18:55 | 19:05 | |
| Victory Ceremony | | | | | | | | | | | | | |
| 9 | Women's Up to 73 kg | 8 | C | 18:30 | 18:40 | 18:40 | 19:10 | 19:10 | 19:10 | 19:20 | 20:10 | | |
| | | 7 | B | 19:30 | 19:40 | 19:40 | 20:10 | 20:15 | 20:20 | 21:00 | | | |
| | | 7 | A | 20:20 | 20:30 | 20:30 | 21:00 | 21:10 | 21:10 | 21:55 | 22:00 | 22:10 | |
| Victory Ceremony | | | | | | | | | | | | | |

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 | Start | Finish |
| 10 | Men's Up to 54 kg | 8 | D | 08:40 | 08:50 | 08:50 | 09:20 | 09:20 | 09:30 | 10:20 | | | |
| | | 8 | C | 09:40 | 09:50 | 09:50 | 10:20 | 10:25 | 10:30 | 11:20 | | | |
| | | 8 | B | 10:40 | 10:50 | 10:50 | 11:20 | 11:25 | 11:30 | 12:20 | | | |
| | | 7 | A | 11:40 | 11:50 | 11:50 | 12:20 | 12:25 | 12:30 | 13:20 | 13:25 | 13:35 | |
| Victory Ceremony | | | | | | | | | | | | | |
| BREAK | | | | | | | | | | | | | |
| 11 | Women's Up to 45 kg | 8 | C | 13:55 | 14:05 | 14:05 | 14:35 | 14:35 | 14:45 | 15:35 | | | |
| | | 7 | B | 14:55 | 15:05 | 15:05 | 15:35 | 14:40 | 15:45 | 16:30 | | | |
| | | 7 | A | 15:50 | 16:00 | 16:00 | 16:30 | 16:35 | 16:40 | 17:25 | 17:30 | 17:40 | |
| Victory Ceremony | | | | | | | | | | | | | |
| 12 | Women's Up to 41 kg | 9 | B | 17:05 | 17:15 | 17:15 | 17:45 | 17:45 | 17:55 | 18:50 | | | |
| | | 9 | A | 18:10 | 18:20 | 18:20 | 18:50 | 18:55 | 19:00 | 20:00 | | | 20:05 |

| | |
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| Victory Ceremony | |
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| Day 7 | 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 |
| 13 | Women's Up to 61 kg | 10 | C | 08:10 | 08:20 | 08:20 | 08:50 | 08:50 | 09:00 | 10:00 | | |
| | | 10 | B | 09:20 | 09:30 | 09:30 | 10:00 | 10:05 | 10:10 | 11:10 | | |
| | | 9 | A | 10:30 | 10:40 | 10:40 | 11:10 | 11:15 | 11:20 | 12:20 | | |
| Victory Ceremony | | | | | | | | | | | | |
| BREAK | | | | | | | | | | | | |
| 14 | Men's Up to 49 kg | 10 | C | 12:55 | 13:05 | 13:05 | 13:35 | 13:35 | 13:45 | 14:45 | | |
| | | 9 | B | 14:05 | 14:15 | 14:15 | 14:45 | 14:55 | 14:55 | 15:50 | | |
| | | 9 | A | 15:10 | 15:20 | 15:20 | 15:50 | 16:00 | 16:00 | 17:00 | | |
| Victory Ceremony | | | | | | | | | | | | |
| 15 | Women's Up to 67 kg | 9 | C | 16:40 | 16:50 | 16:50 | 17:20 | 17:25 | 17:30 | 18:25 | | |
| | | 8 | B | 17:45 | 17:55 | 17:55 | 18:25 | 18:35 | 18:35 | 19:25 | | |
| | | 8 | A | 18:45 | 18:55 | 18:55 | 19:25 | 19:35 | 19:35 | 20:30 | | |
| Victory Ceremony | | | | | | | | | | | | |

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 | | |
| | | 10 | B | 10:20 | 10:30 | 10:30 | 11:00 | 11:05 | 11:10 | 12:10 | | |
| | | 9 | A | 11:30 | 11:40 | 11:40 | 12:10 | 12:15 | 12:20 | 13:20 | 13:25 | 13:35 |
| Victory Ceremony | | | | | | | | | | | | |
| BREAK | | | | | | | | | | | | |
| 17 | Men's Up to 107 kg | 8 | C | 13:55 | 14:05 | 14:05 | 14:35 | 14:35 | 14:45 | 15:35 | | |
| | | 8 | B | 14:55 | 15:05 | 15:05 | 15:35 | 15:40 | 15:45 | 16:35 | | |
| | | 8 | A | 15:55 | 16:05 | 16:05 | 16:35 | 16:40 | 16:45 | 17:40 | 17:45 | 17:55 |
| Victory Ceremony | | | | | | | | | | | | |
| 18 | Women's Over 86 kg | 8 | C | 17:20 | 17:30 | 17:30 | 18:00 | 18:00 | 18:10 | 19:00 | | |
| | | 7 | B | 18:20 | 18:30 | 18:30 | 19:00 | 19:05 | 19:10 | 19:50 | | |
| | | 7 | A | 19:10 | 19:20 | 19:20 | 19:50 | 19:50 | 20:00 | 20:45 | 20:50 | 21:00 |
| Victory Ceremony | | | | | | | | | | | | |

Friday, 17 October 2025

| Day 9 | 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 |
| 19 | Women's Up to 86 kg | 9 | C | 09:10 | 09:20 | 09:20 | 09:50 | 09:50 | 10:00 | 10:55 | | |
| | | 9 | B | 10:15 | 10:25 | 10:25 | 10:55 | 11:00 | 11:05 | 12:00 | | |
| | | 9 | A | 11:20 | 11:30 | 11:30 | 12:00 | 12:05 | 12:10 | 13:10 | | |
| Victory Ceremony | | | | | | | | | | | | |
| BREAK | | | | | | | | | | | | |
| 20 | Men's Over 107 kg | 10 | C | 13:40 | 13:50 | 13:50 | 14:20 | 14:20 | 14:30 | 15:30 | | |
| | | 10 | B | 14:50 | 15:00 | 15:00 | 15:30 | 15:35 | 15:40 | 16:40 | | |
| | | 10 | A | 16:00 | 16:10 | 16:10 | 16:40 | 16:45 | 16:50 | 17:55 | | |
| Victory Ceremony | | | | | | | | | | | | |