

Tbilisi 2026 Para powerlifting European Open Championships Preliminary Competition Schedule

06 - 11 March 2026

v. 09 Feb

Friday, 6 March 2026													
Day 1	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Close			Open	Start	Finish	Start
1	Men's Up to 54 kg	6	B	08:40	08:50	08:50	09:36	09:15	09:20	09:30	10:05		
		6	A	09:25	09:35	09:35	10:21	10:00	10:05	10:15	10:55	11:00	11:20
2 Victory Ceremonies: Up to 54 kg European Championships (G,S,B); Up to 54 kg Open Championships (G,S,B)													
2	Women's Up to 41 kg	9	A	10:45	10:55	10:55	11:44	11:20	11:25	11:35	12:35	12:40	13:00
2 Victory Ceremonies: Up to 41 kg European Championships(G,S,B); Up to 41 kg Open Championships (G,S,B)													
OPENING CEREMONY (13:30 - 14:30)													
BREAK													
3	Men's Up to 49 kg	8	B	15:10	15:20	15:20	16:08	15:45	15:50	16:00	16:50		
		7	A	16:10	16:20	16:20	17:07	16:45	16:50	17:00	17:45	17:50	18:10
2 Victory Ceremonies: Up to 49 kg European Championships (G,S,B); Up to 49 kg Open Championships (G,S,B)													
4	Women's Up to 45 kg	5	A	17:35	17:45	17:45	18:30	18:10	18:15	18:25	19:00	19:05	19:25
2 Victory Ceremonies: Up to 45 kg European Championships (G,S,B); Up to 45 kg Open Championships (G,S,B)													

Saturday, 7 March 2026													
Day 2	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Close	Open		Start	Finish	Start	Finish
5	Women's Up to 50 kg	8	A	08:40	08:50	08:50	09:38	09:15	09:20	09:30	10:25	10:30	10:40
1 Victory Ceremony: Up to 50 kg European Championships (G,S,B)													
6	Men's Up to 59 kg	7	B	10:05	10:15	10:15	11:02	10:40	10:45	10:55	11:35		
		7	A	10:55	11:05	11:05	11:52	11:30	11:35	11:45	12:30	12:35	12:55
2 Victory Ceremonies: Up to 59 kg European Championships (G,S,B); Up to 59 kg Open Championships (G,S,B)													
BREAK													
7	Men's Up to 65 kg	8	B	13:10	13:20	13:20	14:08	13:45	13:50	14:00	14:50		
		8	A	14:10	14:20	14:20	15:08	14:45	14:50	15:00	15:55	16:00	16:20
2 Victory Ceremonies: Up to 65 kg European Championships (G,S,B); Up to 65 kg Open Championships (G,S,B)													
8	Women's Up to 55 kg	5	A	15:45	15:55	15:55	16:40	16:20	16:25	16:35	17:10	17:15	17:25
1 Victory Ceremony: Up to 55 kg European Championships (G,S,B)													

Sunday, 8 March 2026													
Day 3	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Close			Open	Start	Finish	Start
9	Men's Up to 107 kg	8	A	08:40	08:50	08:50	09:38	09:15	09:20	09:30	10:25	10:30	10:40
1 Victory Ceremony: Up to 107 kg European Championships (G,S,B)													
10	Women's Up to 73 Women's Up to 79	9	A	10:05	10:15	10:15	11:04	10:40	10:45	10:55	12:00	12:05	12:25
2 Victory Ceremonies: Up to 73 kg European Championships (G,S,B); Up to 79 kg European Championships (G,S,B)													
BREAK													
11	Women's Up to 61 kg	6	B	13:10	13:20	13:20	14:06	13:45	13:50	14:00	14:35		
		6	A	13:55	14:05	14:05	14:51	14:30	14:35	14:45	15:25	15:30	15:50
2 Victory Ceremonies: Up to 61 kg European Championships (G,S,B); Up to 61 kg Open Championships (G,S,B)													
12	Men's Up to 88 kg	5	B	15:15	15:25	15:25	16:10	15:50	15:55	16:05	16:35		
		6	A	15:55	16:05	16:05	16:51	16:30	16:35	16:45	17:25	17:30	17:40
1 Victory Ceremony: Up to 88 kg European Championships (G,S,B)													

Monday, 9 March 2026													
Day 4	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Close			Open	Start	Finish	Start
13	Men's Up to 80 kg	7	C	09:10	09:20	09:20	10:07	09:45	10:25	10:00	10:40		
		7	B	10:00	10:10	10:10	10:57	10:35	10:40	10:50	11:30		
		7	A	10:50	11:00	11:00	11:47	11:25	11:30	11:40	12:25		
2 Victory Ceremonies: Up to 80 kg European Championships (G,S,B); Up to 80 kg Open Championships (G,S,B)													
BREAK													
14	Men's Up to 97 kg	7	B	13:10	13:20	13:20	14:07	13:45	13:50	14:00	14:40		
		6	A	14:00	14:10	14:10	14:56	14:35	14:40	14:50	15:30	15:35	15:45
1 Victory Ceremony: Up to 97 kg European Championships (G,S,B)													
15	Women's Up to 86 kg	9	A	15:10	15:20	15:20	16:09	15:45	15:50	16:00	17:05	17:10	17:30
	Women's Over 86 kg												
2 Victory Ceremonies: Up to 86 kg European Championships (G,S,B); Over 86 kg European Championships (G,S,B)													



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Tuesday, 10 March 2026													
Day 5	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes' Presentation	Competition		Victory Ceremony	
				Start	Finish	Open	Close			Open	Start	Finish	Start
16	Men's Over 107 kg	8	A	08:10	08:20	08:20	09:08	08:45	08:50	09:00	09:55	10:00	10:20
2 Victory Ceremonies: Over 107 kg European Championships (G,S,B); Over 107 kg Open Championships (G,S,B)													
17	Women's Up to 67 kg	7	B	09:45	09:55	09:55	10:42	10:20	10:25	10:35	11:15		
		6	A	10:35	10:45	10:45	11:31	11:10	11:15	11:25	12:05	12:10	12:30
2 Victory Ceremonies: Up to 67 kg European Championships (G,S,B); Up to 67 kg Open Championships (G,S,B)													
BREAK													
18	Men's Up to 72 kg	8	B	13:10	13:20	13:20	14:08	13:45	13:50	14:00	14:50		
		7	A	14:10	14:20	14:20	15:07	14:45	14:50	15:00	15:45	15:50	16:05
2 Victory Ceremonies: Up to 72 kg European Championships (G,S,B); Up to 72 kg Open Championships (G,S,B)													

Wednesday, 11 March 2026														
Day 6	Category	Number of teams	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes' Presentation	Competition		Victory Ceremony		
				Start	Finish	Open	Close			Start	Start	Finish	Start	Finish
Men's Team Event														
19	Heats	6		09:10	09:20	09:20	11:40	09:40	09:45	10:00	10:35			
	Head-to-Head	4				10:35				10:45	11:10			
	Bronze Match	2				11:10				11:15	11:25			11:35
	Gold Match	2							11:40	11:50	11:55			12:10
Mixed Team Event														
20	Heats	3		11:40	11:50	11:50	12:59	12:10	12:20	12:30	12:50	13:10	13:20	
	Gold Match	2								12:55	13:05			

