



Tbilisi 2026 Para powerlifting European Open Championships Competition Schedule

06 - 11 March 2026

v. Mar 05

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	Open	Start	Finish	Start	Finish	
1	Men's Up to 54 kg	6	B	08:10	08:20	08:20	08:45	08:50	09:00	09:35		
		6	A	08:55	09:05	09:05	09:30	09:35	09:45	10:25	10:30	10:50
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	6	B	10:15	10:25	10:25	10:50	10:55	11:05	11:40		
	Women's Up to 45	6	A	11:00	11:10	11:10	11:35	11:40	11:50	12:35	12:40	13:05
3 Victory Ceremonies: Up to 41 kg European Championships (G,S,B); Up to 41 kg Open Championships (G,S,B); Up to 45 kg European Championships (G,S,B) + 45 kg Open Championships (G,S,B)												
OPENING CEREMONY (13:30 - 14:30)												
BREAK												
3	Men's Up to 49 kg	7	B	15:10	15:20	15:20	15:45	15:50	16:00	16:40		
		7	A	16:00	16:10	16:10	16:35	16:40	16:50	17:35	17:40	17:55
2 Victory Ceremonies: Up to 49 kg European Championships (G,S,B); Up to 49 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	Open	Start	Finish	Start	Finish	
4	Women's Up to 50 kg	7	A	08:40	08:50	08:50	09:15	09:20	09:30	10:15	10:20	10:30
1 Victory Ceremony: Up to 50 kg European Championships (G,S,B) + Up to 50 kg Open Championships (G,S,B)												
5	Men's Up to 59 kg	5	B	09:55	10:05	10:05	10:30	10:35	10:45	11:15		
		6	A	10:35	10:45	10:45	11:10	11:15	11:25	12:05	12:10	12:20
1 Victory Ceremony: Up to 59 kg European Championships (G,S,B) + Up to 59 kg Open Championships (G,S,B)												
BREAK												
6	Men's Up to 65 kg	9	B	13:10	13:20	13:20	13:45	13:50	14:00	14:55		
		8	A	14:15	14:25	14:25	14:50	14:55	15:05	16:00	16:05	16:25
2 Victory Ceremonies: Up to 65 kg European Championships (G,S,B); Up to 65 kg Open Championships (G,S,B)												
7	Women's Up to 55 kg	5	A	15:50	16:00	16:00	16:25	16:30	16:40	17:15	17:20	17:30
1 Victory Ceremony: Up to 55 kg European Championships (G,S,B) + Up to 55kg Open 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	Open	Start	Finish	Start	Finish	
8	Women's Up to 73	9	A	08:40	08:50	08:50	09:15	09:20	09:30	10:30	10:35	10:45
1 Victory Ceremony: Up to 73 kg European Championships (G,S,B) + Up to 73 kg Open Championships (G,S,B)												
9	Women's Up to 79	7	A	10:10	10:20	10:20	10:45	10:50	11:00	11:45	11:50	12:00
1 Victory Ceremony: Up to 79 kg European Championships (G,S,B) + Up to 79 kg Open Championships (G,S,B);												
BREAK												
10	Women's Up to 61 kg	7	B	13:05	13:15	13:15	13:40	13:45	13:55	14:35		
		6	A	13:55	14:05	14:05	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)												
11	Men's Up to 88 kg	8	B	15:15	15:25	15:25	15:50	15:55	16:05	16:55		
		7	A	16:15	16:25	16:25	16:50	16:55	17:05	17:50	17:55	18:05
1 Victory Ceremony: Up to 88 kg European Championships (G,S,B) + Up to 88 kg Open Championships (G,S,B)												
12	Men's Up to 107 kg	9	A	17:30	17:40	17:40	18:05	18:10	18:20	19:20	19:25	19:35
1 Victory Ceremony: Up to 79 kg European Championships (G,S,B) + Up to 79 kg Open Championships (G,S,B)												



Tbilisi 2026 Para powerlifting European Open Championships Competition Schedule

06 - 11 March 2026

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	Open			Start	Finish	Start	Finish
13	Men's Up to 80 kg	9	B	09:10	09:20	09:20	09:45	09:50	10:00	10:55			
		9	A	10:15	10:25	10:25	10:50	10:55	11:05	12:05	12:10	12:30	
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	13:45	13:50	14:00	14:40			
		6	A	14:00	14:10	14:10	14:35	14:40	14:50	15:30	15:35	15:45	
1 Victory Ceremony: Up to 97 kg European Championships (G,S,B) + Up to 97 kg Open Championships (G,S,B)													
15	Women's Up to 86 kg Women's Over 86 kg	8	A	15:10	15:20	15:20	15:45	15:50	16:00	17:00	17:05	17:25	
		2 Victory Ceremonies: Up to 86 kg European Championships (G,S,B) + Open Championships (G,S,B); Over 86 kg European Championships (G,S,B) + Open Championships (G,S,B)											

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	Open			Start	Finish	Start	Finish
16	Men's Up to 72 kg	5	B	08:40	08:50	08:50	09:15	09:20	09:30	10:00			
		6	A	09:20	09:30	09:30	09:55	10:00	10:10	10:50	10:55	11:05	
1 Victory Ceremony: Up to 72 kg European Championships (G,S,B) + Up to 72 kg Open Championships (G,S,B)													
17	Women's Up to 67 kg	5	A	10:30	10:40	10:40	11:05	11:10	11:20	11:55	12:00	12:10	
1 Victory Ceremony: Up to 67 kg European Championships (G,S,B) + Up to 67 kg Open Championships (G,S,B)													
BREAK													
18	Men's Over 107 kg	6	A	13:10	13:20	13:20	13:45	13:50	14:00	14:40	14:45	14:55	
1 Victory Ceremony: Over 107 kg European Championships (G,S,B) + Over 107 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	Start			Start	Finish	Start	Finish
Men's Team Event													
19	Heats	5		09:10	09:20	09:20	09:40	09:45	10:00	10:30			
	Head-to-Head	4				10:30			10:40	11:05			
	Bronze Match	2				11:05		11:10	11:20	11:30			
	Gold Match	2							11:35	11:45	11:50	12:05	
Mixed Team Event													
20	Heats	3		11:35	11:45	11:45	12:05	12:15	12:25	12:45			
	Gold Match	2									12:50	13:00	13:05

