



Bangkok 2026 Para powerlifting Asia-Oceania Open Championships Preliminary Competition Schedule 07 - 12 April 2026



v. 13 Mar

Tuesday, 7 April 2026													
Day 1	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes'	Competition		Victory Ceremony	
				Start	Finish	Open	Close	Open	Presentation	Start	Finish	Start	Finish
1	Men's Up to 49 kg	8	B	08:10	08:20	08:20	09:08	08:45	08:50	09:00	09:50		
		7	A	09:15	09:25	09:25	10:12	09:50	09:55	10:05	10:50	10:55	11:15
3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships													
2	Women's Up to 41 kg	9	A	10:40	10:50	10:50	11:39	11:15	11:20	11:30	12:30	12:35	12:55
												3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships	
3	Women's Up to 45 kg	10	A	13:10	13:20	13:20	14:10	13:45	13:50	14:00	15:05	15:10	15:20
												1 Victory Ceremony: Asian Championships and Open Championships	
4	Men's Up to 54 kg	10	B	14:45	14:55	14:55	15:45	15:20	15:25	15:35	16:35		
		9	A	16:00	16:10	16:10	16:59	16:35	16:40	16:50	17:50	17:55	18:10
2 Victory Ceremonies: Asian Championships, Open Championships													
OPENING CEREMONY													

Wednesday, 8 April 2026													
Day 2	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes'	Competition		Victory Ceremony	
				Start	Finish	Open	Close	Open	Presentation	Start	Finish	Start	Finish
5	Men's Up to 59 kg	8	C	08:10	08:20	08:20	09:08	08:45	08:50	09:00	09:50		
		7	B	09:15	09:25	09:25	10:12	09:50	09:55	10:05	10:45		
		7	A	10:10	10:20	10:20	11:07	10:45	10:50	11:00	11:45	11:50	12:00
1 Victory Ceremony: Asian Championships and Open Championships													
6	Women's Up to 50 kg	5	B	11:25	11:35	11:35	12:20	12:00	12:05	12:15	12:45		
		6	A	12:10	12:20	12:20	13:06	12:45	12:50	13:00	13:40	13:45	14:00
2 Victory Ceremonies: Asian Championships, Open Championships													
7	Men's Up to 65 kg	10	B	14:10	14:20	14:20	15:10	14:45	14:50	15:00	16:00		
		10	A	15:25	15:35	15:35	16:25	16:00	16:05	16:15	17:20	17:25	17:40
2 Victory Ceremonies: Asian Championships, Open Championships													
8	Women's Up to 55 kg	6	B	17:10	17:20	17:20	18:06	17:45	17:50	18:00	18:35		
		6	A	18:00	18:10	18:10	18:56	18:35	18:40	18:50	19:30	19:35	19:55
3 Victory Ceremonies: Asian, Championships, Oceanian Championships, Open Championships													

Thursday, 9 April 2026													
Day 3	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes'	Competition		Victory Ceremony	
				Start	Finish	Open	Close	Open	Presentation	Start	Finish	Start	Finish
9	Women's Up to 61 kg	9	B	08:10	08:20	08:20	09:09	08:45	08:50	09:00	09:55		
		9	A	09:20	09:30	09:30	10:19	09:55	10:00	10:10	11:10	11:15	11:35
3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships													
10	Men's Up to 72 kg	9	B	11:00	11:10	11:10	11:59	11:35	11:40	11:50	12:45		
		9	A	12:10	12:20	12:20	13:09	12:45	12:50	13:00	14:00	14:05	14:15
1 Victory Ceremony: Asian Championships and Open Championships													
11	Women's Up to 67 kg	5	B	14:10	14:20	14:20	15:05	14:45	14:50	15:00	15:30		
		6	A	14:55	15:05	15:05	15:51	15:30	15:35	15:45	16:25	16:30	16:45
2 Victory Ceremonies: Asian Championships, Open Championships													
12	Men's Up to 80 kg	7	B	16:15	16:25	16:25	17:12	16:50	16:55	17:05	17:45		
		7	A	17:10	17:20	17:20	18:07	17:45	17:50	18:00	18:45	18:50	19:00
1 Victory Ceremony: Asian Championships and Open Championships													

Friday, 10 April 2026													
Day 4	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes'	Competition		Victory Ceremony	
				Start	Finish	Open	Close	Open	Presentation	Start	Finish	Start	Finish
13	Women's Up to 73 kg	5	B	08:10	08:20	08:20	09:05	08:45	08:50	09:00	09:30		
		6	A	08:55	09:05	09:05	09:51	09:30	09:35	09:45	10:25	10:30	10:40
1 Victory Ceremony: Asian Championships and Open Championships													
14	Men's Up to 88 kg	8	B	10:05	10:15	10:15	11:03	10:40	10:45	10:55	11:45		
		8	B	11:05	11:15	11:15	12:03	11:40	11:45	11:55	12:45		
		7	A	12:05	12:15	12:15	13:02	12:40	12:45	12:55	13:40	13:45	14:05
3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships													
15	Men's Up to 97 kg	9	B	14:10	14:20	14:20	15:09	14:45	14:50	15:00	15:55		
		8	A	15:20	15:30	15:30	16:18	15:55	16:00	16:10	17:05	17:10	17:30
3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships													
16	Women's Up to 79 kg	6	B	16:55	17:05	17:05	17:51	17:30	17:35	17:45	18:20		
		6	A	17:45	17:55	17:55	18:41	18:20	18:25	18:35	19:15	19:20	19:40
3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships													

Saturday, 11 April 2026													
Day 5	Category	Number of athletes	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes'	Competition		Victory Ceremony	
				Start	Finish	Open	Close	Open	Presentation	Start	Finish	Start	Finish
17	Women's Up to 86 kg	7	B	08:10	08:20	08:20	09:07	08:45	08:50	09:00	09:40		
		7	A	09:05	09:15	09:15	10:02	09:40	09:45	09:55	10:40	10:45	11:00
2 Victory Ceremonies: Asian Championships, Open Championships													
18	Men's Up to 107 kg	8	B	10:25	10:35	10:35	11:23	11:00	11:05	11:15	12:05		
		7	A	11:30	11:40	11:40	12:27	12:05	12:10	12:20	13:10	13:15	13:25

1 Victory Ceremony: Asian Championships and Open Championships													
19	Women's Over 86 kg	10	A	13:40	13:50	13:50	14:40	14:15	14:20	14:30	15:35	15:40	16:00
3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships													
20	Men's Over 107 kg	10	B	15:25	15:35	15:35	16:25	16:00	16:05	16:15	17:15	17:20	17:40
3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships													

Sunday, 12 April 2026													
Day 6	Category	Number of teams	Group Division	Kit Check		Warm-Up Area		Call Area	Athletes'	Competition		Victory Ceremony	
				Start	Finish	Open	Close	Start	Presentation	Start	Finish	Start	Finish
Men's Team Event													
21	Heats	8	B	08:10	08:20	08:20	09:08	08:45	08:50	09:00	09:50		
		7	A	09:15	09:25	09:25	10:12	09:50	09:55	10:05	10:45		
	Head-to-Head	4				10:45				10:55	11:20		
	Bronze Match	2						10:40	11:25	11:35	11:45		
Gold Match	2								11:50	12:00	12:05	12:20	
Women's Team Event													
22	Heats	7	B	11:50	12:00	12:00	12:47	12:25	12:30	12:40	13:20		
		7	A	12:45	12:55	12:55	13:42	13:20	13:25	13:35	14:15		
	Head-to-Head	4				14:15				14:25	14:50		
	Bronze Match	2						14:10	14:55	15:05	15:15		
Gold Match	2								15:20	15:30	15:35	15:50	
Mixed Team Event													
23	Heats	8	C	15:55	16:05	16:05	16:53	16:30	16:35	16:45	17:35		
		7	B			17:10	17:57	17:35	17:40	17:50	18:30		
		7	A			18:05	18:52	18:30	18:35	18:45	19:25		
	Head-to-Head	4				19:25				19:35	20:00		
	Bronze Match	2						19:20	20:05	20:15	20:25		
	Gold Match	2								20:30	20:40	20:45	21:00
CLOSING CEREMONY													