



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



v. 05 Apr

| 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 | Finish | Start | Finish |
| 1 | Men's Up to 49 kg | 7 | B | 9:10 | 9:20 | 9:20 | 10:07 | 9:45 | 9:50 | 10:00 | 10:40 | | |
| | | 7 | A | 10:05 | 10:15 | 10:15 | 11:02 | 10:40 | 10:45 | 10:55 | 11:40 | 11:45 | 12:05 |
| 3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships | | | | | | | | | | | | | |
| 2 | Women's Up to 41 kg | 8 | A | 11:30 | 11:40 | 11:40 | 12:28 | 12:05 | 12:10 | 12:20 | 13:15 | 13:20 | 13:30 |
| 1 Victory Ceremony: Asian Championships and Open Championships | | | | | | | | | | | | | |
| 3 | Women's Up to 45 kg | 6 | A | 13:40 | 13:50 | 13:50 | 14:36 | 14:15 | 14:20 | 14:30 | 15:10 | 15:15 | 15:25 |
| 1 Victory Ceremony: Asian Championships and Open Championships | | | | | | | | | | | | | |
| 4 | Men's Up to 54 kg | 8 | B | 14:50 | 15:00 | 15:00 | 15:48 | 15:25 | 15:30 | 15:40 | 16:30 | | |
| | | 7 | A | 15:55 | 16:05 | 16:05 | 16:52 | 16:30 | 16:35 | 16:45 | 17:30 | 17:35 | 17:50 |
| 2 Victory Ceremonies: Asian Championships, Open Championships | | | | | | | | | | | | | |
| OPENING CEREMONY (19:00) | | | | | | | | | | | | | |

| Wednesday, 8 April 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 | Finish | Start | Finish |
| 5 | Men's Up to 59 kg | 10 | B | 8:40 | 8:50 | 8:50 | 9:40 | 9:15 | 9:20 | 9:30 | 10:30 | | |
| | | 9 | A | 9:55 | 10:05 | 10:05 | 10:54 | 10:30 | 10:35 | 10:45 | 11:45 | 11:50 | 12:00 |
| 1 Victory Ceremony: Asian Championships and Open Championships | | | | | | | | | | | | | |
| 6 | Women's Up to 50 kg | 6 | B | 11:25 | 11:35 | 11:35 | 12:21 | 12:00 | 12:05 | 12:15 | 12:50 | | |
| | | 6 | A | 12:15 | 12:25 | 12:25 | 13:11 | 12:50 | 12:55 | 13:05 | 13:45 | 13:50 | 14:05 |
| 2 Victory Ceremonies: Asian Championships, Open Championships | | | | | | | | | | | | | |
| 7 | Men's Up to 65 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 | 17:25 |
| 2 Victory Ceremonies: Asian Championships, Open Championships | | | | | | | | | | | | | |
| 8 | Women's Up to 55 kg | 10 | A | 16:55 | 17:05 | 17:05 | 17:55 | 17:30 | 17:35 | 17:45 | 18:50 | 18:55 | 19:15 |
| 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' Presentation | Competition | | Victory Ceremony | |
| | | | | Start | Finish | Open | Close | | | Open | Finish | Start | Finish |
| 9 | Women's Up to 61 kg | 8 | B | 8:40 | 8:50 | 8:50 | 9:38 | 9:15 | 9:20 | 9:30 | 10:20 | | |
| | | 7 | A | 9:45 | 9:55 | 9:55 | 10:42 | 10:20 | 10:25 | 10:35 | 11:20 | 11:25 | 11:35 |
| 1 Victory Ceremony: Asian Championships and Open Championships | | | | | | | | | | | | | |
| 10 | Men's Up to 72 kg | 8 | B | 11:00 | 11:10 | 11:10 | 11:58 | 11:35 | 11:40 | 11:50 | 12:40 | | |
| | | 8 | A | 12:05 | 12:15 | 12:15 | 13:03 | 12:40 | 12:45 | 12:55 | 13:50 | 13:55 | 14:05 |
| 1 Victory Ceremony: Asian Championships and Open Championships | | | | | | | | | | | | | |
| 11 | Women's Up to 67 kg | 6 | B | 14:10 | 14:20 | 14:20 | 15:06 | 14:45 | 14:50 | 15:00 | 15:35 | | |
| | | 6 | A | 15:00 | 15:10 | 15:10 | 15:56 | 15:35 | 15:40 | 15:50 | 16:30 | 16:35 | 16:55 |
| 3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships | | | | | | | | | | | | | |
| 12 | Men's Up to 80 kg | 7 | B | 16:25 | 16:35 | 16:35 | 17:22 | 17:00 | 17:05 | 17:15 | 18:00 | | |
| | | 6 | A | 17:25 | 17:35 | 17:35 | 18:21 | 18:00 | 18:05 | 18:15 | 18:55 | 19:00 | 19:10 |
| 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' Presentation | Competition | | Victory Ceremony | |
| | | | | Start | Finish | Open | Close | | | Open | Finish | Start | Finish |
| 13 | Women's Up to 73 kg | 10 | A | 8:40 | 8:50 | 8:50 | 9:40 | 9:15 | 9:20 | 9:30 | 10:35 | 10:40 | 10:50 |
| 1 Victory Ceremony: Asian Championships and Open Championships | | | | | | | | | | | | | |
| 14 | Men's Up to 88 kg | 10 | B | 10:15 | 10:25 | 10:25 | 11:15 | 10:50 | 10:55 | 11:05 | 12:05 | | |
| | | 10 | A | 11:30 | 11:40 | 11:40 | 12:30 | 12:05 | 12:10 | 12:20 | 13:25 | 13:30 | 13:50 |
| 3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships | | | | | | | | | | | | | |
| 15 | Men's Up to 97 kg | 8 | B | 13:55 | 14:05 | 14:05 | 14:53 | 14:30 | 14:35 | 14:45 | 15:35 | | |
| | | 7 | A | 15:00 | 15:10 | 15:10 | 15:57 | 15:35 | 15:40 | 15:50 | 16:35 | 16:40 | 17:00 |
| 3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships | | | | | | | | | | | | | |
| 16 | Women's Up to 79 kg | 9 | A | 16:25 | 16:35 | 16:35 | 17:24 | 17:00 | 17:05 | 17:15 | 18:15 | 18:20 | 18:30 |
| 1 Victory Ceremony: Asian Championships and 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 | 5 | B | 8:40 | 8:50 | 8:50 | 9:35 | 9:15 | 9:20 | 9:30 | 10:00 | | |
| | | 6 | A | 9:25 | 9:35 | 9:35 | 10:21 | 10:00 | 10:05 | 10:15 | 10:55 | 11:00 | 11:20 |
| 3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships | | | | | | | | | | | | | |
| 18 | Men's Up to 107 kg | 5 | B | 10:45 | 10:55 | 10:55 | 11:40 | 11:20 | 11:25 | 11:35 | 12:05 | | |
| | | 6 | A | 11:30 | 11:40 | 11:40 | 12:26 | 12:05 | 12:10 | 12:20 | 13:00 | 13:05 | 13:15 |
| 1 Victory Ceremony: Asian Championships and Open Championships | | | | | | | | | | | | | |
| 19 | Women's Over 86 kg | 9 | A | 13:25 | 13:35 | 13:35 | 14:24 | 14:00 | 14:05 | 14:15 | 15:15 | 15:20 | 15:40 |
| 3 Victory Ceremonies: Asian Championships, Oceanian Championships, Open Championships | | | | | | | | | | | | | |
| 20 | Men's Over 107 kg | 7 | B | 15:05 | 15:15 | 15:15 | 16:02 | 15:40 | 15:45 | 15:55 | 16:45 | 16:50 | 17:10 |
| 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 |
| Mixed Team Event | | | | | | | | | | | | | |
| 21 | Heats | 7 | C | 8:10 | 8:20 | 8:20 | 9:07 | 8:45 | 8:45 | 9:00 | 9:45 | | |
| | | 6 | B | 9:15 | 9:25 | 9:25 | 10:11 | 9:50 | 9:50 | 10:05 | 10:40 | | |
| | | 6 | A | 10:10 | 10:20 | 10:20 | 11:06 | 10:45 | 10:45 | 11:00 | 11:35 | | |
| | Head-to-Head | 4 | | | | 11:35 | | | | 11:45 | 12:10 | | |
| | Gold Match | 2 | | | | 12:10 | | 11:30 | 12:15 | | | 12:55 | 13:10 |
| Men's Team Event | | | | | | | | | | | | | |
| 22 | Heats | 7 | B | 13:30 | 13:40 | 13:40 | 14:27 | 14:05 | 14:05 | 14:20 | 15:05 | | |
| | | 6 | A | 14:35 | 14:45 | 14:45 | 15:31 | 15:10 | 15:10 | 15:25 | 16:00 | | |
| | Head-to-Head | 4 | | | | 16:00 | | | | 16:10 | 16:35 | | |
| | Gold Match | 2 | | | | 16:35 | | 15:55 | 16:40 | 16:50 | 17:00 | 17:20 | 17:35 |
| Women's Team Event | | | | | | | | | | | | | |
| 23 | Heats | 7 | B | 17:05 | 17:15 | 17:15 | 18:02 | 17:40 | 17:40 | 17:55 | 18:40 | | |
| | | 6 | A | 18:10 | 18:20 | 18:20 | 19:06 | 18:45 | 18:45 | 19:00 | 19:35 | | |
| | Head-to-Head | 4 | | | | 19:35 | | | | 19:45 | 20:10 | | |
| | Gold Match | 2 | | | | 20:10 | | 19:30 | 20:15 | 20:25 | 20:35 | 20:55 | 21:10 |
| CLOSING CEREMONY (21:30) | | | | | | | | | | | | | |