

Mexico City 2017 World Para Powerlifting Championships

Training Groups by NPC and Training Schedule

The training schedule is devised on a fair rotational daily basis and must not be altered in any circumstance. Teams MUST train at their scheduled group times on the bench number(s) identified below.

Group 1	Bench Numbers	Group 2	Bench Numbers	Group 3	Bench Numbers	Group 4	Bench Numbers	Group 5	Bench Numbers	Group 6	Bench Numbers	Group 7	Bench Numbers	Group 8	Bench Numbers
JPN	9 – 12	CHN	7 – 12	BRA	9 – 12	MEX	10 – 12	IRI	9 – 12	NGR	11 & 12	EGY	9 – 12	UKR	10 – 12
KAZ	6 – 8	KOR	5 & 6	POL	6 – 8	TUR	7 – 9	GBR	6 – 8	MAR	10	THA	7 & 8	UAE	8 & 9
IND	4 & 5	HUN	4	AUS	4 & 5	USA	5 & 6	JOR	4 & 5	ITA	8 & 9	COL	5 & 6	CHI	6 & 7
PHI	3	PAN	3	FRA	3	GRE	3 & 4	MAS	2 & 3*	ARG	6 & 7	GEO	4	KGZ	5
NCA	2*	AZE	2*	ALG	2	KEN	2	INA	2 & 3*	VIE	4 & 5	IRL	3	UZB	4
FIN	2*	ARM	2*	NED	1*	SGP	1*	GHA	1*	CIV	3	TPE	2*	VEN	3
TKM	1*	ESA	1*	BLR	1*	MGL	1*	BEN	1*	CUB	2*	CRC	2*	KSA	2*
LTU	1*	SVK	1*			TOG	1*	CGO	1*	GUA	2*	RSA	1*	MDA	2*
		ECU	1*					ISR	1*	DOM	1*	SRB	1*	NZL	1*
										ESP	1*	ARU	1*	TJK	1*
														RWA	1*

* = TEAMS TO SHARE BENCHES

Dates	Scheduled Training Times								
	08:00 - 09:30	09:30 - 11:00	11:00 - 12:30	12:30 - 14:00	14:00 - 15:30	15:30 - 17:00	17:00 - 18:30	18:30 - 20:00	20:00 - 21:30
29 Nov	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION
30 Nov	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	OPEN SESSION
01 Dec	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	Group 1	OPEN SESSION

Scheduled Training Times - Opening Ceremony Day Only (Opening Ceremony at 16:30-17:30)									
Dates	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	18:00 - 21:30
02 Dec	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	Group 1	Group 2	OPEN SESSION

Dates	Scheduled Training Times								
	08:00 - 09:30	09:30 - 11:00	11:00 - 12:30	12:30 - 14:00	14:00 - 15:30	15:30 - 17:00	17:00 - 18:30	18:30 - 20:00	20:00 - 21:30
03 Dec	Group 4	Group 5	Group 6	Group 7	Group 8	Group 1	Group 2	Group 3	OPEN SESSION
04 Dec	Group 5	Group 6	Group 7	Group 8	Group 1	Group 2	Group 3	Group 4	OPEN SESSION
05 Dec	Group 6	Group 7	Group 8	Group 1	Group 2	Group 3	Group 4	Group 5	OPEN SESSION
06 Dec	Group 7	Group 8	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	OPEN SESSION
07 Dec	Group 8	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	OPEN SESSION