



Competition Schedule

Dubai 2023 World Para Powerlifting World Championships

20-Aug-23

Monday 21 August: OPENING CEREMONY

Tuesday 22 August: Rookies and Next Gens

| Day 0 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area | Competition | | Victory Ceremony | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|----------------|-------|-----------|--------|------------------|-----------------------|-----------|-------------|--------|------------------|--------|
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 1 | Men's Up to 65 kg | 5 | A | 9:15 | 9:20 | 9:20 | 9:55 | 9:55 | 10:00 | 10:35 | 10:40 | 10:50 |
| 1 Victory ceremony: Next Gen (G,S,B) | | | | | | | | | | | | |
| 2 | Men's Up to 49 kg | 7 | B | 10:10 | 10:20 | 10:20 | 10:55 | 10:55 | 11:00 | 11:40 | 12:30 | 12:45 |
| | | 7 | A | 10:40 | 10:50 | 10:50 | | 11:40 | 11:40 | 12:25 | | |
| 2 Victory ceremonies: Rookie (G,S,B), Next Gen (G,S,B) | | | | | | | | | | | | |
| 3 | Women's Up to 41 kg & Up to 45 kg & 50 kg | 10 | A | 12:10 | 12:20 | 12:20 | 12:55 | 12:55 | 13:00 | 14:05 | 14:10 | 14:35 |
| 5 Victory ceremonies: Up to 41 kg Rookie (G by MS), Next Gen (G,S,B) & Up to 45 kg Rookie (G by MS), Next Gen (G by MS), Up to 50 kg Next Gen (G,S,B) | | | | | | | | | | | | |
| Break | | | | | | | | | | | | |
| 4 | Men's Up to 72 kg, Up to 107 kg, Over 107 kg | 6 | A | 14:44 | 14:50 | 14:50 | 15:25 | 15:25 | 15:30 | 16:10 | 16:15 | 16:40 |
| 4 Victory ceremonies: Up to 72k g Rookie (G by MS), Next Gen (G,S) & Up to 107 kg Next Gen (G by MS) & Over 107 kg (G,S) | | | | | | | | | | | | |
| 5 | Women's Up to 55 kg, Up to 61 kg, Up to 67, 73 kg, Over 86 kg | 7 | A | 16:00 | 16:10 | 16:10 | 16:45 | 16:45 | 16:50 | 17:35 | 17:40 | 18:05 |
| 4 Victory ceremonies: Up to 55 kg Rookie (G by MS), Next Gen (G,S) & Up to 67 kg (G by MS), Over 86 kg Next Gen (G by MS) | | | | | | | | | | | | |
| 6 | Men's Up to 54 kg , Up to 59 kg | 7 | A | 17:28 | 17:35 | 17:35 | 18:10 | 18:10 | 18:15 | 19:00 | 19:05 | 19:30 |
| 4 Victory ceremonies: Up to 54 kg Rookie (G,S), Next Gen (G by MS) & Up to 59 kg Next Gen (G,S) | | | | | | | | | | | | |
| 7 | Men's Up to 80 kg & 88 kg | 7 | A | 18:53 | 19:00 | 19:00 | 19:35 | 19:35 | 19:40 | 20:25 | 20:30 | 20:45 |
| 3 Victory ceremonies: Rookie (G,S), Next Gen (G,S,B) & Up to 88kg (G by MS) | | | | | | | | | | | | |

Wednesday 23 August: Elite and Legends

| Day 1 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area opens | Competition | | Victory Ceremony | |
|-------|---------------------|----------------|-------|-----------|--------|------------------|-----------------------|-----------------|-------------|--------|------------------|--------|
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 1 | Men's Up to 49 kg | 8 | D | 8:35 | 8:45 | 8:45 | 9:25 | 9:25 | 9:30 | 10:25 | | |
| | | 8 | C | 9:35 | 9:45 | 9:45 | 10:25 | 10:25 | 10:30 | 11:25 | | |
| | | 10 | B | 10:35 | 10:45 | 10:45 | 11:25 | 11:25 | 11:30 | 12:35 | | |
| | | 10 | A | 11:45 | 11:55 | 11:55 | 12:35 | 12:35 | 12:40 | 13:45 | 13:50 | 14:00 |
| Break | | | | | | | | | | | | |
| 2 | Women's Up to 41 kg | 8 | B | 15:05 | 15:15 | 15:15 | 15:55 | 15:55 | 16:00 | 16:55 | 18:00 | 18:10 |
| | | 8 | A | 16:05 | 16:15 | 16:15 | 16:55 | 16:55 | 17:00 | 17:55 | | |
| 3 | Women's Up to 50 kg | 7 | C | 17:25 | 17:35 | 17:35 | 18:15 | 18:15 | 18:20 | 19:10 | | |
| | | 7 | B | 18:20 | 18:30 | 18:30 | 19:10 | 19:10 | 19:15 | 20:00 | | |
| | | 8 | A | 19:10 | 19:20 | 19:20 | 20:00 | 20:00 | 20:05 | 21:00 | 21:05 | 21:15 |



| Thursday 24 August | | | | | | | | | | | | |
|--------------------|---------------------|----------------|-------|-----------|--------|------------------|-----------------------|-----------------|-------------|--------|------------------|--------|
| Day 2 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area opens | Competition | | Victory Ceremony | |
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 4 | Men's Up to 72 kg | 8 | D | 8:35 | 8:45 | 8:45 | 9:25 | 9:25 | 9:30 | 10:25 | | |
| | | 9 | C | 9:35 | 9:45 | 9:45 | 10:25 | 10:25 | 10:30 | 11:30 | | |
| | | 9 | B | 10:40 | 10:50 | 10:50 | 11:30 | 11:30 | 11:35 | 12:35 | | |
| | | 10 | A | 11:45 | 11:55 | 11:55 | 12:35 | 12:35 | 12:40 | 13:45 | 13:50 | 14:00 |
| Break | | | | | | | | | | | | |
| 5 | Women's Up to 45 kg | 9 | B | 15:05 | 15:15 | 15:15 | 15:55 | 15:55 | 16:00 | 17:00 | 18:15 18:25 | |
| | | 9 | A | 16:15 | 16:25 | 16:25 | 17:05 | 17:05 | 17:10 | 18:10 | | |
| 6 | Women's Over 86 kg | 9 | B | 17:40 | 17:50 | 17:50 | 18:30 | 18:30 | 18:35 | 19:35 | 20:50 21:00 | |
| | | 10 | A | 18:45 | 18:55 | 18:55 | 19:35 | 19:35 | 19:40 | 20:45 | | |

| Friday 25 August | | | | | | | | | | | | |
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| Day 3 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area opens | Competition | | Victory Ceremony | |
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 7 | Men's Up to 107 kg | 8 | C | 8:35 | 8:45 | 8:45 | 9:25 | 9:25 | 9:30 | 10:25 | | |
| | | 8 | B | 9:35 | 9:45 | 9:45 | 10:25 | 10:25 | 10:30 | 11:25 | | |
| | | 8 | A | 10:35 | 10:45 | 10:45 | 11:25 | 11:25 | 11:30 | 12:25 | 12:30 | 12:40 |
| Break | | | | | | | | | | | | |
| 8 | Women's Up to 86 kg | 9 | B | 14:05 | 14:15 | 14:15 | 14:55 | 14:55 | 15:00 | 16:00 | 17:1517:25 | |
| | | 10 | A | 15:10 | 15:20 | 15:20 | 16:00 | 16:00 | 16:05 | 17:10 | | |
| 9 | Men's Over 107 kg | 7 | C | 16:40 | 16:50 | 16:50 | 17:30 | 17:30 | 17:35 | 18:25 | | |
| | | 7 | B | 17:35 | 17:45 | 17:45 | 18:25 | 18:25 | 18:30 | 19:20 | | |
| | | 8 | A | 18:30 | 18:40 | 18:40 | 19:20 | 19:20 | 19:25 | 20:20 | 20:25 | 20:35 |

| Saturday 26 August | | | | | | | | | | | | |
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| Day 4 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area | Competition | | Victory Ceremony | |
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 10 | Women's Up to 73 kg | 8 | C | 8:35 | 8:45 | 8:45 | 9:25 | 9:25 | 9:30 | 10:25 | | |
| | | 8 | B | 9:35 | 9:45 | 9:45 | 10:25 | 10:25 | 10:30 | 11:25 | | |
| | | 8 | A | 10:35 | 10:45 | 10:45 | 11:25 | 11:25 | 11:30 | 12:25 | 12:30 | 12:40 |
| Break | | | | | | | | | | | | |
| 11 | Women's Up to 79 kg | 7 | B | 14:05 | 14:15 | 14:15 | 14:55 | 14:55 | 15:00 | 15:50 | | |
| | | 8 | A | 15:00 | 15:10 | 15:10 | 15:50 | 15:50 | 15:55 | 16:50 | 16:55 | 17:05 |
| 12 | Men's Up to 65 kg | 8 | C | 16:20 | 16:30 | 16:30 | 17:10 | 17:10 | 17:15 | 18:10 | | |
| | | 9 | B | 17:20 | 17:30 | 17:30 | 18:10 | 18:10 | 18:15 | 19:15 | | |
| | | 9 | A | 18:25 | 18:35 | 18:35 | 19:15 | 19:15 | 19:20 | 20:20 | 20:25 | 20:35 |



| Sunday 27 August | | | | | | | | | | | | |
|------------------|---------------------|----------------|-------|-----------|--------|------------------|-----------------------|-----------------|-------------|--------|------------------|--------|
| Day 5 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area opens | Competition | | Victory Ceremony | |
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 13 | Men's Up to 54 kg | 9 | C | 8:35 | 8:45 | 8:45 | 9:25 | 9:25 | 9:30 | 10:30 | | |
| | | 10 | B | 9:40 | 9:50 | 9:50 | 10:30 | 10:30 | 10:35 | 11:40 | | |
| | | 10 | A | 10:50 | 11:00 | 11:00 | 11:40 | 11:40 | 11:45 | 12:50 | 12:55 | 13:05 |
| Break | | | | | | | | | | | | |
| 14 | Women's Up to 61 kg | 7 | C | 14:05 | 14:15 | 14:15 | 14:55 | 14:55 | 15:00 | 15:50 | | |
| | | 8 | B | 15:00 | 15:10 | 15:10 | 15:50 | 15:50 | 15:55 | 16:50 | | |
| | | 8 | A | 16:00 | 16:10 | 16:10 | 16:50 | 16:50 | 16:55 | 17:50 | 17:55 | 18:05 |
| 15 | Men's Up to 97 kg | 10 | B | 17:20 | 17:30 | 17:30 | 18:10 | 18:10 | 18:15 | 19:20 | | |
| | | 10 | A | 18:30 | 18:40 | 18:40 | 19:20 | 19:20 | 19:25 | 20:30 | | |

| Monday 28 August | | | | | | | | | | | | |
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| Day 6 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area | Competition | | Victory Ceremony | |
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 16 | Women's Up to 55 kg | 10 | C | 8:35 | 8:45 | 8:45 | 9:25 | 9:25 | 9:30 | 10:35 | | |
| | | 10 | B | 9:45 | 9:55 | 9:55 | 10:35 | 10:35 | 10:40 | 11:45 | | |
| | | 10 | A | 10:55 | 11:05 | 11:05 | 11:45 | 11:45 | 11:50 | 12:55 | 13:00 | 13:10 |
| Break | | | | | | | | | | | | |
| 17 | Women's Up to 67 kg | 7 | B | 14:05 | 14:15 | 14:15 | 14:55 | 14:55 | 15:00 | 15:50 | | |
| | | 8 | A | 15:00 | 15:10 | 15:10 | 15:50 | 15:50 | 15:55 | 16:50 | 16:55 | 17:05 |
| 18 | Men's Up to 59 kg | 8 | C | 16:20 | 16:30 | 16:30 | 17:10 | 17:10 | 17:15 | 18:10 | | |
| | | 9 | B | 17:20 | 17:30 | 17:30 | 18:10 | 18:10 | 18:15 | 19:15 | | |
| | | 9 | A | 18:25 | 18:35 | 18:35 | 19:15 | 19:15 | 19:20 | 20:20 | 20:25 | 20:35 |

| Tuesday 29 August | | | | | | | | | | | | |
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| Day 7 | BW | Total Athletes | Group | Kit Check | | Athletes Warm Up | Athletes presentation | Call area opens | Competition | | Victory Ceremony | |
| Event | | | | Start | Finish | | | | Start | Finish | Start | Finish |
| 19 | Men's Up to 80 kg | 10 | C | 8:35 | 8:45 | 8:45 | 9:25 | 9:25 | 9:30 | 10:35 | | |
| | | 10 | B | 9:45 | 9:55 | 9:55 | 10:35 | 10:35 | 10:40 | 11:45 | | |
| | | 10 | A | 10:55 | 11:05 | 11:05 | 11:45 | 11:45 | 11:50 | 12:55 | 13:00 | 13:10 |
| Break | | | | | | | | | | | | |
| 20 | Men's Up to 88 kg | 9 | C | 13:05 | 13:15 | 13:15 | 13:55 | 13:55 | 14:00 | 15:00 | | |
| | | 9 | B | 14:10 | 14:20 | 14:20 | 15:00 | 15:00 | 15:05 | 16:05 | | |
| | | 9 | A | 15:15 | 15:25 | 15:25 | 16:05 | 16:05 | 16:10 | 17:10 | 17:15 | 17:25 |
| Sport Gathering | | | | | | | | | | | | |



| Wednesday 30 August | | | | | | | | | | | | |
|---------------------|--------------|-------------|-------|-----------|--------|----------|--------------|-----------------|-------------|--------|------------------|--------|
| Day8 | BW | Total Teams | Group | Kit Check | | Athletes | Athletes | Call area opens | Competition | | Victory Ceremony | |
| Event | | | | Start | Finish | Warm Up | presentation | | Start | Finish | Start | Finish |
| | Heats | 3 | C | 8:00 | 8:15 | 8:15 | Warm-Up | | 9:00 | 9:25 | | |
| | | 4 | B | 8:30 | 8:45 | 8:45 | Warm-Up | | 9:30 | 10:00 | | |
| | | 4 | A | 9:05 | 9:20 | 9:20 | Warm-Up | | 10:05 | 10:35 | | |
| | Head-to-Head | 4 | | | | Open | Warm-Up | 10:45 | 11:15 | | | |
| | Bronze match | 2 | | | | | 10' FOP | 10:45 | 11:00 | | | |
| | Gold match | 2 | | | | | 11:00 | 11:15 | 11:20 | 11:35 | | |
| Women's Team Event | | | | | | | | | | | | |
| 2 | Heats | 4 | C | 10:50 | 11:05 | 11:05 | Warm-Up | | 11:50 | 12:20 | | |
| | | 3 | B | 11:30 | 11:45 | 11:45 | Warm-Up | | 12:25 | 12:50 | | |
| | | 4 | A | 12:00 | 12:15 | 12:15 | Warm-Up | | 12:55 | 13:25 | | |
| | Head-to-Head | 4 | | | | Open | Warm-Up | 13:40 | 14:10 | | | |
| | Bronze match | 2 | | | | | 10' FOP | 14:20 | 14:40 | | | |
| | Gold match | 2 | | | | | 14:40 | 14:55 | 15:00 | 15:15 | | |
| Mixed Team Event | | | | | | | | | | | | |
| 3 | Heats | 6 | D | 15:00 | 15:15 | 15:15 | Warm-Up | | 16:00 | 16:40 | | |
| | | 5 | C | 15:50 | 16:05 | 16:05 | Warm-Up | | 16:45 | 17:20 | | |
| | | 6 | B | 16:30 | 16:45 | 16:45 | Warm-Up | | 17:25 | 18:05 | | |
| | | 6 | A | 17:25 | 17:40 | 17:40 | Warm-Up | | 18:20 | 19:00 | | |
| | Head-to-Head | 4 | | | | Open | Warm-Up | 19:15 | 19:45 | | | |
| | Bronze match | 2 | | | | | 10' FOP | 19:50 | 20:05 | | | |
| Gold match | 2 | | | | | 20:05 | 20:20 | 20:25 | 20:40 | | | |
| Closing Ceremony | | | | | | | | | | | | |