



Nur-Sultan 2019 World Para Powerlifting Junior Championships
PRELIMINARY Competition Schedule



v5: 04 July

12-Jul										
OPENING CEREMONY at 12:30 - 13:30										
Day 1 Session	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
					Start	Finish	Start	Finish	Start	Finish
1	M	Up to 49kg	A	12:00	12:15	13:05	12:20	13:15	14:00	14:42
		Up to 54kg	A						14:42	15:20
2 Medal Ceremonies at 15:25 - 15:35										
2	M	Up to 59 and 65kg	A	14:00	14:30	15:05	14:35	15:15	16:00	16:55
2 Medal Ceremonies at 17:00 - 17:20										
3	W	41kg & 45kg & 50kg	A	15:30	15:55	16:45	16:00	16:55	17:40	18:12
		55kg & 61kg & 67kg & 79kg	A						18:12	19:00
7 Medal Ceremonies at 19:05 - 19:40										
4	M	72kg & 80kg & 88kg & +107kg	A	18:00	18:30	19:05	18:35	19:15	20:00	21:00
4 Medal Ceremonies at 21:05 - 21:25										



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Saturday 13 July										
Day 2 Session	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
					Start	Finish	Start	Finish	Start	Finish
1	W	Up to 41kg	C	08:40	09:10	09:35	09:15	10:45	11:30	13:35
			B							
			A							
1 Medal Ceremony Up to 41kg (G,S,B) at 13:40 - 13:45										
2	M	Up to 49kg	C	11:40	12:10	12:35	12:15	13:45	14:30	16:50
			B							
			A							
1 Medal Ceremony Up to 49kg (G,S,B) at 16:55 - 17:00										
3	W	Up to 45kg	B	17:30	16:00	17:05	16:05	17:15	18:00	19:50
			A							
1 Medal Ceremony Up to 45kg (G,S,B) at 19:55 - 19:55										

Sunday 14 July										
Day 3 Session	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
					Start	Finish	Start	Finish	Start	Finish
4	M	Up to 54kg	C	08:40	09:10	10:35	09:15	10:45	11:30	13:50
			B							
			A							
1 Medal Ceremony Up to 54kg (G,S,B) at 13:55 - 14:00										
5	M	Up to 59kg	C	12:05	12:35	14:05	12:45	14:15	15:00	17:35
			B							
			A							
1 Medal Ceremony Up to 59kg (G,S,B) at 17:40- 17:45										
6	W	Up to 50kg	B	15:45	16:15	17:20	16:20	17:35	18:20	20:10
			A							
1 Medal Ceremony Up to 50kg (G,S,B) at 20:15 - 20:20										

Monday 15 July										
Day 4 Session	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
					Start	Finish	Start	Finish	Start	Finish
7	W	Up to 55kg	B	08:55	09:25	10:35	09:30	10:45	11:30	13:25
			A							
1 Medal Ceremony Up to 55kg (G,S,B) at 13:30 - 13:35										
8	W	Up to 61kg	B	11:55	12:25	13:35	12:30	13:45	14:30	16:25
			A							
1 Medal Ceremony Up to 61kg (G,S,B) at 16:30-16:35										
9	M	Up to 65kg	C	14:25	14:55	16:25	15:00	16:30	17:15	20:00
			B							
			A							
1 Medal Ceremony Up to 65kg (G,S,B) at 20:05 - 20:10										

Tuesday 16 July										
Day 5 Session	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
					Start	Finish	Start	Finish	Start	Finish
10	M	Up to 72kg	C	08:40	09:10	10:35	09:15	10:45	11:30	14:30
			B							
			A							
1 Medal Ceremony Up to 72kg (G,S,B) at 14:35 - 14:40										
11	W	Up to 67kg	B	13:05	13:30	14:45	13:35	14:55	15:40	17:40
			A							
1 Medal Ceremony Up to 67kg (G,S,B) at 17:45-17:50										
12	M	Up to 80kg	D	17:40	16:10	17:35	16:15	17:45	18:30	22:10
			C							
			B							
			A							
1 Medal Ceremony Up to 80kg (G,S,B) at 22:15-22:20										

Wednesday 17 July										
Day 6	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
Session					Start	Finish	Start	Finish	Start	Finish
13	W	Up to 73kg	B	08:50	09:20	09:35	09:25	10:45	11:30	13:30
			A							
1 Medal Ceremony Up to 73kg (G,S,B) at 13:35 - 13:40										
14	W	Up to 79kg	B	11:50	12:25	13:15	12:30	13:25	14:10	15:35
			A							
1 Medal Ceremony Up to 79kg (G,S,B) at 15:40-15:45										
15	M	Up to 88kg	C	13:50	14:20	15:45	14:25	15:55	16:40	19:10
			B							
			A							
1 Medal Ceremony Up to 88kg (G,S,B) at 19:15 - 19:20										

Thursday 18 July										
Day 7	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
Session					Start	Finish	Start	Finish	Start	Finish
16	W	Up to 86kg	B	09:10	09:40	10:35	09:45	10:45	11:30	13:00
			A							
1 Medal Ceremony Up to 86kg (G,S,B) at 13:05 - 13:10										
17	W	Up to 97kg	C	11:05	11:35	13:00	11:40	13:10	14:00	16:50
			B							
			A							
1 Medal Ceremony Up to 97kg (G,S,B) at 16:55-17:00										
18	M	Up to 107kg	C	14:50	15:20	16:45	15:25	16:55	17:40	20:05
			B							
			A							
1 Medal Ceremony Up to 107kg (G,S,B) at 20:10 - 20:15										

Friday 19 July										
Day 8	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
Session					Start	Finish	Start	Finish	Start	Finish
19	W	Over 86kg	B	08:00	08:30	09:35	08:35	09:45	10:30	12:10
			A							
1 Medal Ceremony Over 86kg (G,S,B) at 12:15 - 12:20										
20	W	Over 107kg	B	10:25	10:55	12:05	11:00	12:15	13:00	14:55
			A							
1 Medal Ceremony Over 107kg (G,S,B) at 15:00 - 15:10										
SPORT GATHERING at 16:00 -20:15 Competition Venue (FOP)										

Saturday 20 July										
Day 9	Gender	Category	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Competition	
Session					Start	Finish	Start	Finish	Start	Finish
Heats	Mixed Team Event		A	09:30	10:05	11:00	10:10	11:10	12:00	13:00
Knockout	Mixed Team Event	4	B	13:00	13:20	13:32	13:32	13:44	14:05	14:17
			A							
Third Place	Mixed Team Event	2	A	13:44	14:17	14:30	14:17	14:30	14:30	
Final	Mixed Team Event	2	A							
1 Medal Ceremony Mixed Teams (G,S,B) at 14:35 - 14:40										
TEAM THROPHIES Men's Team (1,2,3); Women's Team (1,2,3) & Teams (1,2,3) at 14:45 to 15:00 Competition Venue (FOP)										
CLOSING CEREMONY at 15:30 - 16:30										