



Nur-Sultan 2019 World Para Powerlifting Championships Final Competition Schedule



FINAL

Saturday 13 July														
Day 2	Session	Gender	Category	Number of lifters	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Athletes Warm Up	Athletes Presentation	Competition	
							Start	Finish	Start	Finish			Start	Finish
1	W	Up to 41kg	9	B	9:00	9:25	10:35	9:30	10:45	10:50	11:20	11:30	12:24	
			10	A								12:24	13:25	
1 Medal Ceremony Up to 41kg (G,S,B) at 13:30 - 13:35														
2	M	Up to 49kg	8	C	11:40	12:10	13:35	12:15	13:45	13:50	14:20	14:30	15:18	
			8	B								15:18	16:06	
			8	A								16:06	16:55	
1 Medal Ceremony Up to 49kg (G,S,B) at 17:00 - 17:05														
3	W	Up to 45kg	9	B	15:10	15:40	16:50	15:45	17:00	17:05	17:35	17:45	18:39	
			9	A								18:39	19:35	
1 Medal Ceremony Up to 45kg (G,S,B) at 19:40 - 19:45														

Sunday 14 July														
Day 3	Session	Gender	Category	Number of lifters	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Athletes Warm Up	Athletes Presentation	Competition	
							Start	Finish	Start	Finish			Start	Finish
4	M	Up to 54kg	8	A	9:00	9:30	10:35	9:35	10:45	10:50	11:20	11:30	12:18	
			9	B								12:18	13:05	
1 Medal Ceremony Up to 54kg (G,S,B) at 13:10 - 13:15														
5	M	Up to 59kg	8	C	11:40	12:10	13:35	12:15	13:45	13:50	14:20	14:30	15:18	
			8	B								15:18	16:06	
			9	A								16:06	17:00	
1 Medal Ceremony Up to 59kg (G,S,B) at 17:05 - 17:10														
6	W	Up to 50kg	8	B	15:35	16:05	17:05	16:10	17:15	17:20	17:50	18:00	18:48	
			8	A								18:48	19:35	
1 Medal Ceremony Up to 50kg (G,S,B) at 19:40 - 19:45														

Monday 15 July														
Day 4	Session	Gender	Category	Number of lifters	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Athletes Warm Up	Athletes Presentation	Competition	
							Start	Finish	Start	Finish			Start	Finish
7	W	Up to 55kg	8	B	9:05	9:35	10:35	9:40	10:45	10:50	11:20	11:30	12:18	
			8	A								12:18	13:05	
1 Medal Ceremony Up to 55kg (G,S,B) at 13:10 - 13:15														
8	W	Up to 61kg	10	B	11:50	12:20	13:35	12:25	13:45	13:50	14:20	14:30	15:30	
			10	A								15:30	16:30	
1 Medal Ceremony Up to 61kg (G,S,B) at 16:35-16:40														
9	M	Up to 65kg	8	C	14:25	14:55	16:20	15:00	16:30	16:35	17:05	17:15	18:03	
			8	B								18:03	18:51	
			9	A								18:51	19:45	
1 Medal Ceremony Up to 65kg (G,S,B) at 19:50 - 19:55														

Tuesday 16 July														
Day 5	Session	Gender	Category	Number of lifters	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Athletes Warm Up	Athletes Presentation	Competition	
							Start	Finish	Start	Finish			Start	Finish
10	M	Up to 72kg	9	C	8:25	8:55	10:20	9:00	10:30	10:35	11:05	11:15	12:09	
			10	B								12:09	13:09	
			10	A								13:09	14:10	
1 Medal Ceremony Up to 72kg (G,S,B) at 14:15 - 14:20														
11	W	Up to 67kg	9	B	12:55	13:25	14:35	13:30	14:45	14:50	15:20	15:30	16:24	
			10	A								16:24	17:25	
1 Medal Ceremony Up to 67kg (G,S,B) at 17:30-17:35														
12	M	Up to 80kg	9	D	15:25	15:55	17:20	16:00	17:30	17:35	18:05	18:15	19:09	
			9	C								19:09	20:03	
			10	B								20:03	21:03	
			10	A								21:03	22:00	
1 Medal Ceremony Up to 80kg (G,S,B) at 22:05 - 22:10														

Wednesday 17 July													
Day 6	Gender	Category	Number of lifters	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Athletes Warm Up	Athletes Presentation	Competition	
Session						Start	Finish	Start	Finish			Start	Finish
13	W	Up to 73kg	9	B	8:55	9:25	9:35	9:30	10:45	10:50	11:20	11:30	12:24
			10	A								12:24	13:25
1 Medal Ceremony Up to 73kg (G,S,B) at 13:30 - 13:35													
14	W	Up to 79kg	7	B	12:15	12:45	13:35	12:50	13:45	13:50	14:20	14:30	15:12
			7	A								15:12	15:55
1 Medal Ceremony Up to 79kg (G,S,B) at 16:00-16:05													
15	M	Up to 88kg	8	C	13:55	14:25	15:50	14:30	16:00	16:05	16:35	16:45	17:33
			8	B								17:33	18:21
			9	A								18:21	19:15
1 Medal Ceremony Up to 88kg (G,S,B) at 19:20 - 19:25													

Thursday 18 July													
Day 7	Gender	Category	Number of lifters	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Athletes Warm Up	Athletes Presentation	Competition	
Session						Start	Finish	Start	Finish			Start	Finish
16	W	Up to 86kg	7	B	9:10	9:40	10:35	9:45	10:45	10:50	11:20	11:30	12:12
			8	A								12:12	13:00
1 Medal Ceremony Up to 86kg (G,S,B) at 13:05 - 13:10													
17	W	Up to 97kg	9	C	11:10	11:40	13:05	11:45	13:15	13:20	13:50	14:00	14:54
			9	B								14:54	15:48
			10	A								15:48	16:50
1 Medal Ceremony Up to 97kg (G,S,B) at 16:55-17:00													
18	M	Up to 107kg	7	C	14:55	15:25	16:50	15:30	17:00	17:05	17:35	17:45	18:27
			7	B								18:27	19:09
			8	A								19:09	20:00
1 Medal Ceremony Up to 107kg (G,S,B) at 20:05- 20:10													

Friday 19 July													
Day 8	Gender	Category	Number of lifters	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Athletes Warm Up	Athletes Presentation	Competition	
Session						Start	Finish	Start	Finish			Start	Finish
19	W	Over 86kg	8	B	8:00	8:30	9:35	8:35	9:45	9:50	10:20	10:30	11:18
			9	A								11:18	12:10
1 Medal Ceremony Over 86kg (G,S,B) at 12:15 - 12:20													
20	W	Over 107kg	7	C	10:20	10:50	12:05	10:45	12:15	12:20	12:50	13:00	13:42
			7	B								13:42	14:24
			7	A								14:24	15:05
1 Medal Ceremony Over 107kg (G,S,B) at 15:10 - 15:15													
SPORT GATHERING at 16:00 -20:15 Competition Venue (FOP)													

Saturday 20 July													
Day 9	Gender	Category	Number of Teams	Group Division	Team Arrival	Equipment Kit Check		Weigh-in		Open Athletes Warm Up	Athletes Presentation	Competition	
Session						Start	Finish	Start	Finish			Start	Finish
Heats	Mixed Team Event		10	A	9:30	10:05	11:00	10:10	11:10	11:15	11:45	12:00	13:00
Knockout	Mixed Team Event	4	B	A	13:00	13:15	13:20	13:32	13:32	13:44	14:05	14:17	
													13:32
Third Place	Mixed Team Event		2	A	13:44	14:00	14:17	14:30	14:17	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													