



**2023 IMWA WORLD MASTERS  
WEIGHTLIFTING CHAMPIONSHIP**  
Wieliczka - POLAND  
18th - 26th August 2023



**Technical Meeting 1800 THURSDAY 17 AUGUST 2023**

	Weigh-in	Start	No	Age	B/W	Session	PLATFORM
<b>Friday</b>							↓
<b>18/08/2023</b>	0700	0900	11	M85	55 - +109kg	1	A
↓	0700	0900	15	M80	55 - +109kg		B
↓	1000	1200	12	M75	55 - 73kg	2	A
↓	1000	1200	13	M75	81 - +109kg		B
<b>OPENING CEREMONY 1440 to 15:00</b>							
↓	1315	1515	17	M70	55 - 73kg	3	A
↓	1315	1515	17	M70	81 - 96kg		B
↓	1630	1830	8	W75 - W70	All	4	A
↓	1630	1830	9	M70	102 - +109kg		B
			<b>102</b>				
<b>Saturday</b>							
<b>19/08/2023</b>	0700	0900	16	W65	45 - +87kg	5	A
↓	0700	0900	19	M65	55 - 73kg		B
↓	1030	1230	13	M65	81 - 89kg	6	A
↓	1030	1230	11	M65	96 - +109kg		B
↓	1310	1510	14	M60	55 - 73kg	7	A
↓	1310	1510	19	M60	81 - 89kg		B
↓	1640	1840	10	W60	45 - 59kg	8	A
↓	1640	1840	10	W60	64 - +87kg		B
			<b>112</b>				

<b>Sunday</b>	0700	0900	19	M60	96 - +109kg	9	A
<b>20/08/2023</b>	0700	0900	16	W55	45 - 71kg		B
↓	1030	1230	14	W55	76 - +87kg	10	A
↓	1030	1230	12	M55	55 - 73kg		B
↓	1320	1520	13	M55	81kg	11	A
↓	1320	1520	9	M55	89kg		B
↓	1600	1800	14	M55	96kg	12	A
↓	1600	1800	20	M55	102 - +109kg		B
			<b>117</b>				
<b>Monday</b>	0700	0900	16	M50	55 - 73kg	13	A
<b>21/08/2023</b>	0700	0900	20	M50	81 - 89kg		B
↓	1040	1240	16	M50	96kg	14	A
↓	1040	1240	10	M50	102kg		B
↓	1350	1550	10	M50	109 - +109kg	15	A
↓	1350	1550	19	W50	45 - 59kg		B
			<b>91</b>				
<b>Tuesday</b>	0700	0900	17	W50	64 - 71kg	16	A
<b>22/08/2023</b>	0700	0900	14	W50	76 - +87kg		B
↓	1020	1220	17	M45	55 - 73kg	17	A
↓	1020	1220	17	M45	81 - 89kg		B
↓	1330	1530	12	M45	96Kg	18	A
↓	1330	1530	14	M45	102kg		B
↓	1615	1815	12	M45	109 - +109kg	19	A
↓	1615	1815	15	W45	45 - 59kg		B
			<b>118</b>				
<b>Wednesday</b>	0700	0900	15	W45	64 - 71Kg	20	A
<b>23/08/2023</b>	0700	0900	13	W45	76 - +87kg		B
↓	1000	1200	12	M40	55 - 73kg	21	A
↓	1000	1200	11	M40	81Kg		B
↓	1230	1430	13	M40	89Kg	22	A
↓	1230	1430	13	W40	45 - 55kg		B
			<b>77</b>				
<b>CONGRESS OF NATIONS 1900 hours</b>							

<b>Thursday</b>	0700	0900	18	M40	96 - 102kg	23	A
<b>24/08/2023</b>	0700	0900	14	M40	109 - +109kg		B
↓	1040	1240	11	W40	59Kg	24	A
↓	1040	1240	19	W40	64kg		B
↓	1420	1620	13	W40	71kg	25	A
↓	1420	1620	12	W40	71kg		B
↓	1700	1900	14	W40	76 - 81kg	26	A
↓	1700	1900	9	W40	87 - +87kg		B

**110**

<b>Friday</b>	0700	0900	11	M35	55 - 67kg	27	A
<b>25/08/2023</b>	0700	0900	11	M35	73kg		B
↓	0920	1120	16	M35	81kg	28	A
↓	0920	1120	17	W35	45 - 55kg		B
↓	1230	1430	15	M35	89kg	29	A
↓	1230	1430	13	W35	59kg		B

**83**

<b>Saturday</b>	0700	0900	12	W35	64kg	30	A
<b>26/08/2023</b>	0700	0900	11	W35	71kg		B
↓	0930	11:30	12	M35	96kg	31	A
↓	0930	11:30	7	M35	102kg		B
↓	1200	1400	17	W35	76 - +87kg	32	A
↓	1200	1400	13	M35	109 - +109kg		B

**72**

**CLOSING BANQUET**

**882**

**ENSURE THAT YOU ARE WELL WITHIN YOUR TRAVEL, WEIGH-IN AND COMPETITION TIME.**