



MEDITERRANEAN MASTERS WEIGHTLIFTING OPEN

Lisbon - Portugal

29 Oct - 1 Nov 2026

Day	Weigh-in	Start Time	Age Group	B/W Cat.	Session	No Lifters	Expected finish	PLATFORM
Thursday 29/10/2025	11:00	13:00	M80 M75	60 - 110+kg 60 - 110+kg	1	7	14:43	A
	11:00	13:00	W75 W70 W65	49 - 86+kg 49 - 86+kg 49 - 86+kg	1	8	14:52	B
	Opening Ceremony 15:00 Thursday 28 OCTOBER 2026							
	13:30	15:30	M70	60 - 110+kg	2	10	17:40	A
	13:30	15:30	W60	49 - 86+kg	2	9	17:31	B
	15:45	17:45	M65	60 - 110+kg	3	11	20:04	A
	15:45	17:45	M60	60 - 110+kg	3	10	19:55	B
55								
Friday 30/10/2025	07:30	09:30	M55 M50	60 - 110+kg 60 - 75kg	4	13	12:02	A
	07:30	09:30	M50	85 - 110kg	4	13	12:02	B
	10:15	12:15	W55 W50	49 - 86+kg 49 - 69kg	5	10	14:25	A
	10:15	12:15	W50 W45	77 - 86+kg 49 - 57kg	5	11	14:34	B
	12:45	14:45	M50 M45	110+kg 60 - 70kg, 85kg	6	13	17:17	A
	12:45	14:45	M45	75kg, 95kg	6	11	16:59	B
	15:30	17:30	M45	110 - 110+kg	7	12	19:58	A
	15:30	17:30	W45	61 - 86+kg	7	12	19:58	B
	95							
	07:30	09:30	M40 M35	60 - 75kg, 110 - 110+kg 70 - 75kg	8	14	12:01	A
Saturday 31/10/2025	07:30	09:30	M40 M35	85 - 95kg 60 - 65kg	8	14	12:01	B
	10:15	12:15	W40	48 - 57kg, 69kg, 86+kg	9	11	14:24	A
	10:15	12:15	W40	61kg, 77 - 86kg	9	11	14:24	B
	12:30	14:30	M35	85kg, 110+kg	10	14	17:06	A
	12:30	14:30	M35	95 - 110kg	10	14	17:06	B
	15:15	17:15	W35	49 - 57kg	11	11	19:24	A
	15:15	17:15	W35	61 - 69kg	11	10	19:15	B
	99							
Sunday 01/11/2025	07:30	09:30	M30	60 - 65kg, 85kg	11	11	11:34	A
	07:30	09:30	M30	70 - 75kg, 95kg - 110+kg	11	12	11:43	B
	09:45	11:45	W35 W30	77 - 86+kg 49 - 61kg, 86+kg	12	11	13:49	A
	09:45	11:45	W30	69 - 86kg	12	12	13:58	B
46								
CLOSING CEREMONY 18:00						295		