



SCHEDULE

2026 WORLD MASTERS (ADAPTIVE) WEIGHTLIFTING CHAMPIONSHIPS

ATHENS - GREECE

17-26 SEPTEMBER 2026



	Weigh-in	Start	Age	B/W	Session	PLATFORM
Thursday 17/09/2026	07:00	09:00	M90 M85	60 - 110+kg 60 - 110+kg	1	A - BLUE
	07:00	09:00	M80	60 - 95kg	1	B - WHITE
	07:00	09:00	M80 M75	110 - 110+kg 60 - 70kg	1	C - GOLD
OPENING CEREMONY 12:00-13:00						
	11:00	13:00	M75	75 - 85kg	2	A - BLUE
	11:00	13:00	M75	95 - 110+kg	2	B - WHITE
	11:00	13:00	M70	60 - 65kg	2	C - GOLD
	13:30	15:30	W75 W70	49 - 86+kg 49 - 77kg	3	A - BLUE
	13:30	15:30	W70 W65	86 - 86+kg 49,57kg, 77kg	3	B - WHITE
	13:30	15:30	W65	53, 61 - 69kg	3	C - GOLD
	16:30	18:30	M70	70, 95kg	4	A - BLUE
	16:30	18:30	M70	75, 110kg	4	B - WHITE
	16:30	18:30	M70	85, 110+kg	4	C - GOLD
Friday 18/09/2026	07:00	09:00	M65	60, 75kg	5	A - BLUE
	07:00	09:00	M65	65, 70kg	5	B - WHITE
	07:00	09:00	M65	85kg	5	C - GOLD
	10:15	12:15	W65 W60	86 - 86+kg 49, 57kg	6	A - BLUE
	10:15	12:15	W60	53, 61kg	6	B - WHITE
	10:15	12:15	W60	69kg	6	C - GOLD
	13:30	15:30	M65	95 - 110+kg	7	A - BLUE
	13:30	15:30	M60	60, 70kg	7	B - WHITE
	13:30	15:30	M60	65, 75kg	7	C - GOLD
	16:30	18:30	M60	85B, 95Bkg	8	A - BLUE
	16:30	18:30	M60	85Akg	8	B - WHITE
	16:30	18:30	M60	95Akg	8	C - GOLD



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	Weigh-in	Start	Age	B/W	Session	PLATFORM
Saturday 19/09/2026	07:00	09:00	M60 M55	110+kg 60,65,75Bkg	9	A - BLUE
	07:00	09:00	M60 M55	110Bkg 70kg	9	B - WHITE
	07:00	09:00	M60 M55	110Akg 75Akg	9	C - GOLD
	10:15	12:15	W60 W55	77, 86+kg 86kg 53kg	10	A - BLUE
	10:15	12:15	W60 W55	86kg 53kg	10	B - WHITE
	10:15	12:15	W55	49, 57kg	10	C - GOLD
	13:00	15:00	M55	85C, 95kg	11	A - BLUE
	13:00	15:00	M55	85B, 110kg	11	B - WHITE
	13:00	15:00	M55	85A	11	C - GOLD
	16:30	18:30	W55	61B, 69Bkg	12	A - BLUE
	16:30	18:30	W55	61Akg	12	B - WHITE
	16:30	18:30	W55	69Akg	12	C - GOLD
Sunday 20/09/2026	07:00	09:00	M55	110+kg	13	A - BLUE
	07:00	09:00	M50	60 - 70kg	13	B - WHITE
	07:00	09:00	M50	75kg	13	C - GOLD
	09:45	11:45	W55	77B, 86, 86+Bkg	14	A - BLUE
	09:45	11:45	W55	77A, 86+Akg	14	B - WHITE
	09:45	11:45	W50	49 - 53kg	14	C - GOLD
	12:30	14:30	M50	85B, 95Bkg	15	A - BLUE
	12:30	14:30	M50	85Akg	15	B - WHITE
	12:30	14:30	M50	95Akg	15	C - GOLD
	15:45	17:45	W50	57, 69Ckg	16	A - BLUE
	15:45	17:45	W50	61, 69Bkg	16	B - WHITE
	15:45	17:45	W50	69Akg	16	C - GOLD
Monday 21/09/2026	07:00	09:00	M50	110kg	17	A - BLUE
	07:00	09:00	M50 M45	110+kg 60,65 kg	17	B - WHITE
	07:00	09:00	M45 M40	70, 75kg 110+kg ADT	17	C - GOLD
	10:30	12:30	W50	77A, 86Akg	18	A - BLUE
	10:30	12:30	W50	77B, 86B, 86+kg	18	B - WHITE
	10:30	12:30	W45	49, 53kg	18	C - GOLD
	13:30	15:30	W45	57B, 61Bkg	19	A - BLUE
	13:30	15:30	W45	57Akg	19	B - WHITE
	13:30	15:30	W45	61Akg	19	C - GOLD

CONGRESS OF NATIONS: 19:00 HOURS



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	Weigh-in	Start	Age	B/W	Session	PLATFORM
Tuesday 22/09/2026	07:00	09:00	M45	85B, 95Bkg	20	A - BLUE
	07:00	09:00	M45	85Akg	20	B - WHITE
	07:00	09:00	M45	95Akg	20	C - GOLD
	09:45	11:45	W45	69Bkg	21	A - BLUE
	09:45	11:45	W45	69Akg	21	B - WHITE
	09:45	11:45	M45	110kg	21	C - GOLD
	13:15	15:15	M45	110+kg	22	A - BLUE
	13:15	15:15	W45	77Bkg	22	B - WHITE
	13:15	15:15	W45	77Akg	22	C - GOLD
	16:00	18:00	W45	86B,86+Bkg	23	A - BLUE
	16:00	18:00	W45	86Akg	23	B - WHITE
	16:00	18:00	W45	86+Akg	23	C - GOLD
Wednesday 23/09/2026	07:00	09:00	M40	60, 75kg	24	A - BLUE
	07:00	09:00	M40	65, 70kg	24	B - WHITE
	07:00	09:00	W40	49 - 53kg	24	C - GOLD
	10:15	12:15	M40	85Bkg	25	A - BLUE
	10:15	12:15	M40	85Akg	25	B - WHITE
	10:15	12:15	W40	57kg	25	C - GOLD
	14:00	16:00	W40	61Ckg	26	A - BLUE
	14:00	16:00	W40	61Bkg	26	B - WHITE
	14:00	16:00	W40	61Akg	26	C - GOLD
	16:15	18:15	M40	95C, 110kg	27	A - BLUE
	16:15	18:15	M40	95Bkg	27	B - WHITE
	16:15	18:15	M40	95Akg	27	C - GOLD



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	Weigh-in	Start	Age	B/W	Session	PLATFORM
Thursday 24/09/2026	07:00	09:00	W40	69Ckg	28	A - BLUE
	07:00	09:00	W40	69Bkg	28	B - WHITE
	07:00	09:00	W40	69Akg	28	C - GOLD
	09:30	11:30	M40 M35	110+kg 65kg	29	A - BLUE
	09:30	11:30	M35	60, 70, 75Bkg	29	B - WHITE
	09:30	11:30	M35	75Akg	29	C - GOLD
	13:00	15:00	W40	77B, 86Bkg	30	A - BLUE
	13:00	15:00	W40	77Akg	30	B - WHITE
	13:00	15:00	W40	86Akg	30	C - GOLD
	15:45	17:45	W40 W35	86+kg 53kg	31	A - BLUE
	15:45	17:45	W35	49, 57Bkg	31	B - WHITE
	15:45	17:45	W35	57Akg	31	C - GOLD
Friday 25/09/2026	07:00	09:00	W35	61Ckg	32	A - BLUE
	07:00	09:00	W35	61Bkg	32	B - WHITE
	07:00	09:00	W35	61Akg	32	C - GOLD
	09:15	11:15	M35	85Ckg	33	A - BLUE
	09:15	11:15	M35	85Bkg	33	B - WHITE
	09:15	11:15	M35	85Akg	33	C - GOLD
	12:00	14:00	W35	69Ckg	34	A - BLUE
	12:00	14:00	W35	69Bkg	34	B - WHITE
	12:00	14:00	W35	69Akg	34	C - GOLD
	15:15	17:15	M35	95Ckg	35	A - BLUE
	15:15	17:15	M35	95Bkg	35	B - WHITE
	15:15	17:15	M35	95Akg	35	C - GOLD
Saturday 26/09/2026	07:00	09:00	W35	77Bkg	36	A - BLUE
	07:00	09:00	W35	77Akg	36	B - WHITE
	07:00	09:00	W35	86kg	36	C - GOLD
	09:45	11:45	M35	110Akg	37	A - BLUE
	09:45	11:45	M35	110B, 110+kg	37	B - WHITE
	09:45	11:45	W35	86+kg	37	C - GOLD

CLOSING BANQUET