



## MEDITERRANEAN MASTERS WEIGHTLIFTING OPEN

Alicante - Spain

23- 26 October 2025

| Day                                                    | Weigh-in | Start Time | Age Group                | B/W Cat.                                             | Session | No Lifters | Expected finish | PLATFORM |
|--------------------------------------------------------|----------|------------|--------------------------|------------------------------------------------------|---------|------------|-----------------|----------|
| <b>Thursday</b>                                        | 12:45    | 14:45      | M80<br>M75<br>M70        | 60 - 110+kg<br>60 - 110+kg<br>60 - 110+kg            | 1       | 10         | 16:55           | <b>A</b> |
| <b>23/10/2025</b>                                      | 12:45    | 14:45      | W75<br>W70<br>W65<br>W60 | 48 - 86+kg<br>48 - 86+kg<br>48 - 86+kg<br>48 - 86+kg | 1       | 10         | 16:55           | <b>B</b> |
| <b>Opening Ceremony 17:00 Thursday 23 OCTOBER 2025</b> |          |            |                          |                                                      |         |            |                 |          |
|                                                        | 15:30    | 17:30      | M65                      | 60 - 110+kg                                          | 2       | 10         | 19:40           | <b>A</b> |
|                                                        | 15:30    | 17:30      | M60                      | 60 - 110+kg                                          | 2       | 11         | 19:49           | <b>B</b> |
| <b>41</b>                                              |          |            |                          |                                                      |         |            |                 |          |
| <b>Friday</b>                                          | 07:45    | 09:45      | M55                      | 60 - 110+kg                                          | 3       | 12         | 12:13           | <b>A</b> |
| <b>24/10/2025</b>                                      | 07:45    | 09:45      | W55<br>W50               | 48 - 86+kg<br>48 - 86+kg                             | 3       | 12         | 12:13           | <b>B</b> |
|                                                        | 10:15    | 12:15      | M50                      | 60kg - 94kg                                          | 4       | 11         | 14:34           | <b>A</b> |
|                                                        | 10:15    | 12:15      | M50<br>M45               | 110kg, 110+kg<br>60 - 71kg                           | 4       | 12         | 14:43           | <b>B</b> |
|                                                        | 12:45    | 14:45      | W45                      | 48 - 69kg                                            | 6       | 14         | 17:26           | <b>A</b> |
|                                                        | 12:45    | 14:45      | W45                      | 77 - 86+kg                                           | 6       | 13         | 17:22           | <b>B</b> |
|                                                        | 15:30    | 17:30      | M45                      | 79 - 88kg                                            | 7       | 12         | 19:58           | <b>A</b> |
|                                                        | 15:30    | 17:30      | M45                      | 94 - 110+kg                                          | 7       | 11         | 19:49           | <b>B</b> |
| <b>97</b>                                              |          |            |                          |                                                      |         |            |                 |          |
| <b>Saturday</b>                                        | 07:45    | 09:45      | M40                      | 60 - 79kg                                            | 8       | 12         | 12:03           | <b>A</b> |
| <b>25/10/2025</b>                                      | 07:45    | 09:45      | W40                      | 48 - 69kg                                            | 8       | 12         | 12:03           | <b>B</b> |
|                                                        | 10:15    | 12:15      | W40<br>W35               | 77 - 86+kg<br>48 - 58 kg                             | 9       | 14         | 14:46           | <b>A</b> |
|                                                        | 10:15    | 12:15      | W35                      | 63 - 86+kg                                           | 9       | 15         | 14:55           | <b>B</b> |
|                                                        | 13:00    | 15:00      | M40                      | 88, 94B                                              | 10      | 14         | 17:31           | <b>A</b> |
|                                                        | 13:00    | 15:00      | M40                      | 94A, 110,<br>110+kg                                  | 10      | 14         | 17:31           | <b>B</b> |
|                                                        | 15:30    | 17:30      | M35                      | 60 - 79kg                                            | 11      | 12         | 19:48           | <b>A</b> |
|                                                        | 15:30    | 17:30      | M35                      | 88kg                                                 | 11      | 12         | 19:48           | <b>B</b> |
| <b>105</b>                                             |          |            |                          |                                                      |         |            |                 |          |
| <b>Sunday</b>                                          | 07:45    | 09:45      | M35                      | 94 - 110+kg                                          | 12      | 16         | 12:34           | <b>A</b> |
| <b>26/10/2025</b>                                      | 07:45    | 09:45      | W30                      | 48 - 86+kg                                           | 12      | 17         | 12:43           | <b>B</b> |
|                                                        | 10:45    | 12:45      | M30                      | 60 - 79kg                                            | 13      | 12         | 15:03           | <b>A</b> |
|                                                        | 10:45    | 12:45      | M30                      | 88 - 110+kg                                          | 13      | 15         | 15:25           | <b>B</b> |
| <b>60</b>                                              |          |            |                          |                                                      |         |            |                 |          |
| <b>CLOSING BANQUET</b>                                 |          |            |                          |                                                      |         | <b>303</b> |                 |          |