



## Mexico 2024 Parapan powerlifting World Cup Competition Schedule

21st after Technical Meeting

| Wednesday, 22 May 2024 |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
|------------------------|----------------------------------|--------------------|----------------|-----------|--------|--------------|-------|-----------|--------|------------------------------------|-------------|--------|----------|--------|-------|
| Opening ceremony 18:30 |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| Thursday, 23 May 2024  |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| Day 1                  | Category                         | Number of athletes | Group Division | Kit Check |        | Warm-Up Area |       | Call Area |        | FOP Athlete Presentation           | Competition |        | Ceremony |        |       |
| Session                |                                  |                    |                | Start     | Finish | Open         | Close | Open      | Close  |                                    | Start       | Finish | Start    | Finish |       |
| 1                      | Women's Up to 41 & 45 kg         | 6                  | A              | 08:40     | 08:50  | 08:50        | 09:40 | 09:23     | 10:10  | 09:23                              | 09:30       | 10:10  | 10:15    | 10:25  |       |
| 2                      | Men's Up to 49 kg                | 9                  | A              | 09:50     | 10:00  | 10:00        | 10:56 | 10:33     | 11:40  | 10:33                              | 10:40       | 11:40  | 11:45    | 11:50  |       |
| 3                      | Men's Up to 59 kg                | 5                  | B              | 11:15     | 11:25  | 11:25        | 12:13 | 11:58     | 12:35  | 11:58                              | 12:05       | 12:35  |          |        |       |
|                        |                                  | 6                  | A              | 11:50     | 12:00  | 12:00        | 12:50 | 12:35     | 13:20  | 12:35                              | 12:40       | 13:20  | 13:25    | 13:30  |       |
| 4                      | Women's Up to 86 & Over 86 kg    | 8                  | A              | 12:55     | 13:05  | 13:05        | 14:01 | 13:38     | 14:40  | 13:38                              | 13:45       | 14:40  | 14:45    | 14:55  |       |
| Friday, 24 May 2024    |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| Day 2                  | Category                         | Number of athletes | Group Division | Kit Check |        | Warm-Up Area |       | Call Area |        | FOP Athlete Presentation           | Competition |        | Ceremony |        |       |
| Session                |                                  |                    |                | Start     | Finish | Open         | Close | Open      | Close  |                                    | Start       | Finish | Start    | Finish |       |
| 5                      | Women's Up to 50 & 55 kg         | 10                 | A              | 08:40     | 08:50  | 08:50        | 09:48 | 09:23     | 10:35  | 09:23                              | 09:30       | 10:35  | 10:40    | 10:50  |       |
| 6                      | Men's Up to 54 kg                | 9                  | A              | 10:15     | 10:25  | 10:25        | 11:23 | 10:58     | 12:05  | 10:58                              | 11:05       | 12:05  | 12:10    | 12:15  |       |
| 7                      | Men's Up to 65 kg                | 10                 | A              | 11:40     | 11:50  | 11:50        | 12:48 | 12:23     | 13:35  | 12:23                              | 12:30       | 13:35  | 13:40    | 13:45  |       |
| 8                      | Women's Up to 67 kg              | 8                  | A              | 14:20     | 14:30  | 14:30        | 15:26 | 15:03     | 16:05  | 15:03                              | 15:10       | 16:05  | 16:10    | 16:15  |       |
| 9                      | Men's Up to 80 kg                | 6                  | B              | 15:40     | 15:50  | 15:50        | 16:42 | 16:23     | 17:10  | 16:23                              | 16:30       | 17:10  |          |        |       |
|                        |                                  | 6                  | A              | 16:25     | 16:35  | 16:35        | 17:27 | 17:10     | 17:55  | 17:10                              | 17:15       | 17:55  | 18:00    | 18:05  |       |
| 10                     | Men's Up to 88 kg                | 6                  | A              | 17:30     | 17:40  | 17:40        | 18:32 | 18:13     | 19:00  | 18:13                              | 18:20       | 19:00  | 19:05    | 19:10  |       |
| 11                     | Men's Up to 72 kg                | 6                  | B              | 18:35     | 18:45  | 18:45        | 19:35 | 19:18     | 20:01  | 19:18                              | 19:25       | 20:01  |          |        |       |
|                        |                                  | 6                  | A              | 19:16     | 19:26  | 19:26        | 20:16 | 20:01     | 20:45  | 20:01                              | 20:06       | 20:45  | 20:50    | 20:55  |       |
| Saturday, 25 May 2024  |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| Day 3                  | Category                         | Number of athletes | Group Division | Kit Check |        | Warm-Up Area |       | Call Area |        | FOP Athlete Presentation           | Competition |        | Ceremony |        |       |
| Session                |                                  |                    |                | Start     | Finish | Open         | Close | Open      | Close  |                                    | Start       | Finish | Start    | Finish |       |
| 12                     | Women's Up to 61 kg & 73 kg      | 10                 | A              | 08:40     | 08:50  | 08:50        | 09:48 | 09:23     | 10:35  | 09:23                              | 09:30       | 10:35  | 10:40    | 10:50  |       |
| 13                     | Men's Up to 97 kg                | 9                  | A              | 10:15     | 10:25  | 10:25        | 11:21 | 10:58     | 12:05  | 10:58                              | 11:05       | 12:05  | 12:10    | 12:15  |       |
| 14                     | Women's Up to 79 kg              | 5                  | A              | 11:40     | 11:50  | 11:50        | 12:40 | 12:20     | 13:05  | 12:20                              | 12:30       | 13:05  | 13:10    | 13:15  |       |
| 15                     | Men's Up to 107 kg & Over 107 kg | 7                  | A              | 12:40     | 12:50  | 12:50        | 13:44 | 13:20     | 14:15  | 13:20                              | 13:30       | 14:15  | 14:20    | 14:30  |       |
| Sunday, 26 May 2024    |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| Day 4                  | Category                         | Number of athletes | Group Division | Kit Check |        | Warm-Up Area |       | Call Area |        | FOP Athlete Presentation<br>-7 min | Competition |        | Ceremony |        |       |
| Session                |                                  |                    |                | Start     | Finish | Open         | Close | Start     | Finish |                                    | Start       | Finish | Start    | Finish |       |
| Men's Team Event       |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| 16                     | Heats                            | 8                  |                | 08:40     | 08:50  | 08:50        | 09:48 | 09:23     | 10:35  | 09:23                              | 09:30       | 10:20  |          |        |       |
|                        | Head-to-Head                     | 4                  |                |           |        |              |       |           |        |                                    | 10:30       | 10:55  |          |        |       |
|                        | Bronze Match                     | 2                  |                |           |        |              |       |           |        |                                    | 10:58       | 11:05  | 11:15    | 11:35  | 11:45 |
|                        | Gold Match                       | 2                  |                |           |        |              |       |           |        |                                    | 11:20       | 11:30  |          |        |       |
| Women's Team Event     |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| 17                     | Head-to-Head                     | 4                  |                | 11:10     | 11:20  | 11:20        | 12:00 | 12:33     | 12:00  | 12:30                              |             |        |          |        |       |
|                        | Bronze Match                     | 2                  |                |           |        |              |       |           |        |                                    | 12:40       | 12:50  | 13:10    | 13:20  |       |
|                        | Gold Match                       | 2                  |                |           |        |              |       |           |        |                                    | 12:55       | 13:05  |          |        |       |
| Mixed Team Event       |                                  |                    |                |           |        |              |       |           |        |                                    |             |        |          |        |       |
| 18                     | Heats                            | 10                 |                | 13:40     | 13:50  | 13:50        | 14:23 | 14:30     | 15:35  | 14:23                              | 14:30       | 15:35  |          |        |       |
|                        | Head-to-Head                     | 4                  |                |           |        |              |       |           |        |                                    | 15:40       | 16:05  |          |        |       |
|                        | Bronze Match                     | 2                  |                |           |        |              |       |           |        |                                    | 16:08       | 16:15  | 16:25    | 16:45  | 16:55 |
|                        | Gold Match                       | 2                  |                |           |        |              |       |           |        |                                    | 16:30       | 16:40  |          |        |       |