



PROVISIONAL TIME TABLE

Technical Meeting Date: Friday 12 June 2026 at 20.00 hrs

IPF General Assembly Date: 12 June 2026 at 10:00 Meeting Room – Grand Spa Conference Hall,
Druskininkai

Opening Ceremony Date: 13 June 2026 at 09.00 hrs

Day	Weigh-in Time	Men/Women	Category	Start	End	Lifters
Saturday, 13.06.26	08:00 - 09:30	Men	59kg	10:00	13:00	12
		Opening Ceremony		09:00	09:30	
	13:00 - 14:30	Women	47kg	15:00	18:00	12
Sunday, 14.06.26	08:00 - 9:30	Women	52kg B-Group	10:00	14:00	15
	08:00 – 09:30	Men	66kg B-Group	10:00	14:00	9
	14:00 – 15:30	Men	66kg A-Group	16:00	19:00	8
	14:00 – 15:30	Women	52kg A-Group	16:00	19:00	8
Monday, 15.06.26	08:00 - 09:30	Men	74kg B-Group	10:00	13:00	15
	12:00 - 13:30	Women	57kg B-Group	14:00	18:00	25
	17:00 - 18:30	Women	57kg A-Group	19:00	22:00	8
	17:00 - 18:30	Men	74kg A-Group	19:00	22:00	8
Tuesday 16.06.26	06:30 - 08:00	Women	63kg Group	08:30	12:30	24
	11:00 – 12:30	Men	83kg Group	13:00	18:00	33
Eurosport	17:00 – 18:30	Women	63kg A-Group	19:00	22:00	8
Eurosport	17:00 – 18:30	Men	83kg A-Group	19:00	22:00	8
Wednesday, 17.06.26	09:00 - 10:30	Men	93kg B-Group	11:00	15:00	23
	14:00 – 15:30	Men	93kg A-Group	16:00	19:00	18
Thursday 18.06.26	07:00 – 08:30	Men	105kg B-Group	9:00	13:00	25
	12:00 – 13:30	Women	69kg B-Group	14:00	17:00	17
	17:00 – 18:30	Women	69g A-Group	19:00	22:00	8
	17:00 – 18:30	Men	105kg A-Group	19:00	22:00	8
Friday 19.06.26	09:00 – 10:30	Women	76kg	11:00	13:30	21
	13:00 - 14:30	Men Women	SOI All	15:00	17:00	7
Saturday 20.06.26	09:00 – 10:30	Men	120kg B-Group	11:00	14:00	15
	09:00 – 10:30	Women	84kg B-Group	11:00	14:00	10
	13:00 – 14:30	Women	84kg A-Group	15:00	18:00	8



	13:00 – 14:30	Men	120kg A-Group	15:00	18:00	8
Sunday 21.06.26	08:00 - 09:30	Women	84kg+ B-Group	10:00	13:00	6
	08:00 - 09:30	Men	120kg+ B-Group	10:00	13:00	10
	12:00 - 13:30	Women	84kg+ A-Group	14:00	17:00	8
	12:00 - 13:30	Men	120kg+ A-Group	14:00	17:00	8
		Closing Banquet		20:00		