2026 IPF World Open Powerlifting Championships
09 Nov - 15 Nov 2026 / Istanbul, Türkiye

TIMETABLE

08 Nov 2026, Sunday

Technical Meeting **20:00**

09 Nov 2026, Monday

Opening Ceremony **12:30**

Equipped

#	Session/Gender	Division	Weight Class	Lifters	Weigh In	Session
1	1.Women	Open	47kg, 52kg	15	11:00 ~ 12:30	13:00
2	2.Men	Open	59kg	11	15:00 ~ 16:30	17:00
	10 Nov 2026, Tuesday					
3	1.Men	Open	66kg	8	09:00 ~ 10:30	11:00
4	2.Women	Open	57kg	11	12:00 ~ 13:30	14:00
	11 Nov 2026, Wednesday					
5	1.Men	Open	74kg	13	09:00 ~ 10:30	11:00
6	2.Men	Open	83kg	14	13:30 ~ 15:00	15:30
	12 Nov 2026, Thursday					
7	1.Women & Men	Open	63kg, 93kg - B Groups	14	12:30 ~ 14:00	14:30
8	2.Women & Men	Open	63kg, 93kg - A Groups	16	17:00 ~ 18:30	19:00
	13 Nov 2026, Friday					
9	1.Women & Men	Open	69kg,105kg - B Groups	9	10:00 ~ 11:30	12:00
10	2.Women & Men	Open	69kg,105kg - A Groups	16	14:30 ~ 16:00	16:30
	14 Nov 2026, Saturday					
11	1.Women & Men	Special Olympics	All Categories	9	08:00 ~ 09:30	10:00
12	2.Women	Open	76kg	14	11:00 ~ 12:30	13:00
13	3.Men	Open	120kg	11	15:30 ~ 17:00	17:30
	15 Nov 2026, Sunday					
14	1.Women	Open	84+Kg & 84kg,120+Kg - B	16	09:00 ~ 10:30	11:00
15	2.Women & Men	Open	84kg,120+Kg - A Groups	16	14:00 ~ 15:30	16:00
	Banquet					**20:00**