



**F**  
**2023 IMWA WORLD MASTERS**  
**WEIGHTLIFTING CHAMPIONSHIP**  
**Wieliczka - POLAND**  
**18th - 26th August 2023**



**Technical Meeting 1800 THURSDAY 17 AUGUST 2023**

	Weigh-in	Start	End	Time	No	Age	B/W	Session	PLATFORM
<b>Friday</b>									↓
<b>18/08/2023</b>	0700	0900	1100	2Hrs	11	M85	55 - 89kg	1	A
↓	0700	0900	1130	2.30Hrs	15	M80	61 - 96kg		B
↓	1000	1200	1400	2Hrs	12	M75	55 - 73kg	2	A
↓	1000	1200	1410	2.10Hrs	13	M75	81 - 102kg		B
<b>OPENING CEREMONY 1440 - 1510</b>									
↓	1315	1515	1800	2.40Hrs	17	M70	55 - 73kg	3	A
↓	1315	1515	1800	2.40Hrs	17	M70	81 - 96kg		B
↓	1615	1815	1935	1.20Hrs	8	W75 - W70	All	4	A
↓	1615	1815	1945	1.30Hrs	9	M70	102 - +109kg		B
<b>102</b>									
<b>Saturday</b>									
<b>19/08/2023</b>	0700	0900	1130	2.50Hrs	16	W65	49 - 81kg	5	A
	0700	0900	1200	3Hrs	19	M65	55 - 73kg		B
↓	1030	1230	1440	2.10Hrs	13	M65	81 - 89kg	6	A
↓	1030	1230	1420	1.50Hrs	11	M65	96 - +109kg		B
↓	1310	1510	1725	2.15Hrs	14	M60	55 - 73kg	7	A
↓	1310	1510	1810	3Hrs	19	M60	81 - 89kg		B
↓	1640	1840	2020	1.40Hrs	10	W60	45 - 59kg	8	A
↓	1640	1840	2020	1.40Hrs	10	W60	64 - 87kg		B
<b>112</b>									

<b>117</b>									
<b>Sunday</b>	0700	0900	1200	3Hrs	19	M60	96 - +109kg	9	A
<b>20/08/2023</b>	0700	0900	1150	2.50Hrs	16	W55	49 - 71kg		B
↓	1030	1230	1450	2.20Hrs	14	W55	76 - +87kg	10	A
↓	1030	1230	1430	2hrs	12	M55	55 - 73kg		B
↓	1320	1520	1730	2.10Hrs	13	M55	81kg	11	A
↓	1320	1520	1650	1.30Hrs	9	M55	89kg		B
↓	1600	1800	2015	2.15Hrs	14	M55	96kg	12	A
↓	1600	1800	2110	3.10Hrs	20	M55	102 - +109kg		B
<b>91</b>									
<b>Monday</b>	0700	0900	1130	2.30Hrs	16	M50	61 - 73kg	13	A
<b>21/08/2023</b>	0700	0900	1210	3.10Hrs	20	M50	81 - 89kg		B
↓	1040	1240	1520	2.30hrs	16	M50	96kg	14	A
↓	1040	1240	1420	1.40Hrs	10	M50	102kg		B
↓	1350	1550	1730	1.40hHrs	10	M50	109 - +109	15	A
↓	1350	1550	1850	3Hrs	19	W50	49 - 59kg		B
<b>118</b>									
<b>Tuesday</b>	0700	0900	1140	2.40Hrs	17	W50	64 - 71kg	16	A
<b>22/08/2023</b>	0700	0900	1110	2.10Hrs	14	W50	76 - +87kg		B
↓	1020	1220	1500	2.40Hrs	17	M45	55 - 73kg	17	A
↓	1020	1220	1500	2.40Hrs	17	M45	81 - 89kg		B
↓	1330	1530	1730	2Hrs	12	M45	96Kg	18	A
↓	1330	1530	1745	2.15Hrs	14	M45	102kg		B
↓	1615	1815	2015	2Hrs	12	M45	109 - +109	19	A
↓	1615	1815	2040	2.25	15	W45	45 - 59kg		B
<b>77</b>									
<b>CONGRESS OF NATIONS 1900 hours</b>									

<b>Thursday</b>	0700	0900	1050	1.50Hrs	11	W40	59kg	23	A
<b>24/08/2023</b>	0700	0900	1210	3.10Hrs	18	M40	96 - 102kg		B
↓	1040	1240	1440	3.10Hrs	19	W40	64kg	24	A
↓	1040	1240	1440	2.10Hrs	14	M40	109-+109kg		B
↓	14.10	1610	1820	2.10Hrs	13	W40	71kg	25	A
↓	14.10	1610	1820	2.10Hrs	12	W40	71kg		B
↓	1650	1850	1945	2.15Hrs	14	W40	76 - 81kg	26	A
↓	1650	1850	1900	1.30Hrs	9	W40	87 - +87kg		B
<b>110</b>									
<b>Friday</b>	0700	0900	1050	1.50Hrs	11	M35	61 - 67kg	27	A
<b>25/08/2023</b>	0700	0900	1050	1.50Hrs	11	M35	73kg		B
↓	0920	1120	1350	2.30Hrs	16	M35	81kg	28	A
↓	0920	1120	1400	2.40Hrs	17	W35	45 - 55kg		B
↓	1215	1415	1645	2.30Hrs	15	M35	89kg	29	A
↓	1215	1415	1625	2.10hrs	13	W35	59kg		B
<b>83</b>									
<b>Saturday</b>	0700	0900	1010	1.10Hrs	6	W35	64kg	30	A
<b>26/08/2023</b>	0700	0900	1010	1.10Hrs	6	W35	64kg		B
↓	0915	1045	1345	3Hrs	19	M35	96 - 102kg	31	A
↓	0915	1045	1345	3Hrs	19	W35	71 - 76kg		B
↓	0930	1415	1625	2.10Hrs	13	M35	109 - +109kg	32	A
↓	1300	1415	1600	1.30Hrs	9	W35	81 - +87kg		B
<b>72</b>									
<b>CLOSING BANQUET</b>					<b>882</b>				
<b>ENSURE THAT YOU ARE WELL WITHIN YOUR TRAVEL, WEIGH-IN AND COMPETITION TIME.</b>									