

International German Masters Open 2026

Competition Schedule

per 17 Jan 2026

Date	Session	Weigh-In	Start	Gender	Age Group	BW Category	Entry Total	No of Lifters	
Fr Jan 30	1	08:00	10:00	M	M65	60 – >110	0 - 125	8	12
					M70	71 – 110	110 - 145	3	
					M75	88	126 - 126	1	
	2	10:20	12:20	M	M60	60 – >110	0 - 184	14	14
	3	13:00	15:00	M	M55	71 – >110	103 - 230	10	10
	4	15:15	17:15	M	M50	71 – >110	130 - 220	12	12
Sa Jan 31	5	07:00	09:00	F	W45	58 – 86	79 - 125	5	14
					W50	63 – 86	105 - 123	3	
					W55	53	63 - 63	1	
					W60	69 – 86	75 - 92	3	
					W65	69 – 86	70 - 70	2	
	6	09:45	11:45	M	M45	60 – >110	140 - 1977	16	16
	7	12:45	14:45	M	M40	71 – >110	150 - 250	13	13
So Feb 1	8	08:00	10:00	F	W40	63 – >86	105 - 150	10	10
	9	10:00	12:00	M	M35	65 – >110	175 - 240	10	10
	10	12:00	14:00	F	W30	53 – 77	110 - 185	5	11
					W35	48 – 86	76 - 137	6	
	11	14:10	16:10	M	M30	88 – 110	150 - 335	11	11

Note:

10 Minutes break between Snatch and Clean & Jerk in Sessions 1, 5 and 8.

15 Minutes break between Snatch and Clean & Jerk in all other sessions.

Award ceremonies will be held between Snatches and Clean & Jerks of the following sessions.