

IBSA PO

Competition Schedule
 Birmingham 2023 World Games
 Version 2.2
 Subject to changes



Pre-Competition				
Day	Activity	S	F	Notes
20-Aug	Classification	-	-	TBC by LOC/IBSA
	Classification	-	-	TBC by LOC/IBSA
21-Aug	Training	13:00	18:00	See Training Schedule
	Technical Meeting	10:00	11:30	
	Referees' Meeting	12:00	12:30	
22-Aug	Training	9:00	19:00	See Training Schedule
	Referees' Seminar	10:00	12:30	
	Kit Check	16:00	17:58	

Competition																	
Day	Session	Bodyweight Categories	Number of Athletes	Weigh-in		Warm-up	Presentation	Competition		Squat		Bench Press		Dead Lift		Victory Ceremonies	
				S	F	S	Technical Official	S	F	S	F	S	F	S	F		
23-Aug	1	W - 48, 52, 56, 60	7	8:00	9:30	9:30	9:55	10:00	12:14	10:00	10:31	10:51	11:23	11:43	12:14	12:29	13:09
	2	W - 67.5, 75, 82.5, 90, 90+	10	13:30	15:00	15:00	15:25	15:30	18:25	15:30	16:15	16:35	17:20	17:40	18:25	18:40	19:30
24-Aug	3	M - 56, 60, 67.5	6	8:00	9:30	9:30	9:55	10:00	13:38	10:00	10:27	11:35	12:02	13:11	13:38	14:51	15:21
		M - 75, 82.5	13	-	-	10:00	10:22	10:27	14:36	10:27	11:25	12:02	13:01	13:38	14:36	15:21	15:41
25-Aug	4	M - 90, 100	9	8:00	9:30	9:30	9:55	10:00	14:27	10:00	10:40	11:53	12:34	13:47	14:27	15:45	16:05
		M - 110, 125, 125+	14	-	-	10:00	10:35	10:40	15:30	10:40	11:43	12:34	13:37	14:27	15:30	16:05	16:35

Approximate times; subject to changes.

