



WORLD POWERLIFTING GAMES 2025

October 9-11, 2026

Venue: Rock Hill Sports & Event Center, Rock Hill, SC. USA

Event Agenda / Schedule (Military Time)

Day & Date

World Power Lift Challenge (Rep Contest)

Friday 9 October – Early Weigh-In: 08:30 – 11:30 pm

Rules Meeting: Friday 9 October – 08:30 – 09:30 am

Power Lift Challenger: Rules @ 11:30 am & Lifting Starts @ 12:15 pm

Event World Powerlifting Games Competition Schedule

Friday 9 October (Early Weigh-In)

Topic

Daily Activities	Times	Event Agenda	Start
Sat. Comp. Early Weigh-In (Fri.)	09:00 – 12:00	Day #1 Weigh-In: Saturday Competitors only	09:00
Sat. Comp. Early Weigh-In (Fri.)	and 16:00-18:00	All Female Divisions & Weight Classes 44 kg thru 110.1+ kg and All Males in Divisions & Weight Classes 52 kg - 90 kg	16:00
HOF Ceremony Class of 2026	18:00 (approx)	Open to the Public: HOF Induction Ceremony	18:00
Day #1 Agenda		Saturday 10 October	
Late Weigh-In Saturday Comp	06:45-07:45	Day #1 Late Weigh-In (by request) – Sat Lifters	06:45
Early Weigh-In Sunday Competitors	06:45-08:00	Day #2 Early Weigh-In – Sun Lifters	06:45
Day #2 Early Weigh-In Only	10:30-12:00 & 15:30-17:00	Day #2 (cont.) Early Weigh-In	10:30 & 15:30
Sat. Competitor Rules Meeting	08:00-08:20	Mandatory Rules Meeting	08:00
Saturday Competition Begins	09:00	Competition Begins for the Following Athletes: All Female Divisions & Weight Classes 44 kg – 110.1+ kg and All Male Divisions for Weight Classes 52 kg – 90 kg	09:00
Sat. Lifter Award Presentation	16:15 (Approx.)	Saturday Award Ceremony	16:15
Day #2 Agenda		Sunday 11 October	
Day #2 Late Weigh-In	06:45 – 07:45	Day #2 Weigh-In: Sunday Competitors only	06:45
Rules Meeting		All Male Divisions for Weight Classes 100kg – 140.1+kg	
Day #2 Competition Begins	08:00-08:20	Mandatory Rules Meeting	08:00
Competition Begins	09:00	Competition Begins for the Following Athletes: All Male Divisions for Weight Classes 100kg – 140.1+kg	09:00