



WORLD POWER LIFT CHALLENGE 2026

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

Event Date: Friday October 9, 2026

Time Table / Schedule (Military Time)

Day & Date	Time	Event Agenda	Start
Friday 9 October		Weigh-Ins All Competitors	
	08:30 – 11:30	All Female & Male Athletes (all Divisions & Weight Classes)	08:30
All Competitors	11:30	Mandatory Rules Meeting	11:30
Friday 9 October	12:15	Competition Begins for All Athletes: All Female & Male Athletes	12:15
		(Lifting Order will be determined and posted after all competitors have weighed in.)	
	14:00 (Approx.)	Friday Award Ceremony	14:00

POWER LIFT CHALLENGER - REP COMPETITION

Percentage of Body Weight Standard Bar Weight

Division	Bench-M	Bench-F	Deadlift-M	Deadlift-F	Strict Curl-M	Strict Curl-F	Cheat Curl-M	Cheat Curl-F
Open	100% (5lb)	60%	125%	100%	50%	30%	70%	45%
M/P/F	100% (5lb)	60%	125%	100%	50%	30%	70%	45%
Juniors	92%	56%	122%	92%	47%	27%	67%	42%
Submasters	95%	60%	125%	95%	50%	30%	70%	45%
Masters-1	95%	60%	125%	95%	50%	30%	70%	45%
Masters-2	95%	60%	125%	95%	50%	27%	70%	45%
Masters-3	92%	56%	122%	92%	45%	25%	67%	42%
Masters-4	92%	56%	122%	92%	45%	24%	67%	42%
Masters-5	90%	53%	120%	90%	43%	23%	67%	42%
Masters-6	86%	50%	116%	86%	43%	23%	65%	40%
Masters-7	83%	47%	112%	84%	42%	22%	63%	38%
Masters-8	78%	42%	108%	80%	40%	20%	60%	35%
Masters-9	75%	40%	105%	75%	36%	17%	57%	32%
Teenage-1	70%	35%	100%	70%	33%	15%	50%	27%
Teenage-2	80%	45%	110%	75%	42%	22%	60%	35%
Teenage-3	90%	55%	120%	90%	45%	24%	67%	42%
Paralifter	85%	50%	110%	75%	45%	24%	67%	42%
Youth	63%	32%	90%	65%	30%	13%	45%	25%

All competition rules can be found in the federation Rulebook at <https://www.365strong.org/rulebook>. There's a 2-minute time limit on all lifts to achieve a maximum result. Each repetition will be counted and evaluated by a certified international Referee. Athletes may enter one or more lift categories.