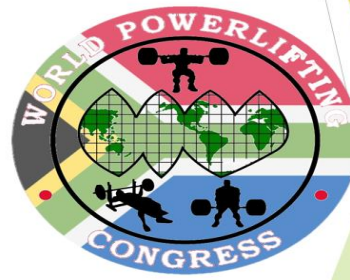


**WORLD POWERLIFTING  
CONGRESS-  
SOUTH AFRICA**



**WPC WORLD POWERLIFTING  
CHAMPIONSHIPS 2025**

**4-9 NOVEMBER – SOUTH AFRICA, DURBAN, KZN**

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**PRELIMINARY FLIGHT SCHEDULE**

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Thank you so much for participating in the WPC World Powerlifting Championships 2025.

Please find below the preliminary flight schedules. Kindly note that these are subjects to change, especially in the event of late entries or if athletes are moved into different weight classes.

We appreciate you're understanding and will communicate any updates as soon as they become available

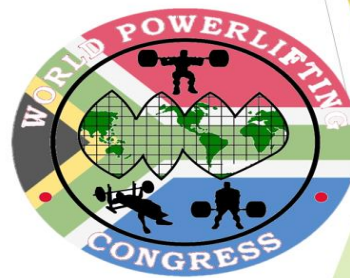
**WORLD POWERLIFTING  
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SOUTH AFRICA**



**TUESDAY, 04 NOVEMBER 2025**

<b>DAY 1</b>			
<b>LIFT</b>	<b>FLIGHT A</b>	<b>FLIGHT B</b>	<b>FLIGHT C</b>
<b>SQUATS</b>	<b>09H00</b>	<b>09H50</b>	<b>10H40</b>
	<b>Classic Raw</b>	<b>RAW</b>	<b>RAW</b>
	<b>Youth &amp; SO</b>	<b>All Females</b>	<b>All Males</b>
<b>BENCH</b>	<b>11H30</b>	<b>12H20</b>	<b>13H10</b>
	<b>Classic Raw</b>	<b>RAW</b>	<b>RAW</b>
	<b>Youth &amp; SO</b>	<b>All Females</b>	<b>All Males</b>
<b>DEADLIFT</b>	<b>14H00</b>	<b>14H50</b>	<b>15H40</b>
	<b>Classic Raw</b>	<b>RAW</b>	<b>RAW</b>
	<b>Youth &amp; SO</b>	<b>All Females</b>	<b>All Males</b>

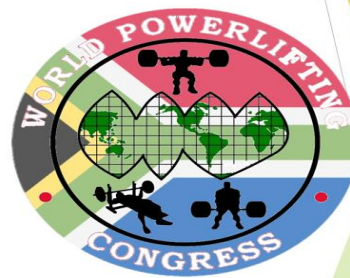
**WORLD POWERLIFTING  
CONGRESS-  
SOUTH AFRICA**



**WEDNESDAY, 05 NOVEMBER 2025**

<b>DAY 2</b>		
<b>LIFT</b>	<b>FLIGHT A</b>	<b>FLIGHT B</b>
<b>SQUATS</b>	<b>09H00</b>	
	<b>SP &amp; MP</b>	
	<b>All Male and Female</b>	
<b>BENCH</b>	<b>11H00</b>	
	<b>SP &amp; MP, RAW-SO</b>	
	<b>All Male and Female</b>	
<b>DEADLIFT</b>	<b>13h30</b>	<b>12H30</b>
	<b>SP &amp; MP</b>	<b>RAW - SO</b>
	<b>All Male and Female</b>	<b>All Males and Females</b>

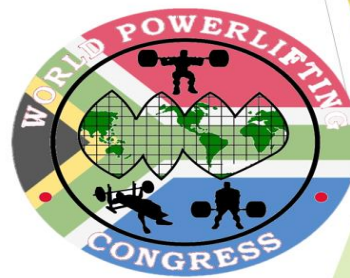
**WORLD POWERLIFTING  
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SOUTH AFRICA**



**THURSDAY, 06 NOVEMBER 2025**

<b>DAY 3</b>				
<b>LIFT</b>	<b>FLIGHT A</b>	<b>FLIGHT B</b>	<b>FLIGHT C</b>	<b>FLIGHT D</b>
<b>SQUATS</b>	<b>09H00</b>	<b>09H45</b>	<b>10H30</b>	<b>11H15</b>
	<b>Raw &amp; Classic Raw</b>	<b>Classic Raw</b>	<b>Classic Raw</b>	<b>Classic Raw</b>
	<b>All RAW &amp; T1 &amp; T2</b>	<b>T3 &amp; All Master 1</b>	<b>All M2 &amp; M3</b>	<b>All M4 - M8</b>
<b>BENCH</b>	<b>12H00</b>	<b>12H45</b>	<b>13H30</b>	<b>14H15</b>
	<b>Raw &amp; Classic Raw</b>	<b>Classic Raw</b>	<b>Classic Raw</b>	<b>Classic Raw</b>
	<b>All RAW &amp; T1 &amp; T2</b>	<b>T3 &amp; All Master 1</b>	<b>All M2 &amp; M3</b>	<b>All M4 - M8</b>
<b>DEADLIFT</b>	<b>15H00</b>	<b>15H45</b>	<b>16H30</b>	<b>17H15</b>
	<b>Raw &amp; Classic Raw</b>	<b>Classic Raw</b>	<b>Classic Raw</b>	<b>Classic Raw</b>
	<b>All RAW &amp; T1 &amp; T2</b>	<b>T3 &amp; All Master 1</b>	<b>All M2 &amp; M3</b>	<b>All M4 - M8</b>

**WORLD POWERLIFTING  
CONGRESS-  
SOUTH AFRICA**



**FRIDAY, 07 NOVEMBER 2025**

**DAY 4**

LIFT	FLIGHT A	FLIGHT B	FLIGHT C	FLIGHT D	FLIGHT E
SQUATS	09H00	10H00	11H00		
	Classic Raw	Classic Raw	Classic Raw		
	Jnr up to Open 67.5kg	Open up to 100kg	Open up to 140kg+		
BENCH	12H30	13H30	14H30	11H30	15H30
	Classic Raw	Classic Raw	Classic Raw	RAW	RAW
	Jnr up to Open 67.5kg	Open up to 100kg	Open up to 140kg+	All Females	All Males
DEADLIFT	17H00	18H00	19H00		
	Classic Raw	Classic Raw	Classic Raw		
	Jnr up to Open 67.5kg	Open up to 100kg	Open up to 140kg+		

**WORLD POWERLIFTING  
CONGRESS-  
SOUTH AFRICA**



**SATURDAY, 08 NOVEMBER 2025**

<b>DAY 5</b>						
<b>LIFT</b>	<b>FLIGHT A</b>	<b>FLIGHT B</b>	<b>FLIGHT C</b>	<b>FLIGHT D</b>	<b>FLIGHT E</b>	<b>FLIGHT F</b>
<b>SQUATS</b>	<b>09H00</b>	<b>09H45</b>		<b>15H45</b>	<b>16H30</b>	
	Classic Raw Female	Classic Raw Female		Classic Raw Female	Classic Raw Female	
	All Teens All Juniors Open – 52kg, 75kg, 82.5kg, 110kg & 110+kg	Masters M1-67.5kg, M1-75kg, M1-100kg, M2-60kg, M2-75kg, M2-82.5kg M3-56kg, M3-60kg, M4-56kg, Open-56kg M4-75kg, M4-82.5kg		Open – 60kg, 67.5kg  Masters M4- 60kg, M2-67.5kg, M3- 67.5kg, M8- 67.5kg	Open – 90kg, 100kg  Masters M1- 90kg, M2- 90kg, M2- 100Kg, M2- 110kg M2- 110+kg M4- 100kg, M4- 110+kg  All Military Females	
<b>BENCH</b>	<b>10H45</b>	<b>12H15</b>	<b>11H30</b>	<b>17H30</b>	<b>19H00</b>	<b>18H15</b>
	Classic Raw Female	Classic Raw Female	BP - RAW	Classic Raw Female	Classic Raw Female	BP - RAW
	All Teens All Juniors Open – 52kg, 75kg, 82.5kg, 110kg & 110+kg	Masters M1-67.5kg, M1-75kg, M1-100kg, M2-60kg, M2-75kg, M2-82.5kg M3-56kg, M3-60kg, M4-56kg, Open-56kg M4-75kg, M4-82.5kg	UL & MP	Open – 60kg, 67.5kg  Masters M4- 60kg, M2-67.5kg, M3- 67.5kg, M8- 67.5kg	Open – 90kg, 100kg  Masters M1- 90kg, M2- 90kg, M2- 100Kg, M2- 110kg M2- 110+kg M4- 100kg, M4- 110+kg  All Military Females	SP-SO & SP

# WORLD POWERLIFTING CONGRESS- SOUTH AFRICA



	13H15	14H30		20H00	20H45	
	Classic Raw Female	Classic Raw Female		Classic Raw Female	Classic Raw Female	
<b>DEADLIFT</b>	All Teens All Juniors Open – 52kg, 75kg, 82.5kg, 110kg & 110+kg	Masters M1-67.5kg, M1-75kg, M1-100kg, M2-60kg, M2-75kg, M2-82.5kg M3-56kg, M3-60kg, M4-56kg, Open-56kg M4-75kg, M4-82.5kg		Open – 60kg, 67.5kg  Masters M4- 60kg, M2-67.5kg, M3- 67.5kg, M8- 67.5kg	Open – 90kg, 100kg  Masters M1- 90kg, M2- 90kg, M2- 100Kg, M2- 110kg M2- 110+kg M4- 100kg, M4- 110+kg  All Military Females	

**WORLD POWERLIFTING  
CONGRESS-  
SOUTH AFRICA**



**SUNDAY, 09 NOVEMBER 2025**

<b>DAY 6</b>			
<b>LIFT</b>	<b>FLIGHT A</b>	<b>FLIGHT B</b>	<b>FLIGHT C</b>
	<b>10H00</b>	<b>11H00</b>	<b>12H00</b>
	<b>RAW</b>	<b>RAW</b>	<b>RAW &amp; Equipped</b>
<b>DEADLIFT</b>	<b>All Females</b>	<b>Males</b> <b>All Teens</b> <b>All Juniors</b> <b>All Open</b> <b>Master 1</b> <b>Master 2</b> <b>Master 3</b> <b>Master 8</b>	<b>RAW Males</b> <b>Master 4</b> <b>Master 5</b> <b>Master 6</b> <b>Master 7</b>  <b>All Equipped Males</b>

*Let's make this World Championships  
an unforgettable one.*

*Welcome to South Africa!*