



Time table of Almaty 2025

IBSA Open Asian Bench Press Championship and IBSA Powerlifting &

Bench

Press World Cup

Day	Session	Event	Body weight categories/ Number of athlete	No of athletes	Start	Finish
May 24 2025		Teams' arrival				
May 25 2025		Classification			9:00	17:00
		Teams' training			9:00	17:00
		IBSA ITO' seminar			15:00	17:00
May 26 2025		Classification			9:00	17:00
		Teams' training			9:00	17:00
		Technical Teams meeting			15:00	17:00
		ITO meeting			17:00	18:00
May 26 2025		WEIGHT-IN for Powerlifting & Bench Press IBSA World CUP				
		All women	56; 60; 67,5; 75; 82,5; 100; over 100	15	9:00	10:30
		Men	56; 60; 67,5; 75; 82,5	18	11:00	12:30
		Men	90; 100;	11	13:00	14:30
		Men	110; 125; over 125	10	15:00	16:30
May 27 2025		Competition of BP, World Cup				
women	1	Warm-Up	56; 60; 67,5	8	9:00	9:30
		Comp-n			9:30	10:10
		Victory ceremony			10:15	10:45
women	2	Warm-Up	75; 82,5; 100; over 100	6	10:15	10:45
		Comp-n			10:45	11:15
		Victory ceremony			11:20	12:00
		Opening ceremony			12:00	13:00
men	3	Warm-Up	56; 60; 75	10	13:00	13:30
		Comp-n			13:30	14:15
		Victory ceremony			14:30	15:00
men	4	Warm-Up	67,5; 82,5; 90	11	14:30	15:00

		Comp-n			15:00	15:55
		Victory ceremony			16:00	16:30
men	5	Warm-Up	100, 125	10	16:00	16:30
		Comp-n			16:30	17:15
		Victory ceremony			17:20	18:00
men	6	Warm-Up	110, over 125	9	17:30	18:00
		Comp-n			18:00	18:40
		Victory ceremony			18:50	19:30
May 28 2025		Competition of Powerlifting (Squat, Deadlift) World Cup				
women	1/group 1	Warm-Up	56; 60; 67,5	15	9:00	9:30
	1/group 2	Warm-Up	75; 82,5; 100; over 100		9:00	9:30
	1/group 1	Comp-n			9:30	11:55
	1/group 2	Comp-n			9:30	11:55
		Victory ceremony	56; 60; 67,5; 75; 82,5; 100; over 100		12:15	13:00
		LUNCH			13:00	14:30
men	2	Warm-Up	56; 60; 75	10	14:30	15:00
		Comp-n			15:00	17:00
		Victory ceremony	56; 60; 75		17:15	18:00
May 29 2025		Competition of Powerlifting (Squat, Deadlift) World Cup				
men	3	Warm-Up	67,5; 82,5; 90	11	9:00	9:30
		Comp-n			9:30	11:40
		Victory ceremony	67,5; 82,5; 90		12:00	13:30
men	1/group 1	Warm-Up	100, 125	9	13:30	14:00
	1/group 2	Warm-Up	110, over 125	9	13:30	14:00
	1/group 1	Comp-n			14:00	17:10
	1/group 2	Comp-n			14:00	17:10
		Victory ceremony	100; 110; 125; over 125		17:30	18:30
May 29 2025		WEIGHT-IN for Bench Press IBSA ASIAN Championship on IPC bench				
			TBS			
May 30 2025		Competition of Bench Press IBSA ASIAN Championship on IPC bench				
Plute for best lifters & Trophy for Teams			TBS			
		Technical Coach Meeting			TBS	

May 31 2025		Teams' departute			
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