



SCHEDULE

2026 EUROPEAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS

WAREGEM - BELGIUM

19-27 JUNE 2026



	Weigh-in	Start	Age	B/W	Session	PLATFORM
Friday						
19/06/2026	07:00	09:00	M85 M80	60 - 110+kg 60 - 79kg	1	A
	07:00	09:00	M80 M75	88 - 110+kg 60kg	1	B
OPENING CEREMONY 11:45-12:45						
	10:45	12:45	M75	65 - 88kg	2	A
	10:45	12:45	M75 M70	94 - 110+kg 60 - 71kg	2	B
	13:45	15:45	W75 W70 W65	48 - 86+kg 48 - 86+kg 48 - 58kg	3	A
	13:45	15:45	W65	63 - 86+kg	3	B
	16:30	18:30	M70	79, 88kg	4	A
	16:30	18:30	M70	94 - 110+kg	4	B
Saturday	07:00	09:00	M65	60 - 71kg, 88kg	5	A
20/06/2026	07:00	09:00	M65	79, 94kg	5	B
	10:00	12:00	W60	48 - 63kg 86kg	6	A
	10:00	12:00	W60	69 - 77kg 86+kg	6	B
	13:00	15:00	M65 M60	110 - 110+kg 60, 71kg	7	A
	13:00	15:00	M60	65, 79kg	7	B
	16:15	18:15	M60	88kg	8	A
	16:15	18:15	M60	94 - 110+kg	8	B
Sunday	07:00	09:00	M55	60 - 71kg	9	A
21/06/2026	07:00	09:00	M55	79kg	9	B
	09:15	11:15	W55	48 - 63kg	10	A
	09:15	11:15	W55	69 - 86+kg	10	B
	12:30	14:30	M55	88, 110+kg	11	A
	12:30	14:30	M55	94, 110kg	11	B
	15:45	17:45	M50	60, 79kg	12	A
	15:45	17:45	M50	65 - 71kg, 88kg	12	B



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19-27 JUNE 2026



	Weigh-in	Start	Age	B/W	Session	PLATFORM
<i>Monday</i>	07:00	09:00	W50	48 - 58kg	13	A
22/06/2026	07:00	09:00	W50	63 - 69kg	13	B
	10:30	12:30	M50	94kg	14	A
	10:30	12:30	M50	110kg	14	B
	13:30	15:30	W50 W45	77, 86+kg 53kg	15	A
	13:30	15:30	W50 W45	86kg 48kg	15	B
	16:30	18:30	M50 M45	110+kg 60 - 71kg	16	A
	16:30	18:30	M45	79kg	16	B
CONGRESS OF NATIONS: 20:00 HOURS						
<i>Tuesday</i>	07:00	09:00	W45	58kg	17	A
23/06/2026	07:00	09:00	W45	63kg	17	B
	10:00	12:00	M45	88kg	18	A
	10:00	12:00	W45	69kg	18	B
	13:15	15:15	M45	94kg, 110+kg	19	A
	13:15	15:15	M45	110kg	19	B
	16:30	18:30	W45	77kg	20	A
	16:30	18:30	W45	86kg	20	B
CONGRESS OF NATIONS: 20:00 HOURS						
<i>Wednesday</i>	06:30	08:30	M40	60 - 71kg	21	A
24/06/2026	06:30	08:30	W45 W40	86+kg 48 - 53kg	21	B
	09:30	11:30	W40	58, 63kgB	22	A
	09:30	11:30	W40	63kgA	22	B
	12:30	14:30	M40	79, 88kgB	23	A
	12:30	14:30	M40	88kgA	23	B
	15:30	17:30	W40	69kgB	24	A
	15:30	17:30	W40	69kgA	24	B
CONGRESS OF NATIONS: 20:00 HOURS						
<i>Thursday</i>	07:00	09:00	M40	94kg	25	A
25/06/2026	07:00	09:00	M40	110 - 110+kg	25	B
	10:15	12:15	W40	77B, 86kg	26	A
	10:15	12:15	W40	77kgA	26	B



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	Weigh-in	Start	Age	B/W	Session	PLATFORM
	13:15	15:15	W40 W35	86+kg 48 - 53kg	27	A
	13:15	15:15	M35	60 - 71kg	27	B
	17:00	19:00	W35	58kgB	28	A
	17:00	19:00	W35	58kgA	28	B
Friday 26/06/2026	07:00	09:00	M35	79kgB	29	A
	07:00	09:00	M35	79kgA	29	B
	09:00	11:00	W35	63kgB	30	A
	09:00	11:00	W35	63kgA	30	B
	12:00	14:00	M35	88kgB	31	A
	12:00	14:00	M35	88kgA	31	B
	14:45	16:45	W35	69kgB	32	A
	14:45	16:45	W35	69kgA	32	B
	17:45	19:45	W35	77kgB	33	A
	17:45	19:45	W35	77kgA	33	B
Saturday 27/06/2026	07:00	09:00	M35	94kgB	34	A
	07:00	09:00	M35	94kgA	34	B
	09:00	11:00	W35	86kgB, 86+kg	35	A
	09:00	11:00	W35	86kgA	35	B
	11:15	13:15	M35	110kgB 110kg+	36	A
	11:15	13:15	M35	110kgA	36	B

CLOSING BANQUET