



**Asian Sub Junior, Junior Classic & Equipped Powerlifting Championship
and Asian Classic & Equipped University Cup
from 09 to 15 May 2026, Hainan, China**

FINAL TIME TABLE

09/05/2026	14.00	ACCREDITATION		
	19:00	TECHNICAL COMMITTEE MEETING		
DATE	WEIGH-IN TIME	DIVISION	WEIGHTCLASS	START
CLASSIC POWERLIFTING ASIAN SUB JUNIOR & JUNIOR				
10/05/2026	07:00 - 08:30	SUB JUNIOR, JUNIOR MEN	53 & 59 KG (19)	09:00
	12.30	OPENING CEREMONY		
	11.30 - 13.00	SUB JUNIOR, JUNIOR WOMEN	43, 47 & 52 KG (19)	13:30
	15.00 - 16.30	SUB JUNIOR, JUNIOR MEN	66 & 74 KG (23)	17.00
11/05/2026	07:00 - 08:30	SUB JUNIOR, JUNIOR MEN	83 & 93 KG (32)	09:00
	12.00 - 13.30	SUB JUNIOR, JUNIOR WOMEN	57 & 63 KG (14)	14:00
	15.00 - 16.30	SUB JUNIOR, JUNIOR WOMEN	69 & 76 KG (9)	17.00
12/05/2026	08:00 - 09:30	SUB JUNIOR, JUNIOR MEN	105 KG (8)	10:00
	11.00 - 12.30	SUB JUNIOR, JUNIOR WOMEN	84 & 84+ KG (10)	13:00
	14.00 - 15.30	SUB JUNIOR, JUNIOR MEN	120 & 120+ KG (10)	16.00
UNIVERSITY CUP CLASSIC POWERLIFTING				
13/05/2026	07:00 - 08:30	59 TO 83 KG MEN (20)		09.00
	11.00 - 12.30	ALL WOMEN (10)		13.00
	14.00 - 15.30	93 TO 120+ KG MEN (16)		16.00



ASIAN SUB JUNIOR, JUNIOR EQUIPPED POWERLIFTING				
14/05/2026	07:00 - 08:30	SUB JUNIOR, JUNIOR MEN	53 TO 83 KG (19)	09.00
	11.00 - 12.30	ALL WOMEN (30)		13.00
	16.00 - 17.30	SUB JUNIOR, JUNIOR MEN	93 TO 120+ KG MEN (18)	18.00
UNIVERSITY CUP EQUIPPED POWERLIFTING				
15/05/2026	08:00 - 09:30	ALL MEN & WOMEN (11)		10.00
	CLOSING BANQUET			19.00

Farshid Soltani
APF President

Tatiana Romanova
APF Secretary General

P.J. Joseph
APF Championship Secretary