



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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| | 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 | W40 | 58kgB | 28 | A |
| | 17:00 | 19:00 | W40 | 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