

All flights start with 1

| Platform 1 | | | |
|-------------------------------|--------------------------|-----------------|--------------|
| SATURDAY | | | |
| | Number of lifters | Weigh in | start |
| Powerlifting Classic | | | |
| Flight 11 | | | |
| Men jr 66, 74, 83 | 13 | 800-0930 | 1000 |
| Flight 12 | | | |
| Men jr 93, 120 | 11 | 800-0930 | 1039 |
| Flight 13 | | | |
| Men jr 105, 120+ | 11 | 1230-1400 | 1430 |
| Flight 14 | | | |
| Men subjr. 59,66,74,83 | 13 | 1230-1400 | 1503 |
| Medal ceremoni at 1830 | | | |
| SUNDAY | | | |
| Flight 15 | | | |
| Men subjr. 93,105,120,120+ | 12 | 800-0930 | 1000 |
| Classic Benchpress | | | |
| Flight 16 | | | |
| All men jr/subjr. | 17 | 1230-1400 | 1430 |
| Flight 17 | | | |
| All women jr/subjr. | 11 | 1230-1400 | 1521 |
| Medal ceremoni at 1615 | | | |

All flights start with 2

| Platform 2 | | | |
|-------------------------------|--------------------------|-----------------|--------------|
| SATURDAY | | | |
| | Number of lifters | Weigh in | start |
| Powerlifting Classic | | | |
| Flight 21 | | | |
| Women jr 52,57,63,69 | 13 | 800-0930 | 1000 |
| Flight 22 | | | |
| Women jr 76,84, 84+ | 8 | 800-0930 | 1039 |
| Flight 23 | | | |
| Women subjr. ALL | 12 | 1215-1345 | 1415 |
| Medal ceremoni at 1830 | | | |
| SUNDAY | | | |
| Equipped Powerlifting | | | |
| Flight 24 | | | |
| Men subjr and ALL women | 7 | 800-0930 | 1000 |
| Flight 25 | | | |
| All men jr | 12 | 800-0930 | 1021 |
| Equipped Benchpress | | | |
| Flight 26 | | | |
| ALL | 12 | 1300-1430 | 1500 |
| Medal ceremoni at 1615 | | | |