GPC World Championships 2026 – Pabianice, Poland			
Lifting Schedule			
Day	**Weigh Ins**	**Discipline**	**Category**
Tuesday 20	For lifters on Wed 21st		
Wednesday 21	For lifters on Thursday 22nd	Powerlifing EQ	All lifters, male and female
		Pwerlifting RAW Powerlifting RAW Powerlifting RAW	All Female, All ages All Teens All Juniors
Thursday 22	For lifters on Friday 23rd	Powerlifting RAW	All Open males
		Powerlifting RAW	All masters males
Friday 23	For lifters on Saturday 24th	Single Squats RAW	All lifters, male and female
		Single Squats EQ	All lifters, male and female
		Single Deadlifts RAW	All lifters, male and female
		Single Deadlifts EQ	All lifters, male and female
Saturday 24	For lifters on Sunday 25th	Benchpress RAW	All lifters, male and female
Sunday 25		Bench press EQ	All lifters, male and female
		Bench press F8	All lifters, male and female
		Bench Press Soft Strict Biceps Curt	All lifters, male and female All lifters, male and female

The weigh-in

As per GPC Rules, lifters must weigh in the day before lifting	**Morning**	**Evening**
	10:30 am – 11:30 am	4:30 pm – 6:00 pm
	09:00 am – 10:30 am	4:30 pm – 6:00 pm

Each session can be extended if required to accommodate the number of athletes weighing in who are there by the close of the official weigh-in time.	Lifters requiring special weigh-in arrangements due to travel connection times must contact the organiser in advance to organise same