



2026 Summer Games Schedule for Powerlifting

Sport Management Team:
Brandon Smitley ● Adriana Smitley ●
Matt Hughen ● Tim Paul ● Dayne Garbacik

Friday, June 12th

10:30AM – 12:30PM Weigh-Ins (ALL Lifters)

12:30PM Mandatory Coaches –

North Gym

<i>Powerlifting Estimated Time Frame – Female & Unified</i>		
Friday, June 12 th	Flight A	
	Competition	Warm up
1:00 PM – 1:20PM		Squat Flight A
1:30PM – 2:10PM	Squat Flight A	Squat Flight B
2:10PM – 2:45PM	Squat Flight B	Bench Flight A
2:45PM – 3:35PM	Bench Flight A	Bench Flight B
3:40PM– 4:10PM	Bench Flight B	Deadlift Flight A
4:10PM – 5:00PM	Deadlift Flight A	Deadlift Flight B
5:00PM-5:30PM	Deadlift Flight B	
Awards will be awarded on Saturday either AM before competition or during lunch at awards area		

Saturday, June 13th

<i>Powerlifting Estimated Time Frame Male – 21 & Under</i>		
Saturday, June 13 th	Morning Flight A	
	Competition	Warm up
7:30AM – 7:50 AM		Squat Flight A
8:00AM – 9:15AM	Squat Flight A	
9:15AM – 9:20AM		Bench Flight A
9:20AM – 10:20AM	Bench Flight A	
10:20AM – 10:45AM		Deadlift Flight A
10:45AM – 11:55	Deadlift Flight A	
Awards will start immediately after all lifts have been completed at awards		

<i>Powerlifting Estimated Time Frame Males 22+, 205lbs & Over</i>		
Saturday, June 13 th	Afternoon Flight B	
	Competition	Warm up
12:20PM – 12:40pm		Squat Flight A
12:40PM - 1:00PM	Squat Flight A	Squat Flight B
1:00PM – 1:55PM	Squat Flight B	Bench Flight A
2:00PM – 2:20PM	Bench Flight A	Bench Flight B
2:20PM – 3:15PM	Bench Flight B	Deadlift Flight A
3:20M – 3:40PM	Deadlift Flight A	Deadlift Flight B
3:40PM – 4:30PM	Deadlift Flight B	
Awards will start immediately after all lifts have been completed at awards area		

Sunday, June 14th

<i>Powerlifting Estimated Time Frame Males 22+, 205lbs & Under</i>		
Sunday, June 14th	Morning Flight A	
	Competition	Warm up
7:30AM – 7:50 AM		Squat Flight A
8:00AM – 9:15AM	Squat Flight A	
9:15AM – 9:20AM		Bench Flight A
9:20AM – 10:20AM	Bench Flight A	
10:20AM – 10:45AM		Deadlift Flight A
10:45AM – 11:55	Deadlift Flight A	
Awards will start immediately after all lifts have been completed at awards		

Divisions and Flight Schedule

Competition for all lifters be on either Friday, Saturday, or Sunday. Please see schedule listed above to determine where your athlete may be tentatively scheduled.

There will be a quick 10-15 minute warm up period in between each lift, coaches can utilize the weightroom for warm-up before their flights. Saturday awards will take place immediately following each session.

All delegations will have the opportunity to get lunch at the dining hall during the lunch break. We recommend to have extra chaperones to take athletes in Flight B to lunch then take athletes in Flight A after their awards. Friday athletes need to eat before or after the Saturday lunch break.

Athlete's final weight classes will be determined at weigh ins on Friday afternoon. Above are tentative times of when each weight class and gender are foreseen to lift. Please note that this could change if we see a large number of changes in weight classes, based on what was predicted at registration.