

OPEN MASTERS GAMES Abu Dhabi 2026		OMGAD 2026: WEIGHTLIFTING - FEB 7th VENUE: ADNEC				OPEN MASTERS GAMES Abu Dhabi 2026		
Categories	Session	Day	Weigh-in	Comp. Start	Comp. End			
M35+ - 65kg (5)	M65kg (7)	1 (Feb 7th)	07:30	09:00	10:30			
M40+ - 65kg (1)								
M65+ - 65kg (1)								
M35+ - 71kg (2)								
M40+ - 71kg (3)	M71kg (11)	1 (Feb 7th)	08:30	10:30	12:30			
M45+ - 71kg (4)								
M50+ - 71kg (1)								
M55+ - 71kg (1)								
Lunch break							12:30	13:00
E35+ - 48kg (5)	F48kg (13)	1 (Feb 7th)	11:00	13:00	15:00			
F40+ - 48kg (4)								
F45+ - 48kg (1)								
F50+ - 48kg (3)								
M35+ - 60kg (4)	M60kg (14)	1 (Feb 7th)	13:30	15:30	18:00			
M40+ - 60kg (3)								
M45+ - 60kg (5)								
M55+ - 60kg (1)								
M70+ - 60kg (1)	F53/58kg (8)	1 (Feb 7th)	16:00	18:00	19:30			
F35+ - 53kg (4)								
F40+ - 58kg (4)								
OPEN MASTERS GAMES Abu Dhabi 2026								
OMGAD 2026: WEIGHTLIFTING - FEB 8th VENUE: ADNEC								
Categories	Session	Day	Weigh-in	Comp. Start	Comp. End			
F35+ - 63kg (1)	F63/69kg (10)	2 (Feb 8th)	07:30	09:00	11:00			
F45+ - 63kg (2)								
E35+ - 69kg (3)								
F40+ - 69kg (2)								
F45+ - 69kg (1)								
F60+ - 69kg (1)								
M45+ - 79kg (2)	M79kg (7)	2 (Feb 8th)	09:00	11:00	12:30			
M50+ - 79kg (1)								
M55+ - 79kg (1)								
M60+ - 79kg (1)								
M65+ - 79kg (2)								
Lunch break							12:30	13:00
M35+ - 79kg (14)	M79kg (14)	2 (Feb 8th)	11:00	13:00	15:30			
M40+ - 79kg (10)	M79kg (10)		14:00	16:00	18:00			
M35+ - 94kg (8)	M94kg (8)		16:30	18:30	20:30			
OPEN MASTERS GAMES Abu Dhabi 2026								
OMGAD 2026: WEIGHTLIFTING - FEB 9th VENUE: ADNEC								
Categories	Session	Day	Weigh-in	Comp. Start	Comp. End			
M40+ - 94kg (5)	M94kg (13)	3 (Feb 9th)	11:00	13:00	15:00			
M45+ - 94kg (3)								
M50+ - 94kg (3)								
M60+ - 94kg (1)								
M65+ - 94kg (1)								
M40+ - 88kg (5)						M88kg (11)	3 (Feb 9th)	13:30
M45+ - 88kg (2)								
M50+ - 88kg (2)								
M55+ - 88kg (1)								
M60+ - 88kg (1)								
M35+ - 88kg (14)	M88kg (14)	3 (Feb 9th)	16:00	18:00	20:30			
OPEN MASTERS GAMES Abu Dhabi 2026								
OMGAD 2026: WEIGHTLIFTING - FEB 10th VENUE: ADNEC								
Categories	Session	Day	Weigh-in	Comp. Start	Comp. End			
F40+ - 77kg (4)	F77kg (8)	4 (Feb 10th)	08:30	10:30	12:00			
F45+ - 77kg (2)								
F60+ - 77kg (1)								
F65+ - 77kg (1)								
Lunch break							12:30	13:00
M35+ - 110kg (7)	M110kg (14)	4 (Feb 10th)	11:00	13:00	15:30			
M40+ - 110kg (2)								
M45+ - 110kg (2)								
M50+ - 110kg (1)								
M60+ - 110kg (2)	F86/+86kg (12)	4 (Feb 10th)	14:00	16:00	18:00			
F35+ - 86kg (4)								
F40+ - 86kg (2)								
F45+ - 86kg (1)								
F50+ - 86kg (1)								
F35+ - +86kg (1)								
F40+ - +86kg (2)								
F45+ - +86kg (1)	M+110kg (10)	4 (Feb 10th)	16:30	18:30	20:30			
M35+ - +110kg (2)								
M40+ - +110kg (4)								
M45+ - +110kg (1)								
M55+ - +110kg (1)								
M60+ - +110kg (2)								

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Competition Manager

