2026 POWERLIFTING & KETTLEBELL SCHEDULE

Event	Event Date	Location
2026 PAN PACIFIC MASTERS GAMES	**7 - 8 NOV 2026**	**Gold Coast Sports and Leisure Centre (Currumbin Room & Tallebudgerra Room), 296 Nerang Broadbeach Rd, Carrara QLD 4211**

All times can be subject to change within the Event date period. All participants should ensure that they will be available to compete at any time during the event date (listed above)

DAY 1 (7 NOV 2026), SAT		
POWERLIFTING		
Session details		
	Event	EQUIPPED & UNEQUIPPED
	Sub Event	UNEQUIPPED FULL POWER (3LIFT)
		UNEQUIPPED SINGLE LIFT SQUAT
		EQUIPPED & UNEQUIPPED SINGLE LIFT BENCH PRESS
	Age Division	ALL
	Gender Division	ALL
	Weight Class	ALL
Gear Check		N/A
Weigh In		**7AM- 8AM for ALL UNEQUIPPED FULL POWER (3LIFT), UNEQUIPPED SINGLE LIFT SQUAT**
		2PM- 3PM for EQUIPPED & UNEQUIPPED SINGLE LIFT BENCH PRESS
Start		**SESSION 1 : 7AM -8AM WEIGH-IN, START AT 9AM**
		SESSION 2 : 2PM - 3PM WEIGH-IN, START AT 4PM
KETTLEBELL		
Session details		
	Event	Pentathlon, Half Marathon, One-Arm Long Cycle, IKMF Games
	Sub Event	N/A
	Age Division	ALL MASTERS
	Gender Division	ALL

	Weight Class	ALL
Gear Check		N/A
Weigh In		**9:00 AM**
Start		**10:15 AM**

DAY 2 (8 NOV 2026), SUN

POWERLIFTING

Session details		
	Event	EQUIPPED & UNEQUIPPED
	Sub Event	EQUIPPED FULL POWER (3LIFT)
		EQUIPPED & UNEQUIPPED SINGLE LIFT DEADLIFT
	Age Division	ALL
	Gender Division	ALL
	Weight Class	ALL
Gear Check		N/A
Weigh In		**8AM- 9AM for ALL EQUIPPED FULL POWER (3LIFT)**
		12:30PM - 1:30PM for ALL EQUIPPED & UNEQUIPPED SINGLE LIFT DEADLIFT
Start		**SESSION 1 : 8AM-9AM WEIGH-IN, START AT 10AM**
		SESSION 2 : 12:30PM-1:30PM WEIGH-IN, START AT 2:30PM

KETTLEBELL

Session details		
	Event	Full Marathon (1 Hour), Half Snatch, Military Snatch, Military Jerk
	Sub Event	N/A
	Age Division	ALL MASTERS
	Gender Division	ALL
	Weight Class	ALL
Gear Check		N/A
Weigh In		**9:00 AM**
Start		**10:15 AM**