



2026 Asian Youth & Junior Weightlifting Championships

7 - 14 August

Tashkent, Uzbekistan



Start time	Finish time	Date									
		05-Aug	06-Aug	07-Aug	08-Aug	09-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug
9:00	- 10:30	A	B	C	D	E	F	A	B	C	Closed
11:00	- 12:30	B	C	D	E	F	A	B	C	D	Closed
13:00	- 14:30	C	D	E	F	A	B	C	D	E	Closed
15:00	- 16:30	D	E	F	A	B	C	D	E	F	Closed
17:00	- 18:30	E	F	A	B	C	D	E	F	A	Closed
19:00	- 20:30	F	A	B	C	D	E	F	A	B	Closed

Group	Nations										
Group A	BAN	CAM	INA	IND	MGL	SRI					
Group B	IRI	VIE	YEM	LAO							
Group C	KAZ	KGZ	TJK	TUR							
Group D	KSA	MAS	JOR	BRN	IRQ	TPE	JPN				
Group E	KOR	TKM	SYR								
Group F	KUW	THA	PHI	SGP	UAE						



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1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25

Group A

Nation	Athletes	Platform Number							
Bangladesh	1	1							
Cambodia	1	2							
Indonesia	3	3	4						
India	20	5	6	7	8	9	10	11	12
		13	14						
Mongolia	15	15	16	17	18	19	20	21	22
Sri Lanka	5	23	24	25					

Group B

Nation	Athletes	Platform Number							
Iran	27	1	2	3	4	5	6	7	8
		9	10	11	12	13	14		
Vietnam	15	15	16	17	18	19	20	21	22
Yemen	3	23	24						
Laos	1	25							

Group C

Nation	Athletes	Platform Number							
Kazakhstan	27	1	2	3	4	5	6	7	8
		9	10	11	12	13	14		
Kyrgyzstan	11	15	16	17	18	19	20		
Tajikistan	6	21	22	23					
Turkiye	4	24	25						

Group D

Nation	Athletes	Platform Number							
Bahrain	3	1	2						
Iraq	1	3							
Jordan	2	4							
Saudi Arabia	16	5	6	7	8	9	10	11	12
Japan	6	13	14	15					
Malaysia	2	16	17						
Chinese Taipei	13	18	19	20	21	22	23	24	

Group E

Nation	Athletes	Platform Number							
Korea Republic	19	1	2	3	4	5	6	7	8
		9	10						
Turkmenistan	16	11	12	13	14	15	16	17	18
		19							
Syria	10	20	21	22	23	24	25		

Group F

Nation	Athletes	Platform Number						
Kuwait	12	1	2	3	4	5	6	7
Philippines	13	8	9	10	11	12	13	14
Singapore	1	15						
Thailand	12	16	17	18	19	20	21	
UAE	4	22	23					