

2025 UMWF World Cup and Commonwealth Masters Championships

Day 1 - Competition Schedule*

Day	Session	Age Group	Weight Category
Friday 13 June 2025	Session 1 Women Masters Weigh-in: 0730 Session Start: 0930	70 - 74	W58, W69
		65 - 69	W48, W63
		60 - 64	W48, W58, W69, W77, W+86
	Session 2 Men Masters Weigh-in: 1000 Session Start: 1200	75 - 79	M79, M88
		60 - 64	M71, M79, M88, M98, M110
		55 - 59	M71, M88, M110, M+110
	Session 3 Women Masters Weigh-in: 12:30 Session Start: 1430	55 - 59	W63, W77, W86, W+86
		50 - 54	W53, W58, W63
	Session 4 Men Masters Weigh-in: 1500 Session Start: 1700	50 - 54	M65, M71, M79, M88, M98
		45 - 49	M65, M71, M79, M98, M110, M+110

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Day 2 - Competition Schedule*

Day	Session	Age Group	Weight Category
Saturday 14 June 2025	Session 5 Women Masters Weigh-in: 0730 Session Start: 0930	45 - 49	W53, W58, W63, W69, W86, W+86
	Session 6 Men Masters Weigh-in: 1000 Session Start: 1200	40 - 44	M71, M79, M88, M98, M110, M+110
	Session 7 Women Masters Weigh-in: 12:30 Session Start: 1430	40 - 44	W53, W58, W63, W69, W77, W86
	Session 8 Men Masters Weigh-in: 1500 Session Start: 1700	35 - 39	M71, M79, M88, M98, M110

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Day 3 - Competition Schedule*

Day	Session	Age Group	Weight Category
Sunday 15 June 2025	Session 9 Women Masters Weigh-in: 0730 Session Start: 0930	35 - 39	W48, W58, W63, W69
	Session 10 Women Masters Weigh-in: 1000 Session: 1200	35 - 39	W77, W86, W+86
		30 - 34	W48, W58, W+86, W63
	Session 11 Men Masters Weigh-in: 1230 Session Start: 1430	30 - 34	M65, M79, M88, M98, M+110

****Please note that all session dates and times are listed in Singapore Standard Time (SGT)***