



USC Winter Games 2026

Time	What	Where
13:00-13:40	Weigh-in	Fitness studio (downstairs)
13:40-13:50	Welcome	Fitness studio
13:50-14:00	<i>Move to first event</i>	
14:00-14:40 <i>40 min</i>	Round 1 Group 1 Weightlifting Group 2 Weightlifting	Weightlifting platform (fitness) Fitness studio
14:40-14:50	<i>Move to second event</i>	
14:50-15:30 <i>40 min</i>	Round 2 Group 1 Powerlifting Group 2 Powerlifting	Weightlifting platform Fitness studio
15:30-15:50	<i>20 min break + move to third event</i>	
15:50-16:35 <i>45 min</i>	Round 3 Group 1 Strongman Group 2 Strongman	Fitness studio
16:35-16:45	<i>Move to fourth (and last) event</i>	
16:45-17:45 <i>60 min</i>	Round 4 Group 1 Strength & Conditioning Group 2 Strength & Conditioning	Fitness studio
17:45-18:00	Prize ceremony	Fitness studio

Afterwards, you are welcome to join us for a drink at Polder, on Science Park.