



commonwealth
games
GLASGOW 2026

Presenting Partner

Amul

SPECTATOR GUIDE

SEC ARMADILLO

PARA POWERLIFTING

24 JULY 2026

WEIGHTLIFTING

**26 JULY 2026
- 30 JULY 2026**

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TOP TIPS

- Download the Glasgow 2026 App on [Apple IOS](#) or [Android](#). Get up to date information in one place for your Altogether Brilliant Games.
- Don't arrive earlier than 60 minutes before the session start time.
- Please use public transport, walk or wheel to the Games – travel green!
- Don't bring water bottles larger than 750ml. [Full list of restricted and prohibited items.](#)
- Have tickets ready to scan before reaching the entrance, to help keep queues moving.
- Capture your favourite moments and [share them with us on social](#). #Glasgow2026
- Visit our Live Sites at [SWG3](#) and [Kelvingrove Park](#) and check out a range of arts and culture across the city in the [Glasgow 2026 Festival](#).

**COME FOR THE GAMES,
STAY FOR GLASGOW**

RIGHT THEN, GLASGOW. LET'S DO THIS.

From 23 July to 2 August the Commonwealth Games return to Glasgow and it's brilliant to be back.

ELEVEN DAYS. ONE CITY. ZERO CHILL.

This is your front-row seat to the world's best going head-to-head, right here in one of the friendliest cities in the world. Everything is packed into a compact eight-mile corridor, so you're close enough to hear the splash, feel the roar and lose your voice.

Thousands of athletes from 74 nations and territories will battle it out for 215 gold medals across 10 sports and six Para sports. And we're buzzin' to host them.

This guide is designed to give you all the information you need to enjoy every moment of these game-changing Games. There will be celebrations spilling out of the venues and onto the streets; this is a festival of sport, brought to life through a proper Glasgow welcome, all rolled into one unforgettable summer.

So bring your scarf, your flag, your mates and your loudest cheer. We can't wait to see you!

THESE GAMES ARE OURS.

Altogether brilliant. Come and be part of it.

ABOUT THE VENUE



Designed by the world-renowned architectural practice Foster + Partners, the iconic SEC Armadillo is one of Glasgow's best-loved landmarks and features a stunning auditorium with adjacent breakout spaces.

During the Glasgow 2014 Commonwealth Games, the SEC Armadillo hosted the Weightlifting competition. For Glasgow 2026, it will once again welcome Weightlifting, with Para Powerlifting joining the programme, providing a spectacular setting for competition.

Address: [Exhibition Way, Stobcross Rd,
Glasgow G3 8YW](#)

A female para powerlifter is shown in the middle of a bench press. She is wearing a yellow singlet with green trim and the Australian Commonwealth Games Birmingham 2022 logo. She has a determined expression, with her eyes closed and mouth slightly open. She is wearing a black lifting belt with 'SBD' on it. The background is a blue wall with some text partially visible, including 'NGINES' and 'NIVER'.

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PARA POWERLIFTING

FRIDAY 24 JULY

Para Powerlifting will bring together para-athletes from across the Commonwealth in a focused test of strength, control and technique.

Competing in the bench press, lifters will attempt maximum-weight lifts where precision and composure are essential.

Open to male and female athletes with eight eligible physical impairments, athletes compete in one sport class across different weight categories per gender, making Para Powerlifting one of the few Para sports where athletes are sorted by bodyweight and not classification.

PARA POWERLIFTING

Session Schedule

Opens on glasgow2026.com



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WEIGHTLIFTING

**SUNDAY 26 JULY -
THURSDAY 30 JULY 2026**

Weightlifting is a highly competitive and thrilling sport that showcases the strength, skill and dedication of athletes from across the member Nations.

Competitors lift weights in two main disciplines: the snatch and the clean and jerk, each demanding precise technique, explosive power and mental focus. The event is divided into eight weight categories per gender ensuring fairness and intense competition among athletes.

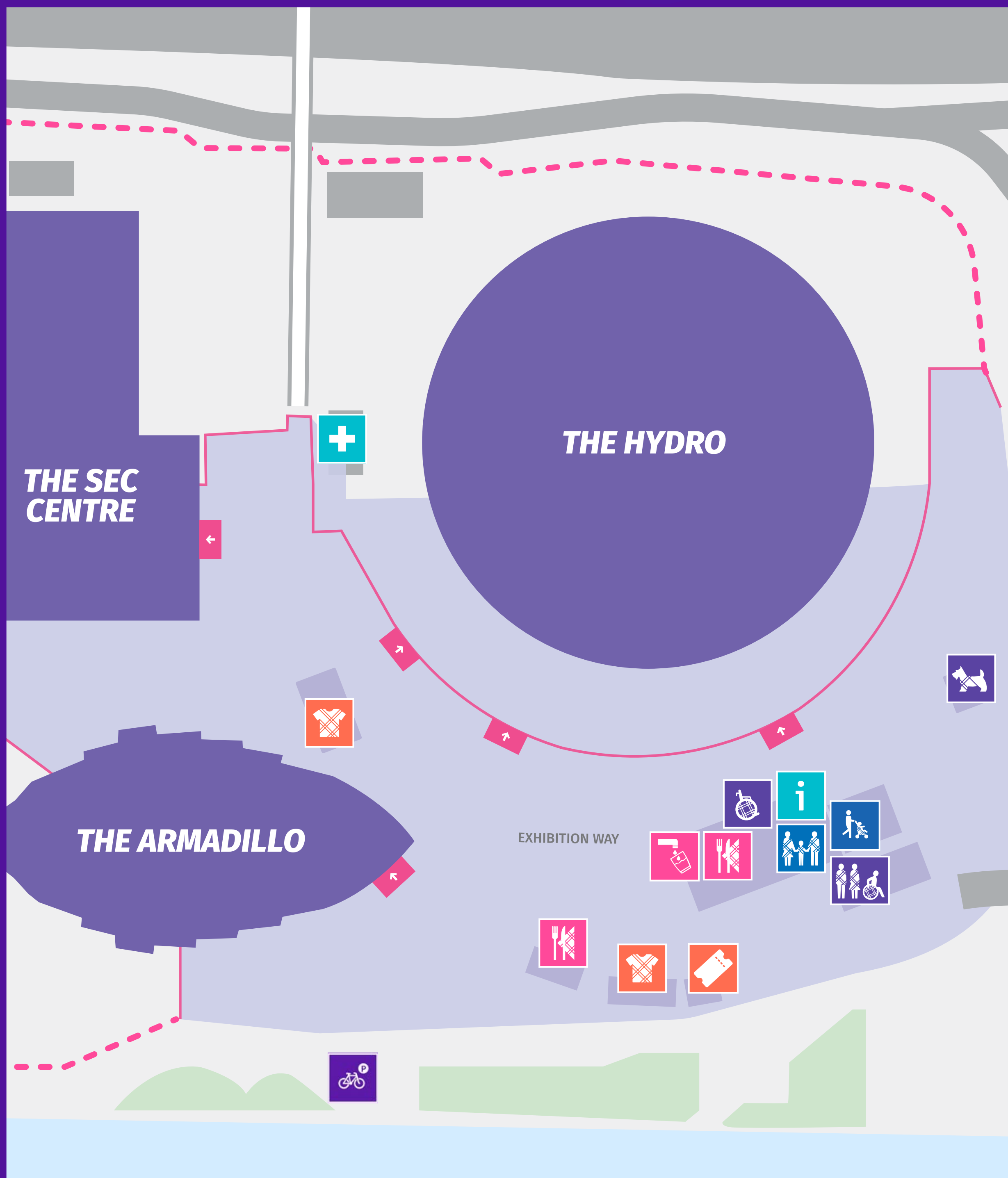
WEIGHTLIFTING

Session Schedule

Opens on glasgow2026.com



THE SEC ARMADILLO SPECTATOR PLAZA MAP



TICKET OFFICE



TOILETS



**ACCESSIBLE
TOILET**



**WATER REFILL
STATION**



**BUGGY
STORAGE**



**INFORMATION
POINT**



**FAMILY REST
AREA**



SPECTATOR ENTRANCES



BIKE PARKING



**FOOD AND
DRINK**



FIRST AID



**WHEELCHAIR
LOAN**



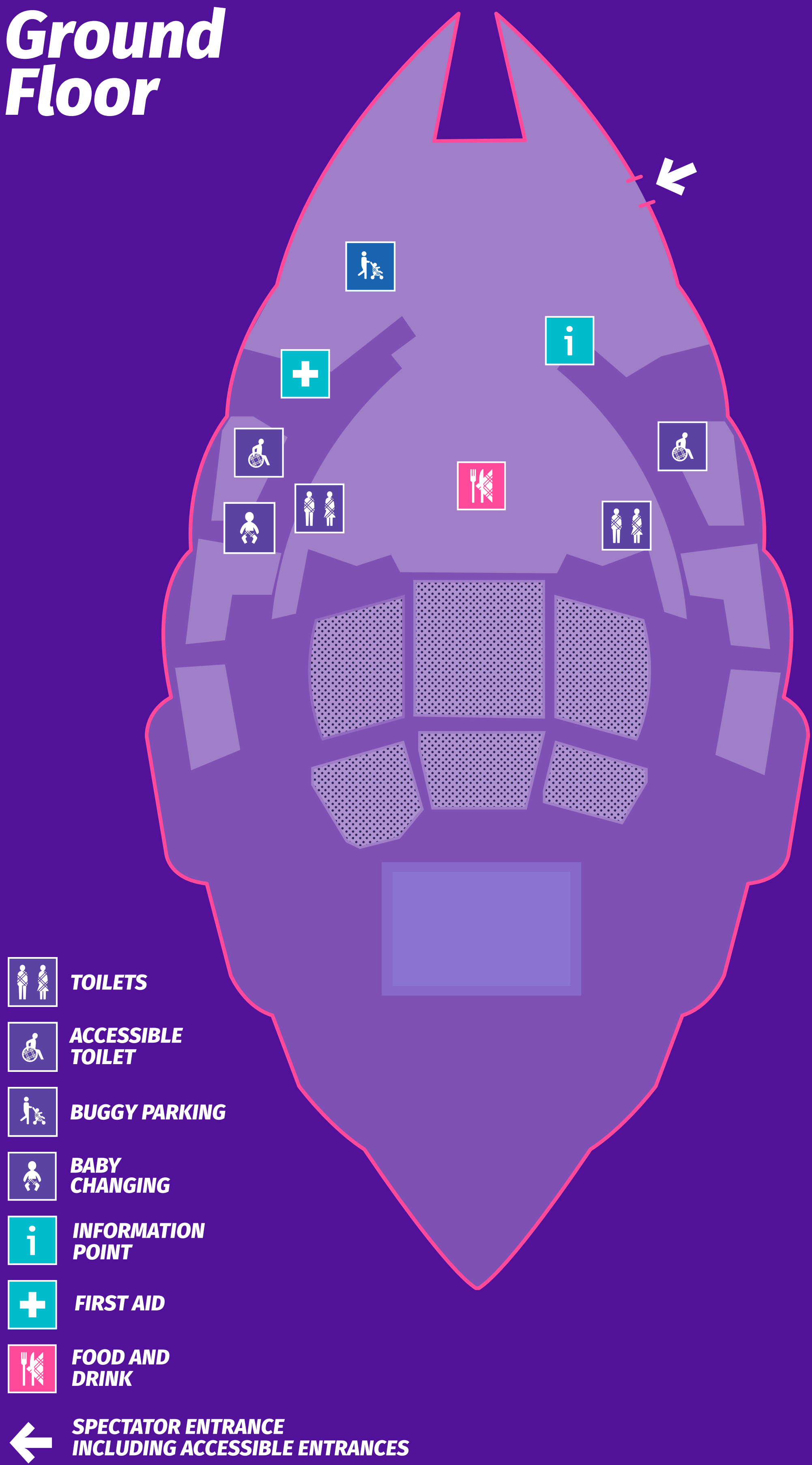
**ASSISTANCE DOG
RELIEF AREA**



MERCHANDISE

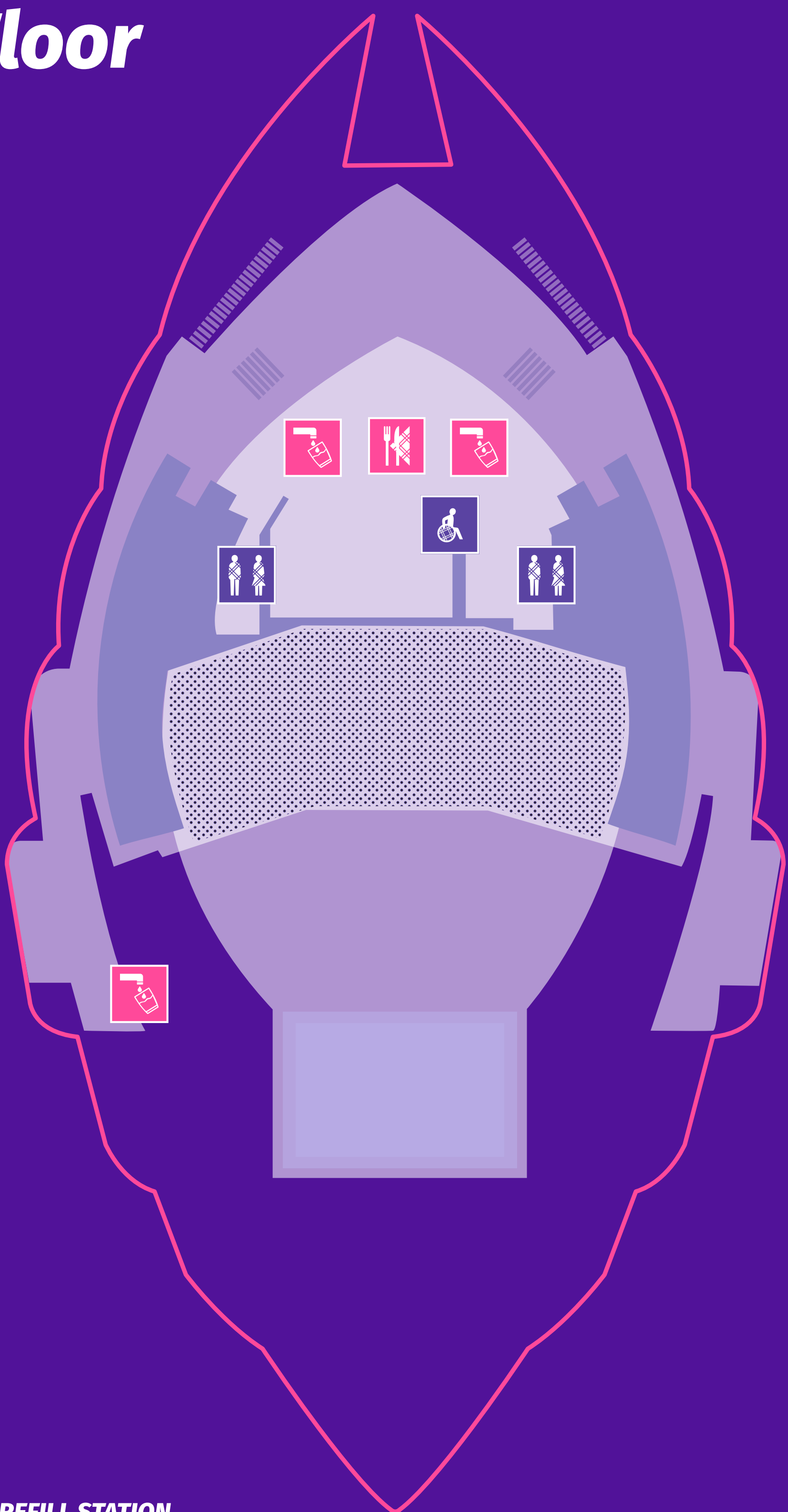
THE SEC ARMADILLO INTERNAL MAP

Ground Floor



THE SEC ARMADILLO INTERNAL MAP

1st Floor



WATER REFILL STATION



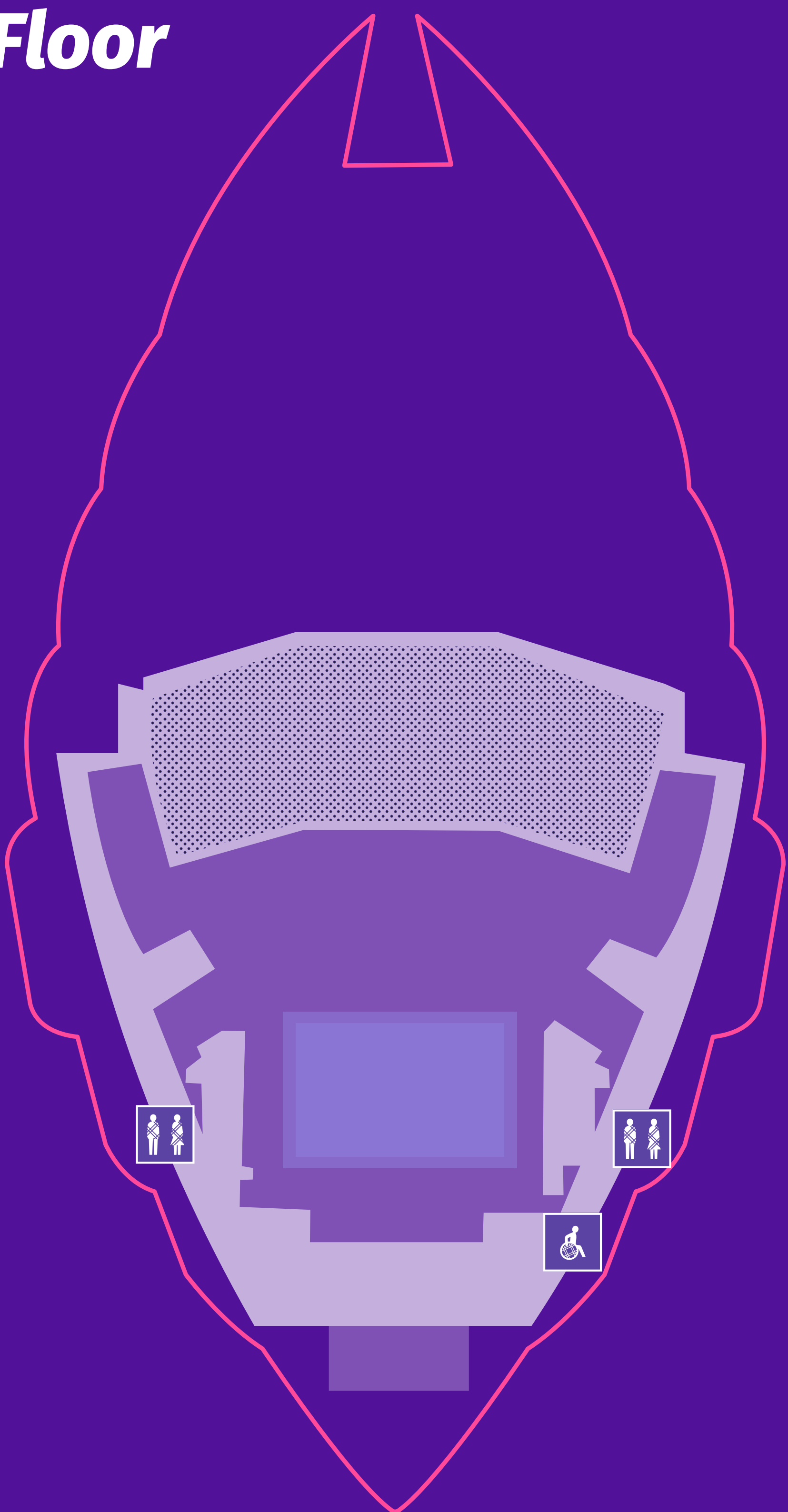
TOILETS



**ACCESSIBLE
TOILET**

THE SEC ARMADILLO INTERNAL MAP

2nd Floor



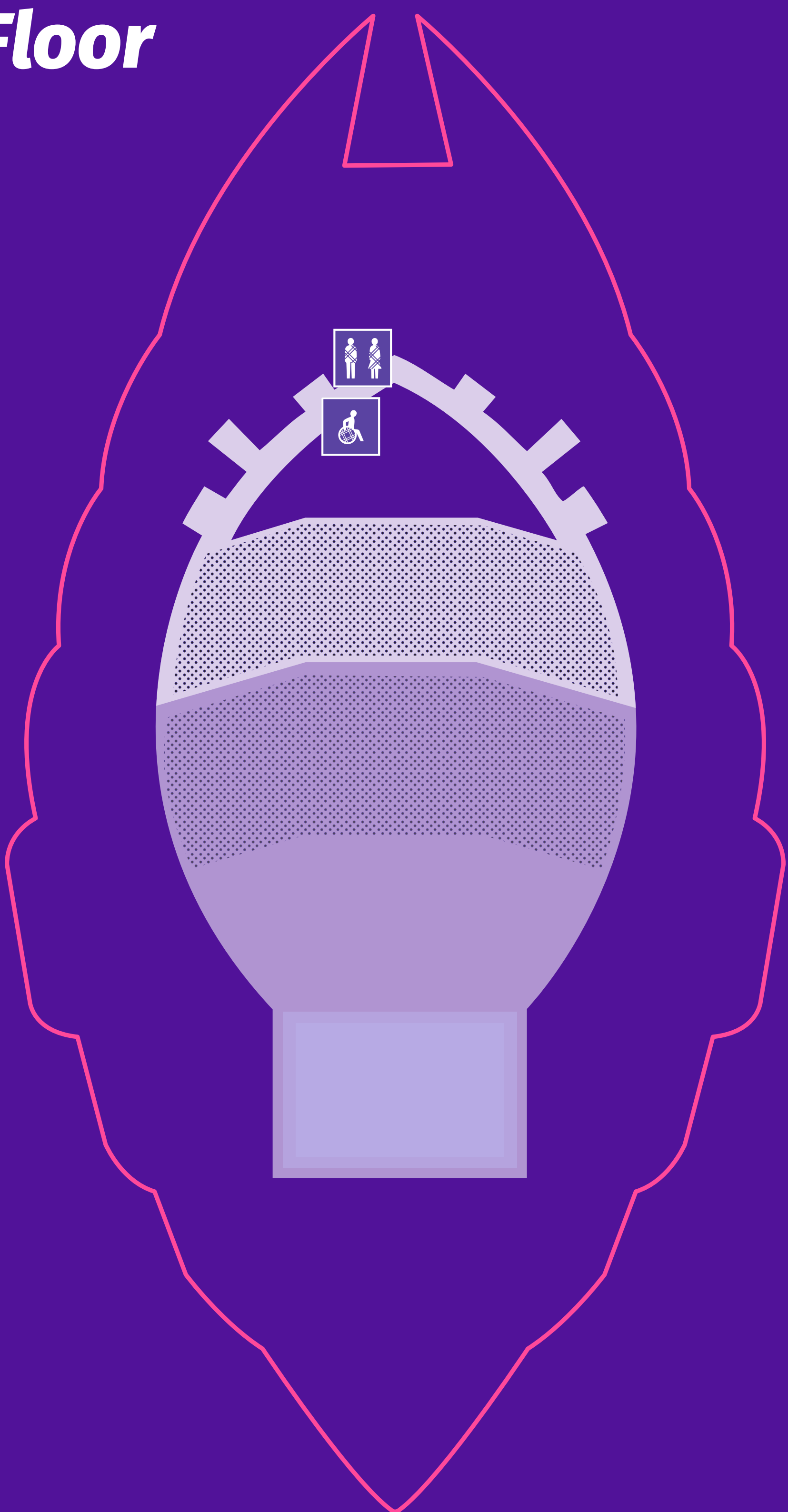
TOILETS



**ACCESSIBLE
TOILET**

THE SEC ARMADILLO INTERNAL MAP

3rd Floor



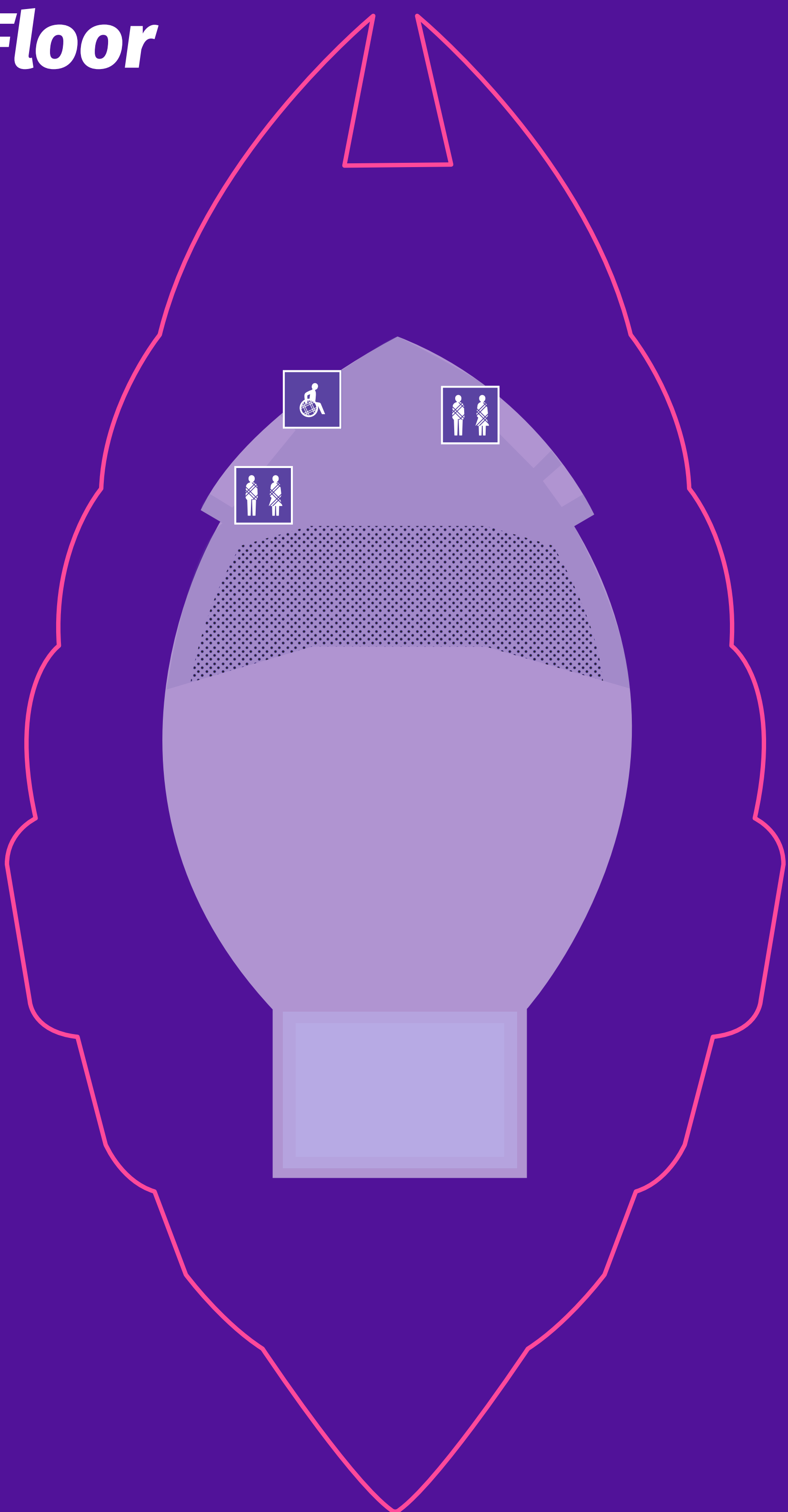
TOILETS



**ACCESSIBLE
TOILET**

THE SEC ARMADILLO INTERNAL MAP

4th Floor



TOILETS



**ACCESSIBLE
TOILET**

A male weightlifter from Canada is captured in the middle of a clean and jerk lift. He is wearing a black and red singlet with the Commonwealth Sport Canada logo and a maple leaf. He is holding a barbell with both hands, arms extended upwards. The background is a blue wall with various logos, including 'BIRMINGHAM 2022', 'commonwealth games', 'LONGINES', 'CHASE', and 'UNIVERSITY OF BIRMINGHAM'.

DID YOU KNOW?

Men's Weightlifting has been included in every Games since introduction in 1950 before being joined by Women's Weightlifting in Manchester 2002.

DID YOU KNOW?

***Para Powerlifting
will be the first medal
awarded at Glasgow 2026
and the first time a Para
sport has opened the
Commonwealth medal
tally.***

TRAVEL

GETTING TO AND FROM THE SEC ARMADILLO

BY TRAIN:

The primary station for access to the SEC Armadillo is Exhibition Centre which is served by trains on the Argyle Line. A lift is available at the station to assist spectators with any accessibility requirements. Exhibition Centre Station is approximately a four-minute walk through a fully covered walkway to the Spectator Entrance in the Spectator Plaza. The route from the station to the venue will be signposted. Please note, the walkway features a distinct downward slope towards the final exit.

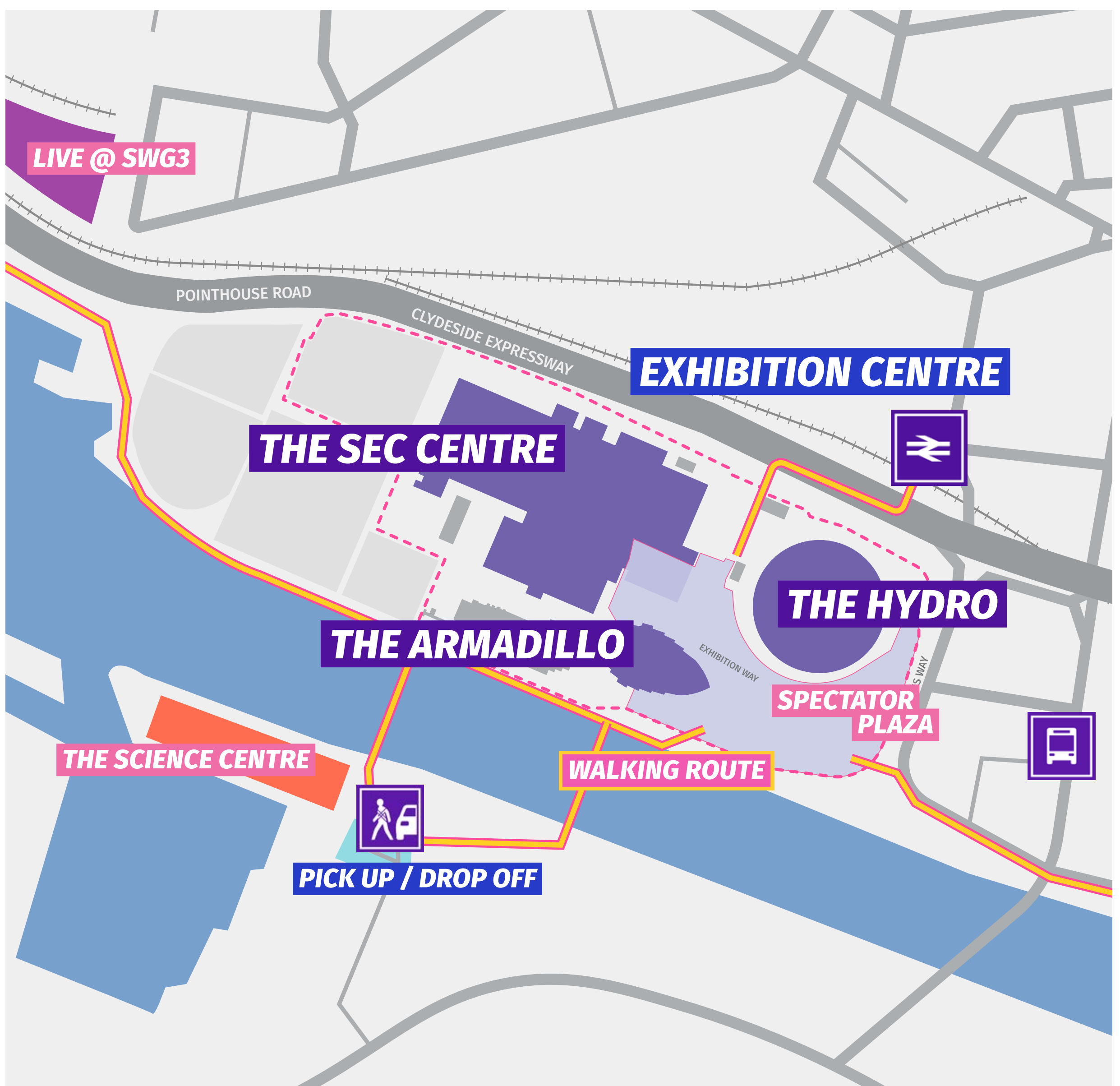
The nearest Subway stations are Partick, which is a 25-minute walk, and Ibrox, which is a 20-minute walk south of the river.

BY BUS:

Bus stops are located on Finnieston Street which is a four-minute walk from the venue and is served by the X19 bus. Bus stops are covered and have seating incorporated.

GETTING TO AND FROM THE SEC ARMADILLO

MAP SHOWING BUS, TRAIN AND DROP OFF LOCATIONS

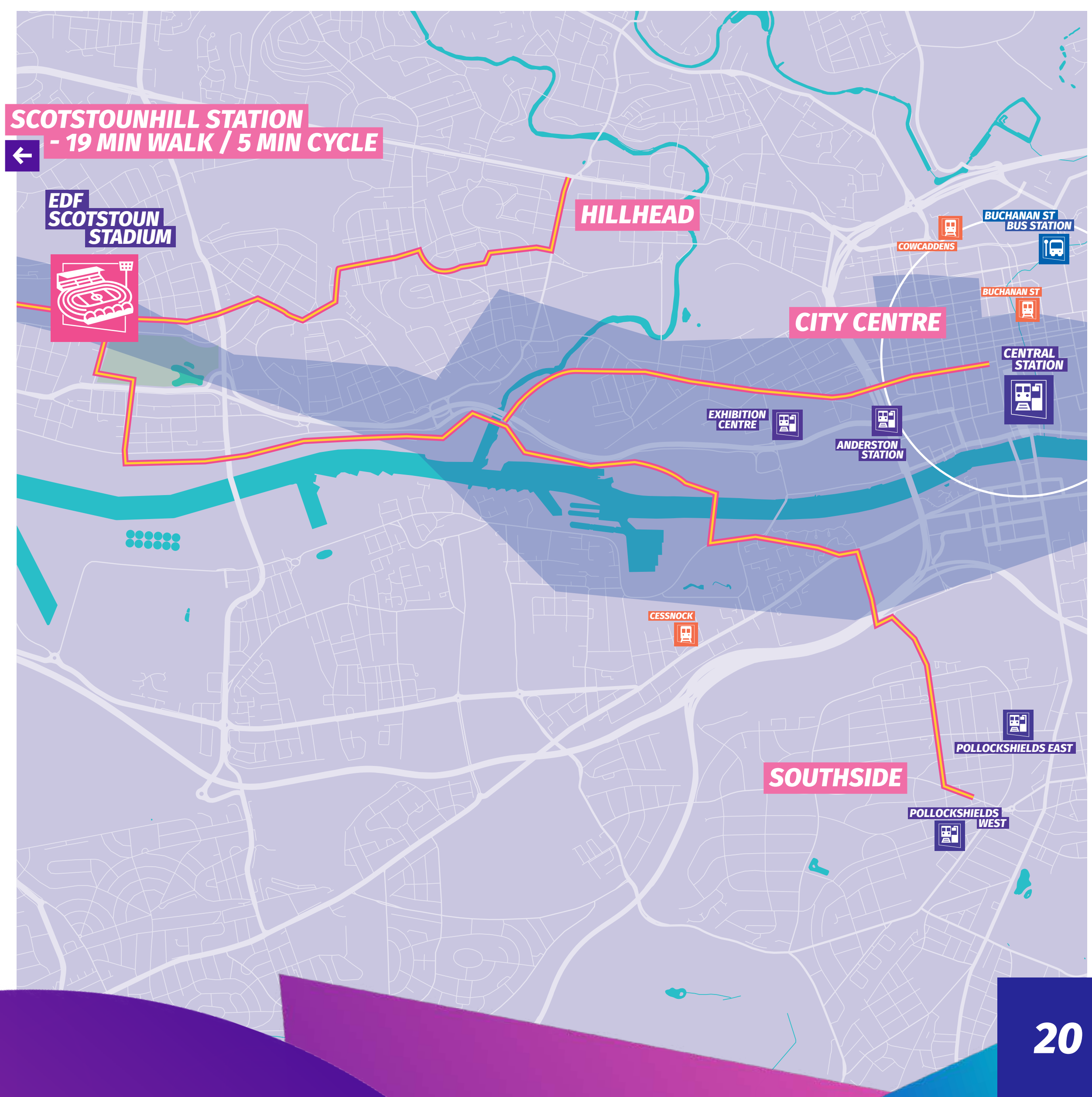


The pick up and drop off point for the Hydro is outside the Science Centre, Pacific Quay, G51 1EA. It is a eight-minute walk to the SEC Armadillo.

GETTING TO AND FROM THE SEC ARMADILLO CONT.

BY FOOT OR WHEEL:

The most direct walking and wheeling route to and from the city centre is along the River Clyde which is approximately a 30-minute walk depending on the starting point in the city centre. The SEC Armadillo is easily accessible from the West End and the Southside by utilising the connecting foot bridges. This is a longer route which includes some slopes and changes in level.



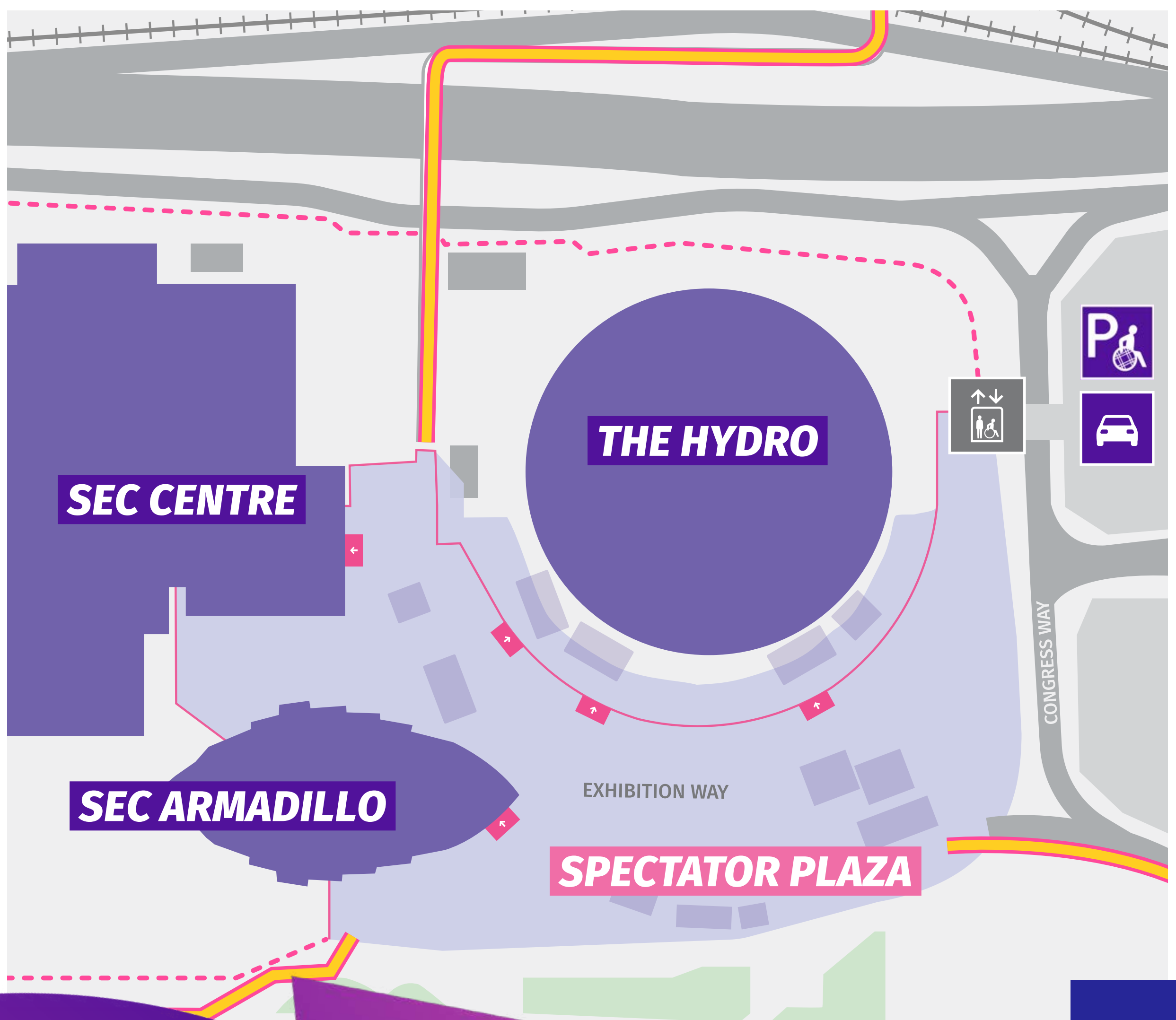
GETTING TO AND FROM THE SEC ARMADILLO CONT.

BY CAR:

Parking is very limited around the venue. Wherever possible, spectators are encouraged to travel by public transport or active travel.

A multi-storey car park is available adjacent to the SEC at 10 Stobcross Road, Glasgow G3 8GS and is operated by Glasgow City Council.

Parking, including accessible spaces, is available on a first-come, first-served basis. Standard parking charges apply.



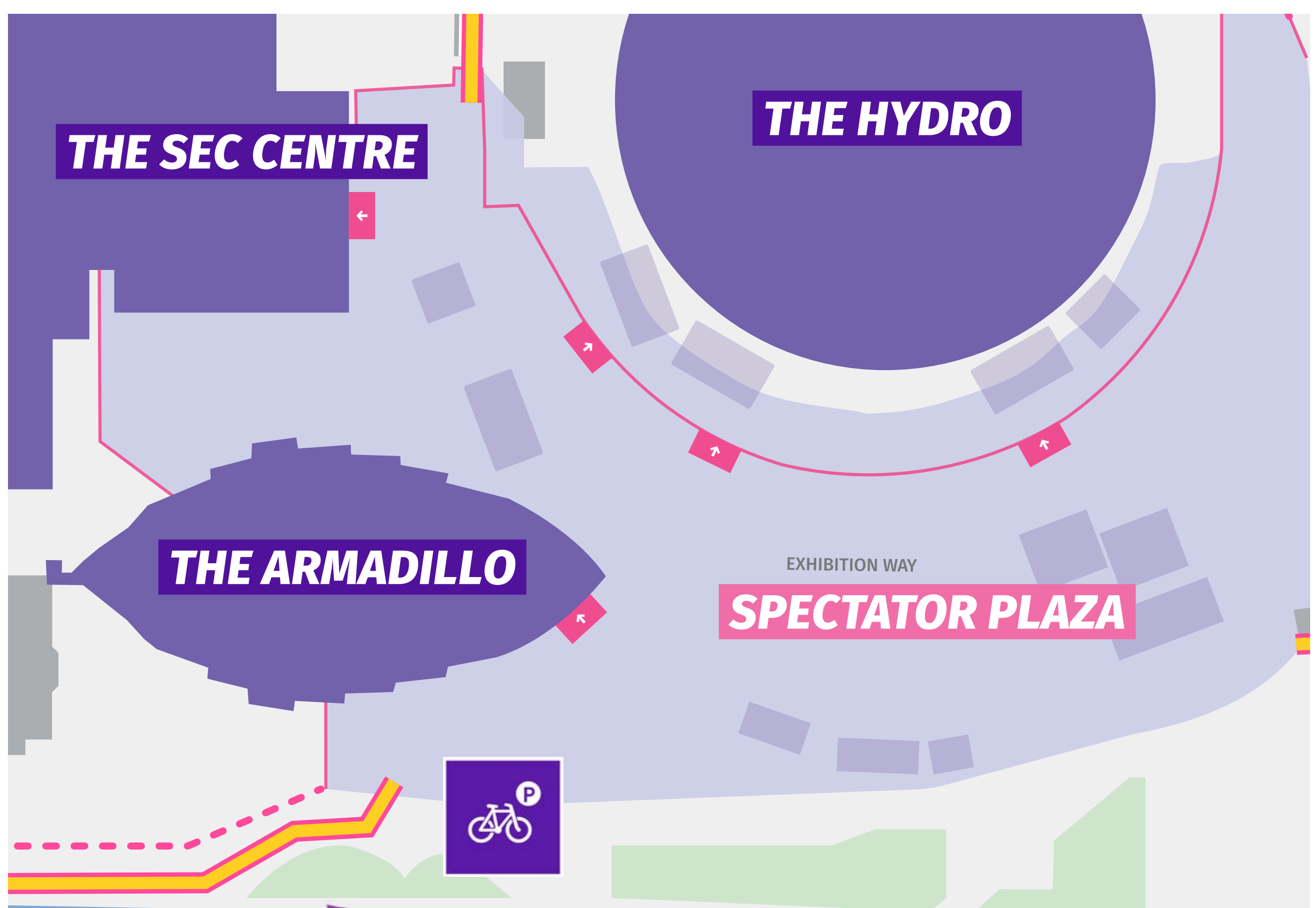
GETTING TO AND FROM THE SEC ARMADILLO CONT.

BY BIKE:

Bike parking will be located on Stobcross Quay along the Clyde riverside adjacent to the SEC Armadillo. Spaces are limited and will be available on a first-come, first-served basis.

Bike parking is a self-service “lock and leave” area with plenty of room for everything from standard pedal bikes to larger frames.

Although barriered, the area is not monitored and spectators will be responsible for securing their own bike. All bikes are left entirely at the owner’s risk.



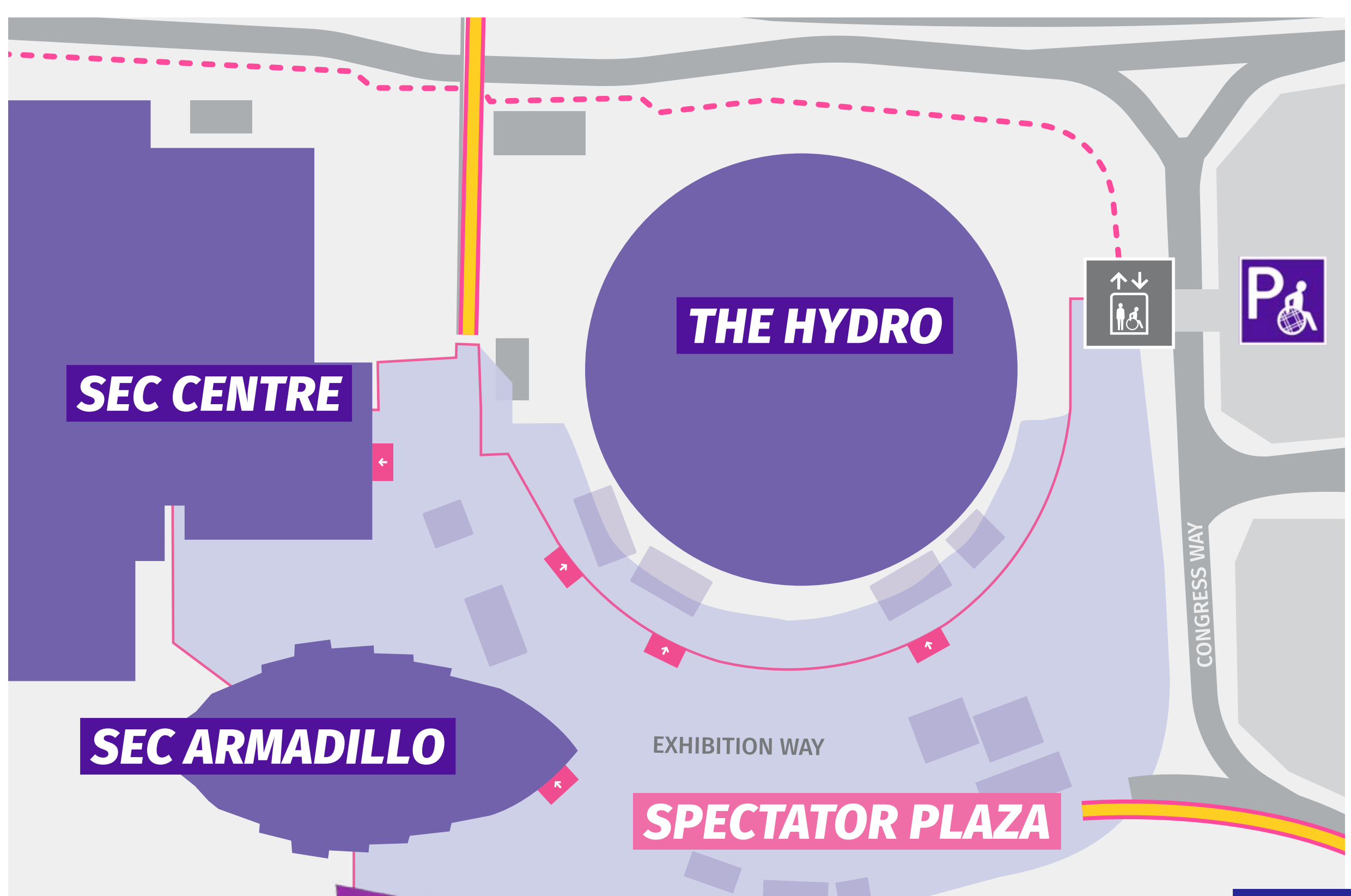
GETTING TO AND FROM THE SEC ARMADILLO CONT.

ACCESSIBLE PARKING

Accessible parking is available in the multi-storey car park adjacent to the SEC, at 10 Stobcross Road, Glasgow G3 8GS, which is operated by Glasgow City Council. Please note that accessible spaces cannot be booked in advance and are available on a first-come, first-served basis. Standard parking charges apply.

The car park has an accessible walkway providing direct access to the SEC campus. Lifts are available to access each level of the multi-storey car park and the walkway.

[More information about Accessible Parking at SEC](#)



VENUE ARRIVAL INFORMATION

Plan your journey and give yourself plenty of time to get to the venue. Please follow the rules and regulations of the event and venue.

Spectators will have access to the venue 60 minutes prior to the commencement of competition.

There will be no re-entry to the venue once the tickets have been validated. If you have any accessibility requirements, there are a wide range of accessible facilities available inside the venue.

The Spectator Entrance for the SEC Armadillo is off Congress Road. This is the only Spectator Entrance available at the venue and this is the same for all spectators including those using accessible parking.

An accessible queue will be open to people who have specific accessibility requirements or who are unable to stand for long periods of time. However, please note that all spectators may have to queue on arrival to enter the venue, even at our accessible entrances.

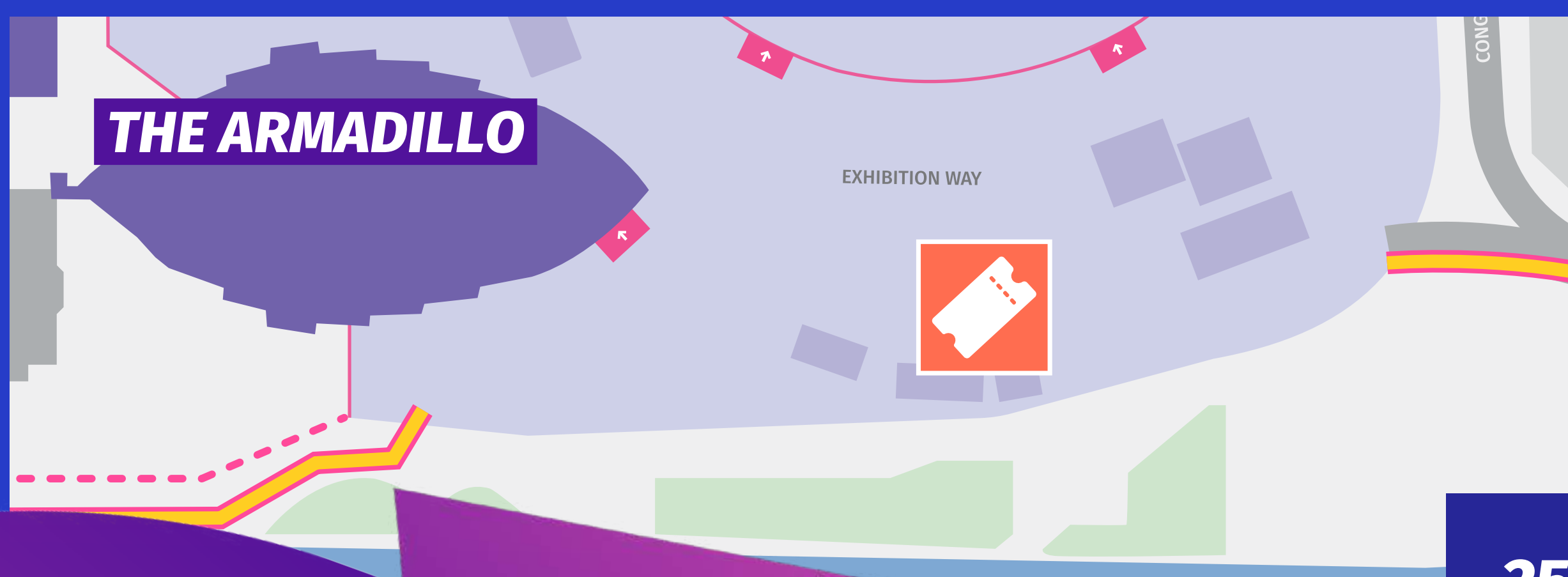
VENUE ARRIVAL INFORMATION CONT.

At the entrance, spectators will go through a security check before having their tickets scanned and validated.

Internet and mobile signal can sometimes be variable, so make sure you have added your ticket(s) to your mobile wallet or downloaded them before you arrive. Please note that screenshots of tickets will not be permitted. [More information on Tickets is available here.](#)

If you have a ticket(s) for a second session on the same day, please note you will need to leave the venue after the first session ends. Each session is treated as a separate event and you will need to have your second session ticket(s) scanned before re-entering the venue. The venue will open 60 minutes before the second session start time.

A Ticket Office will be located in the Spectator Plaza.



PROHIBITED ITEMS



Any item that is illegal to carry or possess under UK Law



Offensive weapons, knives, martial arts weapons and batons
Exceptions: Kirpan when present with other Sikh articles of faith.
Sgian-dubh worn as part of traditional Scottish dress.



Flammable substances
Flammable substances, liquids and fuel including items producing naked flames. Doesn't apply to small personal lighters.



Ambush marketing
Clothing, items, leaflets or signage with the likely purpose of engaging in Ambush Marketing.



Drones, radio transmitters, walkie talkies, radio scanners or radio jamming devices



Offensive messaging
Any item carrying wording deemed abusive, discriminatory or which may cause distress to others.



Laser pointers
Strobe lights and similar emitting devices.



Alcoholic beverages
Prohibited, unless purchased or supplied from within the venue.



Balls, rackets and frisbees
Including similar objects or projectiles and inflatables.



Any item deemed a risk to safety
Including to the bearer or other Games attendees.



Noise-making devices
Unless at specified venues communicated in the Spectator Guide.



Protest items and materials
Unless authorised by the Organising Company or Police Scotland.



Bicycles and scooters
Exception: mobility scooters and other wheeled mobility aids.



Firearms
Including hoax or replica items.



Fireworks or flares
Including pyrotechnic devices.



Cans, glass bottles or containers



Incapacitant sprays
e.g., pepper spray



Selfie sticks



Non-prescription drugs



Portable oxygen cylinders
Unless for medical use.

RESTRICTED ITEMS



Beverage containers

One full, sealed, plastic, beverage container, or an empty resealable plastic or metal container not exceeding 750ml in volume.
No alcohol permitted.



Photography

Only mobile phones, single external (mobile phone) power sources, personal use cameras or lenses of no more than 30cm in length will be allowed. No professional and broadcast equipment including tripods and monopods are allowed except for accredited media.



Medicines

Medically prescribed in quantity for individual personal use, commercially packaged, and labelled with contents. All other non-prescribed medication at the discretion of the Security Team Leader.



Food

Limited amount for personal consumption and non-commercially branded. Including reasonable amounts of baby food, milk, formula and food for dietary needs.



Prams/baby carriers

These are not allowed in seating areas, but can be left in buggy storage at venues.



Vapes & E-cigarettes

Or other battery powered devices used to heat a liquid for personal inhalation.



Portable seats

Chairs, folding chairs, stadium seats, allowed when required for a disability or injury. At the discretion of Security Team Leader.



Animals

With the exception of certified assistance dogs.



Suncream

Up to 200ml and other liquids, aerosols, creams and gels up to 100ml in non-glass containers.



Umbrellas

Must be small enough to fit inside a small bag. Not to be opened inside the venue or stands where it would restrict the view of others. No golf umbrellas.



Flags

National flags of competing nations, Union flag, LGBTQ+ flag (and individual community flags) max size 0.5m x 1m. No flag poles. Small, hand-held flags on plastic sticks allowed. Flags of non-competing nations are restricted and should not be visible in the seating bowl.



Bags

One per person, soft-sided bags, no greater than 48cm in length, 34cm in height and 23cm in depth.

RESTRICTED ITEMS

ADDITIONAL INFORMATION

All Glasgow 2026 venues are smoke-free. Smoking, including the use of electronic cigarettes or vapes, is not permitted within any Games venue or outside in any Spectator Plaza areas across the SEC Campus.

Photography and filming for personal use is permitted. However, tripods, monopods and other photographic equipment are considered restricted items and are not permitted inside the venue.

Please respect other spectators and their right to enjoy this event. This includes refraining from using foul and abusive language and engaging in any other disruptive behaviour.

Stay hydrated and take breaks when needed. Sporting events can be long and tiring, so make sure you take care of yourself. Refillable water bottles up to 750ml are permitted.

VENUE FACILITIES

There is one Information Point located within the SEC Armadillo on the ground floor. There is also an Information Point in the Spectator Plaza of the SEC Campus.

The Information Point is your best place for information on the venue, the available services and the Games.

The services available on venue include:



Toilets



Accessible Toilets



Baby Changing



Family Rest Area



Assistance Dog
Relief Area



Food and Drink



Water Refill
Station



Buggy Storage



Wheelchair Loan



Changing Places
Toilet



Lost and Found



Merchandise



Information Point



Hearing Loop
Assistance

VENUE FACILITIES CONT.

Lost and Found services can be accessed from the Information Point at the SEC Armadillo.

Buggies, prams, and venue-loaned wheelchairs are not permitted in our general seating areas. They can be stored at the ground floor Information Point within the SEC Armadillo or at the Information Point in the Spectator Plaza. Please note, any item is left at your own risk.

Food and Drink outlets and Water Refill points are available within the venue. **Merchandise and more Water Refill** points are available within the Spectator Plaza.

If you require medical assistance while at the venue, stewards or any member of staff will be able to support you. A Medical and First Aid point is located opposite the Information Point in the SEC Armadillo.

Baby Change facilities are available within the SEC Armadillo located in most accessible toilets which can be accessed using a radar key collected from the Information Point. Please ask a member of staff or volunteer for the nearest one.

ACCESSIBILITY

The Spectator Entrance for the SEC Armadillo is off Congress Road.

Accessible toilets are located across the venue. Radar keys are available from stewards or from the Information Point.

A Changing Places toilet is available at the SEC Centre. Please speak to a member of the team to support with access. Radar keys are available from stewards or from the Information Point. It will not appear on the Changing Places website as you must be a ticket holder to access this facility.

Assistive Listening Devices, including Hearing Loops are available at the Information Point in the SEC Armadillo. These are available for loan on a first-come, first-served basis from the Information Point in the venue. These must be returned to the Information Point before leaving the venue.

A wheelchair loan service, provided by Allied Mobility, is available from the Information Point in the SEC Armadillo and the Spectator Plaza. Please note wheelchair loans are to assist in travelling across the venue and will not be available to hire for the full session. Spectators requiring a wheelchair are encouraged to [pre-register their details online via the SEC Accessibility portal](#) at least 48 hours prior to their event. A walk up

ACCESSIBILITY CONT.

service will also be available at the Information Point subject to availability.

The Family Rest Area in the Spectator Plaza is a shared welfare space for use of any spectator on a first-come, first-served basis.

Sensory Bags containing a fidget toy, sensory distraction, earplugs/ear defenders, and a feelings card will be available for loan on a first-come first-served basis from the Information Points in the SEC Armadillo and the Spectator Plaza. These must be returned to the Information Point upon leaving the venue. Spectators requiring a Sensory Bag are encouraged to [pre-register their details online via the SEC Accessibility portal](#) at least 48 hours prior to their event. A walk up service will also be available at the Information Point subject to availability.

There is an Assistance Dog Relief Area located south of the Hydro, next to the Spectator Plaza.



TICKETS

Your tickets will be delivered by email, with links to add them to either Apple Wallet or Google Wallet.

You will also be able to access and **download your tickets as PDFs** from your Ticketmaster Sport account.

We recommend adding your tickets to your mobile wallet or downloading them in advance, so they are ready before you travel to the venue.





A GREENER GAMES

We're aiming to deliver a Games that's light on the planet, with low-carbon travel, circular economy thinking and less waste.

Here's how you can help us to deliver a Greener Games:

TRAVEL GREEN

Exchange traffic and congestion for trains, buses, bikes or your own two feet. Low-carbon travel helps to keep Glasgow moving and breathing easier. Plus, you'll discover the Commonwealth Mile and activations happening between venues along the way.

LOVE LOCAL

Fuel your fandom with Scottish produce and delicious plant-based options. Good for you, great for local businesses, even better for the planet.



A GREENER GAMES CONT.

RECYCLE RIGHT

When the cheering stops, make sure your rubbish lands in the right place. A little bin discipline goes a long way.

BRING A REFILLABLE WATER BOTTLE

There are free top-up taps at every venue. Hydrated fans are happy fans.

BE A GREEN SPECTATOR

Cheer loudly, tread lightly. Respect venues, use reusable items where you can and leave every space as you found it.

**More information
about how we're
delivering a
Greener Games can
be found [here](#).**



WHAT ELSE IS ON IN GLASGOW?



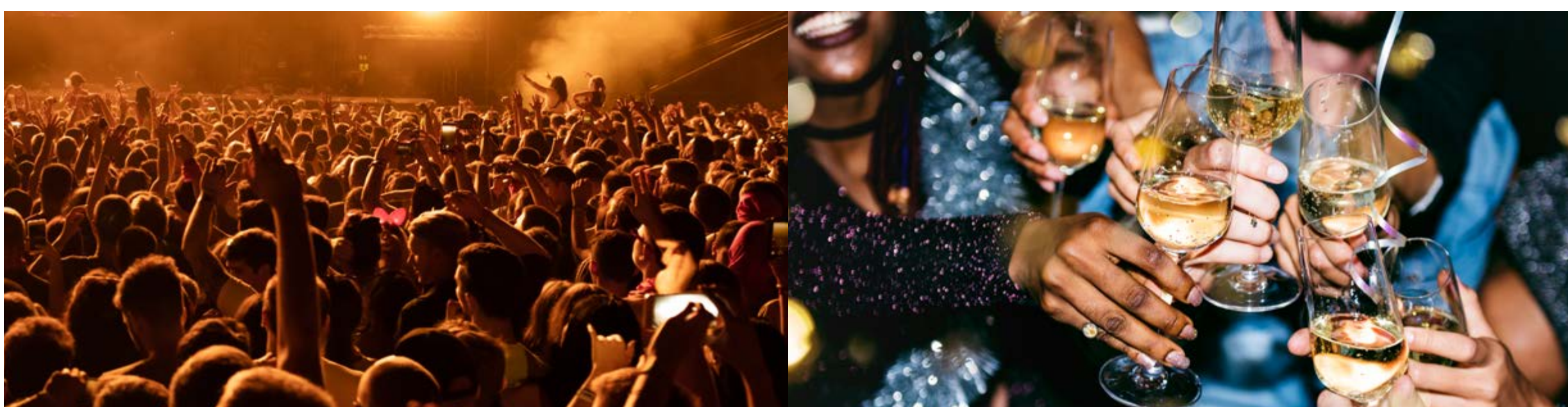
GLASGOW 2026 FESTIVAL

Glasgow 2026 Festival will bring the city to life through a programme of sport, culture and community.



GAME ON KELVINGROVE LIVE SITE

Join us in the park for family-friendly free activities, sport and live screenings of Games events.



LIVE@SWG3

Live screenings, special events and late night celebrating with a party vibe.



commonwealth sport foundation

As the official charity partner of the Glasgow 2026 Commonwealth Games, the Commonwealth Sport Foundation is working with Scottish Sports Futures, Glasgow Children's Hospital Charity and Team Scotland Youth Trust to make a difference through sport across Glasgow, Scotland and the wider Commonwealth.

[Click here](#) to visit the CSF website, support the Foundation and find out more about its work.



OUR PARTNERS

More information about our Partner Family can be found [here](#).

OFFICIAL PRINCIPAL PARTNERS



Bupa



OFFICIAL PARTNERS



OFFICIAL PROVIDERS



MEDIA PARTNERS



ABU



OFFICIAL SUPPORTERS

Aspen Solutions
Duncan Farms
First Travel Solutions
Glasgow Airport

OFX
Pasante
SAMH
Scotsman Group
Scottish Water

Superlative Collection
Vieve
Walker Slater
Zero Waste Scotland



**commonwealth
games**
GLASGOW 2026

Official Timekeeper
LONGINES


If you require this publication in a different format such as large print, Easy Read, audio recording, or Braille please contact Glasgow 2026 at using the [Contact Form](#) on our website.

Timings are local time (BST).
Correct at the time of publication (July 9 2026).

All information is subject to change.

Contact Information

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