

LIGUE FRANCOPHONE DES POIDS ET HALTERES asbl
Vlaamse Gewichtheffers en Powerlifting Federatie vzw
CALENDAR 2023

					03.01.2023
	* changement / wijziging				
DATE	COMPETITION	WL/Pow/BP		PLACE	Preliminary Final
January	2023				
20	Microwedstrijd voor topsporters	Weightlifting		Gent	
31					
February					
* 11 & 12?	1 Interclub LFPH power + BP	Power + BP	CL + EQ	CSSF - OPL	
18	1 Interclub VGPF	Weightlifting		Waregem	
Sunday 19	1 Interclub LFPH	Weightlifting		BWS au Crf de Nivelles	
25 ok	Conseil d'Administration de la Ligue Francophone	ADMIN		Petit-Enghien	
25-26	1 Interclub VGPF	PL + BP	CL + EQ	VGPF	
28/02 -5/03	European Masters CLASSIC powerlifting	Powerlifting	Classic	Budapest (HUN)	30-12-22 07-02-23 pre Belgium > 23/12/2022
March					
4 & 5?	2 Interclub LFPH power + BP	Power + BP	CL + EQ	Seraing	
11					
16 - 18	EUROPEAN University Cup	Powerlifting	Classic	Albi (FRA)	14-01-23 23-02-23 pre Belgium > 6/01/2023
18 ok	Assemblée Générale de la Ligue Francophone	ADMIN		Petit-Enghien	
25	2 interclub LFPH haltéro	Weightlifting		Seraing	
25/3 - 1/04	WORLD U15 & U17 (Youth)	Weightlifting		Durres (ALB)	25-12-22 25-02-23

April	Pâques - Pasen 09.04.2023			
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1				
8 & 9 (&10)	CHAMPIONNAT DE BELGIQUE OPEN / BK Open	Powerlifting	Classic	VGPF
15 - 23	EUROPEAN Seniors	Weightlifting		Sec Yerevan (ARM)
Sunday 16	3 interclub LFPH haltéro	Weightlifting		CF Workzone-Fléron
22 ok	Conseil d'Administration NAT. / Raad van Bestuur & AG/AV - NAT.	ADMIN		Petit-Engbien
27-28 ? TBC	2 Interclub VGPF	Power + BP	EQ + CL	VGPF - TBC
May				
2 - 7	EUROPEAN Open - SubJun - Jun	Powerlifting	Equipped	Thisted (DEN)

15-2-23

03-03-23 11-04-23 pre Belgium > 23/02/2023

6				
17-24	European Master	Weightlifting		Waterford (IRL)
20	CHAMPIONNAT DE BELGIQUE SJ-Jun-Masters	Power + BP	Classic	La Louvière
20 - 28	World Championships	Bench press	EQ & CL	Sun City (S-Afr)
27 or 28 TBC	Championnat de Belgique des Clubs - BK Clubs	Weightlifting		Gent
June	Pentecôte 28-29 Pinksteren			

20-03-23

pre Belgium > 12/03/2023

3				
4 - 10	World OPEN + IPF GA	Powerlifting	Classic	Valetta (Malta)
10				
17				
27 & 25 ?	3 Interclub LFPH power + BP	Power + BP	EQ + CL	CSSF - OPL TBC

04-04-23

pre Belgium > 27-03-2023

July				
1	International Tournament Masters & "Ladies Open"	Weightlifting		Waregem
5 - 9	European Masters	Powerlifting	Equipped	Pilsen (CZE)
6 - 17	European U15 & U17 (Youth)	Weightlifting		Chisinau (MDA)
8				
15				
22				
29				

05-05-23

pre Belgium > 27-04-2023

April 2023

August						
31/7 - 06/8	EUROPEAN Open, SubJun, Jun, Masters	Bench Press	EQ & CL	Mérignac (FRA)	30-06-23	pre Belgium > 22-06-2023
5						
12						
19 - 20	Championnat VGPF / Vlaams Kampioenschap	Powerlifting	EQ & CL	VGPF		
20-28	WORLD Masters Championships	Weightlifting		Krakow (POL)		
24 - 27	STAGE LFPH	Weightlifting		TBC asap (Berck)		
27 - 3/09	WORLD SJun & Jun Powerlifting Championships	Powerlifting	EQ & CL	Cluj-Napoca (ROM)	27-06-23	pre Belgium > 19-06-2023
29						
September						
2 & 3	Championnat LFPH ALL CAT	Powerlifting	EQ + CL	HSPC-Lasne		
8 - 10	W.E.C. (champ. par équipe / Ploegen kampioenschap - 6xEQ & 6xCL/team)	Powerlifting	EQ & CL	Reykjanesbær (ISL)	08-07-23	pre Belgium > 01-07-2023
Sunday 10	Championnat LFPH	Weightlifting		CF Workzone-Fléron		
16	Interclub 3 VGPF	Power + BP	EQ + CL	VGPF - TBC		
Sunday 24	Championnat de Belgique - BK U15, U17, Jun & Mast	Weightlifting		CF Workzone-Fléron		
30						
Oktober						
7						
8 - 15	WORLD Masters	Powerlifting	EQ & CL	Unlaanbaatar (MON)	08-08-23	
10 - 15	EUROPEAN Juniors and Sub-Juniors	Powerlifting	Classic	Budapest (HUN)	10-08-23	pre Belgium > 02/08/2023
14						
21 OK	CONSEIL ADMINISTRATION Ligue Francophone	ADMIN		PETIT-ENGHIEN		
28	EUROPEAN Jun & U23	Weightlifting		TBC		
* 28	Championnat Belgique Clubs / BK Clubs	Powerlifting	EQ + CL	* ENGHIE		
TBC	WORLD Seniors	Weightlifting		Riyadh (KSA)		

November					
4 OK	Conseil Administration NATIONAL	ADMIN		Petit-Enghien	
5 - 12	WORLD Open	Powerlifting	Equipped	Vilnius (LTH)	05-09-23
11	Generation Challenge Jacques Bodart	Weightlifting		Seraing	
18					
25 - 26	BENELUX Tournament (minima PL)	Powerlifting	EQ & CL	NETHERLANDS	
TBC	WORLD Juniors	Weightlifting		Guadalajara (Mexico)	sept 2023
December					
Sunday 3	Champ. Belgique OPEN H & D / BK OPEN (seniors)	Weightlifting		CF Workzone-Fléron	
6 - 10	EUROPEAN Open	Powerlifting	Classic	Tartu (EST)	06-10-23
Sunday 10	Champ. Belgique PL EQ / BK PL EQ	Powerlifting	Equipped	Squatsquadcit	
Sunday 10	Champ. Belgique BP EQ & CL / BK BP EQ & CL	Bench Press	EQ & CL	Squatsquadcit	