

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

CALENDAR 2023

						21-03-23		
	* changement / wijziging							
DATE	COMPETITION	WL/Pow/BP		PLACE	Organizer	Preliminary	Final	Pre-Belgium
January	2023							
* 20 DELETED	Microwedstrijd voor topsporters - geschrapd , zal worden verzet naat letere datum/ ANNULE et remis à une date ultérieur	Weightlifting		Gent	Gent			
31								
February								
11 & 12	1 Interclub LFPH power + BP	Power + BP	CL + EQ	Florennes - Centre Sportif Santé Dr Rolin	OPL			
18	1 Interclub VGPF	Weightlifting		Waregem	Waregem			
Sunday 19	1 Interclub LFPH	Weightlifting		Crf de Nivelles	BWS			
25 ok	Conseil d'Administration de la Ligue Francophone	ADMIN		Petit-Enghien				
25-26	1 Interclub VGPF	PL + BP	CL + EQ	Wilesele	Primer Academy			
28/02 -5/03	European Masters CLASSIC powerlifting	Powerlifting	Classic	Budapest	HUN			
March								
4 & 5	2 Interclub LFPH power + BP	Power + BP	CL + EQ	Seraing	Seraing			
11								
16 - 18	EPF University Cup	Powerlifting	Classic	Albi	FRANCE			
18 ok	Assemblée Générale de la Ligue Francophone	ADMIN		Petit-Enghien				
25	2 interclub LFPH haltéro	Weightlifting		Seraing	PHC Seraing			FIN
25/3 - 1/04	WORLD U15 & U17 (Youth)	Weightlifting		Durres	ALBANIE			FIN

April	Pâques - Pasen 09.04.2023					
1	1 Interclub VGPF	Weightlifting		Gent	DDC	
8 & 9	CHAMPIONNAT DE BELGIQUE OPEN / BK Open - - Maximum 14 participants par CAT de poids de corps	Powerlifting	Classic	Leuven (Wilsele)	Crossfit Super 7	19-03-23
15 - 23	EUROPEAN Seniors	Weightlifting		Yerevan	ARM	09-04-23 pre Belgium > 07/02/2023
Sunday 16	3 interclub LFPH haltéro	Weightlifting		Fléron	CrF Workzone	
22 ok	Conseil d'Administration NAT. / Raad van Bestuur & AG/AV - NAT.	ADMIN		Petit-Enghien		
* 29	Microwedstrijd voor jeugd (te realiseren minimum) - MAX 1 plateau - Micro compet pour jeune (minimum à réaliser)	Weightlifting		Gent topsporthal	KO Gent	
May						
2 - 7	EUROPEAN Open - SubJun - Jun	Powerlifting	Equipped	Thisted	DEN	FIN 11-04-23 pre Belgium > 23/02/2023
6						
17-24	European Master	Weightlifting		Waterford	Ireland	
20 & 21	CHAMPIONNAT DE BELGIQUE SJ-Jun-Masters	Power + BP	Classic	Haine St Paul	La Louvière - salle ominisport	
20 - 28	World Championships	Bench press	EQ & CL	Sun City	S-Afr.	20-03-23 pre Belgium > 12/03/2023
27	Championnat de Belgique des Clubs - BK Clubs	Weightlifting		Gent topsporthal	KO Gent	
27 & 28 (+29?)	2 Interclub VGPF	Power + BP	EQ + CL	Leuven	CrFit Super 7	
June	Pentecôte 28-29 Pinksteren					
3						
4 - 10	World OPEN + IPF GA	Powerlifting	Classic	Valetta	Malta	11-04-23 pre Belgium > 04-04-2023
10						
17 - 18	3 Interclub LFPH power + BP	Power + BP	EQ + CL	Centre Sportif Santé Dr Rolin à Flor	OPL	
29/06 - 02/07	International Women Grand prix 2023	Weightlifting		Dornbirn	Austria	19-04-23 24-05-23 pre Belgium > 11/04/2023

July							
1	International Tournament Masters & "Ladies Open"	Weightlifting		Waregem	Waregem		
1 - 10	European U15 & U17 (Youth)	Weightlifting		Chisinau	Moldavie	April 2023	pre Belgium > april ??
5 - 9	European Masters	Powerlifting	Equipped	Pilsen	CZE	05-05-23	pre Belgium > 27-04-2023
8							
15							
22							
24/7-03/08	EUROPEAN Jun & U23	Weightlifting		Bucharest	ROUMANIA	24-05-23	
August							
31/7 - 06/8	EUROPEAN Open, SubJun, Jun, Masters	Bench Press	EQ & CL	Mérignac	France	30-06-23	pre Belgium > 22-06-2023
5							
12							
19 - 20	Championnat VGPF / Vlaams Kampioenschap	Powerlifting	EQ & CL	Leuven	CrFit Super 7		
20-28	WORLD Masters Championships	Weightlifting		Krakow	Poland		
24 - 27	STAGE LFPH	Weightlifting		TBD			
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 Seniors et Masters	Powerlifting	EQ + CL	Lasne	APEX		
8 - 10	W.E.C. (champ. par équipe / Ploegen kampioenschap - 6xEQ & 6xCL/team)	Powerlifting	EQ & CL	Reykjanesbär	ISL	08-07-23	pre Belgium > 01-07-2023
Sunday 10	Championnat LFPH	Weightlifting		Fléron	CrF Workzone		
16 - 17	Interclub 3 VGPF	Power + BP	EQ + CL	VGPF - TBD			
* 16 ou 17 TBC	Championnat LFPH Sub-Jun et Junior	Powerlifting	EQ + CL	Centre Sportif Santé Dr Rolin à Flor	OPL TBC		
Sunday 24	Championnat de Belgique - BK U15, U17, Jun & Mast	Weightlifting		Fléron	CrF Workzone		
30							
02/09 - 17/09	WORLD Seniors	Weightlifting		Riyadh	KSA	02-07-23	pre Belgium > 24/06/2023

Oktober							
7							
8 - 15	WORLD Masters	Powerlifting	EQ & CL	Unlaanbaatar	MON	08-08-23	pre Belgium > 30/09/2023
8 - 15	EUROPEAN Juniors and Sub-Juniors	Powerlifting	Classic	Budapest	HUN	08-08-23	pre Belgium > 30/09/2023
13 - 14	European Union Cup	Weightlifting		Ljubljana	Slovenia	13-08-23	pre Belgium > 06/08/2023
21	CONSEIL ADMINISTRATION Ligue Francophone	ADMIN		PETIT-ENGHIEN			
* 29/10 - 5/11	IPF University Cup	Powerlifting	Classic	Kranjska Gora	Slovenia	29-08-23	pre Belgium > 21/08/2023
28	Championnat Belgique Clubs / BK Clubs	Powerlifting	EQ + CL	ENGHIEN	Enghien - Nautisport		
November							
4	Conseil Administration NATIONAL	ADMIN		Petit-Enghien			
13- 19	Championnat du Monde	Powerlifting	Equipped	Vilnius	LTH	13-09-23	pre Belgium > 01/09/2023
11							
18	Generation Challenge Jacques Bodart	Weightlifting		Seraing	PHC Seraing		
25 - 26	Small Nation Tournament (invitation 2W + 4 M= TBC)	Weightlifting		Luxembourg	Dudelange		
25 - 26	BENELUX Tournament	Powerlifting	EQ & CL	Tilburg (NED) - Spartacus club	Pays-Bas	25-09-23	pre Belgium > 01/09/2023
TBC	WORLD Juniors	Weightlifting		Seraing	Mexico	sept 2023	pre Belgium > ???
December							
Sunday 3	Champ. Belgique OPEN H & D / BK OPEN (seniors)	Weightlifting		Fléron	Crf Workzone		
4 - 9	EUROPEAN Open	Powerlifting	Classic	Tartu	Estonia	04-10-23	pre Belgium > 04/09/2023
Sunday 10	Champ. Belgique PL EQ / BK PL EQ	Powerlifting	Equipped	Brugge	Squatsquadcity		
Sunday 10	Champ. Belgique BP EQ & CL / BK BP EQ & CL	Bench Press	EQ & CL	Brugge	Squatsquadcity		