

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

	* changement / wijziging			25-04-23	V.2
DATE	COMPETITION	WL/Pow/BP		PLACE	Organizer
January	2023				
* 20 DELETED->> April	Microwedstrijd voor topsporters - geschrap t, 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	Wilsele	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
25/3 - 1/04	WORLD U15 & U17 (Youth)	Weightlifting		Durres	ALBANIE

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
15 - 23	EUROPEAN Seniors	Weightlifting		Yerevan	ARM
Sunday 16	3 interclub LFPH haltéro	Weightlifting		Fléron	Heavy WL Team
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
6					
17-24	European Master	Weightlifting		Waterford	Ireland
20 & 21	CHAMPIONNAT DE BELGIQUE SJ -Jun -Masters	Power	Classic	Haine St Paul	La Louvière - salle ominisport /
20 - 28	World Championships	Bench press	EQ & CL	Sun City	South-Afr. FIN
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					
3	Pentecôte 28-29 Pinksteren				
11 - 18	World OPEN + IPF GA	Powerlifting	Classic	Valetta	Malta FIN
* 11	Test match CHFS (inscription limitée et sur invitation)	Weightlifting		CHFS	Auderghem /
* 16-18	Mémorial Edm.Decottignies (4 women & 4 men)	Weightlifting		Comines	France 01-05-23
17 - 18	3 Interclub LFPH power + BP	Power + BP	EQ + CL	Centre Sportif Santé à Flor	OPL
29/06 - 02/07	International Women Grand prix 2023	Weightlifting		Dornbirn	Austria FIN

29-04-23

20-05-23

20-05-23 pre Belgium > 04-04-2023

31-05-23

08-05-23 participation list (Pts) will follow on Sunday 30/04 and at least Monday 01/05

03-06-23

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	26-04-23	28-05-23	pre Belgium > 18/04/2023
5 - 9	European Masters	Powerlifting	Equipped	Pilsen	CZE	05-05-23	13-06-23	pre Belgium > 27-04-2023
8								
11 Tuesday	Microwedstrijd VGPF (1 plateau et sur invitation)	Weightlifting		Gent topsporthal	KO Gent			
15								
22								
24/7-03/08	EUROPEAN Jun & U23	Weightlifting		Bucharest	ROUMANIA	24-05-23	24-06-23	pre Belgium > 16-05-2023
August								
31/7 - 06/8	EUROPEAN Open, SubJun, Jun, Masters	Bench Press	EQ & CL	Mérignac	France	02-06-23	10-07-23	pre Belgium > 25-05-2023
5								
12 TBC	zomerwedstrijd VGPF			Omnimove	Westerloo			
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	TBD			
27 - 3/09	WORLD SJun & Jun Powerlifting Championships	Powerlifting	EQ & CL	Cluj-Napoca	ROM	25-06-23	03-08-23	pre Belgium > 17-06-2023
29								
September								
2 & 3	Championnat LFPH Seniors et Masters	Powerlifting	EQ + CL	Lasne	APEX			
02/09 - 17/09	WORLD Seniors	Weightlifting		Riyadh	KSA	02-07-23		pre Belgium > 24/06/2023
8 - 10	W.E.C. (champ. par équipe / Ploegen kampioenschap - 6xEQ & 6xCL/team)	Powerlifting	EQ & CL	Reykjanesbær	ISL	10-07-23	17-08-23	pre Belgium > VIA CLEA from 1/06 until 2/07 2023 !
Sunday 10	Championnat LFPH	Weightlifting		Fléron	Heavy WL Team			
16 - 17	Interclub 3 VGPF	Power + BP	EQ + CL	VGPF - TBD	TBD			
16 ou 17	Championnat LFPH Sub-Jun et Junior	Powerlifting	EQ + CL	Centre Sportif Santé Dr Rolin à Flor	OPL			
Sunday 24	Championnat de Belgique - BK U15, U17, Jun & Mast	Weightlifting		Fléron	Heavy WL Team			
30								

Oktober							
?? TBD or Sept?	Championnat VGPF / Vlaams Kampioenschap	Weightlifting		TBD	TBD		
8 - 15	WORLD Masters	Powerlifting	EQ & CL	Unlaanbaatar	MON	08-08-23	17-09-23 pre Belgium > 31-07-2023
* 10 - 17	EUROPEAN Juniors and Sub-Juniors	Powerlifting	Classic	Budapest	HUN	10-08-23	pre Belgium > 02-08-2023
13 - 14	European Union Cup	Weightlifting		Ljubljana	Slovenia	13-08-23	pre Belgium > 05-08-2023
14	CONSEIL ADMINISTRATION Ligue Francophone	ADMIN		PETIT-ENGHIE			
28	Championnat Belgique Clubs / BK Clubs	Powr & BP	EQ + CL	ENGHIEN	Enghien - Nautisport		
29/10 - 4/11	IPF University Cup	Powerlifting	Classic	Kranjska Gora	Slovenia	01-09-23	09-10-23 pre Belgium > 24-08-2023
November							
4	Conseil Administration NATIONAL	ADMIN		Petit-Enghien			
11							
13- 19	Championnat du Monde	Powerlifting	Equipped	Druskininkai	LTH	14-09-23	23-10-23 pre Belgium > 06/09/2023
18	Generation Challenge Jacques Bodart	Weightlifting		Seraing	PHC Seraing		
25 - 26	Small Nation Tournament (invité par le Luxembourg : 2W + 4 M= TBC)	Weightlifting		Luxembourg	Dudelange	25-09-23	pre Belgium > 17/09/2023
25 - 26	BENELUX Tournament	Powerlifting	EQ & CL	Tilburg (NED) - Spartacus club	Pays-Bas	25-09-23	pre Belgium > 17/09/2023
TBC	WORLD Juniors	Weightlifting			Mexico	sept 2023	pre Belgium > ???
December							
Sunday 3	Champ. Belgique OPEN H & D / BK OPEN (seniors)	Weightlifting		Fléron	Heavy WL Team		
4 - 9	EUROPEAN Open	Powerlifting	Classic	Tartu	Estonia	04-10-23	pre Belgium > 25/09/2023
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		

