

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

**CALENDAR 2022**

**POWERLIFTING & BENCH PRESS**

	* changement / wijziging			Update: 14/01/2022		
DATE	COMPETITION	WL/Pow/BP		PLACE	Preliminary	Final
<b>January</b>						
<b>February</b>						
Di 13	1 Interclub <b>LFPH</b> power + BP	Power + BP	EQ + CL	<b>Florennes</b>		
27	1 Interclub <b>VGPF</b> power + BP	Power + BP	EQ + CL	<b>Primer Acad.(Wilsele)</b>		
<b>March</b>						
8 - 13	European Masters CLASSIC powerlifting	Powerlifting	Classic	Vilnius (LTH)	7 January	15 feb 21
12	2 Interclub <b>LFPH</b> power + BP	Power + BP	EQ + CL	<b>LFPH</b>		
Di 20	Conseil d'Administration + Assemblé Générale de la Ligue Francophone	ADMIN		Petit-Enghien		
23 - 27	<b>EUROPEAN</b> University Cup	Powerlifting	Classic	Hamm (LUX)	22 January	2/ March
<b>April</b>						
<b>Vac.Pâques 04 - 18 Paasvakantie</b>						
2	2 Interclub <b>VGPF</b> power + BP	Power + BP	EQ + CL	<b>Primer Acad.(Wilsele)</b>		
9	Conseil d'Administration & AG <b>NAT</b>	ADMIN		Petit-Enghien		
<b>May</b>						
2 - 8	<b>EUROPEAN Open - SubJun - Jun</b>	Powerlifting	Equipped	Pilsen (CZE)	1/ March	
14	3 Interclub <b>LFPH</b> power + BP	Power + BP	EQ + CL	<b>Seraing</b>		
15	3 Interclub <b>VGPF</b> power + BP	Power + BP	EQ + CL	<b>SquatsquadCity (Brugge)</b>		
21-29	<b>World</b> Championships	Bench press	EQ & CL	Almaty (KAZ) <b>TBC</b>		
26-29	Women Weightlifting Grand Prix	Weightlifting		Dudelage (LUX)	22/ March	

<b>June</b>	<b>Pentecôte 5-6 Pinksteren</b>				
4					
6 - 12	<b>World OPEN</b>	Powerlifting	Classic	Sun City (S-Afr) <b>TBC</b>	05 apr 22
18 TBC	BELUX date à confirmer <b>TBC</b> on 13/1	Power ou WL		BEL ou LUX	TBC on 13/1
25 or 26 TBC	Championnat de <b>Belgique</b> des Clubs - BK Clubs	POW + BPS	EQ & CL	<b>VGPF/TBC</b>	
<b>July</b>					
6 - 10	<b>EUROPEAN</b> Masters	Powerlifting	Equipped	Eskilstuna (SWE)	5/ May
7 - 17	<b>World Games</b>	Powerlifting	Equipped	Birmingham (USA)	
25 - 29	<b>FISU</b>	Power & WL		Moscow (RUS)	23/ May
<b>August</b>					
2 - 7	<b>EUROPEAN</b> Open, SubJun, Jun, Masters	Bench Press	EQ & CL	Gyor (HUN)	01 jun 21
20 or 21	Champ. <b>Ligue - VGPF</b>	Power + BP	EQ & CL	<b>VGPF/TBC</b>	
<b>25 -28</b>	<b>STAGE LFPH</b>	<b>Halt + Pow/BP</b>		Berck sur Mer (FRA)	
26/8-04/09	<b>WORLD</b> SJun & Jun Powerlifting Championships	Powerlifting	EQ & CL	Guayaquil (ECU)	24 jun 21
<b>September</b>					
3	Champ. <b>Ligue LFPH</b>	Power + BP	EQ & CL	<b>LFPH</b>	
9 - 11	<b>W.E.C.</b> (championnat par équipe/6 max/équipe)	Powerlifting	EQ & CL	Aulnat (FRA)	07 jul 21
24 or 25 TBC	Championnats de <b>Belgique</b> Sub-Jun, Jun, Masters + VGPF Kammp.	Powerlifting	Classic	<b>VGPF/TBC</b>	
TBC	<b>Arnold Classic Europe</b> (on best pts; invitation of EPF/IPF)	Power + BP	EQ & CL	Birmingham (GBR) ? TBC	
<b>Oktober</b>					
1	RESERVE / VOORBEHOUDEN				
8	RESERVE / VOORBEHOUDEN				
09 - 15	<b>World</b> Masters	powerlifting	EQ & CL	St-John's (CAN)	08 aug 21
<b>15</b>	<b>CONSEIL ADMINISTRATION</b> Ligue Francophone	ADMIN		PETIT-ENGHIEU	
22	Championnats de <b>Belgique</b> OPEN (Seniors)	Powerlifting	Classic	<b>LFPH</b>	

<b>November</b>					
5	Conseil Administration <b>NATIONAL</b>	ADMIN		Petit-Enghien	
13	<b>IPF Congress/GA &amp; Rules changes Meeting</b>	Powerlifting		Viborg (DEN)	
14 - 20	<b>WORLD Open</b>	Powerlifting	Equipped	Viborg (DEN)	13 sep 21
19 ou 3/12					
25/11-4/12	<b>EUROPEAN Open, jun, SubJun</b>	Powerlifting	Classic	Skieriewice (POL)	24 sep 21
<b>December</b>					
3 ou 19/11	Champ. <b>Belgique</b> PL & BP - H & D / BK PL & Bench Press	Power & BP	EQ & CL	<b>LFPH</b>	
* 17 & 18	<b>BENELUX Tournament</b>	Powerlifting	EQ & CL	Hamm, LUXEMBOURG	16.10.22