

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

**CALENDAR 2022**

**Powerlifting & Bench Press**

* changement / wijziging		Update: 02.05.2022			Preliminary	Final
DATE	COMPETITION	Pow/BP		PLACE		
<b>April</b>						
<b>Vac.Pâques 04 - 18 Paasvakantie</b>						
2 + 3	2 Interclub <b>VGPF</b> power + BP	Power + BP	EQ + CL	<b>Crf Super 7</b> (Leuven)		
<b>Di 3</b>	2 Interclub <b>LFPH</b> power + BP	Power + BP	EQ + CL	<b>La Louvière</b>		
30	3 Interclub <b>LFPH</b> power + BP	Power + BP	EQ + CL	<b>Seraing</b>		
<b>May</b>						
2 - 8	<b>EUROPEAN Open - SubJun - Jun</b>	Powerlifting	Equipped	Pilsen (CZE)		
14-15	3 Interclub <b>VGPF</b> power + BP	Power + BP	EQ + CL	<b>SquatsquadCity</b> (Brugge)		
21						
21-29	<b>World Championships</b>	Bench press	EQ & CL	Almaty (KAZ)	END	
<b>June</b>						
<b>Pentecôte 5-6 Pinksteren</b>						
4						
6 - 12	<b>World OPEN</b>	Powerlifting	Classic	Sun City ( <b>S-Afr</b> )	END	16-05-22
25 or 26 TBC	Championnat de <b>Belgique</b> des Clubs - BK Clubs / FINAL	POW + BPS	EQ & CL	<b>Primer Acad</b> (Wilsele)		
<b>July</b>						
6 - 10	<b>EUROPEAN Masters</b>	Powerlifting	Equipped	Eskilstuna (SWE)	06-05-22	Reminder! Pre-NOMINATION 8 days before 6/05
7 - 17	<b>World Games</b>	Powerlifting	Equipped	Birmingham (USA)	END	
<b>August</b>						
2 - 7	<b>EUROPEAN Open, SubJun, Jun, Masters</b>	Bench Press	EQ & CL	Budapest (HUN)	02-06-22	Reminder! Pre-NOMINATION 8 days before 2/06
20 & 21	Champ. <b>Ligue - VGPF</b>	Power + BP	EQ & CL	<b>Crf Super 7</b> (Leuven)		
* 26/8- 04/09	<b>WORLD SJun &amp; Jun Powerlifting Championships</b>	Powerlifting	EQ & CL	<b>Istanbul (TUR)</b>	24-06-22	Reminder! Pre-NOMINATION 8 days before 24/06
<b>September</b>						
3	Championnat <b>LFPH</b> (PL & BP)	Power + BP	EQ & CL	<b>LASNE</b>		
9 - 11	<b>W.E.C.</b> (championnat par équipe/6 max/équipe)	Powerlifting	EQ & CL	Aulnat (FRA)	09-07-22	18-08-22 Reminder! Pre-NOMINATION 8 days before 9/07
10				<b>DEADLINE &gt;&gt;</b>	interested?/confirmation BEL lifter : <b>9 June 2022</b>	
25	Championnats de <b>Belgique</b> / BK Sub-Jun, Jun, Masters + VGPF Kamp.	Powerlifting	Classic	<b>SquatsquadCity</b> (Brugge)		
23-25	<b>Arnold Classic Europe</b> (on best pts; invitation of EPF/IPF)	Power + BP	EQ & CL	Birmingham (UK)		

<b>Oktober</b>					
09 - 15	<b>World Masters</b>	powerlifting	EQ & CL	St-John's (CAN)	08-08-22
22	Championnats de <b>Belgique OPEN / BK (Seniors)</b>	Powerlifting	Classic	<b>LASNE</b>	
<b>November</b>					
13	<b>IPF Congress/GA &amp; Rules changes Meeting</b>	Powerlifting		Viborg (DEN)	
14 - 20	<b>WORLD Open</b>	Powerlifting	Equipped	Viborg (DEN)	13-09-22
25/11 - 4/12	<b>EUROPEAN Open, jun, SubJun</b>	Powerlifting	Classic	Skieriewice (POL)	24-09-22
<b>December</b>					
3	Champ. <b>Belgique PL EQ / BK PL EQ</b>	Powerlifting	Equipped	<b>La Louvière TBC</b>	
3	Champ. <b>Belgique BP EQ &amp; CL / BK BP EQ &amp; CL</b>	Bench Press	EQ & CL	<b>La Louvière TBC</b>	
17 & 18	<b>BENELUX Tournament ( IPF GL-ranking)</b>	Powerlifting	EQ & CL	Hamm, LUXEMBOURG	16-10-22

Reminder! Pre-NOMINATION 8 days before 8/08

Reminder! Pre-NOMINATION 8 days before 13/09

Reminder! Pre-NOMINATION 8 days before 24/09

Reminder! Pre-NOMINATION 8 days before 16/10