

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

CALENDAR 2023

	* changement / wijziging			Update: 14.11.2022	
DATE	COMPETITION	WL/Pow/BP		PLACE	Preliminary Final
January	2023				
31					
February					
4 & 5	1 Interclub LFPH power + BP	Power + BP	EQ + CL	LFPH	
11					
18	1 Interclub LFPH haltéro	Weightlifting		LFPH	
25 ok	Conseil d'Administration de la Ligue Francophone	ADMIN		Petit-Enghien	
25-26	Interclub 1 VGPF	PL + BP	CL + EQ	VGPF	
28/02 -5/03	European Masters CLASSIC powerlifting	Powerlifting	Classic	Budapest (HUN)	30-12-22 07-02-23
March					
4 & 5	2 Interclub LFPH power + BP	Power + BP	EQ + CL	LFPH	
11					
18 ok	Assemblée Générale de la Ligue Francophone	ADMIN		Petit-Enghien	
16 - 18	EUROPEAN University Cup	Powerlifting	Classic	Albi (FRA)	14-01-23 23-02-23
25	2 Tour interclub LFPH haltéro	Weightlifting		LFPH	
April	Pâques - Pasen 09.04.2023				
1					
8 & 9 (&10)	CHAMPIONNAT DE BELGIQUE OPEN / BK Open	Powerlifting	Classic	VGPF	
15	3 interclub LFPH haltéro	Weightlifting		LFPH	
22 ok	Conseil d'Administration NAT. / Raad van Bestuur & AG/AV - NAT.	ADMIN		Petit-Enghien	
TBC or in June	EUROPEAN Seniors	Weightlifting		Sec Yerevan (ARM)	

May					
2 - 7	EUROPEAN Open - SubJun - Jun	Powerlifting	Equipped	Thisted (DEN)	03-03-23 11-04-23
6					
13 or 14	Championnat de Belgique des Clubs - BK Clubs	Weightlifting		VGPF	
17-24	European Master	Weightlifting		Waterford (IRL)	tbc tbc
20	CHAMPIONNAT DE BELGIQUE SJ-Jun-Masters	Power + BP	Classic	LFPH	
20 - 28	World Championships	Bench press	EQ & CL	Sun City (S-Afr)	
27-28 (29?)	Interclub 2 VGPF	Power + BP	EQ + CL	VGPF	
TBC	WORLD Juniors	Weightlifting		Guadalajara (Mexico)	
June	Pentecôte 28-29 Pinksteren				
3					
4 - 10	World OPEN + IPF GA	Powerlifting	Classic	Valetta (Malta)	
10					
17					
24-25	3 Interclub LFPH power + BP	Power + BP	EQ + CL	LFPH	
TBC	WORLD U15 & U17 (Youth)	Weightlifting		Tirana (ALB)	
July					
1	International Tournament Masters & "Ladies Open"	Weightlifting		Waregem	
5 - 9	European Masters	Powerlifting	Equipped	Pilsen (CZE)	05-02-23
8					
15					
22					
29					

August					
31/7 - 06/8	EUROPEAN Open, SubJun, Jun, Masters	Bench Press	EQ & CL	Mérignac (FRA)	30-06-23
5					
12					
19 - 20	Championnat VGPF / Vlaams Kampioenschap	Powerlifting	EQ & CL	VGPF	
24 - 27	STAGE LFPH	Weightlifting		TBC asap (Berck)	
29					
27 - 3/09	WORLD SJun & Jun Powerlifting Championships	Powerlifting	EQ & CL	Cluj-Napoca (ROM)	
20-28	WORLD Masters Championships	Weightlifting		Krakow (POL)	
September					
2 & 3	Championnat LFPH	Powerlifting	EQ + CL	LFPH	
8 - 10	W.E.C. (champ. par équipe / Ploegen kampioenschap - 6xEQ & 6CL/team)	Powerlifting	EQ & CL	Reykjanesbær (ISL)	08-07-23
9	Championnat LFPH	Weightlifting		LFPH	
16	Interclub 3 VGPF	Power + BP	EQ + CL	VGPF	
23 & 24	Championnat de Belgique - BK U15, U17, Jun & Mast	Weightlifting		LFPH	
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
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	LFPH	
TBC	WORLD Seniors	Weightlifting		Riyadh (KSA)	

November				
* 4 OK	Conseil Administration NATIONAL	ADMIN		Petit-Enghien
5 - 12	WORLD Open	Powerlifting	Equipped	Vilnius (LTH)
11	Generation Challenge Jacques Bodart	Weightlifting		Seraing
18				
25 - 26	BENELUX Tournament (IPF GL-ranking)	Powerlifting	EQ & CL	NETHERLANDS
December				
2	Champ. Belgique OPEN H & D / BK OPEN (seniors)	Weightlifting		LFPH
6 - 10	EUROPEAN Open	Powerlifting	Classic	Tartu (EST)
9	Champ. Belgique PL EQ / BK PL EQ	Powerlifting	Equipped	VGPF
9	Champ. Belgique BP EQ & CL / BK BP EQ & CL	Bench Press	EQ & CL	VGPF

06-10-23