

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

* changement / wijziging						21.01.2023	
DATE	COMPETITION	WL/Pow/BP		PLACE	Organizer	Preliminary	Final
January	2023						
* 20 DELETED	Microwedstrijd voor topsporters - geschrapt, zal worden verzet naat letere datum/ANNULE et remis à une date ultérieure	Weightlifting		Gent	Gent		
31							
February							
* 11 & 12	1 Interclub LFPH power + BP	Power + BP	CL + EQ	Centre Sportif Santé Dr Rolin à Flor	OPL	/	28-01-23
18	1 Interclub VGPF	Weightlifting		Waregem	Waregem		
Sunday 19	1 Interclub LFPH	Weightlifting		Crf de Nivelles	BWS	/	04-02-23
25 ok	Conseil d'Administration de la Ligue Francophone	ADMIN		Petit-Enghien			
25-26	1 Interclub VGPF	PL + BP	CL + EQ	VGPF			
28/02 -5/03	European Masters CLASSIC powerlifting	Powerlifting	Classic	Budapest	HUN	FIN	07-02-23
March							
4 & 5?	2 Interclub LFPH power + BP	Power + BP	CL + EQ	Seraing	Seraing		
11							
16 - 18	EUROPEAN University Cup	Powerlifting	Classic	Albi	FRANCE	FIN	23-02-23 pre Belgium > 6/01/2023
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	FIN	25-02-23

April	Pâques - Pasen 09.04.2023				
1					
8 & 9 (&10)	CHAMPIONNAT DE BELGIQUE OPEN / BK Open	Powerlifting	Classic	VGPF	
15 - 23	EUROPEAN Seniors	Weightlifting		Yerevan	ARM
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	
27-28 ? TBC	2 Interclub VGPF	Power + BP	EQ + CL	VGPF - TBC	
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 + BP	Classic	Haine St Paul	La Louvière
20 - 28	World Championships	Bench press	EQ & CL	Sun City	S-Afr.
27 or 28 TBC	Championnat de Belgique des Clubs - BK Clubs	Weightlifting			Gent
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	Centre Sportif Santé Dr Rolin à Flor	OPL TBC
July					
* 1 - 10	European U15 & U17 (Youth)	Weightlifting		Chisinau)	Moldavie
1	International Tournament Masters & "Ladies Open"	Weightlifting		Waregem	Waregem
5 - 9	European Masters	Powerlifting	Equipped	Pilsen	CZE
8					
15					
22					
29					

15-2-23

03-03-23 11-04-23 pre Belgium > 23/02/2023

20-03-23 pre Belgium > 12/03/2023

04-04-23 pre Belgium > 27-03-2023

← TBC par OPL

April 2023

05-05-23 pre Belgium > 27-04-2023

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	VGPF			
20-28	WORLD Masters Championships	Weightlifting		Krakow	Poland		
24 - 27	STAGE LFPH	Weightlifting		TBC asap (Berck)			
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 ALL CAT	Powerlifting	EQ + CL	Lasne	HSPC		
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	Interclub 3 VGPF	Power + BP	EQ + CL	VGPF - TBC			
Sunday 24	Championnat de Belgique - BK U15, U17, Jun & Mast	Weightlifting		Fléron	Crf Workzone		
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	pre Belgium > 02/08/2023
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	ENGHIEN			
TBC	WORLD Seniors	Weightlifting		Riyadh	KSA		

November						
4 OK	Conseil Administration NATIONAL	ADMIN		Petit-Enghien		
5 - 12	WORLD Open	Powerlifting	Equipped	Vilnius	LTH	05-09-23
11	Generation Challenge Jacques Bodart	Weightlifting		Seraing	PHC Seraing	
18						
25 - 26	BENELUX Tournament (minima PL)	Powerlifting	EQ & CL	???	NED	
TBC	WORLD Juniors	Weightlifting		Guadalajara	Mexico	sept 2023
December						
Sunday 3	Champ. Belgique OPEN H & D / BK OPEN (seniors)	Weightlifting		Fléron	Crf Workzone	
6 - 10	EUROPEAN Open	Powerlifting	Classic	Tartu	EST	06-10-23
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	