

INVITATION

The Ligue Francophone des Poids et Haltères and the Royal Belgian Powerlifting Federation, in collaboration with Poids et Haltères Club Seraing, have the pleasure to invite you to :

1st BELGIUM OPEN PARA-POWERLIFTING

Women & Men

Seraing, Belgium

Saturday 12th December 2026

Please note: all information is posted only for information purposes. All official entries for the Belgium Open Para-Powerlifting must be done by the national federations, not by individuals

Championship Secretary: Dominique JAN
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Host City: Seraing, BELGIUM

Date: 12th December 2026

Venue: Hall Omnisports du Bois de l'Abbaye
Avenue des Puddleurs, 47
4100 Seraing

Deadline for entries: **15 November 2026**, please fill the attached form and return by e-mail

Participation Fee: No entry fees will be charged for the Belgium Open Para-Powerlifting

Provisional Timetable – Saturday 12th December 2026

Event	Weigh-in	Competition
Belgium National Championships Powerlifting Equipped	8:00 – 09:30	10:00
1st Belgium Open Para-Powerlifting	12:30 – 14:00	14:30
Belgium National Championships Bench-Press (Classic & Equipped)	14:00 – 15:30	16:00

Participation medals: For each participant

Winner Trophy, on IPF Bench-Press Goodlift points: 3 best lifters, male and female

Competition rules and regulations

WPPO rules and regulations will apply by default, including:

- WPPO bodyweight categories
- Refereing rules
- Multiple of a full 1 kilogram increment between each attempt
- ...

Referees: would your team like to join the competition with referees, please just add them in the nomination form

Anti-Doping Information

All competitions organised under the authority of Ligue Francophone des Poids et Haltères are subject to antidoping controls performed by the national antidoping organisation (ONAD-CF) according to the WADA code.

Each participant is strictly liable for any substance found in his body (or specimen). Each participant may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.

Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the WADA Prohibited List. Educate yourself on the risks of taking supplements and minimize your risk.

Hotel Accomodation

All Athletes, Coaches, Referees and Officials are free to stay in the hotel of their choice. No reservation will be made by the organizer.

For your convenience, we inform you that the following hotels in the Liège region can accommodate people with reduced mobility and feature accessible PMR/PRM rooms. Reservation can be made by e-mail (mention "Belgium Open Powerlifting")

Hotel	Number of fully equipped PRM double rooms	Booking by e-mail	Double room * (double occupancy)	Breakfast (per night/per person)
B&B Hôtel Liège Rocourt	3	bb_7512@hotelbb.com	1 night (11-12.12) : 91,20 € 2 nights (11-13.12) : 203,40 €	11,50 €
Ibis Styles Liège Guillemins	3	HB6D9-BO@accor.com	1 night (11-12.12) : 169,00 € 2 nights (11-13.12) : 358,00 €	16,50 €
Van der Valk Liège Congrès	3	reception@hotelliege.eu	1 night (11-12.12) : 216,50 € 2 nights (11-13.12) : 443,00 €	24,00 €

**: fares communicated by the hotel, breakfast excluded, depending on the availability at the date of booking*

Many other hotels are available in the Liège area. Depending on the athlete's impairment and level of autonomy, several properties are wheelchair accessible and offer PMR rooms. Please do not hesitate to contact them directly.

The organizer will not be responsible for any hotel bills incurred by participating nations. Each team manager is responsible for their own team.