



**WDFPF**

## **World & European Single Lift Championships 2026**

### **EVENT INSTRUCTION**

#### **Location.**

The WDFPF Single Lift Championships will take place at Zwembadweg 7, 2930 Brasschaat, Anwerp. [Click here to view location.](#)

This will be 2 events held on the same day, but the timings will be run concurrently.

You may only enter a single event for example: The **World Single lifts** or the **European Single lifts**.

**Friday 25 Sep: SQUAT** - Equipped and unequipped: **Weigh In time for SQUAT only will be determined after the closing date once numbers are gauged.**

**Saturday 26 Sep: BENCH PRESS** - Equipped and unequipped

**Sunday 27 Sep: DEADLIFT** - Equipped and unequipped

***Closing date for this event is 29 Aug 2026. After this time the electronic entry form will be turned off.***

#### **Entry Fee.**

First entry - 85 Euros & each additional entry - 35 Euros.

All payments are to be made in euros on the day of your event. Electronic banking details can be provided on request if this is the preferred option. Please be aware this may incur an additional cost for the exchange rate conversion.

#### **Weigh-in.**

All lifters must be present at weigh-in as per the time below. Late arrival will preclude participation. Squat day weigh in times is different, timings to be confirmed after the closing date.

**0700 – 0830 – Weigh in**

**1000 – Event starts**

NB. All competitors must be present for weigh in during this time, those who arrival after 0830 will not be allowed to lift having missed the weigh in time. As a competitor you are responsible for ensuring any accommodation and travel time allow you the ability to make these timings.

### **Entry form completion:**

[CLICK HERE TO ENTER World & European Single Lift Championships 25-27 Sep 2026](#)

There are no changes to weight class on the day. Lifters who have qualified by means of a qualification lift will be in the category they set the lift in and as detailed on the submitted entry form. Those who are unable to make their prescribed weight class will be permitted to lift as a guest only and be unable to set records or receive awards.

### **Opening lifts.**

As per national event requirements each lifter **MUST** open on either the minimum lift or higher for the World Single Lifts. Details are linked here:

[Unequipped](#)

[Equipped](#)

### **Presentations.**

A participation medal and certificate will be presented to all attendees. Those who finish in the top 3 of their age and weight class will receive an award for placing as such. This does not apply to the SENIOR Class (24-39) who lift in the open category against all age classes and are placed in relation to their position in the flight not age class and will as such receive awards relative to the flight position. All presentations will take place at the competition of lifting each day, there is no provision for those who choose to leave before the event has finished.

### **Drugs Testing.**

As per WDFPF requirements all participants are subject to drugs testing. Participants must not leave the venue without the permission of the Drugs Control Officer. Any lifter called for testing who has subsequently been found to have left the venue maybe subject to sanctions as per the WDFPF Drugs policy.

### **Claiming Records.**

If you believe you are setting an international record you are to inform the desk prior to taking the lift, note records are not validated until drug test results are returned.

All International certificates will be sent to the president post event and sent by post; athletes are not to contact the WDFPF president directly.

Please be aware this process may take up to 4 months to complete.

**This event instruction is a temporary event instruction only to allow all BDFPA lifters to arrange travel details. Hotel information will be released in due course.**