



# WORLD CHAMPIONSHIP & EUROPEAN CHAMPIONSHIP Single Event 2026

Unequipped and Equipped

Hosted by the : WDFPF

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Friday 25<sup>th</sup> Sept SQUAT



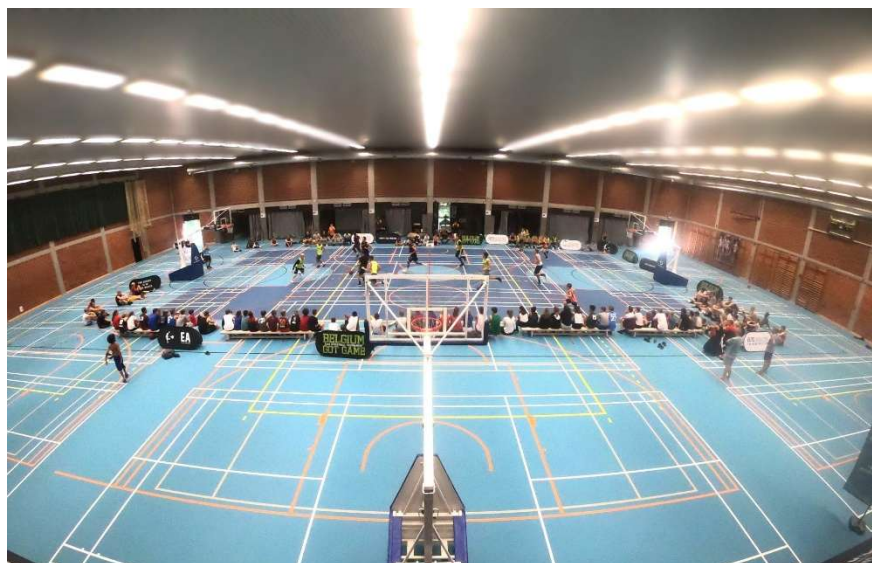
Saturday 26<sup>th</sup> Sept BENCH

Sunday 27<sup>th</sup> Sept DEADLIFT



Location: " Sport Oase Brasschaat "

Zwembadweg 7 , Brasschaat **Food and drinks available at the venue during the whole day**



- **BREAKFAST**
- **LUNCH**
- **DINER**
- **SNACKS**
- **DRINKS**

The venue is in a park, next to the hall is a public swimming pool with sauna and hammam

Championship hotel: **The holiday inn Express Antwerp.**

Italielei 2, Antwerp

Room rates : Thursday 24 sept 132 € excl 3.58 € p/p City tax per day

Friday 25 sept 143 € " " " "

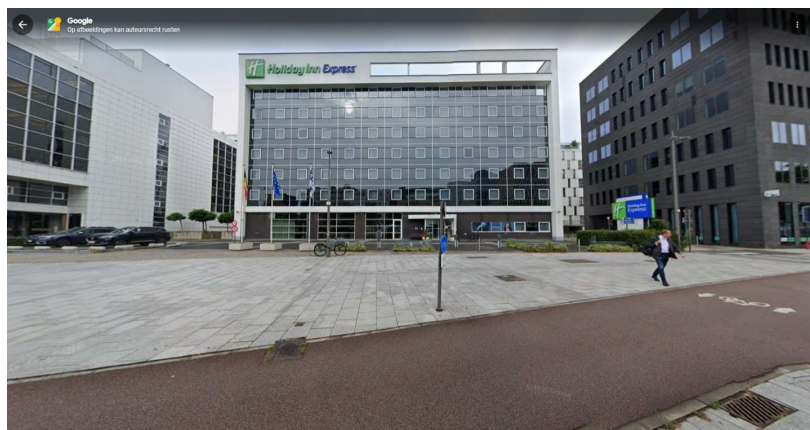
Saturday 26 Sept 187 € " " " "

Sunday 27 sept 99 € " " " "

Breakfast included, no dinner available

These are negotiated prices, with this link you get the reduced price :

There are only 40 rooms available, only from this hotel we can provide shuttle in the morning and evening



The hotel is situated approx. 3 km away from city centre, in walking distance (500m) there are many Restaurants from Pizza and burger to high class restaurant.

There are several double rooms with extra sofa available ( triple room)

AIRPORTS : to Hotel

Brussel : 60 km ( 45 min ) Train or bus to Antwerp Central station approx 15 € pp. From CS to Hotel

Taxi Shuttle available ( max 7 pers ) 90 €

Antwerp (Deurne) 20 km Public transport to Central Station – from CS – Hotel

( 25 min ) Taxi Shuttle available ( max 7 pers ) 50 €

Eindhoven (NL) 100 km ( 1:15 min) Train to Antwerp Central station . From CS to Hotel

Taxi Shuttle available ( max 7 pers ) 150 €

Amsterdam( NL ) 300 km ( 2 hours ) Train to Antwerp Central station . From CS to Hotel

Taxi Shuttle available ( max 7 pers ) 250 €

**Taxi only Available on reservation 0032 495 460 881**

## Competition info

**ENTRY DEADLINE 25th August 2026**

Entry fees: 85 € for the first entry + each additional entry 35 €

All athletes receive: Trophy + free competition T – Shirt + participation certificate

Competition equipment: 2 complete Eleiko sets on 2 platforms

Warm up equipment: 2- 4 warm up sets

2 Scales for weigh-in

Registration: details will follow after entry deadline,

### Schedule :

Friday 25 Sept : Squat UN & EQ ( all athletes )

Weigh-in time will be announced after the entry deadline.

Start time will be announced after entry deadline.

Saturday 26 Sept : Bench UN & EQ ( all athletes )

Weigh-in 07:30 – 09:00

Opening Ceremony 09:30 – 09:45

Start Competition 10:00

Sunday 27 Sept : Deadlift UN & EQ ( all athletes )

Weigh-in 07:30 – 09:00

Start Competition 10:00

# IMPORTANT

This event is World & European combined competition and will be run on the same day

Therefore :

You cannot take part in the same event in 2 championships.

EXAMPLE:

athletes who compete in WC Squat UN **CANNOT** do EC SQUAT UN

Athletes who compete in WC Squat UN are **ABLE** to compete in EC SQUAT EQ

All competitions always start with the Unequipped.

All athletes will receive a trophy and a certificate for each event they compete in.