



WORLD CHAMPIONSHIP & EUROPEAN CHAMPIONSHIP Single Event 2026

Unequipped and Equipped

Hosted by the : WDFPF

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Friday 25th Sept SQUAT



Saturday 26th Sept BENCH

Sunday 27th 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 € " " " "

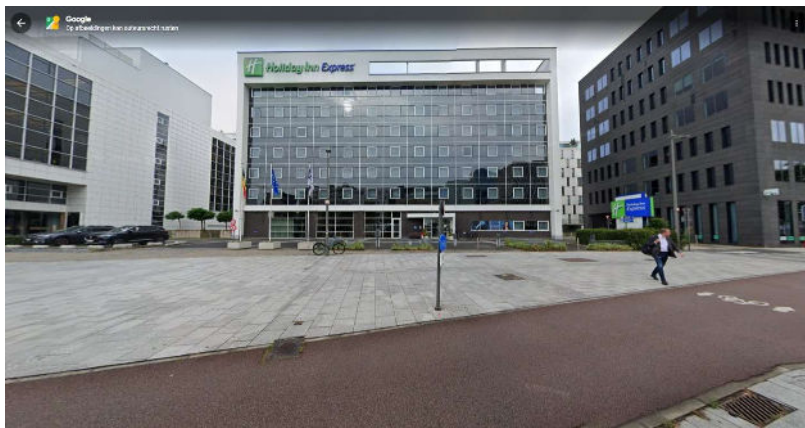
Saturday 26 Sept 187 € " " " "

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.