



WEIGHTLIFTING IRELAND

2024 Events Calendar

International Competitions:

Athletes wishing to be considered for international selection will require the minimum qualification standards. Please see all documentation on our Performance & Development page on our website : [HERE](#)

A formal “Application of Interest” must be *submitted no later than 14* weeks before an international competition to ensure that WI are made aware of your intention to qualify so that we can help guide you through the process of becoming eligible for international competition. Athletes wishing to be considered for international selection will need to meet the minimum qualification criteria outlined on our website & be a member of Weightlifting Ireland at the time of their application.

Weightlifting Ireland’s board reserves the right to make amendments to the minimum standards and selection process if it is deemed to be in the best interest of the sport. The final decision on selection for all international squads and team members is by the board.

For further information please contact: [secretary@weightliftingireland.com]

International, National & Provincial - ranking/record setting competitions with a minimum of two (2) national referees present.

(BH) = Bank Holiday

This calendar is an overview to allow clubs, athletes & coaches to plan the year. Events and dates are subject to change so please keep checking our “Upcoming Events” Calendar on the website for the most accurate dates : [HERE](#)





Dates: (Q1)	International:	National:	Provincial:	Education:
January:				
6 th & 7 th				
13 th & 14 th				Level 1 Coaching Course (Venue: Cork) – Wknd 2
20 th & 21 st	Copenhagen Cup (Denmark)			Anti-Doping Seminar (Online - Zoom)
27 th & 28 th				Safeguarding & First Aid (Online - Zoom)
February:				
3 rd & 4 th (BH)	German Masters Open (Germany)			CPD Coaches / Club CPOs (Online – Zoom)
10 th & 11 th	European Seniors (Bulgaria)	InterVarsity Champs (Venue: TBC)		Officials & Referee Training
17 th & 18 th	European Seniors (Bulgaria)			Snatch Workshops (Venues: TBC)
24 th & 25 th			Masters Open (Venue : TBC)	Officials & Referee Training
March:				
2 nd & 3 rd				
9 th & 10 th			Munster Open (Venue : TBC)	Officials & Referee Training
16 th & 17 th (BH)				Clean & Jerk Workshops (Venues: TBC)
23 rd & 24 th				Level 1 Coaching Course (Venue: TBC) – Wknd 1
30 th & 31 st (BH)	(IWF) World Cup (Thailand)			





Dates: (Q2)	International:	National:	Provincial:	Education:
April:				
6 th & 7 th	(IWF) World Cup (Thailand)			Safeguarding & First Aid (Online - Zoom)
13 th & 14 th		Annual General Meeting (Venue: TBC)	National Awards - 2023 (Venue : TBC)	
20 th & 21 st			Age-Grade Open (Venue: TBC)	Officials & Referee Training
27 th & 28 th				Snatch Workshops (Venues: TBC)
May:				
4 th & 5 th (BH)				Level 1 Coaching Course (Venue: TBC) – Wknd 2
11 th & 12 th			Connacht Open (Venue: TBC)	Officials & Referee Training
18 th & 19 th	19 th Women's GP (Venue & Date : TBC)			Officials & Referee Training
25 th & 26 th	(IWF) Youth Worlds (Peru)			
June:				
1 st & 2 st (BH)				Clean & Jerk Workshops (Venues: TBC)
8 th & 9 th			Leinster Open (Venue : TBC)	Officials & Referee Training
15 th & 16 th	European Masters (Norway)			
22 nd & 23 rd	(EWF) Youth & U15 (Greece)			
29 th & 30 th	19 th Women's GP (Venue & Date : TBC)			Level 1 Coaching Course (Venue: TBC) – Wknd 1





Dates: (Q3)	International:	National:	Provincial:	Education:
July:				
6 th & 7 th				Officials & Referee Training
13 th & 14 th		NAGC & Masters (Venue : TBC)		Officials & Referee Training
20 th & 21 st				Safeguarding & First Aid (Online - Zoom)
27 th & 28 th				Snatch Workshops (Venues: TBC)
August:				
3 rd & 4 th (BH)	Olympic Games (Paris)			
10 th & 13 th	Olympic Games (Paris)	National Youth Camp (Venue & Date : TBC)		Level 1 Coaching Course (Venue: TBC) – Wknd 2
17 th & 18 th		National Seniors (Venue : TBC)		Officials & Referee Training
24 th & 25 th				
31 st & 1 st	Gunther Stapfer (Austria) : Youth/Jr/U23			
Sept:				
7 th & 8 th	(IMWA) World Masters (Finland)			Clean & Jerk Workshops (Venues: TBC)
14 th & 15 th	(IMWA) World Masters (Finland)			
21 st & 22 nd	(IWF) Junior Worlds (Spain)	Club Champs - 2024 (Venue & Date : TBC)		Level 1 Coaching Course (Venue: TBC) – Wknd 1
28 th & 29 th				Officials & Referee Training





Dates: (Q4)	International:	National:	Provincial:	Education:
Oct:				
5 th & 6 th	Malta Intl Open (Malta)		Cork Open (Cork Weightlifting Club)	Officials & Referee Training
12 th & 13 th	EUWC (EU Cup) (Venue & Date : TBC)			Safeguarding & First Aid (Online - Zoom)
19 th & 20 th	Dutch Masters Open (Holland)			
26 th & 27 th (BH)	(EWF) Euro Jnr & U23 (Poland)			Snatch Workshops (Venues: TBC)
Nov:				
2 nd & 3 rd			Ulster Open (Boundary CrossFit)	Officials & Referee Training
9 th & 10 th				Level 1 Coaching Course (Venue: TBC) – Wknd 2
16 th & 17 th	Celtic Nations (Wales) / Date : TBC			
23 rd & 24 th	(IWF) Senior Worlds (Bahrain / Date : TBC)			Clean & Jerk Workshops (Venues: TBC)
Dec:				
30 th & 1 st			Dublin Open (Capital Strength WLC)	Officials & Referee Training
7 th & 8 th				
14 th & 15 th		National Awards - 2024 (Venue & Date : TBC)		
21 th & 22 nd				
28 th & 29 th				

