



2026 EWF EUROPEAN JUNIOR AND U23 CHAMPIONSHIPS

REGULATIONS

Durres (ALB) 12 - 19 October



9. EVENT CATEGORIES AND AWARDS

European Junior Championships

Weightlifters born between 1 st January 2006 and 31 st December 2011 (aged 15-20 years).

Women, 8 categories: 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg, 86 kg, +86 kg

Men, 8 categories: 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, 95 kg, 110 kg, +110 kg

European Under-23 Championships

Weightlifters born between 1 st January 2003 and 31 st December 2005 (aged 21-23 years).

Women, 8 categories: 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg, 86 kg, +86 kg

Men, 8 categories: 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, 95 kg, 110 kg, +110 kg

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each body weight category.

Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, according to the IWF Team Classification.

Diplomas will be awarded to all participants.

DRAFT TIMETABLE

* The timetable is subject to change after the Final Verification deadline.

Date	Session	Time
October 12, 2026	W JU 49 W JU 53 B / 57 B W JU 53 M JU 60 W U23 49 W U23 53	09:00 11:00 13:00 15:00 17:00 19:00
October 13, 2026	M JU 65 M U23 60 M U23 65 W JU 57 M JU 70 B W U23 57B	09:00 11:00 13:00 15:00 17:00 19:00
October 14, 2026	M U23 70B W U23 57 M JU 70 M JU 75 B M JU 75 W U23 61 B	09:00 11:00 13:00 15:00 17:00 19:00
October 15, 2026	M U23 70 W U23 61 W JU 61 B W JU 61 W U23 69 B M U23 75 B	09:00 11:00 13:00 15:00 17:00 19:00
October 16, 2026	W JU 69 B M U23 75 W JU 69 W U23 69 M JU 85 B M JU 85	09:00 11:00 13:00 15:00 17:00 19:00
October 17, 2026	M U23 85B M JU 95 B M JU 95 W JU 77 M U23 85 W U23 77	09:00 11:00 13:00 15:00 17:00 19:00
October 18, 2026	W JU 86 W JU +86 M JU 110 M JU +110 M U23 95	09:00 11:00 13:00 15:00 17:00
October 19, 2026	W U23 86 W U23 +86 M U23 110 M U23 +110	09:00 11:00 13:00 15:00