

## Calendar plan of sports events of IUKL for 2024

No	Name of the event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>First group - Rating competitions (Continental, World Championships, Cups)</b>								
1	<b>European Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the European region (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	younger boys younger girls older boys older girls male juniors female juniors male adults female adults	Under 16 <sup>1</sup>  Under 18 <sup>1</sup>  Under 23 <sup>2</sup>  unlimited	France	Paris	April 17 - 21, 2024
	<b>Open European Cup</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male female	unlimited			
2	<b>Asian Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the Asian region (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	younger boys younger girls older boys older girls male juniors female juniors male adults female adults	Under 16 <sup>1</sup>  Under 18 <sup>1</sup>  Under 23 <sup>2</sup>  unlimited	Taiwan	New Taipei	May 25-30, 2024
	<b>Open Asian Cup</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male female	unlimited			
3	<b>Pan American Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the Americas region – North America, Caribbean region, Central America, South America (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	younger boys younger girls older boys older girls male juniors female juniors male adults female adults	Under 16 <sup>1</sup>  Under 18 <sup>1</sup>  Under 23 <sup>2</sup>  unlimited	USA	Ann Arbor, Michigan	June 21-23, 2024
	<b>Open Pan American Cup</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male female	unlimited			

<sup>1</sup> In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2008 and younger) and up to 18 years old (born in 2006 and younger).

<sup>2</sup> In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2001 and younger).

<sup>3</sup> In the Senior groups can participate female athletes from 35 years old (born in 1989 and later) and male athletes from 40 years old (born in 1984 and younger).

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>First group - Rating competitions (Continental, World Championships, Cups)</b>								
4	<b>World Championship in Separate Disciplines among Youth U-16/U-18, Juniors U-23</b>	All athletes without continental restrictions (professionals / amateurs)	<u>Major medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12 / <u>Small medals:</u> Biathlon / All-around / Relay races (Jerk / LC)	younger boys	Under 16 <sup>1</sup>	Kyrgyzstan	Cholpon-Ata	August 21 - 26, 2024
				younger girls				
	older boys			Under 18 <sup>1</sup>				
	older girls							
<b>World Championship in Biathlon &amp; All-around among Adults</b>	<u>Major medals:</u> Biathlon / All-around / Relay races (Jerk / LC) <u>Small medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12	male juniors	Under 23 <sup>2</sup>					
		female juniors						
				male adults	unlimited			
				female adults				
5	<b>World Championship in Biathlon &amp; All-around among Youth U-16/U-18, Juniors U-23</b>	All athletes without continental restrictions (professionals / amateurs)	<u>Major medals:</u> Biathlon / All-around / Relay races (Jerk / LC) <u>Small medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12	younger boys	Under 16 <sup>1</sup>	Greece	Korfu	October 10 - 14, 2024
				younger girls				
	older boys			Under 18 <sup>1</sup>				
	older girls							
<b>World Championship in Separate Disciplines among Adults</b>	<u>Major medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12 <u>Small medals:</u> Biathlon / All-around / Relay races (Jerk / LC)	male juniors	Under 23 <sup>2</sup>					
		female juniors						
				male adults	unlimited			
				female adults				
6	<b>Oceania Area Championship among Youth U-16/U-18, Juniors U-23, Adults</b>	Only athletes from the Oceania region – Australasia, Melanesia, Micronesia, Polynesia (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	younger boys	Under 16 <sup>1</sup>	Australia	<i>Place will be assigned</i>	<i>November, 2024</i>
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
7	<b>Open Oceania Area Cup</b>	All athletes without continental restrictions (professionals / amateurs)	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male	unlimited			
				female				

<sup>1</sup> In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2008 and younger) and up to 18 years old (born in 2006 and younger).

<sup>2</sup> In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2001 and younger).

<sup>3</sup> In the Senior groups can participate female athletes from 35 years old (born in 1989 and later) and male athletes from 40 years old (born in 1984 and younger).

No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Second group - Multisport competitions (Seniors Championships, Continental, Regional, World Games, Grand Prix)</b>								
1	<b>European Championship among Seniors</b>	Only athletes-seniors from the European region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	France	Paris	April 17 - 21, 2024
				female seniors	35 and older <sup>3</sup>			
	<b>Open European Grand Prix</b>	All athletes without continental restrictions	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
female seniors	35 and older <sup>3</sup>							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
2	<b>Asian Championship among Seniors</b>	Only athletes-seniors from the Asian region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	Taiwan	New Taipei	May 25-30, 2024
				female seniors	35 and older <sup>3</sup>			
	<b>Open Asian Grand Prix</b>	All athletes without continental restrictions	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
female seniors	35 and older <sup>3</sup>							
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						

<sup>1</sup> In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2008 and younger) and up to 18 years old (born in 2006 and younger).

<sup>2</sup> In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2001 and younger).

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No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Second group - Multisport competitions (Seniors Championships, Continental, Regional, World Games, Grand Prix)</b>								
3	<b>Pan American Championship among Seniors</b>	Only athletes-seniors from the Americas region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	USA	Ann Arbor, Michigan	June 21-23, 2024
				female seniors	35 and older <sup>3</sup>			
	<b>Open Pan American Grand Prix</b>	All athletes without continental restrictions	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
				female seniors	35 and older <sup>3</sup>			
	All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited				
female Para-athletes								
4	<b>World Championship in Biathlon &amp; All-around among Seniors</b>	All athletes-seniors without continental restrictions	<u>Major medals:</u> Biathlon / All-around / Relay races (Jerk / LC) <u>Small medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12	male seniors	40 and older <sup>3</sup>	Kyrgyzstan	Cholpon-Ata	August 21 - 26, 2024
				female seniors	35 and older <sup>3</sup>			
	<b>World Games</b>	All athletes without continental restrictions	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
				female seniors	35 and older <sup>3</sup>			
	All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited				
female Para-athletes								

<sup>1</sup> In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2008 and younger) and up to 18 years old (born in 2006 and younger).

<sup>2</sup> In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2001 and younger).

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No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Second group - Multisport competitions (Seniors Championships, Continental, World Games, Grand Prix)</b>								
5	<b>World Championship in Separate Disciplines among Seniors</b>	All athletes-seniors without continental restrictions	<u>Major medals:</u> Two arms Jerk / Snatch / Two arms LC / Snatch-12 <u>Small medals:</u> Biathlon / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	Greece	Korfu	October 10 - 14, 2024
				female seniors	35 and older <sup>3</sup>			
	<b>World Grand Prix</b>	All athletes without continental restrictions	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
				female seniors	35 and older <sup>3</sup>			
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						
6	<b>Oceania Area Champ among Seniors</b>	Only athletes-seniors from the Oceania region	Two arms Jerk / Snatch / Two arms LC / Snatch-12 / Biathlon / All-around / Relay races (Jerk / LC)	male seniors	40 and older <sup>3</sup>	Australia	<i>Place will be assigned</i>	<i>November, 2024</i>
				female seniors	35 and older <sup>3</sup>			
	<b>Open Oceania Area Grand Prix</b>	All athletes without continental restrictions	<i>One arm jerk / One arm LC / Relay races (Jerk&amp;Snatch) / Mixed relay</i>	younger boys	Under 16 <sup>1</sup>			
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
				female seniors	35 and older <sup>3</sup>			
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes	unlimited					
		female Para-athletes						

<sup>1</sup> In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2008 and younger) and up to 18 years old (born in 2006 and younger).

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No	Name of the sports event	Participants	Discipline/exercise	Target group	Age	State	City	Dates
<b>Third group – “Sport for All” competitions (Tournaments, festivals, contests)</b>								
1	<b>Baltic States Championship</b>	Only athletes from the Baltic Sea region	Jerk / Relay races (Jerk)	male adults female adults	unlimited	Latvia	Vilani	July 6, 2023
2	<b>Open Balkan Cup</b>	All athletes without continental restrictions	Two arms Jerk / Snatch / Two arms LC /All-round / Relay races (Jerk / LC)  <i>One arm jerk / Snatch-12 / One arm LC / Mixed relay Relay races (Jerk&amp;Snatch)</i>	male juniors	Under 23 <sup>2</sup>	Serbia	Donji Tovarnik	September 28-29, 2024
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors	40 and older <sup>3</sup>			
		female seniors	35 and older <sup>3</sup>					
All Para-athletes without continental restrictions	<i>Determined individually</i>	male Para-athletes female Para-athletes	unlimited					
3	<b>Monthly Online International Cup</b>	All athletes without continental restrictions	<i>12 different exercises in 12 months</i>	younger boys	Under 16 <sup>1</sup>	Online events	Monthly, 2024	
				younger girls				
				older boys	Under 18 <sup>1</sup>			
				older girls				
				male juniors	Under 23 <sup>2</sup>			
				female juniors				
				male adults	unlimited			
				female adults				
				male seniors				40 and older <sup>3</sup>
female seniors	35 and older <sup>3</sup>							
<b>Fourth group – Scientific, research and educational events (Conferences, seminars, workshops, training camps)</b>								
1	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	Kyrgyzstan	Cholpon-Ata	August 21 - 26, 2024
	International Seminar on Anti-Doping	Representatives of IUKL members without any restrictions	Kettlebell lifting	Members of IUKL	From 18 years old			
2	International referee seminar	Representatives of IUKL members without any restrictions	Kettlebell lifting	judges	From 18 years old	Greece	Korfu	October 10 - 14, 2024
	International Seminar on Anti-Doping	Representatives of IUKL members without any restrictions	Kettlebell lifting	Members of IUKL	From 18 years old			

<sup>1</sup> In the Youth groups U-16/U-18 (boys & girls) can participate athletes up to 16 years old (born in 2008 and younger) and up to 18 years old (born in 2006 and younger).

<sup>2</sup> In the Junior groups U-23 (male & female) can participate athletes up to 23 years old (born in 2001 and younger).

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