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GPC WORLD CHAMPIONSHIPS 2026

POWERLIFTING, SQUAT, BENCHPRESS, DEADLIFT, STRICT CURL

20th – 25th October 2026

Host City: Pabianice, Poland

Location: MOSiR Włókniarz hall, 95-200 Pabianice, ul. Grota Roweckiego 3

Director: Hovhannes Yazichyan
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Secretary: Joanna Anderald, Grzegorz Drewniany

Technical Director: Tomasz Andrzejczak

Organisers: GPC Polska, UKS Tytan Team, UKS Strefa Ruchu, Urząd Miasta Pabianice, Starostwa Powiatowe Pabianic

Dates: 20/10/26 to 25/10/26

Closing Date: September 30th, 2026 Team List and Entry fees must be submitted by National federations by this date or late fees will apply. Each nation may set their own internal deadline for lifters to submit their entry forms and fees, but team lists must be sent to the organiser and fees paid by September 30th.

Registration after the closing date is only possible with the agreement and approval of the organiser!!!

Lifting Schedule:

GPC World Championships 2026 – Pabianice, Poland			
Lifting Schedule			
Day	Weigh Ins	Discipline	Category
Tuesday 20	For lifters on Wed 21st		
Wednesday 21	For lifters on Thursday 22nd	Powerlifting EQ	All lifters, male and female
		Powerlifting RAW	All Female, All ages
		Powerlifting RAW	All Teens
Thursday 22	For lifters on Friday 23rd	Powerlifting RAW	All Juniors
		Powerlifting RAW	All Open males
Friday 23	For lifters on Saturday 24th	Powerlifting RAW	All masters males
		Single Squats RAW	All lifters, male and female
		Single Squats EQ	All lifters, male and female
		Single Deadlifts RAW	All lifters, male and female
Saturday 24	For lifters on Sunday 25th	Single Deadlifts EQ	All lifters, male and female
		Benchpress RAW	All lifters, male and female
Sunday 25		Bench press EQ	All lifters, male and female
		Bench press F8	All lifters, male and female
		Bench Press Soft Strict Biceps Curt	All lifters, male and female All lifters, male and female

The weigh-in

As per GPC Rules, lifters must weigh in the day before lifting	Morning	Evening
	10:30 am – 11:30 am	4:30 pm – 6:00 pm
	09:00 am – 10:30 am	4:30 pm – 6:00 pm

Each session can be extended if required to accommodate the number of athletes weighing in who are there by the close of the official weigh-in time.	Lifters requiring special weigh-in arrangements due to travel connection times must contact the organiser in advance to organise same
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- **Daily commencement times will be posted after the closing date.**
- **The group schedule will be published after the weighing deadline.**
- **All weigh-ins take place the day before lifting, There will be no weigh-ins on the day of lifting.**

Rules:

These Championships will be conducted using the 2025 GPC Rules. The Rulebooks available to download from the GPC Google.

Categories:

All GPC Weight & Age Categories – Male & Female - Raw and Equipped (See Rulebook 2025)

The age will be determined by the lifter's age by first day of the championships (rulebook 2025)

Teenage: 13-15; 16-17; 18-19 years

Junior: 20-23 years

Open (Senior): 24-39 years;

Masters: 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 years upward

Paralympic: Lifters competing in this category must be able to use the standard lifting equipment as the GPC does not have specialised equipment. Lifters who cannot complete the lifts as per GPC rules and who have a disability, must enter the Paralympic category for their Age/Weight division. Lifters with a disability who can complete the lifts as per the GPC rules can opt to lift in the Paralympic category or standard category. Lifters who have prosthetic limb(s) which are worn on the platform must weigh in wearing the prosthetic limb(s)

Disciplines:

EQUIPPED	RAW
Powerlifting	Powerlifting
Benchpress EQ	Benchpress
Benchpress F8	Deadlift
Benchpress Soft (Catapult)	Squat
Deadlift	Biceps Curl
Squat	

Entry Fees:

First Event: €85 – Open & Masters/ €65 – Teens & Juniors

Additional Events: €35 per event

Late Entry Fees (paid after closing date but before weigh-in) **plus €30 per event.**

Paid at venue (at weighing): plus €50 per event

As per the GPC Rules, all lifters must pay their entry fees to their national federation. The national federation is responsible for submitting the team list and team payment by the closing date to avoid the late penalty fees. All entry fees must be paid in the currency of the organising nation which is Euro for this event.

Change of events from those submitted on team list:

- (a) Once the competitors list has been issued after the entry closing date, lifters wishing to enter additional events will be charged both the entry fee and the late entry fee per additional event.
- (b) If a lifter wishes to change his/her original event after the competitors list has been issued, the original entry fee for the entered event will be forfeited and the lifter charged both the entry fee and the late entry fee for the new event (this fee may be waived at the discretion of the championships organizer in the case of injury or other exceptional circumstances).

Bank Details:

To Enter: Team List to be emailed to **Director Hovhannes Yazichyan:** hovhannes7@wp.pl and **GPC Secretary Jennifer Joy Milliron:** gpeworldsecretary@gmail.com by September 30, 2026. Entry fees must be submitted to the Meet Organiser by September 30, 2026.

Team List: All lifters must submit their entry forms and entry fees (with the exception of Individual GPC Members from Non-Affiliated Countries) to their National Federation to be included on that Country's team list. This team list has to be emailed to both hovhannes7@wp.pl and gpeworldsecretary@gmail.com the entry fee paid by the National Federation in Euro to the organiser by **September 30, 2026**.

Eligibility: All lifters must be members of the GPC and representing a European country to compete. Each nation sets their own entry requirements. Lifters must enter through their national federation.
Lifters from countries which are not members of the GPC, can apply for Individual Membership by emailing gpeworldsecretary@gmail.com.

We remind you that the list of competitors can only be posted after the closing date.

Visas: If you require a visa to compete in these championships, please complete the VISA Support Letter Form available under downloads on the GPC website <http://worldgpc.com/index.php/downloads/category/27-others> or on the GPC Google https://drive.google.com/drive/folders/0B5cMCA2voX7uNnRmZDU0eElFTTA?resourcekey=0-owxA6k_9YWkj6TmU4t1KMQ and return to the World GPC Secretary. Please note you must be included on your national team's list of competitors and your entry fee paid prior to requesting a Visa letter. Lifters must be members of the GPC affiliate in their country or if from a country which doesn't have a GPC affiliate, must join as individual GPC members and have entered the championship as an individual lifter before requesting a VISA Support Letter. Individual Membership forms are also available under downloads on the GPC Website.

Accommodation:

- **Hotel Włókniarz**
ul. Kilińskiego 34
95-200 Pabianice
+48 42 215 15 01
+48 42 212 10 58
+48 500 027 410
<http://hotelwlokniarz.pl/pl/o-nas/>
- **Hotel Aviator**
95-200 Pabianice, ul. Św. Rocha 8a/10
+48 42 292 19 81
+48 721 426 000
+48 601 222 029
<http://www.hotelaviator.com.pl/>
- **Hotel Willa Sailor**
Warszawska 114, 95-200 Pabianice
422147103
- **Hotel Pensjonat B&B Buonanotte**
Jana Kilińskiego 8c, 95-200 Pabianice
Telefon: [+48 535 943 584](tel:+48535943584)
<https://buonanotte-pabianice.eu/>
- **Hotel Fabryka Wełny**
<https://www.fabrykawelny.pl/>

Airport: <https://www.lotnisko-chopina.pl/>
<https://www.lodz-airport.pl/>

Transfers: Information and ordering transport at this address
biuro.omegatour@gmail.com  +48 733 666 531

Availability of information:

All information about the GPC World Championship will gradually be uploaded to public information networks.

1. GPC website: <https://worldgpc.com/>
2. GPC Face Book: <https://www.facebook.com/events/1741202043367392> 3. GPC Google – GPC World Championhips 2026:
4. GPC Google – Documents:
https://drive.google.com/drive/folders/0B5cMCA2voX7uNnRmZDU0eElFTTA?resourcekey=0-owxA6k_9YWkj6TmU4t1KMQ

See you in Pabianice! We look forward to seeing you, friends!!