# WKSF GRAND PRIX 2026 ITALY

Saturday 05 December 2026 during the European Campionship, the WKSF GRAND PRIX will take place

**PLACE OF COMPETITION:**
CENTRO SPORTIVO NAVIGLIO
Via Roma, 44
20029 Turbigo (Mi)

Atlets Weigh-in: Thursady 3 December, from 5 p.m. till 9,00 p.m.

Additional Weigh-in: Friday 4 December, time not yet defined
(It will be half an hour before the end of the last race of the day)

ONLY for WKSF GRAND PRIX: Saturday 5 December, in the morning, time not yet defined (it will be 2 hours before the start of the races)

**DISCIPLINES:**

**Snatch 12' (free arm switch)**

**OALC 10' (one arm switch)**

Weight Categories (it will be applied if there are at least three people per category) :

- Men: 74kg, 87kg, +87kg
- Women: 58kg, 65kg, +65kg

Free Kettlebell weight:

8kg, 10kg, 12kg, 14Kkg, 16kg, 18kg, 20kg, 22kg, 24kg
26kg, 28kg, 30kg, 32kg, 34kg, 36kg, 40kg, 44kg, 48kg

(The federation's coefficient will be applied based on the weight used)

# GRAND PRIX

**Awards:**
Awards for athletes: 1st, 2nd, and 3rd place: Grand Prix Medal and Diploma.

**Registrations fees:**
Grand Prix registration fee: €60 (€40 for athletes participating in the European Championship, with the option to transfer the result).
Example 1: for an athlete participating in the European Championship in the OALC 10’ 32kg discipline, their result may be transferred to the Grand Prix protocols for the corresponding event.
Example 2: an athlete participating in the European Championship also wishes to compete in the Grand Prix event with the 30 kg; in this case, it is considered a new competition, and the athlete has therefore to take the platform.

**Race registration:**
Please submit pre-registrations for the competitions by midnight on November 10th.
Registration is considered valid only if the following documents/information are provided: Medical Certificate for Competitive Sports for weightlifting, proof of payment, 2026 FIKS membership, full name, ASD or province, discipline, and weight category.
- Competition registration, or a change of discipline or weight category, from November 11th onwards a €20 late fee applies.
- Competition registration, or a change of discipline or weight category, on the same day of the event (December 5th), a €40 late fee applies.
For Italian athletes who are not part of the Italian National Team, it is not mandatory to wear the national team's clothing.

**Payment options for registrations:**
PAYPAL: olehilika@gmail.com
Bank Transfer payable to FIKS : BPER Banca IT46Z0538750231000049332821

FEDERAZIONE ITALIANA KETTLEBELL SPORT

# GRAND PRIX

## COEFFICIENT

# COEFFICIENTE IN BASE KETTLEBELL

- 6kg=0,60
- 8kg=0,90
- 10kg=1,20
- 12kg=1,50
- 14kg=1,90
- 16kg=2,30
- 18kg=2,70
- 20kg=3,20
- 22kg=3,70
- 24kg=4,20
- 26kg=4,75
- 28kg=5,35
- 30kg=5,95
- 32kg=6,65
- 34kg=7,40
- 36kg=8,20
- 38kg=9,00
- 40kg=9,85
- 42kg=10,80
- 44kg=11,80
- 46kg=12,85
- 48kg=13,90
- 50kg=15,00
- 52kg=16,30
- 54kg=17,70
- 56kg=19,40
- 58kg=21,30
- 60kg=23,50

➢ **You can lift any weight, for example: Clean 34 kg. x 87 reps = 7,4 coefficient x 87 reps = 643,8 points**

# GRAND PRIX

## MEDALS GRAND PRIX

## DIPLOMA