

Eleiko Open NK 2025 & Dutch Youth, Junior, and Under 23 Championships 2025

Why is the NGB organizing this event?

The NGB organizes the Eleiko Open NK (ONK) & Dutch Youth, Junior, and Under 23 Championships (NKJJ&U23) to make the sport more accessible and to encourage talent development. By providing a platform for both experienced athletes and young talents, this event contributes to the growth of the sport and enhances national competition. The ONK allows participants from various backgrounds and nationalities to compete against strong competition, while the NKJJ&U23 motivates young athletes to further develop their skills and prove themselves.

The **Eleiko Open NK & NK Youth, Junior, and Under 23 Championships** will take place on **June 21 and 22, 2025**, at the **Almere Topsport Center**.

Important: From **June 1, 2025**, new [IWF weight categories](#) will be in effect. These new weight categories will also be applied during this competition.

Event Schedule

- **May 4 (Sunday) 12:00 PM** – Pre-registration opens
- **May 11 (Sunday) 12:00 PM** – Pre-registration closes, formal invitation athletes
- **May 17 (Saturday) 12:00 PM** - Deadline formal registration, invitation reserve athletes
- **May 24 (Saturday) 12:00 PM** - Deadline formal registration for reserve athletes.
- **May 25 (Sunday) 12:00 PM** - Announcement groups
- **June 21 (Saturday) 10:00 AM - 2:00 PM** – NK Youth, Junior, and Under 23 (Men)
- **June 21 (Saturday) 3:00 PM - 8:00 PM** – Eleiko Open NK (Men)
- **June 22 (Sunday) 10:00 AM - 2:00 PM** – NK Youth, Junior, and Under 23 (Women)
- **June 22 (Sunday) 3:00 PM - 8:00 PM** – Eleiko Open NK (Women)

Eleiko Open NK 2025

Key Event Details

- **Maximum Participants:** 24 men and 24 women.
- **Registration:** Open registration via a pre-registration form, available on **May 4 at 12:00 PM** via the [calendar page](#). Signing up does **not** guarantee participation; it is based on order of registration.
- **Participation Requirements:** Must hold an NGB competition membership and have no outstanding payments.

- **Minimum Entry Totals:** To ensure a base level of performance, minimum entry totals will be applied. The 20kg rule ([TCRR 6.6.5](#)) is allowed to be applied.
- **Entry Fee:** €60, including participation of your coach.
- **Scoring and Awards:**
 - Medals will be awarded **per weight class** based on total weight lifted.
 - Additional **prizes for the top 3 athletes** in the overall ranking, calculated using **Q-points**.
- **Volunteers:** Each athlete must bring **one helper**, who must assist during one heat of the competition on the same day. Helpers receive free event access and a voucher for a warm snack, coffee/tea, and a soft drink. Athletes who sign up as volunteers will receive a **€10 gift card**. Group assignments will be announced on **May 24**, and volunteers must be registered by **June 6**. **No helper = no participation**.

Minimum Entry Totals

Men (250 Q-points)

- M 60 – 157 kg
- M 65 – 168 kg
- M 71 – 179 kg
- M 79 – 190 kg
- M 88 – 199 kg
- M 98 – 208 kg
- M 110 – 216 kg
- M 110+ – 222 kg

Women (170 Q-points)

- F 48 – 103 kg
- F 53 – 112 kg
- F 58 – 119 kg
- F 63 – 125 kg
- F 69 – 130 kg
- F 77 – 136 kg
- F 86 – 141 kg
- F 86+ – 145 kg

International Athletes Under 23 Years Old

(Note: Scores will count towards the Open National Championship.)

- **Limited Spots:** 6 men and 6 women.
- **Application:** International athletes who do **not** meet the minimum entry totals may apply for reserved spots in the **NKJJ&U23**.

- **Registration:** Open registration via a pre-registration form, available on **May 4 at 12:00 PM** via the [calendar page](#). Signing up does **not** guarantee participation; it is based on order of registration.
- **Competition Format:**
 - These athletes will compete against Dutch athletes.
 - Scores will **not** count towards the **NKJJ&U23 rankings**, but there will be a **general ranking among international athletes**.
- **Entry Fee:** Athletes **without an active NGB competition membership** and **who do not plan to compete in more NGB events** must pay **€60 instead of €40**.