

XI EUROPEAN POLICE AND FIRE GAMES / VIGO - SPAIN 2026

1 Sports Family	2 Sport	3 Discipline	4 Event	5 Speciality	6 Category											7 Competitions			
					6a Gender		6b Participation							6c Age	6d Weight			6e Level	
					Men	Wo men	Indivi dual	Bino mial	Doubles	Mixed Pairs	Teams	Mixed Teams	Unisex Teams			Unique	Extra Combined Classification		
S T R E N G T H S P O R T S	Weightlifting	Olympic	Snatch		x	x	1							Individual: 18-29 / 30-39 / 40-49 / 50+	notes below		Vigo Oct. 9	YES	
			Clean & Jerk		x	x	1												
		Powerlifting	Squat		x	x	1								Individual: 18-29 / 30-39 / 40-49 / 50+	notes below		Vigo Oct. 10	YES
			Bench Press		x	x	1												
			Deadlift		x	x	1												
	Cross Fit		Scaled		x	x	1				1+1		4+1	Individual: 39- / 40+ / 60+ Mixed Pairs & Teams: unique cat.			Vigo Oct. 11		
			RX		x	x	1				1+1		4+1						
	Cross Hyrox		Open		x	x	1				1+1		2+2	Individual: 39- / 40+ / 60+ Mixed Pairs & Teams: unique cat.			Vigo Oct. 12		
			Pro		x	x	1				1+1		2+2						
	Arm Wrestling	Pulse		Right Arm	x	x	1								39- / 40+ / 60+	notes below		Vigo Oct. 17	YES
				Left Arm	x	x	1												
	Climbing	The Rope				x	x	1							18-29 / 30-39 / 40-49 / 50+			Vigo Oct. 16	
						x	x	1											
		Rocodrome		Rope	x	x	1								39- / 40+			Vigo Oct. 15	
				Boulder	x	x	1												
	Tug-of-War					x	x						x	x	Unique age category	notes below		Vigo Oct. 18	
Weight Category in Kg.	W. Olympic		Snatch - Clean & Jerk		Men: 56, 62, 69, 77, 85, 94, 105, >105 / Women: 48, 53, 58, 63, 69, 75, 90, >90														
	W. Powerlifting		Squat-BenchPress-Deadlift		Men: 56, 60, 67.50, 75, 82.50, 90, 100, 110, 125, >125 / Women: 44, 48, 52, 56, 60, 67.50, 75, 82.50, 90, >90														
	Arm Wrestling		Pulse		Men: 67.50, 78.70, 90, 101.20, 112.50, >112.50 / Women: 56.20, 67.50, 78.70, 78.70, >78.70														
	Tug-of-War				Men: 560, 640, 680, 720, >720 / Women: 520, 560, >560 / Mixed Teams: 600, >600														