



Qualifier

19.2

RX

8 minute Running clock

Each team member has 4 minutes to execute 4 snatch attempts. Each successful attempt adds to the total score. The workout is performed on a running clock of 8 minutes, team member 2 starts immediately after team member 1 finishes - when the clock states 4 minutes.

Equipment

- Barbell
- Plates to load the bar
- Collars

Video Standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Movement Standards

Snatch

The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. A muscle snatch, power snatch, squat snatch or split snatch may be used. The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead in any way.

Workout standards

The workout begins with a team member standing near the bar. The bar is not loaded.

As soon as the clock reaches 4 minutes, the second team member starts his snatch attempts, no high five needed. Your score is the sum of weight of all 8 snatch attempts.

Teams may use one barbell for this workout. Male - Female teams may use two barbells.



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Scoreform

Athlete 1 Minute 0-4

Attempt 1		KG
Attempt 2		KG
Attempt 3		KG
Attempt 4		KG
TOTAL		KG

Athlete 2 Minute 4-8

Attempt 1		KG
Attempt 2		KG
Attempt 3		KG
Attempt 4		KG
TOTAL		KG

Team Name _____

Affiliate _____

Judge _____

Total KG Athlete 1 +2 _____ KG