

ONLINE SEMIFINALS - INDIVIDUALS

WEEK 3: 12:00 P.M. (NOON) PT FRIDAY, JUNE 11, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 12
WEEK 4: 12:00 P.M. (NOON) PT FRIDAY, JUNE 18, THROUGH 12:00 P.M. (NOON) PT SATURDAY, JUNE 19

Presented by



EVENT 4

Complete as many repetitions as possible in 10 minutes of:

10 snatches, 85/135 lb.

Rest 1 min.

10 snatches, 125/185 lb.

Rest 1 min.

10 snatches, 145/225 lb.

Rest 1 min.

Max-rep snatches in time remaining, 165/245 lb.

Time cap: 10 min.

NOTES

Prior to starting the workout, set up the floor plan as shown. **Always** return behind the line furthest from the barbell during the rest periods.

This workout begins with the athlete standing on the far side of the line furthest away from the barbell. At "3, 2, 1 ... go," the athlete may move to the barbell and complete 10 snatches. After the 10th snatch, a mandatory 1-minute rest period begins. **The event time does not stop during the rest period.** During the rest period, athletes may have assistance loading the barbell with the next weight **OR** they may use a prestaged barbell set to the appropriate weight.

Athletes must remain behind the start line until the rest period is over. Then, they may move to the barbell and complete 10 snatches at the second weight. They will repeat this sequence for the third weight as well. After the third rest period, the athlete will perform as many reps as possible with the final weight in the time remaining. Time stops at 10 minutes.

The athlete's score will be the total number of repetitions completed before the 10-minute time cap.

After the workout is complete, the athlete will walk to the camera and state the password BEFORE moving or turning off the camera.

TIEBREAK

Record the time after each successfully completed set of snatches. In the event of a tie on total repetitions, the athlete who was fastest in finishing the 10 snatches at the previous weight will be ranked higher.

EQUIPMENT

- Barbell, 35/45 lb.
- Bumper plates*
- Collars
- Tape to mark the floor

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 38 kg (85 lb.), 56 kg (125 lb.), 61 kg (135 lb.), 65 kg (145 lb.), 75 kg (165 lb.), 83 kg (185 lb.), 102 kg (225 lb.), and 111 kg (245 lb.).

Note: Athletes may use multiple bars prestaged to the appropriate weights **OR** they may receive assistance changing the weights during the rest period.

- If using multiple barbells, be sure to clearly film **ALL** weights on **ALL** barbells.
- If using a single barbell, be sure to clearly film **ALL** weights that will be used (preferably in the order they will be added to the barbell).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the weights can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

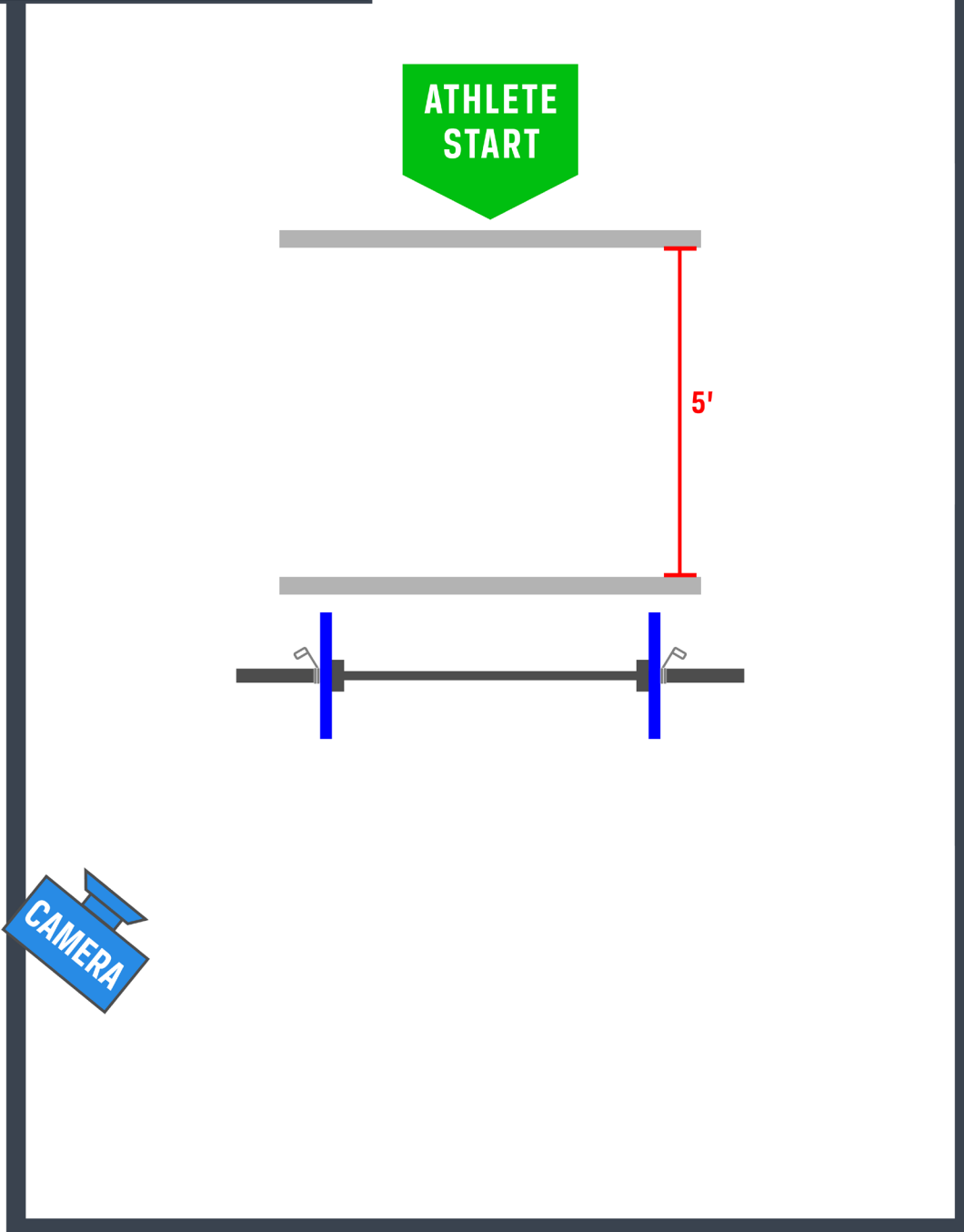
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SEMIFINALS
INDIVIDUALS
FLOOR PLAN **EVENT 4**





MOVEMENT STANDARDS

SNATCH



- The athlete and barbell must remain in front of the line and facing the camera.
- If the athlete's feet or the plates on the barbell touch or cross the line at any time, the rep will not count.
- Each rep starts with the bar on the ground.
- Power, squat, and split snatches are permitted.
- Hang snatches are **NOT** permitted.



- The rep is counted when the athlete's hips, knees, and arms are extended with the feet in line.
- The bar must be over the middle of the body or slightly behind when viewed from profile.
- The athlete may not lower the bar until they reach the finish position.
- Any repetition where the bar has left the ground before the 10-minute time cap and is successfully completed will count.

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Time cap: 10 min.

10 SNATCHES WEIGHT 1	10	
REST 1 MIN.		TIME
10 SNATCHES WEIGHT 2	20	
REST 1 MIN.		TIME
10 SNATCHES WEIGHT 3	30	
REST 1 MIN.		TIME
MAX-REP SNATCHES IN TIME REMAINING WEIGHT 4		

Reps at 10 Min. _____

Athlete Name _____
 Print

Tiebreak Time _____

Workout Location _____

Judge _____
 Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
 Athlete Signature Date

Athlete Copy

ONLINE SEMIFINALS - INDIVIDUALS - EVENT 4

Reps at 10 Min. _____

Athlete Name _____
 Print

Tiebreak Time _____

Workout Location _____

Judge _____
 Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
 Judge Signature Date