Event 2

1-rep-max snatch

No time cap

NOTES

In this event you will perform a snatch for max load. There is no minimum or maximum number of attempts. Your score will be the heaviest weight you successfully snatch. You may not use plates smaller than 1/2 lb.

EQUIPMENT

- Barbell
- Collars
- Plates to load to your max-weight snatch (no smaller than ½ lb.)

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

VIDEO SUBMISSION STANDARDS

For this event, only the heaviest lift must be shown on video. The plates and barbell must be filmed so the loads can be seen clearly. Prior to lifting the athlete must state their name and the weight they are about to attempt. All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

SNATCH

The barbell begins on the ground and must be lifted overhead in one smooth motion. This is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a no rep.

The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.
## EVENT 2

1-rep-max snatch  
No time cap

<table>
<thead>
<tr>
<th>ATTEMPTS</th>
<th>HEAVIEST</th>
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### ATHLETE NAME ________________________________

### EVENT 2 WEIGHT _____________

### WORKOUT LOCATION ________________ JUDGE ________________

Name of Affiliate          Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout  
_________________________ Athlete Signature  ____________ Date

Affiliate Copy

Athlete Copy

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### ATHLETE NAME ________________________________

### EVENT 2 WEIGHT _____________

### WORKOUT LOCATION ________________ JUDGE ________________

Name of Affiliate          Print

Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for the workout  
_________________________ Judge Signature  ____________ Date

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