

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 1/2 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.

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 SCORECARD (ALL DIVISIONS)

Masters Men 40-44, Masters Women 40-44, Masters Men 45-49,
Masters Women 45-49, Masters Men 50-54, Masters Women 50-54,
Masters Men 55-59, Masters Women 55-59, Masters Men 60+,
Masters Women 60+

Event 1 presented by **PURE PHARMA**
vitamins, minerals & fish oil

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ATTEMPTS	HEAVIEST

ATHLETE NAME _____ **EVENT 2 WEIGHT** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **EVENT 2 WEIGHT** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

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