

NEW ZEALAND NATIONALS
 INDIVIDUAL NATIONAL FINALS
 ONLINE COMPETITION
 [SCORECARD]



Event 4 | PRECISION

SCORE DUE 12:01PM 12th DECEMBER 2021

Event 4

For Reps (and time):

With a 2:00 cap (@0:00 - 2:00)

7 Snatch @...

4 Snatch @...

2min rest (2:00 - 4:00)

With a 1:45 cap (4:00 - 5:45)

6 Snatch @...

3 Snatch @...

2min rest (5:45 - 7:45)

With a 1:30 cap (7:45 - 9:15)

5 Snatch @...

2 Snatch @...

2min rest (9:15 - 11:15)

With a 1:15 cap (11:15 - 12:30)

4 Snatch @...

1 Snatch @...

Flow:

The competitor starts standing two meters behind the preloaded barbell. On the sound of 3,2,1... go, the competitor will move forward and begin working through Round one. The competitor may have a Barbell set to each weight in each round (i.e. have two Barbells preloaded at the appropriate weight, or alternatively have a spectator/supporter change their weights for them). Once complete, and provided the final repetition is complete within the round cap, the competitor will rest out the remainder of the cap, then take two minutes rest before continuing in the same fashion for rounds two, three and four.

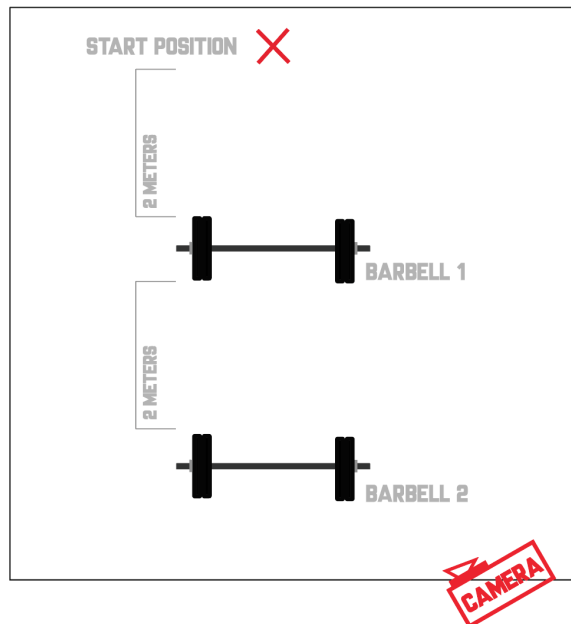
		REPS COMPLETE
Round 1	7 Snatch Split time: _____	/7
	4 Snatch Split time: _____	/4
Round 2	6 Snatch Split time: _____	/6
	3 Snatch Split time: _____	/3
Round 3	5 Snatch Split time: _____	/5
	2 Snatch Split time: _____	/2
Round 4	4 Snatch Split time: _____	/4
	1 Snatch Split time: _____	/1

Notes:

1. Competitors must only work within the stipulated time frames (i.e. must rest out the work times and take the full rest period in line with the running clock).
2. Competitors must start each round at least two meters behind the Barbell (as per the floor plan).
3. Competitors must complete ALL repetitions inside the time cap in order to move into the next round.

Floor plan (REQUIRED):

Note: If a competitor chooses to use one Barbell only, ignore the requirement to have two meters between Barbells 1 and 2.



Video Submission:

Competitors will be required to submit a video of them completing this workout. The video must show the entire competitor in the one frame for the duration of the workout.

Movement Standards:

Snatch (received in a Squat)

The Barbell must be moved from the ground to locked out, overhead, so that the feet, knees, hips, shoulders, elbows and hands are in line. The competitor starts standing behind the bar, the competitor lifts the bar, and in one continuous motion catches in a squat with hip crease below the knee and arms fully extended at the elbow with the Barbell overhead. They then stand until the hips, knees and shoulders are in-line. Single reps may be performed but the bar must be completely stationary before continuing the next rep. Bouncing the bar is not allowed.

Variations by division:

Rx:

Round 1 - 7@70/45kg, 4@90/57.5kg
Round 2 - 6@80/50kg, 3@100/65kg
Round 3 - 5@90/57.5kg, 2@110/70kg
Round 4 - 4@100/65kg, 1@120/80kg

Intermediate, Teens 16-17, Masters 40-49, Masters 50+:

Round 1 - 7@50/30kg, 4@60/40kg
Round 2 - 6@57.5/35kg, 3@70/45kg
Round 3 - 5@70/45kg, 2@85/55kg
Round 4 - 4@80/50kg, 1@100/65kg

Scaled, Teens 14-15:

Round 1 - 7@40/25, 4@50/30
Round 2 - 6@50/30kg, 3@60/40kg
Round 3 - 5@60/40kg, 2@72.5/47.5kg
Round 4 - 4@70/45kg, 1@85/55kg

Competitors Name: _____ Score: _____

Judge Name: _____ Signed: _____