

2023 NEW ZEALAND NATIONALS ONLINE QUALIFIER SCORECARD



Workout 6 | Get it Gary

SCORE DUE 11:59 PM, 30th AUGUST 2023

Workout 6

For time

67 Snatch

Cap: 9mins.

Flow

This workout sees individuals complete 67 repetitions of Snatch. On the sound of 3, 2, 1... go! the competitor may begin working through the first 20 repetitions at the first prescribed weight. Once complete they will increase the weight on the Barbell, then complete another 20 repetitions. Once complete they will again increase the weight on the Barbell before completing another 20 repetitions. Once complete (now accumulated 60 repetitions), they will load the last weight onto the Barbell and complete the last seven repetitions.

Scoring

Scored by repetitions complete. Tie break required if you finish the required 67 repetitions prior to the 9min time cap. If you do not complete the 67 repetitions prior to the cap, submit a tiebreak of 9mins.

Movement standards

Snatch:

The Barbell is to be moved from the ground to, locked out over head so that the feet, knees, hips, shoulders, elbows and hands are in line and locked out. The athlete may Muscle Snatch, Power Snatch or Squat Snatch the Barbell. The Barbell must be in constant motion from the ground until locked out overhead. Single reps may be performed provided the Barbell is completely stationary before continuing the next rep. Bouncing the bar is not allowed.

Variations by division

(Weights are listed in the order which they must be completed)

Elite

M: 20@40, 20@60, 20@80, 7@100kg

F: 20@25, 20@40, 20@55, 7@65kg

Rx, Teens(16-17), Masters(All)

M: 20@35, 20@50, 20@65, 7@80kg

F: 20 @25, 20@35, 20@45, 7@55kg

	Reps	Weight
1	20	_____
2	20	_____
3	20	_____
4	7	_____



Competitor name:

Score:

Judge Name/Sign:

Scaled, Teens(14-15)

M: 20@30, 20@40, 20@50, 7@60kg

F: 20@15, 20@25, 20@35, 7@45kg

Notes:

Scaled females may complete the first weight as a Hang Snatch whereby the Barbell will touch the shin (below the knee) as opposed to the bumper plates touching the ground. all other weights as per the above requirements.

Competitors may not receive any assistance (i.e. competitors change their own weights), and may use only one Barbell for the duration of the workout.

Suggested Floor plan

