

2022 NEW ZEALAND NATIONALS ONLINE QUALIFIER
SCORECARD



Workout 6 | Go like Pumbaa!

SCORE DUE 11:59 PM, 31stAUGUST 2022

Workout 6

For time:

67 Snatch

Cap: 4mins



Flow

The competitor starts standing behind the Barbell. On the sound of 3,2,1... go, the competitor may begin the Snatch. They may choose to complete single or touch and go repetitions as they choose. Once the competitor completes 67 repetitions the time is stopped.

Scoring

The total time taken to achieve all stipulated repetitions. If the repetitions are not completed in the 4 minute time cap, each repetition not completed will be added as one second per incomplete repetition.

	For time
67 Snatch	
Time _____	

Movement standards

Snatch:

The bar is to be moved from the ground to locked out overhead 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 bar. The bar must be in constant motion from the ground until locked out.

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

Elite, Rx, Scaled, Teens(16-17)&(14-15), Masters(50+)&(35-42)&(43-49):
Barbell @ 40/30kg

Competitor Name: _____ Score: _____

Judge Name: _____ Signed: _____