

ELFIT Throwdown Bahrain 2019

Online Qualifier 19.2 A&B Score Sheet

Deadline Sunday, September 20th, 2019 at 19:59 GMT



Athlete Name:

Division: M15+ F15+

Training Facility:

A) 5 min AMRAP

3 Power Snatch - 3 Toes to Bar

6 Power Snatch - 6 Toes to Bar

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Athletes to continue adding 3 reps to each movement until he/she reaches the 5 Min. time cap. Total bar Weight 95/65 lbs (43/30kg)

Motion	Count	Motion	Count
3 Power Snatches		3 Toes to Bar	
6 Power Snatches		6 Toes to Bar	
9 Power Snatches		9 Toes to Bar	
12 Power Snatches		12 Toes To Bar	
15 Power Snatches		15 Toes To Bar	
18 Power Snatches		18 Toes To Bar	
21 Power Snatches		21 Toes To Bar	
24 Power Snatches		24 Toes To Bar	
27 Power Snatches		27 Toes To Bar	
30 Power Snatches		30 Toes To Bar	
Total Number of Reps:			

Power Snatch:

The barbell begins on the ground. Touch-and-go is permitted. No bouncing, 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

Toes to bar:

on each toe to bar the athlete must start from a full hang, with his feet behind the vertical plane of the bar. The repetition ends when both feet touch the bar between the hands of the athlete at the same time.

Clean & Jerk:

The clean and jerk starts with the weight on the floor and finishes with the barbell fully locked out overhead with the arms, hips, and legs extended, and the bar over the center of the athlete's body when viewed from profile. The barbell must pass through the front-rack position before going overhead; snatching is not permitted. A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders. Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead

B) 5 Minutes to establish a 1 rep max Clean and Jerk

1 RM Clean & Jerk	Max Weight

Judge Name:

Judge Signature:

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NEED HELP? – SUPPORT@COMPETITIONCORNER.NET