



QUEEN'S GAMBIT

WEIGHTLIFTING LADDER (7 mins)

FEMALE:

1 SNATCH

75-95-105-115-125-145-155

MALE 1

2 HANG SNATCH

105-135-155-175-185-205-220

MALE 2

3 OVERHEAD SQUATS

105-135-155-175-185-205-220

ALL WEIGHTS ARE IN POUNDS



SCALED

Female:

Snatch : 55-65-75-85-95-105-115

Male 1:

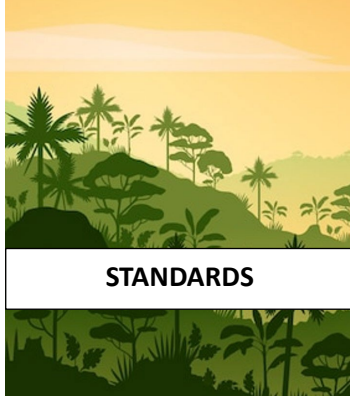
2 Hang Snatch: 75-95-105-115-135-155-165

Male 3:

3 OHS: 75- 75-95-105-115-135-155-165

NOTES:

- Workout Starts with All 3 Athletes behind the designated lane
- Athletes will have 50 second to successfully complete the lift. They have multiple attempts during that window. After the 50 seconds if they complete the lift successfully, they have 10 seconds to move to the next bar
- All 3 athletes shall perform their lift in that time window.
- THE LIFT MUST BE FULLY EXECUTED DURING THE 50 s WINDOW. STARTING THE LIFT AT 49 s and FINISHING IT AT 53 s WILL BE A NO REP>
- Only if all 3 athletes have successfully completed the 3 lifts the team can advance to the next weight.
- As a tie breaker, the athletes will be allowed to continue lifting till failure or they complete the ladder.
- Therefore, if a team completes together the first 3 weights, their score will be 3 Rounds. If one of the athletes completes two additional weights successfully their score will be 3 rounds and 2 reps.

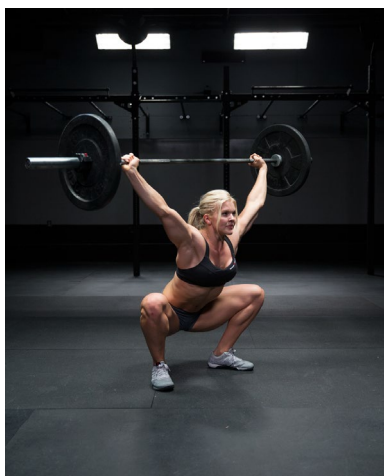


Snatches



- The barbell begins on the ground and must be lifted overhead in one motion.
 - In each instance the athlete's feet must be brought back in line.
 - This is not a ground-to-overhead any way. A clean & jerk is a no rep.
 - Touch and go is permitted but deliberately bouncing the barbell is not.
 - The bar shall be careful while dropping the barbell from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.
 - Athletes can choose Power or Squat Snatch
 - For the Hang Snatch complex athletes must deadlift the bar and clearly descend to the hang position before attempting the first rep
- The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.

Overhead Squat



- The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.
- Athletes also can choose to power clean the bar
- 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. You may not use a rack.



- Athletes must be careful when dropping the barbell specially overhead. Should the barbell falls or rolls out of the designated area for each lift it will be credited as no rep



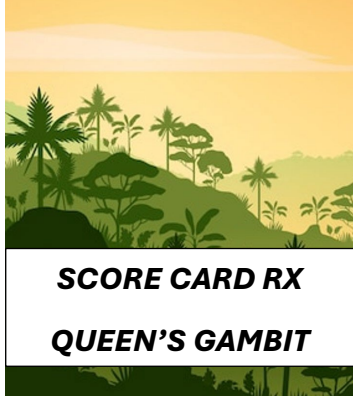
WEIGHT 7	WEIGHT 7	WEIGHT 7
WEIGHT 6	WEIGHT 6	WEIGHT 6
WEIGHT 5	WEIGHT 5	WEIGHT 5
WEIGHT 4	WEIGHT 4	WEIGHT 4
WEIGHT 3	WEIGHT 3	WEIGHT 3
WEIGHT 2	WEIGHT 2	WEIGHT 2
WEIGHT 1	WEIGHT 1	WEIGHT 1

FEMALE (SNATCH)

MALE (2 HANG SNATCH)

MALE (3 OHS)

ATHLETES START LINE



FOR TIME	MALE 1	FEMALE	MALE 2
WEIGHT 1			
WEIGHT 2			
WEIGHT 3			
WEIGHT 4			
WEIGHT 5			
WEIGHT 6			
WEIGHT 7			
TOTALSCORE AT TIME CAP		ROUNDS	REPS

TEAM NAME: _____ RX: _____ SCORE: _____ ROUNDS

REPS: : _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 3

TEAM NAME: _____ RX: _____ SCORE : _____ ROUND + _____ REPS_

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____