



LEVEL UP YOUR FITNESS

WITH THE 2023 BATTLE

WORKOUT RELEASE

EVENT 2 - LIFT OFF

In a 40 seconds ON and 20 seconds OFF format, complete as many reps as possible:

Platform 1 - Snatch (Weight 1)
Platform 2 - Snatch (Weight 2)
Platform 3 - Snatch (Weight 3)
Platform 4 - Snatch (Weight 4)
Platform 5 - Snatch (Weight 5)
Platform 6 - Snatch (Weight 6)

Rest 1 minute

Platform 7 - Squat Clean (Weight 1)
Platform 8 - Squat Clean (Weight 2)
Platform 9 - Squat Clean (Weight 3)
Platform 10 - Squat Clean (Weight 4)
Platform 11 - Squat Clean (Weight 5)
Platform 12 - Squat Clean (Weight 6)

Event Variations:

Open Division

♂ Snatch 60, 70, 80, 90, 100, 110kgs
Squat Clean 80, 90, 100, 110, 120, 130kgs

♀ Snatch 45, 50, 55, 60, 65, 70kgs
Squat Clean 55, 60, 65, 70, 75, 80kgs

Masters Division

♂ Snatch 40, 50, 60, 70, 80, 90kgs
Squat Clean 60, 70, 80, 90, 100, 110kgs

♀ Snatch 30, 35, 40, 45, 50, 55kgs
Squat Clean 40, 45, 50, 55, 60, 65kgs

Scaled Division

♂ Snatch 30, 40, 50, 60, 70, 80kgs
Squat Clean 50, 60, 70, 80, 90, 100kgs

♀ Snatch 20, 25, 30, 35, 40, 45kgs
Squat Clean 30, 35, 40, 45, 50, 55kgs

Foundational Division

♂ Snatch 30, 35, 40, 50, 60, 60kgs
Squat Clean 30, 40, 50, 60, 70, 70kgs

♀ Snatch 15, 20, 25, 30, 35, 35kgs
Squat Clean 20, 25, 30, 35, 40, 40kgs

EVENT 2 - LIFT OFF

Presented By



EVENT FLOW:

Team members A, B and C will start behind the starting line. At the call of 3,2,1 GO. The LIFT OFF will begin. Teams will receive 40 seconds to complete as many snatch repetitions as possible on platform 1, weight 1. Teams may change team members as they require during the 40 seconds to continue adding receptions to their score. At the end of the 40 seconds, there will be a 20 second rest period, during which teams will transition to platform 2, weight 2, to perform the same format. Teams will then progress to platform 3, weight 3. This will continue until the team has completed 6 snatch platforms at 6 different weights. After the 6th Snatch platform, the team will receive a full 1 minutes rest within the designated holding area before progressing to platform 7, weight 1 of the Squat Cleans. The team will then follow the same format until they have completed 6 squat clean platforms at 6 different weight. The total time on the arena floor is 13 minutes per team.

TAGGING OF TEAM MEMBERS:

Working partner must enter holding area in order to allow the new partner to progress and resume reps. The entire team will be required to be in the holding area for the 20 second rest period. If your team does not have enough athletes in the holding area at any time, the Judge or Head Judge will recall your entire team to the holding area and only then you will be allowed to resume with your workout.

SCORING:

The number of repetitions completed for each platform and weight. 1.

Point allocations per platform:

Platform 1 & 7 = reps x 1

Platform 2 & 8 = reps x 1

Platform 3 & 9 = reps x 3

Platform 4 & 10 = reps x 3

Platform 5 & 11 = reps x 5

Platform 6 & 12 = reps x 5

*All scores will accumulate points based off CompMetrics Z -Scoring algorithm that allocates points based off performance measured against the group.

