



Pairs Event 2

For Time

10 Snatches

8 Snatches

6 Snatches

4 Snatches

2 Snatches

Time Cap: 7:00

Event Flow

Athletes begin in the Start/Finish lane. At the sound of the beep, athletes will advance to their barbell and perform 10 snatches. Once complete, they will advance their barbell, add the designated weights, and perform 8 snatches. Once complete, athletes will advance the barbell again, add the designated weights, and perform 6 snatches. They will complete the rounds of 4 and 2 snatches in the same manner before returning to the Start/Finish lane to complete Event 2.

Division Details

Division	10 Snatches	8 Snatches	6 Snatches	4 Snatches	2 Snatches
ELITE MEN	185 (pre-loaded bar + 45 + 25)	205 (+ 10 lb.)	235 (+ 15 lb.)	255 (+ 10 lb.)	265 (+ 5 lb.)
ELITE WOMEN	125 (pre-loaded bar + 45)	145 (+ 10 lb.)	155 (+ 5 lb.)	165 (+ 5 lb.)	175 (+ 5 lb.)
RX MEN	155 (pre-loaded bar + 55)	185 (+ 15 lb.)	205 (+ 10 lb.)	215 (+ 5 lb.)	225 (+ 5 lb.)
RX WOMEN	85 (pre-loaded bar + 25)	105 (+ 10 lb.)	125 (+ 10 lb.)	135 (+ 5 lb.)	145 (+ 5 lb.)

Movement Standards

Athletes must stay in their lane for the entire event.

Snatches may be any style: power, split, or squat. The barbell begins on the ground and must be lifted overhead in one motion. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead any way. The barbell may not touch any part of the athlete's body above the hips (shoulders or head). Feet must remain on the mat and in the designated lane. Only the feet (not knees) may touch the mat during a successful rep. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. For lowering the barbell, it must return to the floor in front of the body and hands must remain on the barbell until it passes below the hip. Once dropped, the athlete must settle the barbell on the ground before beginning the next repetition.

Athletes may split the work however they choose, as long as the non-working athlete is one lane behind the lifting athlete while a lift is being performed (there is a designated lane line which the non-working athlete will stand behind). When advancing and loading the barbell, athletes may work together. Both athletes must keep their feet on the mat in their lane when loading their barbell.

Scoring

Score for Event 2 is the total time of completion. The time cap is 7:00. Any reps not completed within the 7:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work, but are unable to reach the Start/Finish lane within the 7:00 cap, their score will be recorded as 7:01 on the leaderboard. Judges will note the time of completion for every weight as a tiebreak time. In the event of a tie, the pair with the faster tiebreak time will rank higher on the leaderboard. 100 points are available for Event 2.