



SCORECARD SPORT

NAME:

TC – 10' MIN

PART A

- 10 Snatch [40/27,5kg]
- 8 Snatch [45/30kg]
- 6 Snatch [50/35kg]
- 4 Snatch [55/37,5kg]
- 2 Snatch [60/40kg]

PART B

1 RM for snatch (till the end of 10 min window)

A) TIME:

B) WEIGHT:



SCORECARD ADVANCED/MASTERS

NAME:

TC – 10' MIN

PART A

- 10 Snatch [50/35kg]
- 8 Snatch [60/40kg]
- 6 Snatch [70/45kg]
- 4 Snatch [75/50kg]
- 2 Snatch [80/55kg]

PART B

1 RM for snatch (till the end of 10 min window)

A) TIME:

B) WEIGHT:



SCORECARD ELITE

NAME:

TC – 10' MIN

PART A

- 10 Snatch [60/40kg]
- 8 Snatch [70/47,5kg]
- 6 Snatch [80/55kg]
- 4 Snatch [90/60kg]
- 2 Snatch [100/65kg]

PART B

1 RM for snatch (till the end of 10 min window)

A) TIME:

B) WEIGHT:



SCORECARD SPORT TEAM

NAME:

TC – 10' MIN

PART A

ATHLET ①

- 10 Snatch [40/27,5kg]
- 8 Snatch [45/30kg]
- 6 Snatch [50/35kg]
- 4 Snatch [55/37,5kg]
- 2 Snatch [60/40kg]

ATHLET ②

- 10 Snatch [40/27,5kg]
- 8 Snatch [45/30kg]
- 6 Snatch [50/35kg]
- 4 Snatch [55/37,5kg]
- 2 Snatch [60/40kg]

PART B

ATHLET ①

ATHLET ②

1 RM for snatch (till the end of 10 min window)

A) TIME:

B) WEIGHT:



SCORECARD ADVANCED TEAM

NAME:

TC – 10' MIN

PART A

ATHLET ①

- 10 Snatch [50/35kg]
- 8 Snatch [60/40kg]
- 6 Snatch [70/45kg]
- 4 Snatch [75/50kg]
- 2 Snatch [80/55kg]

ATHLET ②

- 10 Snatch [50/35kg]
- 8 Snatch [60/40kg]
- 6 Snatch [70/45kg]
- 4 Snatch [75/50kg]
- 2 Snatch [80/55kg]

PART B

ATHLET ①

ATHLET ②

1 RM for snatch (till the end of 10 min window)

A) TIME:

B) WEIGHT: