



Presented by Caddo Parish Commission

· Saturday & Sunday, AUG 26th & 27th 2023

· Shreveport Convention Center

· Shreveport, LA

2 Labors of Hercules

On a running clock in 20-second increments, two attempts each of:

- 1 RM Snatch
- 1 RM C&J

DIVISION VARIATIONS

- None

DESCRIPTION: At the call of “3,2,1, go!” the athletes in lanes 1 & 2 ONLY will have 20 seconds to complete their first max Snatch attempt. Athletes in other lanes may not attempt any lifts. Multiple attempts are allowed, provided the last lift begins within the 20-second window (bar must be lifted off the floor before the next period begins). The 20 -second lift windows will then progress down the lanes in paired sequence (lanes 3 & 4, 5 & 6, 7 & 8, and 9 & 10) until all 10 lanes have completed their first attempts. The process will then return to lanes 1 & 2 for their second attempts and proceed down the lanes again in sequence.

All bars will be unloaded at the start of each heat. Athletes must load their own first weight before their Snatch lift window begins and may load their second attempt weight at any time after their first attempt.

At the end of the second Snatch attempt, the Athletes will load their first Clean & Jerk weight, and the entire process will be repeated for athletes to record a max Clean & Jerk.

DAY: Saturday

LOCATION: Shreveport Convention Center

TIMECAP: 6:40 of lifts per heat (individuals and teams)

SCORING: Max weight for each lift, combined to one total

TIEBREAK: None

EQUIPMENT

- Barbell and weights (#410 per station)

TEAMS

- One team member will perform the Snatch and the other will perform the Clean & Jerk and combine weights for total. Team members may assist each other in loading weight on the bar.

MOVEMENT STANDARDS

- **Snatch:**
 - The barbell begins on the ground and must be lifted from the ground to the overhead in one smooth motion. A muscle snatch, power snatch, or squat snatch may be used. The rep is counted when the athlete is standing with the barbell fully locked out overhead and under full control, directly over the middle of the athlete's body when viewed from the side, with the arms, hips, and knees extended, and the feet in line under the body.
- **Clean and Jerk**
 - The barbell begins on the ground and must be lifted from the ground to the shoulders in one smooth motion. At the completion of the clean portion, before completing the jerk portion, the must stand with the barbell at rest in the front rack position on the shoulders. A muscle clean, power clean, split clean, or squat clean may be used. Once racked, a strict press, push press, split jerk, or push jerk may be used to lock the barbell out overhead. The rep is counted when the athlete is standing with the barbell fully locked out overhead and under full control directly over the middle of the athlete's body when viewed from the side, with the arms, hips, and knees extended, and the feet in line under the body.