

EVENT 4



SATURDAY TEAMS

CrossFit SEMIFINAL EVENT

“TEAM SNATCH LADDER”

For total load:

In MM & FF pairs climb the snatch ladder

Timing Details

0:00-0:25 - Lifter 1

0:25-0:50 - Lifter 2

0:50-1:00 - Transition to next platform/next pair enters

Continue cycling in this fashion until all athletes have lifted.

All lifts at the 11th platform start at the top of the minute

WEIGHTS AND MEASUREMENTS

Platform	Barbell weight M in kg.	Barbell weight F in kg.
1	84	61
2	88	63
3	93	65
4	98	68
5	102	70
6	107	72
7	111	75
8	115	77
9	120	79
10	124	81
11	129	84

NOTES

The pair of athletes on the first team will start standing behind the first platform. After the countdown of 3-2-1-GO, the first athlete will have 25 seconds to complete the lift. At the 25-second mark, the second athlete will have 25 seconds to lift. If an athlete is successful, they will move to stand behind the next platform. At the 50-second mark, the next pair will enter and wait behind the first platform. After a 10-second transition (at the top of the minute), the cycle begins again. This cycle continues until both men cannot complete the lift. Athletes may take as many attempts within their allotted time as they would like. If at any point an athlete fails to complete the lift within the designated time, they will exit the field of play and their teammate will continue without them, maintaining their lifting order. If an athlete completes the entire ladder, after the 10-second transition, they will be given

the next minute as rest where they will declare the load they would like to attempt at the 11th platform. At the 11th platform, athletes will have from 0-25 seconds to make the lift. After the men have finished, the platforms will be reset and the women will complete the workout in the same fashion. After the women have lifted, the team's score will be the total of each of the four teammates' heaviest successful lift.

***Scoring Note: regions lifting in KG should total each lifter's best lift then convert to Lbs.*