



# Weightlifting

Riocentro – Pavilion 2



Athletes have three attempts in **snatch** and **clean and jerk**. Total of best lifts decides final placement

## WEIGHT CLASSES

**Men:** Eight – from 56kg to +105kg.

**Women:** Seven – 48kg to +75kg



London Olympics gold medallist (+75kg class) **Zhou Lulu** (CHN)

**Weights:** Range from 0.5kg to 25kg

Weight increased by at least 1kg for each attempt

**SNATCH:** Most difficult lift, weight pulled up in one motion

Wide grip on bar, initial lift uses legs and hips

Pull – bar reaches pelvis, body extends to propel bar upwards

Squat under bar

Finish – lifter standing in static position

**CLEAN AND JERK:** Two separate moves, allowing heaviest lifts

Narrower grip

Pull

Squat, bar resting on upper chest

Stand

Thrust

Finish

**Total weight lifted** – snatch and clean and jerk (super heavyweight class)

Olympic records		<b>Hossein Rezazadeh</b> (IRI)	Sydney 2000	<b>472kg</b>
		<b>Zhou Lulu</b> (CHN)	London 2012	<b>333kg</b>
World records		<b>Aleksey Lovchev</b> (RUS)	Houston 2015	<b>475kg</b>
		<b>Tatiana Kashirina</b> (RUS)	Almaty 2014	<b>348kg</b>