

Weightlifting PARIS 2024

South Paris Arena Event Medal



Weights: Range from 0.5kg to 25kg. Weight increased by at least 1kg for each attempt

LIFTS

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

For valid lift, athlete must hold bar above head with arms fully extended

Snatch: Weight pulled up in one motion – most difficult lift

Wide grip on bar

Pull

Squat

Finish – lifter stands in static position

Clean and jerk: Two separate moves – allows for heaviest lifts

Narrower grip

Pull

Squat, bar on upper chest

Stand





Thrust

Finish

Clean

Jerk

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

Olympic record	 Lasha Talakhadze (GEO)	Tokyo 2020	488kg
	 Li Wenwen (CHN)	Tokyo 2020	320kg
World record	 Lasha Talakhadze (GEO)	Tashkent 2021	492kg
	 Li Wenwen (CHN)	Tashkent 2021	335kg