



## DISCIPLINES 30'-1h FOR THE 2019 SEASON AT THE CONTINENTAL CHAMPIONSHIPS AND OPEN CONTINENTAL CUPS

**WEIGHT CATEGORIES OF MEN** 74KG , 87KG , +87KG

**WEIGHT CATEGORIES OF WOMEN** 58KG , 65KG , +65KG

The Rules for doing the Exercises are the same as in the classical ones, only a multiple hand change is allowed. Calculations of Winners among Men and Women in the group **Elite** and **Amateur** by Weight Categories. Calculations of the Winners among Men and Women in the group **Veterans** (for the Every Age group), **Junior 19-22 years, 16-18 years, 14-15 years** according to the Coefficient.

### **MEN 30 Minutes-1 Hour:**

LONG CYCLE/JERK ELITE **32KG**

LONG CYCLE/JERK AMATEUR **24KG**

LONG CYCLE/JERK VETERANS 40-49 YEARS **24KG** , 50-59 YEARS **24KG** , 60-69 YEARS **16KG** , 70-74 YEARS **16KG** , +75 YEARS **12KG** / Absolute Coefficient

LONG CYCLE/JERK JUNIOR 19-22 YEARS **32KG** (1997-2000) Absolute Coefficient

LONG CYCLE/JERK JUNIOR 16-18 YEARS **24KG** (2001-2003) Absolute Coefficient

LONG CYCLE/JERK YOUTH 14-15 YEARS **16KG** (2004-2005) Absolute Coefficient

### **WOMEN 30 Minutes-1 Hour:**

LONG CYCLE/JERK ELITE **20KG**

LONG CYCLE/JERK AMATEUR **16KG**

LONG CYCLE/JERK VETERANS 35-44 YEARS **16KG** , 45-54 YEARS **16KG** , 55-64 YEARS **12KG** , +65 YEARS **8KG** / Absolute Coefficient

LONG CYCLE/JERK JUNIOR 19-22 YEARS **20KG** (1997-2000) Absolute Coefficient

LONG CYCLE/JERK JUNIOR 16-18 YEARS **16KG** (2001-2003) Absolute Coefficient

LONG CYCLE/JERK YOUTH 14-15 YEARS **12KG** (2004-2005) Absolute Coefficient

### **MEN 30 Minutes:**

SNATCH ELITE **32KG**

SNATCH AMATEUR **24KG**

SNATCH VETERANS 40-49 YEARS **24KG** , 50-59 YEARS **24KG** , 60-69 YEARS **16KG** , 70-74 YEARS **16KG** , +75 YEARS **12KG** / Absolute Coefficient

SNATCH JUNIOR 19-22 YEARS **32KG** (1997-2000) Absolute Coefficient

SNATCH JUNIOR 16-18 YEARS **24KG** (2001-2003) Absolute Coefficient

SNATCH YOUTH 14-15 YEARS **16KG** (2004-2005) Absolute Coefficient

### **WOMEN 30 Minutes:**

SNATCH ELITE **20KG**

SNATCH AMATEUR **16KG**

SNATCH VETERANS 35-44 YEARS **16KG** , 45-54 YEARS **16KG** , 55-64 YEARS **12KG** , +65 YEARS **8KG** / Absolute Coefficient

SNATCH JUNIOR 19-22 YEARS **20KG** (1997-2000) Absolute Coefficient

SNATCH JUNIOR 16-18 YEARS **16KG** (2001-2003) Absolute Coefficient

SNATCH YOUTH 14-15 YEARS **12KG** (2004-2005) Absolute Coefficient

