	Com	petitic	on Plan Car	ď			
Name:	Date:						
Name of Compet	ition:						
Weight Class: kg			Body weight: _				kg
Current Best: Sn	Current Best: Snatch Clean & Jerk						
		ATTI	EMPTS				
Snatch			Clean & Jerk				
Actual	Actual Intended					Actua	l
	3			3			
	2			2			
	1			1			
Declared						De	eclared
WARM-UPS							
	S		l s			10	1

Mins to	Mins to Start	Attempts to Go	Weight	Weight	Attempts to Go	Mins to Start	Snatches Remain

Snatch		1						
			Tactical Notes					
C&J	Total		Competitor	Snatch				
			Notes					
	1	]						