

Competition Plan Card

- A. A conservative estimate of start weights.
- B. Start weights to be declared at the weigh-in (usually less than A. above).
- C. Warm-up pattern to start at A. written in descending order.
- D. Personal Best lifts in competition and/or training
- E. The count of lifts before athlete is likely to be called to platform if start weight at A becomes reality.
- F. The count of lifts that signifies when the athlete should perform the warm-up weight. e.g. the athlete should perform 35Kg with 2 lifts to go before they are likely to be called to the platform.
- G. The count of minutes before the start of competition that signifies when the athlete should perform the warm-up weight e.g. the athlete should perform 33Kg at 2 minutes before start, and 30Kg at 4 mins before start, etc
- H. The count of minutes before presentation of athletes that signifies when the athlete should perform the warm-up weight e.g. the athlete should perform 15Kg (bar only) at 2 and 4 minutes before presentation.
- I. The count of remaining lifts in the Snatch section that signifies when the athlete should perform warm-up e.g. the athlete should start warming-up with a 15Kg bar when there are 6 snatches remaining

Competition Plan Card			
Name: Annabelle Goodlift		Date: 19/01/2019	
Name of Competition: Tasmania Masters Championships			
Weight Class: 55 kg		Body weight: 54.2 kg	
Current Best: Snatch 42		Clean & Jerk 53	
ATTEMPTS			
Snatch		Clean & Jerk	
Actual	Intended	Intended	Actual
	3		3
	2		2
	1	37	47
Declared	35	45	Declared

WARM-UPS										
E	3	Mins to Present.	Mins to Start	Attempts to Go	Weight	Weight	Attempts to Go	Mins to Start	Snatches Remain	I
				2	35	44	2			
			2	33	40		2			
			4	30	35		5			
			6	25	30		8			
			8	25	25		10			
			10	20	25			2		
	2	G		15	15				4	
	4			15	15				6	
	H									