

Weightlifting

ALL-TIME EVENT MEDALS

RUSSIA	47	29	9	85
USA	16	16	11	43
GERMANY	8	13	16	37
BULGERIA	12	16	8	36



The Oregonian

WEDNESDAY, AUG. 13, 2008 | SIXTH OF 17

TODAY'S TV HIGHLIGHTS

+> 7:30 a.m.:

Men's soccer: Brazil vs. China; gymnastics: women's team final; diving: various finals (live), Telemundo

+> 10 a.m.:

Beach volleyball; women's water polo: USA vs. Italy; swimming (live), NBC

+> 2 p.m.:

Boxing: light flyweight and super heavyweight (live), CNBC

+> 6 p.m.:

Gymnastics recap; tennis; equestrian: team dressage (taped), Oxygen

+> 8 p.m.:

Gymnastics: men's all-around final; swimming: men's 100m freestyle final; beach volleyball; women's cycling road time trial; men's synchronized 3m diving (live), NBC

+> 9 p.m.:

Softball: USA vs. Canada (live), CNBC

+> 11 p.m.:

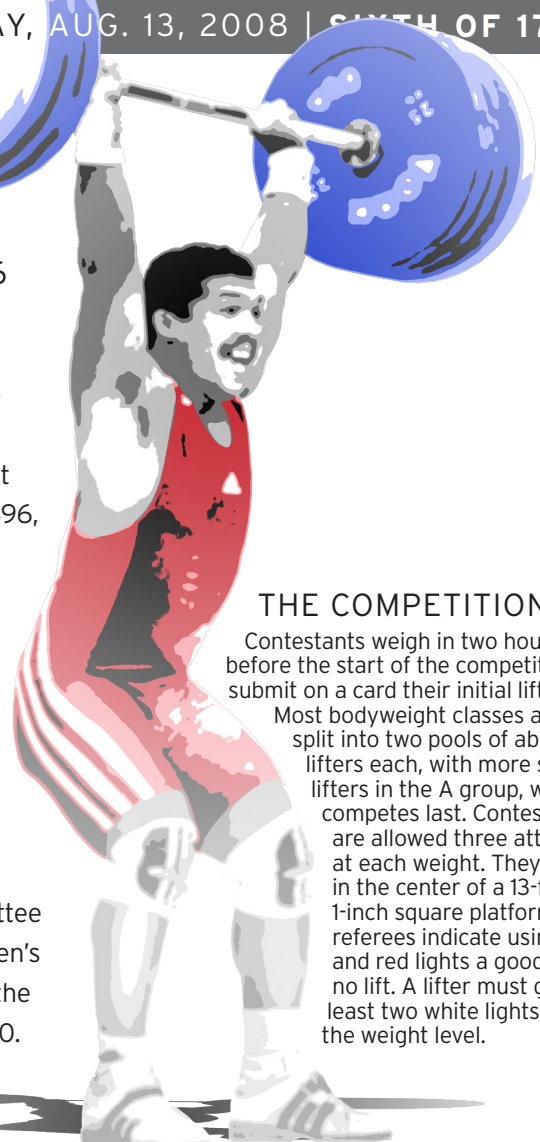
Boxing: welterweight and light heavyweight (live), CNBC

+> 11 p.m.:

Men's basketball: USA vs. TBD; baseball: USA vs. Netherlands; fencing: women's team sabre final; archery: women's individual final; beach volleyball; tennis (live), USA Network

OLYMPIC DEBUT: 1896

Originally the two lifting categories were much different from the current disciplines. In 1896, Great Britain's Launceston Elliot won the one-hand lift and Denmark's Viggo Jensen won the two-hand lift. The Olympic committee added the women's competition to the program in 2000.



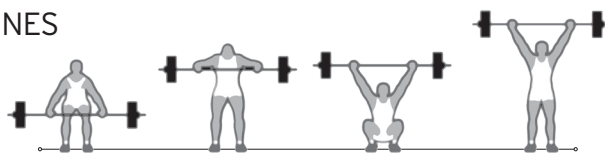
THE COMPETITION

Contestants weigh in two hours before the start of the competition and submit on a card their initial lift weight.

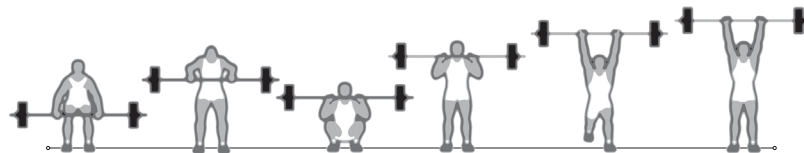
Most bodyweight classes are split into two pools of about 10 lifters each, with more skilled lifters in the A group, which competes last. Contestants are allowed three attempts at each weight. They lift in the center of a 13-foot, 1-inch square platform. Three referees indicate using white and red lights a good lift or no lift. A lifter must get at least two white lights to pass the weight level.

THE DISCIPLINES

Lifters get three tries at each weight and must attempt both the snatch and the clean and jerk. Snatch is first.



Snatch: The first of two lifts in the competition. A competitor brings the bar overhead in one single motion.



Clean and jerk: Allows the competitor to lift more weight. The competitor brings the bar to a temporary position at the shoulders, then jerks it overhead.

THE OBJECT

Weightlifting is a strength sport in which athletes attempt to lift and hold weighted bars over their heads using two techniques: the snatch and the clean and jerk. Men compete in eight bodyweight classes and women in seven.

THE GEAR

Athletes lift a bar loaded on both ends with weights secured by a metal collar. Men use a 44.1-pound bar that's about 7 feet, 2 inches long. Women's bars are 33 pounds and about 6 feet, 6 inches.

RUBBER PLASTIC PLATES

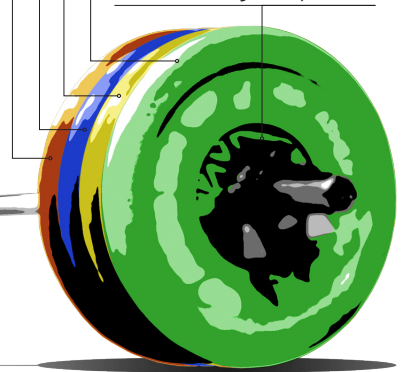
Red: 25 kg (55.1 pounds)

Blue: 20 kg (44.1 pounds)

Yellow: 15 kg (33 pounds)

Green: 10 kg (22 pounds)

Collar: 2.5 kg (5.5 pounds)



Smaller metal plates are used for incremental weight changes: white is 5 kilograms (11 pounds), black 2.5 kilograms (5.5 pounds) and chrome plates come in 1.25 kilograms (2.8 pounds), .5 kilograms (1.1 pounds) and .25 kilograms (.6 pounds). The two smallest plates are used only for record-setting attempts.

ONE TO WATCH

Belarus' **Andrei Rybakov**, snatch world record holder in 85 kg class

U.S. HOPEFUL

Cheryl Haworth finished third in 2000 in women's 75+kg bodyweight class