



OFFICIAL EVENT CATEGORIES

INDIVIDUAL EVENTS

Long Cycle

Jerk

Snatch

Half Snatch

Military Snatch

Biathlon

All-round

MIXED TEAM RELAY

EVENT

Long Cycle

TEAM COMPOSITION

2 Men + 2 Women

KETTLEBELL WEIGHT

Men: 16 kg | Women: 8 kg

FORMAT

4 Stages

TIME PER ATHLETE

3 Minutes

TOTAL DURATION

12 Minutes