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The Olympic weightlifting programme has evolved greatly over time. Today, weightlifters compete in snatch and clean and jerk, and are placed according to their total combined result. From the 2000 Olympic Games in Sydney, men have competed in eight weight categories and women in seven. This total of 15 events remains unchanged.

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Olympic Weightlifting: A Complete Guide for Athletes & Coaches ... There is no better book I know about to learn Olympic style weight lifting. Greg Everett has competed in the Olympics as a weightlifter and as a coach. He is a great communicator and author. I can't recommend this book more.

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Weightlifting competition is conducted in eight bodyweight categories for the men, ranging from 56 kg. (123.46 lb.) to 105+ kg. (over 231.49 lb.), and seven bodyweight categories for the women,...

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