



Weightlifting Events (10)



Men's 61kg

Men's 73kg

Men's 89kg

Men's 102kg

Men's +102kg

Women's 49kg

Women's 59kg

Women's 71kg

Women's 81kg

Women's +81kg



Photo via Wikipedia



How Olympic Weightlifting Works

There are two different lifts used in Olympic Weightlifting: the snatch and the clean and jerk.

In the **snatch**, the athlete raises a barbell overhead in one fluid motion and then stands upright without hesitation after that motion.

In the **clean and jerk**, the bar is first pulled up to the shoulders. Then, the athlete pushes the bar overhead and holds a vertical stance until the referees indicate approval of the lift.

In both types of lifts, athletes are given three attempts to lift the most weight they can. A weightlifter's final score is the athlete's best snatch attempt added to the best clean and jerk attempt.

There are five men's weight classes and five women's weight classes. Both the snatch and clean and jerk are completed in the same "event", so each weightlifting event is a medal event and there are no preliminaries or qualification rounds.

Weightlifting Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Wed, Aug 7	9:00 AM	Men's 61kg
Wed, Aug 7	1:30 PM	Women's 49kg
Thu, Aug 8	9:00 AM	Women's 59kg
Thu, Aug 8	1:30 PM	Men's 73kg
Fri, Aug 9	9:00 AM	Men's 89kg
Fri, Aug 9	1:30 PM	Women's 71kg
Sat, Aug 10	5:30 AM	Men's 102kg
Sat, Aug 10	10:00 AM	Women's 81kg
Sat, Aug 10	2:30 PM	Men's +102kg
Sun, Aug 11	5:30 AM	Women's +81kg

2020 Weightlifting Medal Count



CHN - 8



INA - 3



ITA - 3

All-Time Gold Medal Count (Current Countries)



CHN - 62



USA - 44



BUL - 37