



# FINAL - SCORECARD

Japan Championship 2022

SATURDAY, OCTOBER 8, THROUGH SUNDAY, OCTOBER 9

## EVENT 1 - COMPETITOR -

### EVENT 1

For Time

30cal Row

30 Dumbbell alternating snatches

30 Pistols

Time cap 7min

Score is Time OR Reps

### WORKOUT VARIATIONS

Man 70lb / Woman 50lb Dumbbell

|                                  |      |
|----------------------------------|------|
| 30cal Row                        | / 30 |
| 30 Dumbbell alternating snatches | / 40 |
|                                  | / 50 |
|                                  | / 60 |
| 30 Pistols                       | / 70 |
|                                  | / 80 |
|                                  | / 90 |

Time OR Reps at 7 Minutes \_\_\_\_\_

## EVENT1 SCORE - COMPETITOR -

ATHLETE NAME \_\_\_\_\_

Time OR Reps at 7 Minutes \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

上記のスコアが正確であることを確認しました。

選手サイン \_\_\_\_\_

日付 \_\_\_\_\_



# FINAL - SCORECARD

Japan Championship 2022

SATURDAY, OCTOBER 8, THROUGH SUNDAY, OCTOBER 9

## EVENT 1 - FITNESS -

### EVENT 1

#### For Time

24cal Row

24 Dumbbell alternating snatches

24m Double dumbbell Walking lunges

Time cap 7min

Score is Time OR Reps

### WORKOUT VARIATIONS

Man 50lb / Woman 35lb Dumbbell

|                                    |      |
|------------------------------------|------|
| 24cal Row                          | / 24 |
| 24 Dumbbell alternating snatches   | / 28 |
|                                    | / 32 |
|                                    | / 36 |
|                                    | / 40 |
|                                    | / 44 |
| 24m Double dumbbell Walking lunges | / 48 |
|                                    | / 54 |
|                                    | / 60 |
|                                    | / 66 |
|                                    | / 72 |

Time OR Reps at 7 Minutes \_\_\_\_\_

## EVENT1 SCORE - FITNESS -

ATHLETE NAME \_\_\_\_\_

Time OR Reps at 7 Minutes \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

上記のスコアが正確であることを確認しました。 選手サイン \_\_\_\_\_ 日付 \_\_\_\_\_