



FINAL - SCORECARD

Japan Championship 2022

SATURDAY, OCTOBER 8, THROUGH SUNDAY, OCTOBER 9

EVENT 2 - COMPETITOR -

EVENT 2

2min max distance
handstand walk

(2:00-3:00 Rest)

At the 3min mark
1 set max Toes to bar

Time cap 2min
Score is meters combined
with total Toes to bar

| 2min max distance Handstand walk | | | | | | |
|----------------------------------|------|------|------|------|------|------|
| 0:00-2:00 | 3m | 6m | 9m | 12m | 15m | 18m |
| | 21m | 24m | 27m | 30m | 33m | 36m |
| | 39m | 42m | 45m | 48m | 51m | 54m |
| | 57m | 60m | 63m | 66m | 69m | 72m |
| | 75m | 78m | 81m | 84m | 87m | 90m |
| | 93m | 96m | 99m | 102m | 105m | 108m |
| | 111m | 114m | 117m | 120m | 123m | 126m |
| | 129m | 132m | 135m | 138m | 141m | 144m |
| | 147m | 150m | 153m | 156m | 159m | 162m |
| | 165m | 168m | 171m | 174m | 177m | 180m |

Max distance handstand walk _____

| 1 set max Toes to bar | |
|-----------------------|--|
| 3:00-5:00 | |

Max reps Toes to bar _____

Total Reps _____

EVENT2 SCORE - COMPETITOR -

ATHLETE NAME _____

Total Reps _____

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 2 - FITNESS -

EVENT 2

2min max reps
burpee box jumps overs

(2:00-3:00 Rest)

At the 3min mark
1min max Toes to bar

Score is burpee box jumps
overs combined with total
Toes to bar

WORKOUT VARIATIONS

Man 24 / Woman 20
Burpee box jumps overs

| 2min max reps Burpee box jumps overs | |
|--------------------------------------|--|
| 0:00-2:00 | |

Max reps Burpee box jumps overs _____

| 1min max reps Toes to bar | |
|---------------------------|--|
| 3:00-4:00 | |

Max reps Toes to bar _____

Total Reps _____

EVENT2 SCORE - FITNESS -

ATHLETE NAME _____

Total Reps _____

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 _____