



FINAL - SCORECARD

Japan Championship 2022

SATURDAY, OCTOBER 8, THROUGH SUNDAY, OCTOBER 9

EVENT 4 - COMPETITOR -

EVENT 4

PART A

5min to build to
heaviest Snatch complex
1 snatch + 1 OHS

PART A 0:00-5:00

Snatch complex 1 snatch + 1 OHS	lb
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Weight _____ lb

(5:00-6:00 Rest)

PART B

At 6min start for time
50 Handstand push ups
10 Overhead squats

PART B 6:00-11:00

50 Handstand Push ups	/ 50
10 Overhead squat	/ 60

Time cap 5min
Score is Time OR Reps

Time OR Reps at 5 Minutes _____

WORKOUT VARIATIONS

Man 185lb / Woman 115lb Overhead squat

EVENT4 SCORE - COMPETITOR -

ATHLETE NAME _____

Weight _____ lb

JUDGE NAME _____

Time OR Reps at 5 Minutes _____

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 4 - FITNESS -

EVENT 4

PART A

5min to build to
heaviest Deadlift

(5:00-6:00 Rest)

PART B

At 6min start for time
50 Barbell push ups
10 Overhead squats

Time cap 5min

Score is Time OR Reps

WORKOUT VARIATIONS

Man 95lb / Woman 65lb Overhead squat

PARTA 0:00-5:00

1 Heaviest Deadlift	lb
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Weight _____ lb

PARTB 6:00-11:00

50 Barbell push up	/ 50
10 Overhead squat	/ 60

Time OR Reps at 5 Minutes _____

EVENT4 SCORE - FITNESS -

ATHLETE NAME _____

Weight _____ lb

JUDGE NAME _____

Time OR Reps at 5 Minutes _____

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 _____