



# FINAL - SCORECARD

Japan Championship 2022

SATURDAY, OCTOBER 8, THROUGH SUNDAY, OCTOBER 9

## EVENT 5 - COMPETITOR -

### EVENT 5

#### Clean Ladder for time

1 Clean 185/105lb

— TIEBREAK1

1 Clean 205/125lb

— TIEBREAK2

1 Clean 225/145lb

— TIEBREAK3

1 Clean 245/165lb

— TIEBREAK4

1 Clean 275/185lb

Time cap 2min

Score is Time OR Reps

### WORKOUT VARIATIONS

Man 185lb / Woman 105lb Clean

Man 205lb / Woman 125lb Clean

Man 225lb / Woman 145lb Clean

Man 245lb / Woman 165lb Clean

Man 275lb / Woman 185lb Clean

1 Clean - 185/105lb		/ 1	
TIEBREAK1			
1 Clean - 205/125lb		/ 2	Time
TIEBREAK2			
1 Clean - 225/145lb		/ 3	Time
TIEBREAK3			
1 Clean - 245/165lb		/ 4	Time
TIEBREAK4			
1 Clean - 275/185lb		/ 5	Time

Tiebreak1 Time \_\_\_\_\_

Tiebreak2 Time \_\_\_\_\_

Tiebreak3 Time \_\_\_\_\_

Tiebreak4 Time \_\_\_\_\_

Time OR Reps at 2 Minutes \_\_\_\_\_

## EVENT5 SCORE - COMPETITOR -

Tiebreak1 \_\_\_\_\_ Tiebreak2 \_\_\_\_\_

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

Tiebreak3 \_\_\_\_\_ Tiebreak4 \_\_\_\_\_

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

Time OR Reps at 2 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 \_\_\_\_\_