

SCORECARD

Japan Championship 2022 [ONLINE QUALIFIER]
12:00 SATURDAY, JULY 2, THROUGH 12:00 MONDAY, JULY 25

EVENT 2 - COMPETITOR -

EVENT 2

AMRAP For As Long As Possible

15 Power Snatches 30/40kg

15 Toes To Bars

Score is reps

If 90 reps (3 rounds) are completed in under 4 minutes, time extends to 8 minutes.

If 180 reps (6 rounds) are completed in under 8 minutes, time extends to 12 minutes, etc.

各3Roundsを4分以内にすべて終わらせられた場合、4分タイムが追加される。

1-3 Rounds

Round	15 Power Snatches	15 Toes To Bars
1	15	30
2	45	60
3	75	90

10-12 Rounds

Round	15 Power Snatches	15 Toes To Bars
10	285	300
11	315	330
12	345	360

WORKOUT VARIATIONS

Woman 30 / Man 40kg Power Snatches

4-6 Rounds

4	15	30
5	135	150
6	165	180

13-15 Rounds

13	375	390
14	405	420
15	435	450

7-9 Rounds

7	195	210
8	225	240
9	255	270

16-18 Rounds

16	465	480
17	495	510
18	505	540

Total Reps _____

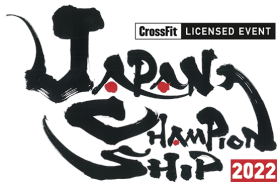
EVENT 2 - COMPETITOR -

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 _____



SCORECARD

Japan Championship 2022 [ONLINE QUALIFIER]
12:00 SATURDAY, JULY 2, THROUGH 12:00 MONDAY, JULY 25

EVENT 2 - FITNESS -

EVENT 2

AMRAP For As Long As Possible
15 Alternating Dumbbell Ground to Overhead
15 Sit ups

Score is reps

If 90 reps (3 rounds) are completed in under 4 minutes, time extends to 8 minutes.

If 180 reps (6 rounds) are completed in under 8 minutes, time extends to 12 minutes, etc.

WORKOUT VARIATIONS

Woman 9 / Man 15kg Dumbbells

各3Roundsを4分以内にすべて終わらせられた場合、4分タイムが追加される。

1-3 Rounds

Round	15 GTO	15 Sit ups
1	15	30
2	45	60
3	75	90

10-12 Rounds

Round	15 GTO	15 Sit ups
10	285	300
11	315	330
12	345	360

4-6 Rounds

4	105	120
5	135	150
6	165	180

13-15 Rounds

13	375	390
14	405	420
15	435	450

7-9 Rounds

7	195	210
8	225	240
9	255	270

16-18 Rounds

16	465	480
17	495	510
18	505	540

Total Reps _____

EVENT 2 - 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 _____