

FINAL - SCORECARD

Japan Championship 2023 [FINAL] SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

EVENT 1

COMPETITOR - Elite

EVENT 1	PARTA 0:00-6:00		
On a 10 min running clock:	20 DB Snatch		
Part A			/ 20
3 Rounds for time	20 Chest to bar pull up		
20 Dumbbell snatch, alternating 20 Chest to bar pull up	20 Onest to bar pair up		/ 40
Time cap 6 min	00 DD 0		
Score is Time OR Reps	20 DB Snatch		/ 60
Complete part B between 6:00-10:00	20 Chest to bar pull up		/ 00
p to p to			/ 80
Part B	20 DB Snatch		/ 100
In a 4 min window			/ 100
4rep Front squat from the floor	20 Chest to bar pull up		
*first squat can be a squat clean			/ 120
Score is KG			
Score is KG	Time OR Re	os at 6 Minutes	
WORKOUT VARIATIONS	Time OR Re	os at 6 Minutes	
	PARTB 6:00-10:00	ps at 6 Minutes	kg
WORKOUT VARIATIONS	PARTB 6:00-10:00	vs at 6 Minutes	
WORKOUT VARIATIONS	PARTB 6:00-10:00		
WORKOUT VARIATIONS	PARTB 6:00-10:00		
WORKOUT VARIATIONS Men 70lbs / Women 50lbs Dumbbell	PARTB 6:00-10:00		kç
WORKOUT VARIATIONS Men 70lbs / Women 50lbs Dumbbell /ENT1 COMPETITOR - Elite	PARTB 6:00-10:00 4RM Front squat	Weight	



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EVENT 1

COMPETITOR - Rx'd

EVENT 1	PARTA 0:00-6:00		
On a 10 min running clock:	20 DB Snatch		
Part A 3 Rounds for time			/ 20
20 Dumbbell snatch, alternating	20 Pull up		
20 Pull up			/ 40
Time cap 6 min	20 DB Snatch		
Score is Time OR Reps	20 DD Gliatoli		/ 60
0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	20 Pull up		
Complete part B between 6:00-10:00			/ 80
Part B	20 DB Snatch		
In a 4 min window			/ 100
4rep Front squat from the floor	20 Pull up		
*first squat can be a squat clean			/ 120
Score is KG	Time OR Re	eps at 6 Minutes	
Score is KG WORKOUT VARIATIONS	Time OR Re	eps at 6 Minutes	
	PARTB 6:00-10:00	eps at 6 Minutes	
WORKOUT VARIATIONS		eps at 6 Minutes	kg
WORKOUT VARIATIONS	PARTB 6:00-10:00	eps at 6 Minutes	kg
WORKOUT VARIATIONS	PARTB 6:00-10:00		kg
WORKOUT VARIATIONS	PARTB 6:00-10:00		kg
WORKOUT VARIATIONS Men 50lbs / Women 35lbs Dumbbell	PARTB 6:00-10:00		kg kg
WORKOUT VARIATIONS Men 50lbs / Women 35lbs Dumbbell ENT1 COMPETITOR - Rx'd	PARTB 6:00-10:00 4RM Front squat	Weight	kg



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EVENT 1 FITNESS

	EVENT 1	PARTA 0:00-6:00		
	On a 10 min running clock: Part A	20 DB Snatch		/ 20
2	3 Rounds for time 20 Dumbbell snatch, alternating 10 Pull up	10 Pull up		/ 30
	Time cap 6 min Score is Time OR Reps	20 DB Snatch		/ 50
(Complete part B between 6:00-10:00	10 Pull up		/ 60
	Part B In a 4 min window	20 DB Snatch		/ 80
	1RM Power clean	10 Pull up		/ 90
;	Score is KG	Time OR Reps at 6 Minutes		
,	WORKOUT VARIATIONS	PARTB 6:00-10:00		
	Men 35lbs / Women 20lbs Dumbbell	1RM Power clean		kg
			Weight	kg
EVEN	NT1 FITNESS		Weight	kg
	NT1 FITNESS No LANE No		Weight	
HEAT N		NAME	Time OR Reps	