



FINAL - SCORECARD

Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

EVENT 1 COMPETITOR - Elite

EVENT 1

On a 10 min running clock:

Part A

3 Rounds for time

20 Dumbbell snatch, alternating

20 Chest to bar pull up

Time cap 6 min

Score is Time OR Reps

Complete part B between 6:00-10:00

Part B

In a 4 min window

4rep Front squat from the floor

*first squat can be a squat clean

Score is KG

PART A 0:00-6:00

20 DB Snatch	/ 20
20 Chest to bar pull up	/ 40
20 DB Snatch	/ 60
20 Chest to bar pull up	/ 80
20 DB Snatch	/ 100
20 Chest to bar pull up	/ 120

Time OR Reps at 6 Minutes _____

WORKOUT VARIATIONS

Men 70lbs / Women 50lbs Dumbbell

PART B 6:00-10:00

4RM Front squat	kg
-----------------	----

Weight _____ kg

EVENT 1 COMPETITOR - Elite

HEAT No. _____ LANE No. _____

Time OR Reps _____

JUDGE NAME _____

ATHLETE NAME _____

Weight _____ kg

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 _____

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FINAL - SCORECARD

Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

EVENT 1 COMPETITOR - Rx'd

EVENT 1

On a 10 min running clock:

Part A

3 Rounds for time

20 Dumbbell snatch, alternating

20 Pull up

Time cap 6 min

Score is Time OR Reps

Complete part B between 6:00-10:00

Part B

In a 4 min window

4rep Front squat from the floor

*first squat can be a squat clean

Score is KG

PARTA 0:00-6:00

20 DB Snatch	/ 20
20 Pull up	/ 40
20 DB Snatch	/ 60
20 Pull up	/ 80
20 DB Snatch	/ 100
20 Pull up	/ 120

Time OR Reps at 6 Minutes _____

WORKOUT VARIATIONS

Men 50lbs / Women 35lbs Dumbbell

PARTB 6:00-10:00

4RM Front squat	kg
-----------------	----

Weight _____ kg

EVENT1 COMPETITOR - Rx'd

HEAT No. _____ LANE No. _____

Time OR Reps _____

JUDGE NAME _____

ATHLETE NAME _____

Weight _____ kg

上記のスコアが正確であることを確認しました。

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Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

EVENT 1 FITNESS

EVENT 1

On a 10 min running clock:

Part A

3 Rounds for time

20 Dumbbell snatch, alternating

10 Pull up

Time cap 6 min

Score is Time OR Reps

Complete part B between 6:00-10:00

Part B

In a 4 min window

1RM Power clean

Score is KG

PARTA 0:00-6:00

20 DB Snatch	/ 20
10 Pull up	/ 30
20 DB Snatch	/ 50
10 Pull up	/ 60
20 DB Snatch	/ 80
10 Pull up	/ 90

Time OR Reps at 6 Minutes _____

WORKOUT VARIATIONS

Men 35lbs / Women 20lbs Dumbbell

PARTB 6:00-10:00

1RM Power clean	kg
-----------------	----

Weight _____ kg

EVENT1 FITNESS

HEAT No. _____ LANE No. _____

Time OR Reps _____

JUDGE NAME _____

ATHLETE NAME _____

Weight _____ kg

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 _____

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