

FINAL - SCORECARD

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

Time OR Reps _____

EVENT 2			
For time	1000 / 700 m Bike	1000 / 700	
1000 / 700m Bike		1000 / 700	
50 Wall ball	50 Wall ball	1050 / 750	
40 Box jump over		1000 / 700	
30 Deadlift	40 Box jump over	1090 / 790	
- TIEBREAK -	30 Deadlift		
	JO Deaulit	1120 / 820	
20 / 10 Ring muscle up	TIEB	REAK	
Time cap 12 min	20 / 10 Ring muscle up		Time
Score is Time (Tiebreak Time)		1140 / 830	
OR Reps (Tiebreak Time)			
		Tiebreak Time	
WORKOUT VARIATIONS	Time OR Re	ps at 12 Minutes	
Men 20lbs / Women 14lbs Wall I	pall		
Men 24 / Women 20 Box jump o	ver		
Men 100kg / Women 70kg Dead	lift		
ENT1 COMPETITOR - Elite			

日付 ___ 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 _

JUDGE NAME _____ ATHLETE NAME ____



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

EVENT 2 COMPETITOR - Rx

NT 2	1000 / 700 m Bike		
or time	1000 / 700 III DING	1000 / 700	
00 / 700m Bike			
Wall ball	40 Wall ball	1040 / 740	
Box jump over		10 10 / / 10	
) Deadlift	30 Box jump over	1070 / 770	
TIEBREAK -	20 Deadlift	1090 / 790	
/ 1 Ring muscle up	TIEB	REAK	
me cap 12 min	5 / 1 Ring muscle up	1095 / 791	
core is Time (Tiebreak Time)		1033 / 731	I
R Reps (Tiebreak Time)			
		Tiebreak Time	

Time OR Reps at 12 Minutes

WORKOUT VARIATIONS

Men 20lbs / Women 14lbs Wall ball Men 24 / Women 20 Box jump over Men 100kg / Women 70kg Deadlift

Εl	/ER	NT2	COMPETITOR - Rx	4
LI			COMETITION - NX	u

HEAT No LANE No		Tiebreak Time
JUDGE NAME	ATHLETE NAME _	Time OR Reps
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	目付



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

EVENT 2	1000 / 700 m Bike		
For time 1000 / 700m Bike		1000 / 700	
40 Wall ball	40 Wall ball	1040 / 740	
30 Box jump over 20 Deadlift	30 Box jump over	1070 / 770	
- TIEBREAK -	20 Deadlift	1090 / 790	
5 / 1 Bar muscle up	TIEBREAK		
Time cap 12 min	5 / 1 Ring muscle up	1095 / 791	Time
Score is Time (Tiebreak Time) OR Reps (Tiebreak Time)			
On heps (hebreak filite)	Tie	break Time	
WORKOUT VARIATIONS		12 Minutes	
Men 14lbs / Women 10lbs Wall ba	all		
Men 24 / Women 20 Box jump ov	er		
Men 80kg / Women 60kg Deadlift			
ENT2 FITNESS			
「No LANE No		Tiebreak Time	

日付_

選手サイン