



# FINAL - SCORECARD

Japan Championship 2023 [FINAL]

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

## EVENT 2 COMPETITOR - Elite

### EVENT 2

For time

1000 / 700m Bike

50 Wall ball

40 Box jump over

30 Deadlift

- TIEBREAK -

20 / 10 Ring muscle up

Time cap 12 min

Score is Time (Tiebreak Time)

OR Reps (Tiebreak Time)

1000 / 700 m Bike	1000 / 700
50 Wall ball	1050 / 750
40 Box jump over	1090 / 790
30 Deadlift	1120 / 820
TIEBREAK	
20 / 10 Ring muscle up	1140 / 830

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

## EVENT 1 COMPETITOR - Elite

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 \_\_\_\_\_

日付 \_\_\_\_\_

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# FINAL - SCORECARD

Japan Championship 2023 [FINAL]

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

## EVENT 2 COMPETITOR - Rx'd

### EVENT 2

For time

1000 / 700m Bike

40 Wall ball

30 Box jump over

20 Deadlift

- TIEBREAK -

5 / 1 Ring muscle up

Time cap 12 min

Score is Time (Tiebreak Time)

OR Reps (Tiebreak Time)

1000 / 700 m Bike	1000 / 700
40 Wall ball	1040 / 740
30 Box jump over	1070 / 770
20 Deadlift	1090 / 790
TIEBREAK	
5 / 1 Ring muscle up	1095 / 791

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

## EVENT 2 COMPETITOR - Rx'd

HEAT No. \_\_\_\_\_ LANE No. \_\_\_\_\_

Tiebreak Time \_\_\_\_\_

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

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

Time OR Reps \_\_\_\_\_

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# FINAL - SCORECARD

Japan Championship 2023 [FINAL]

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

## EVENT 2 FITNESS

### EVENT 2

For time

1000 / 700m Bike

40 Wall ball

30 Box jump over

20 Deadlift

- TIEBREAK -

5 / 1 Bar muscle up

Time cap 12 min

Score is Time (Tiebreak Time)

OR Reps (Tiebreak Time)

1000 / 700 m Bike	1000 / 700
40 Wall ball	1040 / 740
30 Box jump over	1070 / 770
20 Deadlift	1090 / 790
TIEBREAK	
5 / 1 Ring muscle up	1095 / 791

Time

Tiebreak Time \_\_\_\_\_

Time OR Reps at 12 Minutes \_\_\_\_\_

### WORKOUT VARIATIONS

Men 14lbs / Women 10lbs Wall ball

Men 24 / Women 20 Box jump over

Men 80kg / Women 60kg Deadlift

## EVENT 2 FITNESS

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 \_\_\_\_\_

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