



SCORECARD

Japan Championship 2023 [ONLINE QUALIFIER]
SATURDAY, JULY 1, THROUGH 15:00 SUNDAY, JULY 16

EVENT 2 - COMPETITOR -

EVENT 2

In a 12minutes window

EVENT2a

3 Rounds for time

20 Toes to bar

20 Overhead squat

Time cap 8minutes

Begin event B immediately at

8minute mark

Score is Time OR Reps

EVENT2a

1	20 Toes to bar	20
	20 Overhead squats	40
2	20 Toes to bar	60
	20 Overhead squats	80
3	20 Toes to bar	100
	20 Overhead squats	120

EVENT2b

4minutes to establish a 1RM of
the following

Clean + Hang clean + Jerk

Score is kg

EVENT2bの記録はkg(小数点以下切り捨て)
Poundで行った選手はkgへ変換してスコアを
提出してください。

Time OR Reps at 8Minutes _____

EVENT2b

1RM Clean + Hang clean + Jerk	
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Weight _____ kg

WORKOUT VARIATIONS

Women 30 / Men 40kg Overhead squat



EVENT2 - COMPETITOR -

SCORE SUBMISSION DEADLINE : 2023/07/16.SUN 15:00

ATHLETE NAME _____

EVENT2a Time OR Reps _____

JUDGE NAME _____

EVENT2b 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 _____



SCORECARD

Japan Championship 2023 [ONLINE QUALIFIER]
SATURDAY, JULY 1, THROUGH 15:00 SUNDAY, JULY 16

EVENT 2 - FITNESS -

EVENT 2

In a 12minute window

EVENT2a

3 Rounds for time

20 Sit up

20 Alternating Dumbbell Ground to Overhead

20 Dumbbell goblet squat

Time cap 8minutes

Begin event B immediately at 8minute mark

Score is Time OR Reps

EVENT2b

4minutes to establish a 1RM of the following
Deadlift

Score is kg

EVENT2bの記録はkg(小数点以下切り捨て)
Poundで行った選手はkgへ変換してスコアを提出してください。

WORKOUT VARIATIONS

Women 9 / Men 15kg Dumbbell

EVENT2a

1	20 Sit up	20
	20 Alternating DB Ground to Overhead	40
	20 DB Goblet Squat	60
2	20 Sit up	70
	20 Alternating DB Ground to Overhead	100
	20 DB Goblet Squat	120
3	20 Sit up	140
	20 Alternating DB Ground to Overhead	160
	20 DB Goblet Squat	180

Time OR Reps at 8Minutes _____

EVENT2b

1RM Deadlift	
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Weight _____ kg

EVENT2 - FITNESS -

SCORE SUBMISSION DEADLINE : 2023/07/16.SUN 15:00

ATHLETE NAME _____

EVENT2a Time OR Reps _____

JUDGE NAME _____

EVENT2b 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 _____