



SCORECARD

Japan Championship 2023 [ONLINE QUALIFIER]
SATURDAY, JULY 1, THROUGH 15:00 SUNDAY, JULY 23

EVENT 3 - COMPETITOR -

EVENT 3

For time

50 Cal row

40 Pull up

30 thruster

— TIEBREAK1

20 Chest to bar pull up

10 thruster

— TIEBREAK2

10/5 Bar muscle up

Time cap 12minutes

Score is Time OR Reps

Time (Tiebreak Time) OR Reps (Tiebreak Time)

Time (時間内に終了した場合)

Reps (時間内に終わらなかった場合)

WORKOUT VARIATIONS

Women 30 / Men 40kg 30 Thruster

Women 40 / Men 60kg 10 Thruster

Women 5 / Men 10 Bar muscle up

50 Cal row	50	
40 Pull up	90	
30 thruster	120	
TIEBREAK1		
20 Chest to bar pull up	140	TIME
10 thruster	150	
TIEBREAK2		
10/5 Bar muscle up	160/155	TIME

Tiebreak1 Time _____

Tiebreak2 Time _____

Time OR Reps at 12 Minutes _____

EVENT3 - COMPETITOR -

SCORE SUBMISSION DEADLINE : 2023/07/23.SUN 15:00

ATHLETE NAME _____ Tiebreak1 Time _____ Tiebreak2 Time _____

JUDGE NAME _____ Time OR Reps at 12 Minutes _____

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 23

EVENT 3 - FITNESS -

EVENT 3

For time

30 Jumping Squat

30 Dumbbell deadlift

30 Jumping Squat

30 Double Dumbbell lunge

30 Jumping Squat

30 Hand Release Push Up /
Knees Hand Release Push Up

Time cap 12minutes

Score is Time OR Reps

30 Jumping Squat	30
30 Dumbbell deadlift	60
30 Jumping Squat	90
30 Double Dumbbell lunge	120
30 Jumping Squat	150
30 Hand Release Push Up (on knee)	180

Time OR Reps _____

WORKOUT VARIATIONS

Women 9 / Men 15kg Dumbbell

Women Knees Hand Release Push Up /

Men Hand Release Push Up



EVENT3 - FITNESS -

SCORE SUBMISSION DEADLINE : 2023/07/23.SUN 15:00

ATHLETE NAME _____

Time OR Reps _____

JUDGE NAME _____

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 _____