



FINAL - SCORECARD

Japan Championship 2024 [FINAL]
SATURDAY, NOVEMBER 2, THROUGH SUNDAY, NOVEMBER 3

EVENT 3 COMPETITOR - ELITE

EVENT 3

Buy in

100 Double under

3 Rounds

16 Wall ball

16 Box jump over

Buy out

50 Double under crossover

Time Cap 7min

WORKOUT VARIATIONS

Men 20lbs / Women 14lbs

Wall ball

Men 24inch / Women 20inch

Box jump over

| | |
|---------------------------|-----|
| 100 Double under | 100 |
| 16 Wall ball | 116 |
| 16 Box jump over | 132 |
| 16 Wall ball | 148 |
| 16 Box jump over | 164 |
| 16 Wall ball | 180 |
| 16 Box jump over | 196 |
| 50 Double under crossover | 246 |

Time OR Reps at 7 Minutes _____

EVENT 1 COMPETITOR - Elite

HEAT No. _____ LANE No. _____

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 _____



FINAL - SCORECARD

Japan Championship 2024 [FINAL]
SATURDAY, NOVEMBER 2, THROUGH SUNDAY, NOVEMBER 3

EVENT 3 COMPETITOR - Rx'd

EVENT 3

Buy in

100 Double under

3 Rounds

16 Wall ball

16 Box jump over

Buy out

50 Double under crossover

Time Cap 7min

WORKOUT VARIATIONS

Men 20lbs / Women 14lbs

Wall ball

Men 24inch / Women 20inch

Box jump over

| | |
|---------------------------|-----|
| 100 Double under | 100 |
| 16 Wall ball | 116 |
| 16 Box jump over | 132 |
| 16 Wall ball | 148 |
| 16 Box jump over | 164 |
| 16 Wall ball | 180 |
| 16 Box jump over | 196 |
| 50 Double under crossover | 246 |

Time OR Reps at 7 Minutes _____

EVENT 3 COMPETITOR - Rx'd

HEAT No. _____ LANE No. _____

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 _____