



FINAL - SCORECARD

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

EVENT 4 COMPETITOR - ELITE

EVENT 4

For time

21 Hang squat clean

21 Pull up

15 Thruster

15 Chest to bar pull up

9 Overhead squat

9 / 6 Ring muscle up

Time Cap 9 min

21 Hang squat clean	21
21 Pull up	42
15 Thruster	57
15 Chest to bar pull up	72
9 Overhead squat	81
9 / 6 Ring muscle up	90 / 87

WORKOUT VARIATIONS

Men 60kg / Women 40kg

Hang squat clean /

Thruster / Overhead squat

Time OR Reps at 9 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 4 COMPETITOR - Rx'd

EVENT 4

For time

21 Hang squat clean

21 Pull up

15 Thruster

15 Chest to bar pull up

9 Overhead squat

6 / 3 Ring muscle up

Time Cap 9 min

21 Hang squat clean	21
21 Pull up	42
15 Thruster	57
15 Chest to bar pull up	72
9 Overhead squat	81
6 / 3 Ring muscle up	87 / 84

WORKOUT VARIATIONS

Men 50kg / Women 35kg

Hang squat clean /

Thruster / Overhead squat

Time OR Reps at 9 Minutes _____

EVENT 4 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 _____