



SCORECARD

Japan Championship 2024 [ONLINE QUALIFIER]
SATURDAY, JUNE 15, THROUGH 15:00 SUNDAY, JULY 7

EVENT 1

COMPETITOR

For time of:

21-15-9

Hang power clean

Lateral burpee over bar

— TIEBREAK —

into

9-15-21

Shoulder to overhead

Toes to bar

Time Cap 12 minutes

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

Men 45kg / Women 30kg

Hang power clean

Men 45kg / Women 30kg

Shoulder to overhead

21 Hang power clean		21
21 Lateral burpee over bar		42
15 Hang power clean		57
15 Lateral burpee over bar		72
9 Hang power clean		81
9 Lateral burpee over bar		90
TIEBREAK		
9 Shoulder to overhead		99
9 Toes to bar		108
15 Shoulder to overhead		123
15 Toes to bar		138
21 Shoulder to overhead		159
21 Toes to bar		180

Tiebreak Time _____

Time OR Reps at 12Minutes _____

EVENT1

COMPETITOR

SCORE SUBMISSION DEADLINE : 2024/7/7 SUN 15:00

ATHLETE NAME _____

Tiebreak 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 2024 [ONLINE QUALIFIER]
SATURDAY, JUNE 15, THROUGH 15:00 SUNDAY, JULY 7

EVENT 1

FITNESS

For time of:

21-15-9

Deadlift

Lateral burpee over bar

— TIEBREAK —

into

9-15-21

Shoulder to overhead

Hanging knee raise

Time Cap 12 minutes

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

Men 35kg / Women 25kg

Deadlift

Men 35kg / Women 25kg

Shoulder to overhead

21 Deadlift	21
21 Lateral burpee over bar	42
15 Deadlift	57
15 Lateral burpee over bar	72
9 Deadlift	81
9 Lateral burpee over bar	90
TIEBREAK	
9 Shoulder to overhead	99
9 Hanging knee raise	108
15 Shoulder to overhead	123
15 Hanging knee raise	138
21 Shoulder to overhead	159
21 Hanging knee raise	180

Tiebreak Time _____

Time OR Reps at 12Minutes _____

EVENT1 FITNESS

SCORE SUBMISSION DEADLINE : 2024/7/7 SUN 15:00

ATHLETE NAME _____

Tiebreak 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 _____