



# SCORECARD

Japan Championship 2024 [ONLINE QUALIFIER]  
SATURDAY, JUNE 15, THROUGH 15:00 SUNDAY, JULY 14

## EVENT 2

COMPETITOR

### For time of:

- 100 Double under
- 25 Double dumbbell front rack lunge
- 25 Wallball
- 100 Double under
- 25 Wallball
- 25 Double dumbbell front rack lunge
- 100 Double under

Time Cap 10 minutes

Score is Time OR Reps

### WORKOUT VARIATIONS

- Men 22.5kg / Women 15kg
- Double dumbbell front rack lunge
- Men 20lbs / Women 14lbs
- Wallball

100 Double under	100
25 Double DB front rack lunge	125
25 Wallball	150
100 Double under	250
25 Wallball	275
25 Double DB front rack lunge	300
100 Double under	400

Time OR Reps at 10 Minutes \_\_\_\_\_

EVENT2 COMPETITOR

SCORE SUBMISSION DEADLINE : 2024/7/14 SUN 15:00

ATHLETE NAME \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

Time OR Reps at 10 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 14

## EVENT 2

FITNESS

### For time of:

- 100 Single under
- 25 Single dumbbell front rack lunge
- 25 Wallball
- 100 Single under
- 25 Wallball
- 25 Single dumbbell front rack lunge
- 100 Single under

Time Cap 10 minutes

Score is Time OR Reps

### WORKOUT VARIATIONS

- Men 22.5kg / Women 15kg
- Single dumbbell front rack lunge
- Men 14lbs / Women 10lbs
- Wallball

100 Single under	100
25 Single dumbbell front rack lunge	125
25 Wallball	150
100 Single under	250
25 Wallball	275
25 Single dumbbell front rack lunge	300
100 Single under	400

Time OR Reps at 10 Minutes \_\_\_\_\_

## EVENT2 FITNESS

SCORE SUBMISSION DEADLINE : 2024/7/14 SUN 15:00

ATHLETE NAME \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

Time OR Reps at 10 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 \_\_\_\_\_