



SCORECARD

Japan Championship 2024 [ONLINE QUALIFIER]
SATURDAY, JUNE 15, THROUGH 15:00 SUNDAY, JULY 21

EVENT 3

COMPETITOR

On a 20:00 running Clock

From 00:00 - 12:00

Event3a

AMRAP 12 minutes

12/9 Cal row

9 Thruster

6 Chest to bar / Pull up

Score is reps

into

12:00 - 20:00

Event3b

Find heavy set of:

1 Snatch +

1 Hang snatch +

2 Overhead squat

Time Cap 8 minutes

Score is kg

WORKOUT VARIATIONS

Men 12cal / Women 9cal Row

Men 50kg / Women 35kg Thruster

Men Chest to bar / Women Pull up

EVENT3a

Round	12/9 Cal row	9 Thruster	6 Chest to bar / Pull up
1	12/9	21/18	27/24
2	39/33	48/42	54/48
3	66/57	75/66	81/72
4	93/81	102/90	108/96
5	120/105	129/114	135/120
6	147/129	156/138	162/144
7	174/153	183/162	189/168
8	201/177	210/186	216/192
9	228/201	237/210	243/216
10	255/225	264/234	270/240
11	282/249	291/258	297/264
12	309/273	318/282	324/288

Total Reps _____

EVENT3b

1 Snatch + 1 Hang snatch + 2 Overhead squat	_____
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Weight _____ kg

EVENT3

COMPETITOR

SCORE SUBMISSION DEADLINE : 2024/7/21 SUN 15:00

ATHLETE NAME _____

EVENT3a Total Reps _____

JUDGE NAME _____

EVENT3b Weight _____ kg

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 _____



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SATURDAY, JUNE 15, THROUGH 15:00 SUNDAY, JULY 21

EVENT 3

FITNESS

On a 20:00 running Clock

From 00:00 - 12:00

Event3a

AMRAP 12 minutes

12/9 Cal row

9 Thruster

6 Jumping pull up

Score is reps

into

12:00 - 20:00

Event3b

Find heavy set of:

1 Clean +

1 Hang clean +

2 Front squat

Time Cap 8 minutes

Score is kg

WORKOUT VARIATIONS

Men 12cal / Women 9cal Row

Men 30kg / Women 20kg

Thruster

EVENT3a

Round	12/9 Cal row	9 Thruster	6 Jumping pull up
1	12/9	21/18	27/24
2	39/33	48/42	54/48
3	66/57	75/66	81/72
4	93/81	102/90	108/96
5	120/105	129/114	135/120
6	147/129	156/138	162/144
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Total Reps _____

EVENT3b

1 Clean + 1 Hang clean + 2 Front squat

Weight _____ kg

EVENT3 FITNESS

SCORE SUBMISSION DEADLINE : 2024/7/21 SUN 15:00

ATHLETE NAME _____

EVENT3a Total Reps _____

JUDGE NAME _____

EVENT3b Weight _____ kg

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 _____