



FINAL - SCORECARD

Japan Championship 2025 [FINAL]
SATURDAY, NOVEMBER 1, THROUGH SUNDAY, NOVEMBER 2

EVENT 1 **ELITE**

15 minutes
Max Cal SkiErg
Score is Max Cal

Max Cal SkiErg

Max Cal _____ cal

EVENT1 **ELITE** HEAT No. _____ LANE No. _____

JUDGE NAME _____ ATHLETE NAME _____ Max Cal _____ cal

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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EVENT 1 Rx'd

For time
Buy-in
40 Dumbbell Devil's Press

2 rounds
12 Handstand Push Up
12 Dumbbell Box Step Over

2 rounds
12 Handstand Push Up
24 Box Jump Over

Cash-out
40 Dumbbell Clean & Jerk

Time Cap 20minutes
Score is Time or Reps

WORKOUT VARIATIONS

Men
50lb Dumbbell x 2
24 inch Box

Women
35lb Dumbbell x 2
20 inch Box

40 Dumbbell Devil's Press	40
12 Handstand Push Up	52
12 Dumbbell Box Step Over	64
12 Handstand Push up	76
12 Dumbbell Box Step Over	88
12 Handstand Push Up	100
24 Box Jump Over	124
12 Handstand Push Up	136
24 Box Jump Over	160
40 Dumbbell Devil's Press	200

Time OR Reps _____

EVENT1 Rx'd HEAT No. _____ LANE No. _____

JUDGE NAME _____ ATHLETE NAME _____ Time OR Reps _____

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