



FINAL - SCORECARD

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

EVENT 3 ELITE

3 minutes
Max rep Clean

Score is Max Reps

WORKOUT VARIATIONS

Men
100kg Clean

Women
65kg Clean

Max Rep Clean									
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Max Reps _____

EVENT3 ELITE HEAT No. _____ LANE No. _____

JUDGE NAME _____ ATHLETE NAME _____ Max 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 2025 [FINAL]
SATURDAY, NOVEMBER 1, THROUGH SUNDAY, NOVEMBER 2

EVENT 3 Rx'd

3 minutes
Max rep Clean

Score is Max Reps

WORKOUT VARIATIONS

Men
90kg Clean

Women
55kg Clean

Max Rep Clean									
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Max Reps _____

EVENT3 Rx'd HEAT No. _____ LANE No. _____

JUDGE NAME _____ ATHLETE NAME _____ Max 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 _____