



FINAL - SCORECARD

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

EVENT 4 ELITE

On a 9:00 Running clock
Part A (0:00–4:00 / 4 min cap)
For time
20 Deadlift
15 Pogo Burpee
10/5 Ring Muscle-up
Score is Time or Reps

Rest (4:00–5:00)

Part B (5:00–9:00)
4 min
1 RM Hang Snatch
Score is KGs

WORKOUT VARIATIONS

Men
140kg Deadlift

Women
95kg Deadlift

PART A 0:00-4:00 (Time cap 4Minutes)

20 Deadlift	20
15 Pogo burpee	35
TIEBREAK	
10/5 Ring Muscle up	45/40

Time

Tiebreak Time _____

Time or Reps _____

PART B 5:00-9:00

1 RM Hang Snatch	kg
------------------	----

Weight _____ kg



Tiebreak Time _____

Time or Reps _____

EVENT4 ELITE HEAT No. _____ LANE No. _____

JUDGE NAME _____ ATHLETE NAME _____ Weight _____

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 4 Rx'd

On a 9:00 Running clock
Part A (0:00–4:00 / 4 min cap)
For time
20 Deadlift
15 Pogo Burpee
10/5 Ring Muscle-up
Score is Time or Reps

Rest (4:00–5:00)

Part B (5:00–9:00)
4 min
1 RM Hang Snatch
Score is KGs

WORKOUT VARIATIONS

Men
120kg Deadlift

Women
75kg Deadlift

PART A 0:00-4:00 (Time cap 4Minutes)

20 Deadlift	20
15 Pogo burpee	35
TIEBREAK	
10/5 Ring Muscle up	45/40

Time

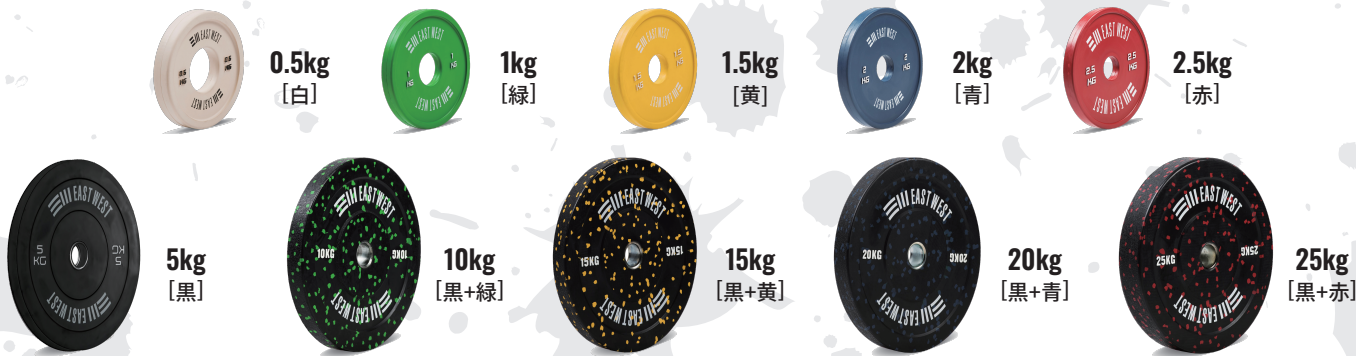
Tiebreak Time _____

Time or Reps _____

PART B 5:00-9:00

1 RM Hang Snatch	kg
------------------	----

Weight _____ kg



Tiebreak Time _____

Time or Reps _____

EVENT4 Rx'd HEAT No. _____ LANE No. _____

JUDGE NAME _____ ATHLETE NAME _____ Weight _____

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 _____