



# SCORECARD

Japan Championship 2025 ONLINE QUALIFIER  
EVENT 3 : SATURDAY, JULY 7, THROUGH 15:00 SUNDAY, JULY 20



## EVENT 3

COMPETITOR

Part A: 0:00 – 5:00

3 Rep Max Thruster

Score is kg

Part B: 5:00 – 13:00

For Time (8-minute cap):

75 Wall Ball Shot

50 Deadlift

– Tiebreak Time –

25 Bar Muscle-up

Time Cap 8 minutes

Score is Time OR Reps

Part A: 0:00 – 5:00

3 Rep Max Thruster	kg
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Part B: 5:00 – 13:00

75 Wall Ball Shot	75
50 Deadlift	125
25 Bar Muscle-up	150

Tiebreak Time

## WORKOUT VARIATIONS

### Wall Ball Shot

Men 20lb (9kg) • 10ft (3.04m)

Women 14lb (6kg) • 9ft (2.74m)

### Deadlift

Men 100kg (220lb) / Women 70kg (155lb)

EVENT 3 SCORE SUBMISSION DEADLINE: 2025/07/20 SUN 15:00

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

Part A Weight \_\_\_\_\_ kg

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

Tiebreak Time \_\_\_\_\_

Part B Time or Total Reps \_\_\_\_\_





# SCORECARD

Japan Championship 2025 ONLINE QUALIFIER  
EVENT 3 : SATURDAY, JULY 7, THROUGH 15:00 SUNDAY, JULY 20

SUPPORTED BY



## EVENT 3

FITNESS

Part A: 0:00 – 5:00

3 Rep Max Thruster

Score is kg

Part B: 5:00 – 13:00

For Time (8-minute cap):

75 Wall Ball Shot

50 Deadlift

– Tiebreak Time –

25 Pull-up

Time Cap 8 minutes

Score is Time OR Reps

Part A: 0:00 – 5:00

3 Rep Max Thruster	kg
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Part B: 5:00 – 13:00

75 Wall Ball Shot	75
50 Deadlift	125
25 Pull-up	150

Tiebreak Time

## WORKOUT VARIATIONS

### Wall Ball Shot

Men 14lb (6kg) • 10ft (3.04m)

Women 10lb (4.5kg) • 9ft (2.74m)

### Deadlift

Men 60kg (135lb) / Women 40kg (90lb)

EVENT 3 SCORE SUBMISSION DEADLINE: 2025/07/20 SUN 15:00

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

Part A Weight \_\_\_\_\_ kg

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

Tiebreak Time \_\_\_\_\_

Part B Time or Total Reps \_\_\_\_\_

