



SCORECARD

Japan Championship 2025 ONLINE QUALIFIER
EVENT 2 : SATURDAY, JUNE 27, THROUGH 15:00 SUNDAY, JULY 12

SUPPORTED BY



EVENT 2 **COMPETITOR**

For Time (Time Cap: 18 minutes)

- 1000m Row
- 50 Toes-to-Bar
- 40 Box Jump Over
- 30 Pull-ups
- TIEBREAK 1 –
- 20 Clean & Jerk
- TIEBREAK 2 –
- 10 Bar Muscle-ups
- TIEBREAK 3 –
- 1000m Row

Score is Time OR Reps

WORKOUT VARIATIONS

Clean & Jerk

- Men 70kg (155lb)
- Women 45kg (100lb)

Box Jump Over

- Men 24inch (60cm)
- Women 20inch (50cm)

1000m Row		10	
50 Toes-to-Bar		60	
40 Box Jump Over		100	
30 Pull-ups		130	
TIEBREAK 1			
20 Clean & Jerk		150	Time
TIEBREAK 2			
10 Bar Muscle-ups		160	Time
TIEBREAK 3			
1000m Row		170	Time

EVENT 2 SCORE SUBMISSION DEADLINE: 2026/07/12 SUN 15:00

ATHLETE NAME _____

Tiebreak Time 1. _____ 2. _____ 3. _____

JUDGE NAME _____

Time or Total Rep _____





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Japan Championship 2025 ONLINE QUALIFIER
EVENT 2 : SATURDAY, JUNE 27, THROUGH 15:00 SUNDAY, JULY 12

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EVENT 2 **FITNESS**

For Time (Time Cap: 18 minutes)

- 1000m Row
- 50 Hanging Leg Raise
- 40 Box Jump Over
- 30 Jumping Chest-to-Bar Pull-up
- TIEBREAK 1 —
- 20 Clean & Jerk
- TIEBREAK 2 —
- 1000m Row

Score is Time OR Reps

WORKOUT VARIATIONS

Clean & Jerk

- Men 43kg (95lb)
- Women 30kg (65lb)

Box Jump Over

- Men 24inch (60cm)
- Women 20inch (50cm)
- ※Step Over可

1000m Row	10	
50 Hanging Leg Raise	60	
40 Box Jump Over	100	
30 Jumping Chest-to-Bar Pull-up	130	
TIEBREAK 1		
20 Clean & Jerk	150	Time
TIEBREAK 2		
1000m Row	160	Time

EVENT 2 SCORE SUBMISSION DEADLINE: 2026/07/12 SUN 15:00

ATHLETE NAME _____

Tiebreak Time 1. _____ 2. _____

JUDGE NAME _____

Time or Total Rep _____

