



FINAL - SCORECARD

Japan Championship 2024 [FINAL]
SATURDAY, NOVEMBER 2, THROUGH SUNDAY, NOVEMBER 3

EVENT 1 COMPETITOR - ELITE

EVENT 1

On a 10 min running clock:

Part A (00:00-05:00)

For time of:

20/15 Cal Row

15 Ground to overhead

Max Pullover

Time Cap 5 min

Part B (05:00-10:00)

For Max Load in 5 min:

Clean + Hang clean + Front squat

Score is KG

WORKOUT VARIATIONS

Men 85kg / Women 55kg

Ground to overhead

PART A 0:00-5:00

20 / 15 Cal Row	20 / 15
15 Ground to overhead	35/ 30
Max Pullover	

Total Reps at 5 Minutes _____

PART B 5:00-10:00

Clean + Hang clean + Front squat	kg
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Weight _____ kg



EVENT 1 COMPETITOR - Elite

HEAT No. _____ LANE No. _____

Time OR Reps _____

JUDGE NAME _____ ATHLETE NAME _____ Weight _____ kg

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 2024 [FINAL]
SATURDAY, NOVEMBER 2, THROUGH SUNDAY, NOVEMBER 3

EVENT 1 COMPETITOR - Rx'd

EVENT 1

On a 10 min running clock:

Part A (00:00-05:00)

For time of:

20/15 Cal Row

15 Ground to overhead

Max Pullover

Time Cap 5 min

Part B (05:00-10:00)

For Max Load in 5 min:

Clean + Hang clean + Front squat

Score is KG

PART A 0:00-5:00

20 / 15 Cal Row	20 / 15
15 Ground to overhead	35/ 30
Max Pullover	

Total Reps at 5 Minutes _____

PART B 5:00-10:00

Clean + Hang clean + Front squat	kg
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WORKOUT VARIATIONS

Men 60kg / Women 40kg

Ground to overhead

Weight _____ kg



EVENT 1 COMPETITOR - Rx'd

HEAT No. _____ LANE No. _____

Time OR Reps _____

JUDGE NAME _____

ATHLETE NAME _____

Weight _____ kg

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 _____