






SODC Summer Games @ Home
May 22nd – June 19th



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Event		ACTION / TASK	Score #1	Score #2
	Dribbling (Tier 1)	How many times can you dribble a basketball in 60 seconds?		
	Lay Ups (Tier 1)	How many lay up's can you make out of 20 attempts?		
	20 Meter Dash (Tier 1)	How fast can you walk, roll or run a 20-meter dash? (Please list if you ran, walked or rolled)		
	50 Meter Dash (Tier 1)	How fast can you walk, roll or run 50 meters? (Please list if you ran, walked or rolled)		
	Tennis Ball Throw (Tier 1)	How far can you throw a tennis ball? (15M Max)		
	Free Throws (Tier 1)	How many Free Throws can you make out of 20 attempts?		
	Three Pointers (Tier 2)	How many 3 pointers can you make out of 20 attempts?		
	100 Meter Dash (Tier 2)	How fast can you walk, roll or run 100 meters?		
	200 Meter Dash (Tier 2)	How fast can you walk, roll or run 200 meters?		
	Push Ups (Tier 2)	How many push-ups can you do in 60 seconds?		
	Sit Ups (Tier 2)	How many sit ups can you do in 60 seconds?		