

Tuesday Challenge Open Meeting

This week is the first ever Tuesday Challenge competition! You will compete against your fellow athletes just as you would in any competition but with a virtual twist! You have one week to compete in as many events as you wish from the lists below. Track and sideline events you get one attempt. Field events you get 3 attempts

On the track:

75m
600m
1.6 km
Obstacle 200m
Family relay x 400m
(you choose how to do it!!)

On the field:

SLJ
STJ
Discus (frisbee)
Shot (tennis ball)
Javelin (wooden spoon)
Chest push (football)

On the sidelines:

Speed bounce (30 secs)
3 legged race (50m)
Pillowcase (sack) race (50m)

Certificates will be awarded for:

Best dressed athlete

Best heptathlete (your best 7 events)

Best Quad athlete (Best event in each section plus one other)

Top athlete in each event (for each age group)

Email me your times/distances/school year benkeys@aol.com and post photos and videos on FB page if you wish but **DO NOT** share your results online!!

Respect your fellow athletes, your officials and supporters 😊

Take your marks, set, Go

Have fun and stay safe, Jo x