

## SUMMER OLYMPIC CHALLENGE EVENT STANDARDS & DETAILS



### BASKETBALL

Complete this event at a Challenge Day or ages 10+ at your convenience and report your times at a Challenge Day for your medal.

Teams can split the shots or have 1 teammate complete all shots.

- Age: 7 at 8 ft hoop
- Age: 8-9 at 9 ft hoop
- Age: 10+ at 10 ft hoop

Challenge = 10 shots of ea: lay-ups (5 ea. Side), free throws, 3 points (anywhere)

For All Ages (7+)

Medal Standards (completed shots)

- 27-30 Gold
- 24-26 Silver
- 21-23 Bronze



### SWIMMING

#### 2 Events: Distance Swim & 50 Yard Sprint

Complete at your convenience and report your times at a Challenge Day for your medal.

Medal Standards

- Ages 7-12
  - Challenge = 200 yard swim
    - Under 4:00 min (2:00/ 100 yards pace) Gold
    - 4:01-4:30 min (2:01-2:15/ 100 yards pace) Silver
    - 4:31-5:00 min (2:16-2:30/ 100 yards pace) Bronze
- Ages 13-17
  - Challenge = 400 yard swim
    - Under 8:00 min (2:00 pace) Gold
    - 8:01-9:00 min (2:01-2:15 pace) Silver
    - 9:01-10:00 min (2:16-2:30 pace) Bronze
- Ages 18+
- Challenge = 1000 yard swim
  - Under 20:00 min (2: 00 pace) Gold
  - 20:01-22:30 min (2:01-2:15 pace) Silver
  - 22:31-25:00 min (2:16-2:30 pace) Bronze
- For All Ages (7+)
- Sprint Challenge = 50 yard sprint (1 lap)
  - Under :55 sec Gold
  - :55.01-1:02 min Silver
  - Over 1:02.01 min Bronze



### TRACK & FIELD

#### 3 Events: Distance Run, Shuttle Sprint, Long Jump

Distance Run: Complete distance in 1 workout (walk/ run) at your convenience and report your times at a Challenge Day for your medal.

Medal Standards

- Ages 7+
- Challenge = 5K (3.1 miles)
  - Under 30 min Gold



## SUMMER OLYMPIC CHALLENGE EVENT STANDARDS & DETAILS

- 31-40 min Silver
- 41-50 min Bronze
- Age 18+
- Challenge = 10K (6.2 miles)
  - Under 60 min Gold
  - 61-70 min Silver
  - 71-90 min Bronze

Shuttle Sprint: Complete this event at a Challenge Day.

For All Ages (7+)

Challenge = Runs as many laps as you can in 2:00 min.

Medal Standards

- 16 laps Gold
- 12-15 laps Silver
- 9-11 laps Bronze

Standing Long Jump: Complete this event at a Challenge Day.

For All Ages (7+)

Challenge = Broad jump as far as you can from a stationary standing position.

Medal Standards

- 5+ ft Gold
- 4-5 ft Silver
- 3-4 ft Bronze



### ROWING

Complete this event at a Challenge Day or at your convenience and report your times at a Challenge Day for your medal. Team: only 1 athlete needed, both are welcome.

For All Ages (7+)

Challenge = Row 1000 meters

Medal Standards

- Under 4:30 min (2:15/ 500 pace) Gold
- 4:31-5:00 min (2:30/ 500 pace) Silver
- 5:01-5:30 min (2:45/ 500 pace) Bronze



### PING PONG

Complete this event at a Challenge Day. Games are singles.

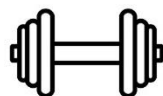
Teams: 1 participant/ game, can switch between games.

For All Ages (7+)

Challenge = Play 2 games to 11 points, win by 2.

Medal Standards

- 2-0 record Gold
- 1:1 record Silver
- 0-2 record Bronze



### WEIGHTLIFTING

**2 Events: Upper Body & Lower Body**

Recommended to complete this event at a Challenge Day or at your convenience and report your weights/ times at a Challenge Day for your medal. Perform 1 Bench Press rep and 5 Squat reps based on below weights.

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Team: only 1 athlete needed, both are welcome to complete.

### Medal Standards

- Ages 7-11
- **Challenge** = Hold a Wall-Sit and Plank for as long as you can (2 medal opportunity).
  - 1:00+ min Gold
  - :45-:59 sec Silver
  - :30-:44 sec Bronze
- Ages 12+ (If experience with back squat and bench press)
- **Challenge** = 1RM of Bench based on below weight. 5RM of Squat based on below weight. (2 medal opportunity).
  - MALE
    - $>1.27 \times \text{body weight} = \text{Weight to Bench Gold}$
    - $1.11-1.26 \times \text{body weight} = \text{Weight to Bench Silver}$
    - $0.97-1.10 \times \text{body weight} = \text{Weight to Bench Bronze}$
  - FEMALE
    - $>0.78 \times \text{body weight} = \text{Weight to Bench Gold}$
    - $0.69-0.77 \times \text{body weight} = \text{Weight to Bench Silver}$
    - $0.53-0.68 \times \text{body weight} = \text{Weight to Bench Bronze}$



### CYCLING

**Challenge** = Attend cycling classes offered on the Group Exercise schedule.

Due to equipment size, for Ages (12+). Ages 12-14 years must have a parent present.

### Medal Standards

- Attend 4+ earn Gold
- Attend 2-3 earn Silver
- Attend 1 earn Bronze



### VOLLEYBALL

Complete this event at a Challenge Day.

All ages. (7+)

**Challenge** = Complete 20 serves (recommended 10 underhand, 10 overhand). Successful serve is over the net and in-bounds. Teams can split the serves or have 1 teammate complete all

### Medal Standards (successful serves):

- 17-20 Gold
- 14-16 Silver
- 11-13 Bronze



### BOXING (BOXING TAG)

Complete this event at a Challenge Day.

**Challenge** = Play 2 rounds of 2:00. Most points earned at end of 2:00 wins. Points for tagging opponent on shoulders and legs, no gloves or experience necessary.

Ages 7-12, 13-18, 18+ We will try and match participants based on age.

Teams: 1 participate/ game, can switch between games.

### Medal Standards

- 2-0 record Gold
- 1:1 record Silver
- 0-2 record Bronze