

2) Give the rules for two track and two field events.

Event 1: _____

Rules: _____

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Rules: _____

Tell what an amateur is. _____

3) Prepare plans for holding a sports meet. _____

Outline duties of each official needed.

Official

Duties

4) Serve as an official in an athletic meet or major sport. _____

5) Qualify in one event, for your weight, in each of the groups below.

✓	GROUP 1	Under 75 lbs.	Under 95 lbs.	Under 110 lbs.	Under 125 lbs.	Under 140 lbs.	Under 150 lbs.	Under 175 lbs.	Under 200 lbs.	200 lbs. or over
	Running long jump	10'2"	11'6"	12'	13'	14'	15'	16'	14'	10'
	Running high jump	3'2"	3'6"	3'9"	4'	4'3"	4'2"	4'	3'6"	3'
	Standing long jump	5'10"	6'3"	6'9"	7'2"	7'4"	7'6"	7'4"	6'	5'
	Standing high jump	2'6"	3'	3'2"	3'4"	3'6"	3'8"	3'5"	3'	2'4"
	GROUP 2	sec.	sec.	sec.	sec.	sec.	sec.	sec.	sec.	sec.
	50 yard dash	8	7-4/5	7-3/5	7-1/5	7	6-3/5	7	7-3/5	8-2/5
	100 yard dash			13	12-3/5	12-2/5	12-4/5	14	15-3/5	
	6 potato race	36	28	27	26	25	24	28	32	36
	GROUP 3	sec.	sec.	sec.	sec.	sec.	sec.	sec.	sec.	sec.
	20-yard swim	19-3/5	18-2/5	17-4/5	17-1/5	16-3/5	16	15	15-4/5	18-3/5
	40-yard swim	47	40	39	38	37	36	35	39	40
	GROUP 4									
	Pull-up	3 times	5 times	6 times	8 times	10 times	12 times	10 times	6 times	4 times
	8 lb. shot put	15'	20'	24'	28'	32'	34'	36'	37'	38'
	Push up from floor	7 times	9 times	10 times	12 times	14 times	16 times	17 times	12 times	8 times
	Rope climb 18 ft.	29 sec.	17 sec.	15 sec.	13 sec.	11 sec.	14 sec.	17 sec.	20 sec.	25 sec.
	GROUP 5									
	Baseball throw for accuracy 3 strikes, 6 throws	42'	48'	51'	54'	57'	65'	70'	60'	50'
	Baseball throw for distance	120'	150'	175'	195'	210'	220'	230'	200'	175'
	Basketball goal shooting (30 sec.)	5 in 8	5 in 8	6 in 9	7 in 10	8 in 11	9 in 12	10 in 13	8 in 12	6 in 15
