

## PRACTICE DAY / PREPARATION FOR OLYMPICS

Name:

Team:

Date:

\*\*\*Record your score for each trial. You are seeking to achieve your personal best!\*\*\*

### EVENT

| <u>TRIAL</u>        | <u>Shotput</u> | <u>Javelin</u> | <u>Discus</u> | <u>Triple Jump</u> | <u>Long Jump</u> | <u>100m</u>    |
|---------------------|----------------|----------------|---------------|--------------------|------------------|----------------|
| 1                   | m              | m              | m             | m                  | m                | s              |
| 2                   | m              | m              | m             | m                  | m                | s              |
| 3                   | m              | m              | m             | m                  | m                | s              |
| 4                   | m              | m              | m             | m                  | m                | s              |
| 5                   | m              | m              | m             | m                  | m                | s              |
| <b>BEST SCORE =</b> | m              | m              | m             | m                  | m                | s              |
|                     | Red - 10m      | Red - 15m      | Red - 15m     | Red - 8m           | Red - 3.5m       | Red - 16.5s    |
|                     | Bronze - 11m   | Bronze - 20m   | Bronze - 20m  | Bronze - 8.5m      | Bronze - 4m      | Bronze - 15.5s |
|                     | Silver - 12m   | Silver - 25m   | Silver - 25m  | Silver - 9m        | Silver - 4.5m    | Silver - 14 s  |
|                     | Gold - 14m     | Gold - 30m     | Gold - 30m    | Gold 9.5m          | Gold - 4.75m     | Gold - 13s     |

**COMPARE YOUR BEST SCORE FROM EACH EVENT AND CIRCLE WHICH STANDARD YOU REACHED.**