



25M Manual Wheelchair Race

Event Overview

EQUIPMENT NEEDED



Designated Start/Finish Line

(You can use cones, a chair, or any large, stationary object that will not move)



Stopwatch



Measuring Tape

If you do not have measuring tape, have someone take 30 big steps. 1 Big Step = 1 Meter

RULES

1

Create a designated start and finish line, measuring 25 Meters (82 feet) in between

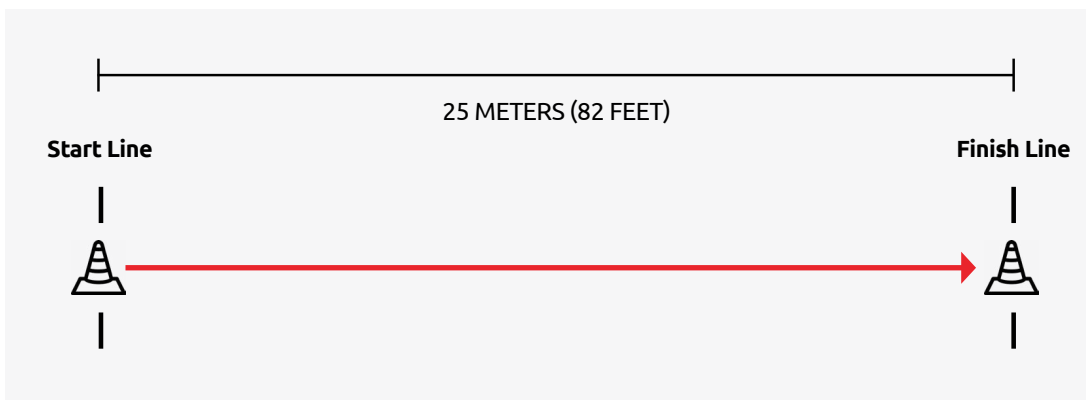
2

Complete the race!

3

Have someone time you, record the time on the scorecard

SETUP



Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames



Athletics Event Overview
2020 Virtual Summer Games

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