



25M Motorized Wheelchair Obstacle Race

Event Overview

EQUIPMENT NEEDED



Cones/ Objects for Obstacles



Stopwatch



Designated Start/Finish Line

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

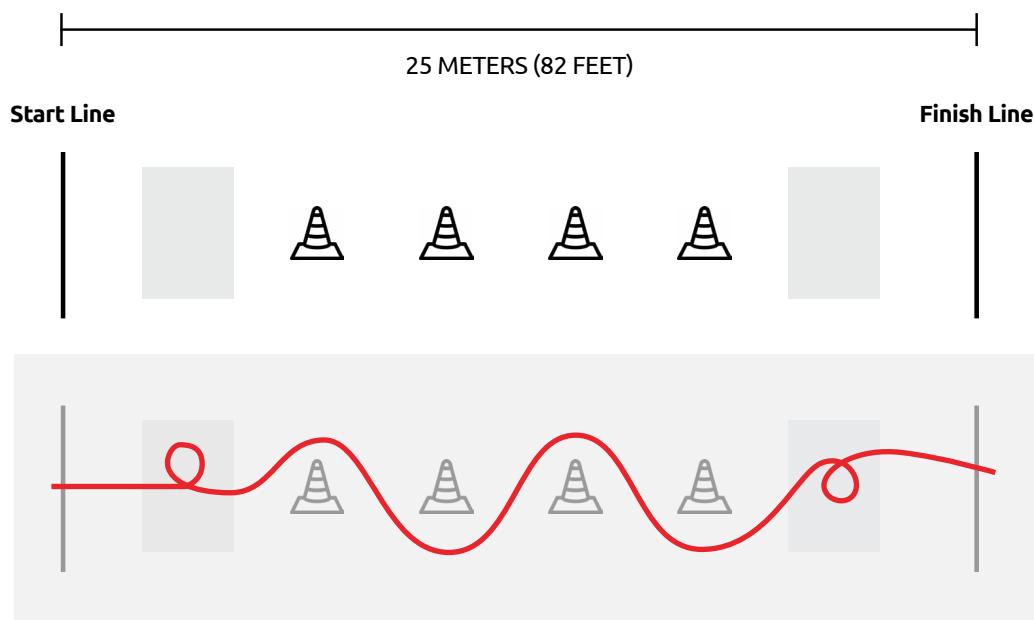


Measuring Tape

If you do not have measuring tape, have someone take 25 big steps. 1 Big Step = 1 Meter

RULES

- 1** Create a designated start and finish line, measuring 25 Meters (82 feet) in between
- 2** Mark two 3X3M (9ft X 9ft) boxes; 1 box 2 meters (6 ft) from the start line and 2 meters (6 ft) from the finish line
- 3** Place 4 cones between the boxes, each 3 Meters (9 ft) apart
- 4** Start at start line, complete 360 circle between the starting line and first box, then weave through the 4 cones, complete 360 turn between the box and finish line, then cross the finish line
- 5** Have someone time you, record the time on the scorecard



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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