



Wheelchair Tennis Ball Throw *Event Overview*

EQUIPMENT NEEDED



Tennis Ball

If you do not have a tennis ball, use another object (whiffle ball, baseball, etc.)



Designated Markers

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



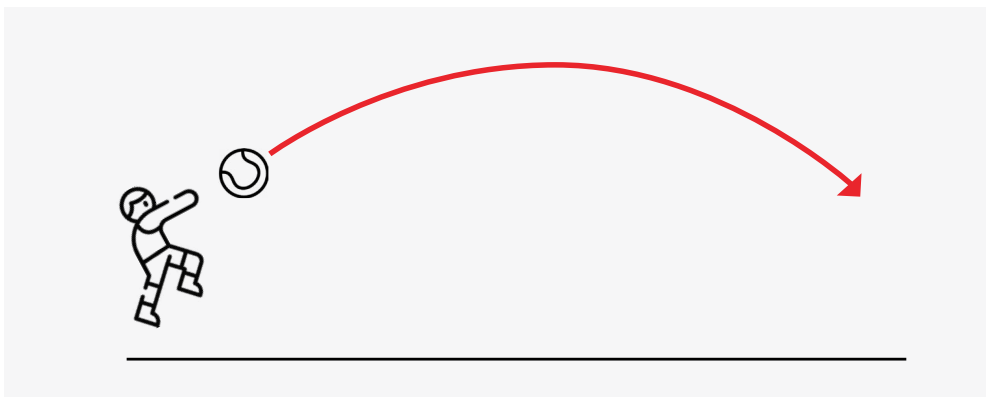
Measuring Tape

*If you do not have measuring tape, take big steps.
1 Big Step = 1 Meter, 3 Feet*

RULES

- 1 Athlete will stay behind a designated line
- 2 Athlete will throw the tennis ball as far as they can
- 3 Measurement will be made from the designated line to where the tennis ball first touched the ground
- 4 Record the distance on score card
- 5 If you can throw more than 15M, consider doing the softball throw instead

How far can you throw a tennis ball?



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

#sowavirtualgames



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