



Base Running *Event Overview*

EQUIPMENT NEEDED



Designated Bases

(You can use cones, a chair, or any large, stationary object that will not move. You can measure the distance in an open space, or even one leg of the distance and run that 4 times)



Stopwatch



Measuring Tape

If you do not have measuring tape, take big steps.



Your Feet!

1 Big Step = 1 Meter, 3 Feet

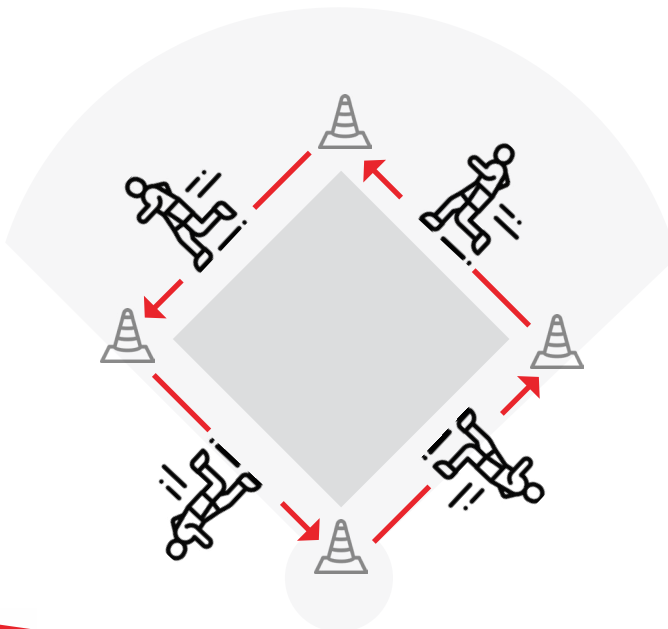
RULES

- 1 Set up bases in the shape of a square with 65 feet in between each base
- 2 The athlete will run to each base in order; they must touch each base

- 3 The clock will start once they step off base 4 and will stop once they touch base 4 again

- 4 Record time and add to your 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

