

BCA Virtual Track Meet

4/20-24/2020

Mark out a clear start and finish line with tape or chalk.

Wear something with BCA on it.

Send picture with Name/time/distance AND grade

1 Mile:

- Use a GPS or app that measures distance and time:
 - MapMyRun or other app
 - Also can use a treadmill
 - Measure with a car odometer 0.5 miles and run back and forth

2 Mile:

- Use a GPS or app that measures distance and time:
 - MapMyRun or other app
 - Treadmill
 - Car odometer as described in mile above but do circuit twice.

800 m

- Measure same as above.
- Treadmill
- Car odometer and only run one direction

Sprints:

100m, 200m, 400m Requirements:

- Measure approx. 100 meters
- You will need to measure the length of your stride (walking) and determine how many strides you will need to take to measure out a 100 meter distance. Time this distance once for the 100m, go back and forth for the 200m and back and forth twice for a 400m.

100m Hurdles (10):

Acceptable Items for Obstacles

- Milk Crate
- 5 Gallon Buckets
- Other ideas? Needs to be about 2 feet tall
- Set up a 50 meter distance (see sprints on how to do this) and space hurdles evenly giving yourself enough room to start and turn and go back (mark by a cone or something where to turn)

Field Events

Shotput Challenge:

- Basketball/Soccer ball above the head, similar to a soccer throw, tape where thrown and measure

Javelin Challenge:

- Make a Paper Airplane, tape where thrown and measure distance traveled

Discus Challenge:

- Frisbee
- A piece of tape at the starting distance, measure approximate distance thrown

Long Jump:

- Standing Jump (mark a start and without a run, jump forward as far as you can.)

High Jump:

- wall subtraction
- (Mark where your arm reaches with feet flat, Jump and stick a piece of tape as high as possible, then measure distance for jump height from regular stand with arm up.)

RELAYS:

4 x100: Organize a group of 4 athletes that are on your team* and have them time themselves in 100m. Tell us what times you got and who is on the team and that will be your team time.

4 x 400: See description above except each person runs a 400m and times are added together.

Training is important.

Try and do a little running each day until the week of spring break.

Sprint a few times each workout.

Push ups will help with strength.

Once you decide to compete:

You can spread out when you measure/time things to a few days or do it all in one day,

Pick and choose what you want to compete in. You can do one event, all events or any amount in between.

Send results and photos/videos to Coach CW and don't forget to include **NAME AND GRADE**
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