

2020 Virtual Summer Games Events



Choose your activities. You can choose all events or just choose your favorites!



Dribbling

How many times can you dribble a basketball in 60 seconds?

What to count and submit: Count the *number of times* you dribble a basketball in 60 seconds and that's your score.



Layups

How many layups can you make out of 20 attempts?

What to count and submit: Count the *number of layups* you make out of 20 attempts and that's your score.



Free Throws

How many free throws can you make out of 20 attempts?

Setup: The free throw line is 15 feet from the backboard.

What to count and submit: Count the *number of free throws* you make out of 20 attempts and that's your score.



3-Pointers

How many three points can you make out of 20 attempts?

Setup: The three point line is 20 feet from the backboard.

What to count and submit: Count the *number of 3-pointers* you make out of 20 attempts and that's your three point score.



Dunk, Layup or Trick Contest

Submit a video of your best dunk, layup or basketball trick! We'll highlight the best dunks, layups and tricks in our Virtual Summer Games Video that debuts at 7 p.m. on May 21, 2020, on our social media accounts ([Facebook](#) and [YouTube](#)) and [soiowa.org](#).

What to record and submit: Record a video of your best dunk, lay up or trick and submit on the online form.



25 Meter Dash

How fast can you walk, roll or run 25 meters?

Set up: Measure 25 meters (or 82 feet). If you are unable to use a measuring tape, you can measure by taking 30 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll your wheelchair 25 meters from start to finish.



50 Meter Dash

How fast can you walk, roll or run 50 meters?

Set up: You can do the 50 meter dash in your yard, on a sidewalk, or any open space. Measure 50 meters (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll 50 meters from start to finish.



100 Meter Dash

How fast can you walk, roll or run 100 meters?

Set up: You can do the 100 meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll 100 meters from start to finish.



200 Meter Dash

How fast can you walk, roll or run 200 meters?

Set up: You can do the 200 meter dash in your yard, on a sidewalk, or any open space. Measure 200 meters (or 656 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 240 large steps. Mark the distance.

What to submit: The time it takes you to run, walk or roll 200 meters from start to finish.



Standing Long Jump

How far can you jump from a standing position?

What to submit: Keeping both feet on the ground during the jump, measure the distance of your jump in meters and centimeters.



Tennis Ball Throw (15 meters max)

How far can you throw a tennis ball? ***If you can throw farther than 15 meters, do not try this activity.**

What to submit: Measure the distance of your throw in meters and centimeters.



Sit-Ups

How many sit ups can you do in 60 seconds?

What to submit: Count and record the number of sit ups you can do in one minute (60 seconds).



Push-Ups

How many push-ups can you do in 60 seconds?

What to submit: Count and record the number of push-ups you can do in one minute (60 seconds).

Please review the safety information below:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise

***Be sure to practice social distancing while exercising.**