



Slovak Catholic Sokol



Boys 8-9

50 Meters (10 sec) _____
75 Meters (14.5 sec) _____
200 Meters (46 sec) _____
Baseball Throw (85 ft) _____
Running Long Jump (7ft 6 in) _____
Standing Long Jump (4ft 10in) _____
200 Meter Relay _____
200 Meter Mixed Relay _____

Boys 8-9

50 Meters (10 sec) _____
75 Meters (14.5 sec) _____
200 Meters (46 sec) _____
Baseball Throw (85 ft) _____
Running Long Jump (7ft 6in) _____
Standing Long Jump (4ft 10in) _____
200 Meter Relay _____
200 Meter Mixed Relay _____

Boys 8-9

50 Meters (10 sec) _____
75 Meters (14.5 sec) _____
200 Meters (46 sec) _____
Baseball Throw (85 ft) _____
Running Long Jump (7ft 6in ft) _____
Standing Long Jump (4ft 10 in) _____
200 Meter Relay _____
200 Meter Mixed Relay _____

Boys 8-9

50 Meters (10 sec) _____
75 Meters (14.5 sec) _____
200 Meters (46 sec) _____
Baseball Throw (85 ft) _____
Running Long Jump (7ft 6in) _____
Standing Long Jump (4ft 10in) _____
200 Meter Relay _____
200 Meter Mixed Relay _____



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Boys 10-12

50 Meters (9 sec) _____
100 Meters (17.5 sec) _____
200 Meters (40 sec) _____
400 Meters (85 sec) _____
Baseball Throw (140 ft) _____
Running Long Jump (9 ft) _____
Standing Long Jump (6ft. 1in) _____
High jump (3ft 2in) _____
400 Meter Relay _____
400 Meter Mixed Relay _____

Boys 10-12

50 Meters (9 sec) _____
100 Meters (17.5 sec) _____
200 Meters (40 sec) _____
400 Meters (85 sec) _____
Baseball Throw (140 ft) _____
Running Long Jump (9 ft) _____
Standing Long Jump(6ft. 1in) _____
High jump (3ft 2in) _____
400 Meter Relay _____
400 Meter Mixed Relay _____

Boys 10-12

50 Meters (9 sec) _____
100 Meters (17.5 sec) _____
200 Meters (40 sec) _____
400 Meters (85 sec) _____
Baseball Throw (140 ft) _____
Running Long Jump (9 ft) _____
Standing Long Jump (6ft. 1in) _____
High jump (3ft 2in) _____
400 Meter Relay _____
400 Meter Mixed Relay _____

Boys 10-12

50 Meters (9 sec) _____
100 Meters (17.5 sec) _____
200 Meters (40 sec) _____
400 Meters (85 sec) _____
Baseball Throw (140 ft) _____
Running Long Jump(9 ft) _____
Standing Long Jump (6ft. 1in) _____
High jump (3ft 2in) _____
400 Meter Relay _____
400 Meter Mixed Relay _____



Slovak Catholic Sokol



Boys 13-15

100 Meters (15.5 sec) _____
 200 Meters (32 sec) _____
 400 Meters (75 sec) _____
 800 Meters (3min 45sec) _____
 Softball Throw (160 ft) _____
 Running Long Jump (13ft) _____
 High jump (4ft) _____
 Discus Throw (75ft) _____
 12lb. Shot Put (20ft) _____
 400 Meter Relay _____
 400 Meter Mixed Relay _____

Boys 13-15

100 Meters (15.5sec) _____
 200 Meters (32 sec) _____
 400 Meters (75 sec) _____
 800 Meters (3min 45sec) _____
 Softball Throw (160 ft) _____
 Running Long Jump (13ft) _____
 High jump (4ft) _____
 Discus Throw (75ft) _____
 12lb. Shot Put (20ft) _____
 400 Meter Relay _____
 400 Meter Mixed Relay _____

Boys 13-15

100 Meters (15.5 sec) _____
 200 Meters (32 sec) _____
 400 Meters (75 sec) _____
 800 Meters (3min 45sec) _____
 Softball Throw (160 ft) _____
 Running Long Jump (13ft) _____
 High jump (4ft) _____
 Discus Throw (75ft) _____
 12lb. Shot Put (20ft) _____
 400 Meter Relay _____
 400 Meter Mixed Relay _____

Boys 13-15

100 Meters (15.5 sec) _____
 200 Meters (32 sec) _____
 400 Meters (75 sec) _____
 800 Meters (3min 45sec) _____
 Softball Throw (160 ft) _____
 Running Long Jump(13ft) _____
 High jump (4ft) _____
 Discus Throw (75ft) _____
 12lb. Shot Put (20ft) _____
 400 Meter Relay _____
 400 Meter Mixed Relay _____



Slovak Catholic Sokol



Men 16 and over

- 100 Meters (13 sec) _____
- 200 Meters (26 sec) _____
- 400 Meters (64 sec) _____
- 800 Meters (2min 35sec) _____
- 1500 Meter (6 min) _____
- Running Long Jump (16ft) _____
- High jump (5ft 2in) _____
- Discus Throw (85ft) _____
- Javelin (80 ft) _____
- 12lb. Shot Put (30ft) _____
- 400 Meter Relay _____
- 400 Meter Mixed Relay _____

Men 16 and over

- 100 Meters (13sec) _____
- 200 Meters (26 sec) _____
- 400 Meters (764sec) _____
- 800 Meters (2min 35sec) _____
- 1500 Meter (6 min) _____
- Running Long Jump (16ft) _____
- High jump (5ft 2in) _____
- Discus Throw (85ft) _____
- Javelin (80 ft) _____
- 12lb. Shot Put (30ft) _____
- 400 Meter Relay _____
- 400 Meter Mixed Relay _____

Men 16 and over

- 100 Meters (13 sec) _____
- 200 Meters (26 sec) _____
- 400 Meters (64 sec) _____
- 800 Meters (2min 35sec) _____
- 1500 Meter (6 min) _____
- Running Long Jump (16ft) _____
- High jump (5ft 2in) _____
- Discus Throw (85ft) _____
- Javelin (80 ft) _____
- 12lb. Shot Put (30ft) _____
- 400 Meter Relay _____
- 400 Meter Mixed Relay _____

Men 16 and over

- 100 Meters (13 sec) _____
- 200 Meters (26 sec) _____
- 400 Meters (64 sec) _____
- 800 Meters (2min 35sec) _____
- 1500 Meter (6 min) _____
- Running Long Jump (16ft) _____
- High jump (5ft 2in) _____
- Discus Throw (85ft) _____
- Javelin (80 ft) _____
- 12lb. Shot Put (30ft) _____
- 400 Meter Relay _____
- 400 Meter Mixed Relay _____