



# Slovak Catholic Sokol



## Girls 8-9

50 Meters (10 sec) \_\_\_\_\_  
75 Meters (14 sec) \_\_\_\_\_  
200 Meters (50 sec) \_\_\_\_\_  
Baseball Throw (50 ft) \_\_\_\_\_  
Running Long Jump (6ft 6in) \_\_\_\_\_  
Standing Long Jump (4ft 8in) \_\_\_\_\_  
200 Meter Relay \_\_\_\_\_  
200 Meter Mixed Relay \_\_\_\_\_

## Girls 8-9

50 Meters (10 sec) \_\_\_\_\_  
75 Meters (14 sec) \_\_\_\_\_  
200 Meters (50 sec) \_\_\_\_\_  
Baseball Throw (50 ft) \_\_\_\_\_  
Running Long Jump (6ft 6in) \_\_\_\_\_  
Standing Long Jump (4ft 8in) \_\_\_\_\_  
200 Meter Relay \_\_\_\_\_  
200 Meter Mixed Relay \_\_\_\_\_

## Girls 8-9

50 Meters (10 sec) \_\_\_\_\_  
75 Meters (14 sec) \_\_\_\_\_  
200 Meters (50 sec) \_\_\_\_\_  
Baseball Throw (50 ft) \_\_\_\_\_  
Running Long Jump (8 ft) \_\_\_\_\_  
Standing Long Jump (4ft 8in) \_\_\_\_\_  
200 Meter Relay \_\_\_\_\_  
200 Meter Mixed Relay \_\_\_\_\_

## Girls 8-9

50 Meters (10 sec) \_\_\_\_\_  
75 Meters (14 sec) \_\_\_\_\_  
200 Meters (50 sec) \_\_\_\_\_  
Baseball Throw (50 ft) \_\_\_\_\_  
Running Long Jump (6ft 6in) \_\_\_\_\_  
Standing Long Jump (4ft 8in) \_\_\_\_\_  
200 Meter Relay \_\_\_\_\_  
200 Meter Mixed Relay \_\_\_\_\_



# Slovak Catholic Sokol



## Girls 10-12

50 Meters (9.4 sec) \_\_\_\_\_  
100 Meters (18 sec) \_\_\_\_\_  
200 Meters (42 sec) \_\_\_\_\_  
400 Meters (95 sec) \_\_\_\_\_  
Baseball Throw (85 ft) \_\_\_\_\_  
Running Long Jump (9ft) \_\_\_\_\_  
Standing Long Jump (5ft. 6in) \_\_\_\_\_  
High jump (3ft ) \_\_\_\_\_  
400 Meter Relay \_\_\_\_\_  
400 Meter Mixed Relay \_\_\_\_\_

## Girls 10-12

50 Meters (9.4 sec) \_\_\_\_\_  
100 Meters (18 sec) \_\_\_\_\_  
200 Meters (42 sec) \_\_\_\_\_  
400 Meters (95 sec) \_\_\_\_\_  
Baseball Throw (85 ft) \_\_\_\_\_  
Running Long Jump (9ft) \_\_\_\_\_  
Standing Long Jump(5ft. 6in) \_\_\_\_\_  
High jump (3ft) \_\_\_\_\_  
400 Meter Relay \_\_\_\_\_  
400 Meter Mixed Relay \_\_\_\_\_

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50 Meters (9.4 sec) \_\_\_\_\_  
100 Meters (18 sec) \_\_\_\_\_  
200 Meters (42 sec) \_\_\_\_\_  
400 Meters (95 sec) \_\_\_\_\_  
Baseball Throw (85 ft) \_\_\_\_\_  
Running Long Jump (9ft) \_\_\_\_\_  
Standing Long Jump (5ft. 6in) \_\_\_\_\_  
High jump (3ft ) \_\_\_\_\_  
400 Meter Relay \_\_\_\_\_  
400 Meter Mixed Relay \_\_\_\_\_

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50 Meters (9.4 sec) \_\_\_\_\_  
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Baseball Throw (85 ft) \_\_\_\_\_  
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Standing Long Jump (5ft. 6in) \_\_\_\_\_  
High jump (3ft ) \_\_\_\_\_  
400 Meter Relay \_\_\_\_\_  
400 Meter Mixed Relay \_\_\_\_\_



# Slovak Catholic Sokol



## Girls 13-15

100 Meters (16.2 sec) \_\_\_\_\_  
 200 Meters (38 sec) \_\_\_\_\_  
 400 Meters (85 sec) \_\_\_\_\_  
 800 Meters (4 min) \_\_\_\_\_  
 Softball Throw (100 ft) \_\_\_\_\_  
 Running Long Jump (9ft 6 in) \_\_\_\_\_

High jump (3ft 7in ) \_\_\_\_\_  
 Discus Throw (45ft) \_\_\_\_\_  
 8lb. Shot Put (15ft) \_\_\_\_\_  
 400 Meter Relay \_\_\_\_\_  
 400 Meter Mixed Relay \_\_\_\_\_

## Girls 13-15

100 Meters (16.2sec) \_\_\_\_\_  
 200 Meters (38 sec) \_\_\_\_\_  
 400 Meters (85 sec) \_\_\_\_\_  
 800 Meters (4 min) \_\_\_\_\_  
 Softball Throw (100 ft) \_\_\_\_\_  
 Running Long Jump (9ft6in) \_\_\_\_\_

High jump (3ft 7in ) \_\_\_\_\_  
 Discus Throw (45ft) \_\_\_\_\_  
 8lb. Shot Put (15ft) \_\_\_\_\_  
 400 Meter Relay \_\_\_\_\_  
 400 Meter Mixed Relay \_\_\_\_\_

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100 Meters (16.2 sec) \_\_\_\_\_  
 200 Meters (38 sec) \_\_\_\_\_  
 400 Meters (85 sec) \_\_\_\_\_  
 800 Meters (4 min) \_\_\_\_\_  
 Softball Throw (100 ft) \_\_\_\_\_  
 Running Long Jump (9ft 6in) \_\_\_\_\_  
 Discus Throw (45ft) \_\_\_\_\_  
 8lb. Shot Put (15ft) \_\_\_\_\_  
 400 Meter Relay \_\_\_\_\_  
 400 Meter Mixed Relay \_\_\_\_\_  
 Standing Long Jump (5ft. 6in) \_\_\_\_\_  
 High jump (3ft 7in ) \_\_\_\_\_

## Girls 13-15

100 Meters (16.2 sec) \_\_\_\_\_  
 200 Meters (38 sec) \_\_\_\_\_  
 400 Meters (85 sec) \_\_\_\_\_  
 800 Meters (4 min) \_\_\_\_\_  
 Softball Throw (100 ft) \_\_\_\_\_  
 Running Long Jump(9ft 6in) \_\_\_\_\_  
  
 High jump (3ft 7in ) \_\_\_\_\_  
 Discus Throw (45ft) \_\_\_\_\_  
 8lb. Shot Put (15ft) \_\_\_\_\_  
 400 Meter Relay \_\_\_\_\_  
 400 Meter Mixed Relay \_\_\_\_\_



# Slovak Catholic Sokol



## Women 16 and over

100 Meters (15.6 sec) \_\_\_\_\_  
200 Meters (35 sec) \_\_\_\_\_  
400 Meters (85 sec) \_\_\_\_\_  
800 Meters (3min 30sec) \_\_\_\_\_  
1500 Meter (7 min) \_\_\_\_\_  
Running Long Jump (12ft 6in) \_\_\_\_\_  
High jump (3ft 28in ) \_\_\_\_\_  
Discus Throw (55ft) \_\_\_\_\_  
Javelin (65 ft) \_\_\_\_\_  
8lb. Shot Put (21ft 5in) \_\_\_\_\_  
400 Meter Relay \_\_\_\_\_  
400 Meter Mixed Relay \_\_\_\_\_

## Women 16 and over

100 Meters (15.6 sec) \_\_\_\_\_  
200 Meters (35 sec) \_\_\_\_\_  
400 Meters (85 sec) \_\_\_\_\_  
800 Meters (3min 30sec) \_\_\_\_\_  
1500 Meter (7 min) \_\_\_\_\_  
Running Long Jump (12ft 6in) \_\_\_\_\_  
High jump (3ft 28in ) \_\_\_\_\_  
Discus Throw (55ft) \_\_\_\_\_  
Javelin (65 ft) \_\_\_\_\_  
8lb. Shot Put (21ft 5in) \_\_\_\_\_  
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400 Meter Mixed Relay \_\_\_\_\_

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Discus Throw (55ft) \_\_\_\_\_  
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