

2021 ELS OLYMPICS – DESCRIPTION OF EVENTS

Dashes & Runs

K-2 50 yd dash and 15 yd shuttle run

3-4 50 yd dash and 100 yd dash

5-6 50 yd dash and 100 yd dash

7-8 50 yd dash, 100 yd dash, . mile run

Sack Race

K-2 15 yd

Tennis Ball Throw

K-4 Best of two throws; compete within boundaries for distance.

Kickball Kick

K-4 Best of two kicks, measured total distance; compete within boundaries for distance.

Three-Legged Race

3-4 15 yd

Standing Long Jump

K-4 Best of two jumps, measured from the end of the pit. If the child falls forward or sideways after the jump, measure where back heel lands. If the child falls backwards after the jump, measure where hands fall (or whichever part of body lands farthest back).

Running Long Jump

5-8 Best of two jumps, measured from the edge of the pit. If the child falls forward or sideways after the jump, measure where back heel lands. If the child falls backwards after the jump, measure where hands fall (or whichever part of body lands farthest back).

Basketball Free Throw

5-8 Best of five free throws

Softball Throw

5-8 Best of two throws. Compete within boundaries for distance.

Shot Put

5-8 Best of two puts (shot is 10lbs).