

Speed Bounce (20 secs) - Girls



Team / Colour	Name	Jumps						Faults	Total	Team Total
		10	20	30	40	50	60			
	R1									
	R2									
	R3									
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Speed Bounce (20 secs) - Boys



Team / Colour	Name	Jumps						Faults	Total	Team Total
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	R1									
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	R2									
	R3									

Team Names												
Obstacle Relay												
1 + 1 Lap Relay												
2 + 2 Lap Relay												
6 Lap Paarlaf												
Over / Under												
Chest Push												
Speed Bounce												
St. Long Jump												
St. Triple Jump												
Vertical Jump												
Javelin												
4 x 1 Lap												
Total												
Position												

Score: 30pts, 28pts, 26pts, 24pts, 22pts etc All Teams Score