



2022 SONM Virtual Summer Games Event List

Athletics	Fitness	Endurance
25 M Run	Air Squats	Distance Walking
25 M Roll	Jumping Jacks	Non-Traditional
25 M Walk	Lunges	Balloon Volley
50 Run	Mountain Climbers	Frisbee Throw
50 M Roll	Planking	Bocce
50 M Walk	Push Ups	Closest to the Palina
100 M Run	Sit Ups	
100 M Roll	Superman	
100 M Walk	Wall Sits	
100 M Assisted Walk	Zig-Zag Jumps	
200 M Run		
200 M Roll		
200 M Walk		
200 M Assisted Walk		
Softball Throw		
Tennis Ball Throw		



2022 SONM Virtual Summer Games Athlete Registration

ATHLETES WHO ARE COMPETING IN-PERSON AT SUMMER GAMES IN ANY SPORT ARE NOT ELIGIBLE FOR ENTRY IN ANY VIRTUAL COMPETITION

- 1) Review the **Event Descriptions** for accurate set up and scoring procedures for all events
- 2) Athletes are eligible to compete in up to **Three (3)** events.
- 3) All events must have a qualifying score to be eligible to advance to the finals (Qualifying Deadline: **April 15th**)
- 4) The Deadline for Final Score submission is **May 20th**

DELEGATION: _____

Athlete Name: _____

Date of Birth: _____ **Gender:** _____

ATHLETICS <i>Track Events</i>	25 M Run	25 M Roll	25 M Walk	50 M Run	50 M Roll	50 M Walk
	100 M Run	100 M Roll	100 M Walk	100 M Asst. Walk		
	200 M Run	200 M Roll	200 M Walk	200 M Asst. Walk		
<i>Field Events</i>	Softball Throw	Tennis Ball Throw				
BOCCE	Closest to the Palina					
ENDURANCE Record the number of miles walked in 8 weeks.	Distance Walking	This event DOES NOT require a qualifying score, but still must be enter in the event by April 15th Final score must be submitted by May 20th				
FITNESS EVENTS	Air Squats	Jumping Jacks	Lunges	Mountain Climbers	Planking	
	Push Ups	Sit Ups	Superman	Wall Sits	Zig-Zag Jumps	
NON-TRADITIONAL EVENTS	Balloon Volley	Frisbee Throw				