



Athletics Activity Badge

Name: _____

..... B&D

To complete this badge the Cub Scout must gain eight or more points
Add up the scores from the best four events

Event	Points Scored	Signature of event organiser
50m Sprint		
Throwing the cricket ball		
High Jump		
Long Jump		
Sargent Jump		
Shuttle Run		
50m Skipping		
1000 m run		

Event	3 points	2 points	1 point
50m Sprint	9 seconds	10 seconds	11 seconds
Throwing the cricket ball	25 m	22 m	18 m
High Jump	96 cm	86 cm	76 cm
Long Jump	3 m	2.5 m	2 m
Sargent Jump	35 cm	30 cm	25 cm
Shuttle Run	18 seconds	19 seconds	20 seconds
50m Skipping	12 seconds	13 seconds	14 seconds
1000 m run	5 minutes	6 minutes	10 minutes