



# PERSONAL TRACKING SHEET

Upload your results for each event at [ausomeottawa.com/olympics](https://ausomeottawa.com/olympics)

EVENT	HOW TO SCORE	SCORE	NOTES
Opening Ceremonies	Which event did you do?	<input type="checkbox"/> Anthem <input type="checkbox"/> Torch <input type="checkbox"/> Flag or Rings <input type="checkbox"/> Activity Sheet	
Soccer	# of toe touches	# <input type="text"/>	
Sockput	How far did you throw? # of steps or measurement in metres	# <input type="text"/> metres	
Rhythmic Gymnastics	Rate your effort out of 5 stars	☆☆☆☆☆	
Standing Long Jump	How far did you jump? # of steps or measurement in metres	# <input type="text"/> metres	
50 Metre Dash	How fast did you run 50m?	<input type="text"/> mins <input type="text"/> secs <input type="text"/> millisecs	
Weightlifting	How long did you hold your wall sit?	<input type="text"/> mins <input type="text"/> secs <input type="text"/> millisecs	
Volleyball	How long did you keep the ball or ballon in the air?	<input type="text"/> mins <input type="text"/> secs <input type="text"/> millisecs	
Baseball	How many of 10 throws hit the strike zone target?	# <input type="text"/>	
Closing Ceremonies	Did you make a medal?	<input type="checkbox"/> Yes <input type="checkbox"/> No	

