

Name _____ Co _____ Class of _____ CWID _____
Last First Middle
 Date of First Event ____ / ____ / ____ Height ____ ' ____ " Weight ____ lbs.

Test And Description	Mark Needed	Your Best Mark	Points Earned	Date Completed M / D / Y	Grader's Initials
▪ 100 Yard Run	11.6 seconds or less				
▪ 120 Yard Hurdles <small>Place 5 standard low hurdles 20 yds apart. All hurdles must remain upright.</small>	16 seconds or less				
▪ Running High Jump <small>Standard based on height & weight.</small>	see chart on back				
▪ Running Broad Jump	17 feet				
16-lb Shot Put <small>Standard based on height & weight.</small>	see chart on back				
Rope Climb -Or- Golf Shot <small>Rope Climb: start from a sitting position w/o using legs. Golf: 4 out of 5 shots must land on the fly w/in circle (10ft radius) from distance of 75ft.</small>	12 seconds -Or- 4 out of 5 shots				
▪ * Baseball Throw -Or- Javelin	250 feet -Or- 130 feet				
▪ * Football Punt	120 feet				
100 Yard Swim <small>No substitution permitted.</small>	1 min, 45 sec or less				
1 Mile Run	6 minutes or less				
Front Handspring	land on feet				
Handstand -Or- Bowling <small>Handstand: cannot travel more than 3ft in any direction. Bowling: no more than 3 games can be played in one day.</small>	10 seconds -Or- 160 avg (3 games)				
Fence Vault <small>Fence must be chin high; body cannot touch fence. Take-off must be from two feet. Vault must be continuous without resting on hands or arms.</small>	Chin High				
Posture <small>Per Harvard Body Mechanics Posture Chart</small>	B Standard or better				
Scholarship	Academically in good-standing				

- HESS or Sigma Delta Psi member. You may not be evaluated by a Sigma Delta Psi member from your company.
- Must perform crosswise or into wind.
- * Measurement is from where ball leaves your body to where it strikes the ground.

Substitutions - limited to a total of three: 1 intramural championship + 2 varsity letters from different sports.

Date Completed ____ / ____ / ____ Approved By _____

Running High Jump Requirement

Body Weight	Body Height	Jump Required	Body Weight	Body Height	Jump Required
5' 3"	Below 160	4' 3"	5' 10"	Below 160	4' 10"
	160 to 169	4' 2"		160 to 169	4' 9"
	170 to 179	4' 1"		170 to 179	4' 8"
	180 to 189	4' 0"		180 to 189	4' 7"
	190 and over	3' 11"		190 and over	4' 6"
5' 4"	Below 160	4' 4"	5' 11"	Below 160	4' 11"
	160 to 169	4' 3"		160 to 169	4' 10"
	170 to 179	4' 2"		170 to 179	4' 9"
	180 to 189	4' 1"		180 to 189	4' 8"
	190 and over	4' 0"		190 and over	4' 7"
5' 5"	Below 160	4' 5"	6' 0"	Below 160	5' 0"
	160 to 169	4' 4"		160 to 169	4' 11"
	170 to 179	4' 3"		170 to 179	4' 10"
	180 to 189	4' 2"		180 to 189	4' 9"
	190 and over	4' 1"		190 and over	4' 8"
5' 6"	Below 160	4' 6"	6' 1"	Below 160	5' 1"
	160 to 169	4' 5"		160 to 169	5' 0"
	170 to 179	4' 4"		170 to 179	4' 11"
	180 to 189	4' 3"		180 to 189	4' 10"
	190 and over	4' 2"		190 and over	4' 9"
5' 7"	Below 160	4' 7"	6' 2"	Below 160	5' 2"
	160 to 169	4' 6"		160 to 169	5' 1"
	170 to 179	4' 5"		170 to 179	5' 0"
	180 to 189	4' 4"		180 to 189	4' 11"
	190 and over	4' 3"		190 and over	4' 10"
5' 8"	Below 160	4' 8"	6' 3"	Below 160	5' 3"
	160 to 169	4' 7"		160 to 169	5' 2"
	170 to 179	4' 6"		170 to 179	5' 1"
	180 to 189	4' 5"		180 to 189	5' 0"
	190 and over	4' 4"		190 and over	4' 11"
5' 9"	Below 160	4' 9"	6' 4"	Below 160	5' 4"
	160 to 169	4' 8"		160 to 169	5' 3"
	170 to 179	4' 7"		170 to 179	5' 2"
	180 to 189	4' 6"		180 to 189	5' 1"
	190 and over	4' 5"		190 and over	5' 0"

Shot Put Requirement

Body Weight	Put Required	Body Weight	Put Required	Body Weight	Put Required
120	22' 6"	134	25' 1 1/2"	148	27' 9"
121	22' 8 1/4"	135	25' 3 3/4"	149	27' 11 1/4"
122	22' 10 1/2"	136	25' 6"	150	28' 1 1/2"
123	23' 3/4"	137	25' 8 1/4"	151	28' 3 3/4"
124	23' 3"	138	25' 10 1/2"	152	28' 6"
125	23' 5 1/4"	139	26' 3/4"	153	29' 8 1/4"
126	23' 7 1/4"	140	26' 3"	154	29' 10 1/2"
127	23' 9 3/4"	141	26' 4 1/4"	155	29' 3/4"
128	24' 0"	142	26' 7 1/2"	156	29' 3"
129	24' 2 1/4"	143	26' 9 3/4"	157	29' 5 1/4"
130	24' 4 1/2"	144	27' 0"	158	29' 7 1/2"
131	24' 6 3/4"	145	27' 2 1/4"	159	29' 9 3/4"
132	24' 9"	146	27' 4 1/2"	160+	30' 0"
133	24' 11 1/4"	147	27' 6 3/4"		