



Sigma Delta Psi Fraternity

The Citadel

Epsilon Beta Chapter

Established February 1, 1960

Member Helman, William

Awarded On 5/19/1967

Evaluator Smyth, John

Event	Mark	Points
100 Yard Dash	11.3 seconds	43.0
120 Yard Hurdles	15.9 seconds	33.5
Running High Jump	4' 7"	12.6
Running Broad Jump	17' 2"	34.2
16lb. Shot Put	29' 5"	29.3
Rope Climb	0 seconds	0.0
or		
Golf Shot	4 /5	32.0
Baseball Throw	285' 0"	55.2
or		0.0
Javelin Throw	0	39.2
Football Punt	130' 6"	51.0
100 Yard Swim	1:31	0.0
1 Mile Run	0	
Handspring	Yes	
Handstand	37.5 seconds	68.5
or		
Bowling	0 average	0.0
Fence Vault	5' 2"	36.2
Posture	Yes	
Scholarship	<input checked="" type="checkbox"/>	Total Points 434.7
Substitutions	Regimental Gymnastics Champion	
