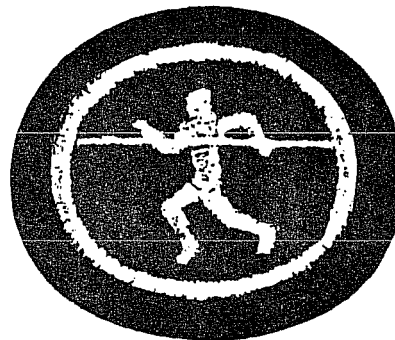


PHYSICAL FITNESS RELAY

PARTICIPANTS: 6 Pathfinders

PROCEDURE:

1. **Wheelbarrow.** One Pathfinder will support himself on his hands (gloves recommended) while partner supports his legs by the ankles (not knees). At the sound of the gun they will motivate to the action line. The one who was supporting the wheelbarrow's legs must do 20 sit-ups, legs held by partner. Upon completing sit-ups he picks up his partner's legs again (by ankles) and heads back to starting line.
2. When the wheelbarrow's hands cross the line, the backward runner runs out to action line.
3. When the backward runner crosses the action line the Pathfinder who has been waiting there since before the start heads back to starting line doing forward crab-walk. He may be in position and ready to go.



4. When the crab-walker crosses the starting line, the three-legged runner (made up of 2 Pathfinders lashed together at the knees with rope provided by the club) sprints for the finish line.

POINTS:

5 Points - entering

AWARDS:

First, Second and Third Place ribbons will be awarded for finishing within a pre-determined time set by conference youth director.

JUMP ROPE EVENT

Boys (13 & over)

100	1½ minutes	FIRST	10 Points
90	"	SECOND	8 Points
80	"	Third	6 Points

Boys (12 & under)

90	1½ minutes
85	"
80	"

Girls (Regulation)

90	1½ minutes
85	"
80	"

ROPE CLIMB (Height only)

2 boys, one 12 or under, and one 13 or over.

2 girls, one 12 or under, and one 13 or over.

A one-inch rope will be used, hang free and unattached at the bottom.

Use hands only in climb. Feet or legs must not be used on the way up.

BOYS

(12 & under) (13 & over)

1st	11 ft.	15 ft.
2nd	8 ft.	12 ft.
3rd	6 ft.	8 ft.

GIRLS

(12 & under) (13 & Over)

7 ft.	7 ft.
6 ft.	6 ft.
5 ft.	5 ft.

PUSH-UPS

Boys (13 & over)

35	FIRST	10 Points
28	SECOND	8 Points
20	THIRD	6 Points

Boys (12 & under)

35
28
20

Girls (Regulation)

12
10
8

BASKETBALL

PROCEDURE: To shoot from a designated position and put the basketball in the basket.

Regulations: Each club will be permitted to enter three Pathfinders Each Pathfinder will be permitted one trial shot to be followed by three counting shots. Basketballs will be provided. No Pathfinder will be permitted to have more than four shots. Each club will receive one-half point for each counting shot put in the basket. There will be an event for boys and one for the girls.

SOFT BALL THROW

PARTICIPANTS: 2 boys, one 12 or under, and one 13 or over.
2 girls, one 12 or under, and one 13 or over.

PROCEDURE: Standard weight, leather-covered soft ball used
Three throws allowed to each participant.
Any kind of wind-up acceptable.
Foot must not cross the line.

BOYS (13 & over)

175 feet	FIRST	10 points
160 feet	SECOND	8 points
150 feet	THIRD	6 points

BOYS (12 & under)

150 feet
140 feet
130 feet

GIRLS (13 & over)

150 feet	FIRST	10 points
140 feet	SECOND	8 points
130 feet	THIRD	6 points

GIRLS (12 & under)

120 feet
110 feet
100 feet

CROSS COUNTRY TWO MILE ENDURANCE RACE

PARTICIPANTS: 1 or 2 Pathfinders from each club

PROCEDURE: Run 2 miles from starting point to finish line.
Starting point will be two miles from fair or camporee site and finish-line at parking lot. An automobile will precede and follow up the runners.

SCORING:	1st place ribbon	15 minutes	10 points
	2nd place ribbon	16 minutes	7 points
	3rd place ribbon	17 minutes	5 points
	Entry	over 17 minutes	3 points

RUNNING BROAD JUMP

PARTICIPANTS: 2 boys, one 12 or under, and one 13 or over.
2 girls, one 12 or under, and one 13 or over.

PROCEDURE: Three broad jumps permitted. Jump will not count if toe goes over the line.

No limit on takeoff before the line; however, measurement of jump will be from the line to the part of the body impress nearest the line whether it be heels, hand, head or seat.

EQUIPMENT: Gym clothes

BOYS (13 & over)		BOYS (12 & under)		GIRLS (Regulation)	
15 feet	FIRST	10 points	7.6 feet	7.6 feet	
14 feet	SECOND	8 points	7 feet	7 feet	
13 feet	THIRD	6 points	6.6 feet	6.6 feet	

HIGH JUMP

PARTICIPANTS: 2 boys, one 12 or under, and one 13 or over.
2 girls, one 12 or under, and one 13 or over.

Three high-jump tries allowed. Pathfinders must clear the pole for jump to count. Pathfinders not to dive over the pole.

SCORING:

BOYS 13 & over)		BOYS 12 & under)		GIRLS (Regulation)	
4 feet 3 inches	FIRST	10 points	4 feet	4 feet	
4 feet	SECOND	8 Points	3.8 feet	3.8 feet	
3 feet 8 inches	THIRD	6 points	3.6 feet	3.6 feet	

STANDING BROAD JUMP

PARTICIPANTS AND SCORING:

BOYS (13 & over)		BOYS (12 & under)		GIRLS (Regulation)	
7 feet 6 inches	FIRST	10 points	7 feet	6 feet	
7 feet	SECOND	8 points	6 feet 6 inches	5 feet 6 inches	
6 feet 6 inches	THIRD	6 points	6 feet	5 feet	

200 YARD DASH RELAY
(10 Points)

PARTICIPANTS: 4 Pathfinders from each club

1 girl and 1 boy - age 10-12
1 girl and 1 boy - ages 13 - 15

EQUIPMENT: Course of travel and batons (small round stick 1" x 12") supplied by conference.

PROCEDURE: Similar to most any relay --

At the starter's gun:

1st girl (10-12) runs 50 yards and hands baton to
1st boy (10-12) who runs 50 yards and hands baton to
2nd girl (13-15) who runs 50 yards and hands baton to
2nd boy (13-15) who runs 50 yards to start-finish line.

SCORING: Timed event -- placement to be determined by time

1st Place -- 10 Points
2nd Place -- 8 Points
3rd Place -- 6 Points
Entry -- 2 Points

_____ 50 yds. _____

2nd 1st
girl girl

1st 2nd
boy boy

100 - YARD DASH

PARTICIPANTS: 2 boys, one 12 or under, and one 13 or over.
2 girls, one 12 or under, and one 13 or over.

SCORING:

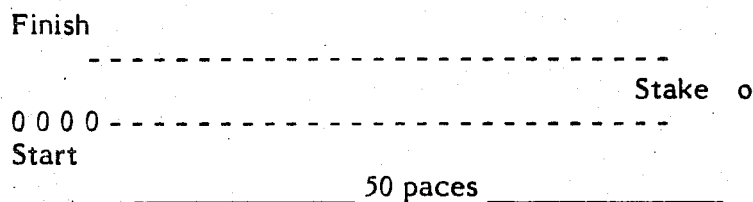
BOYS (13 & over)		BOYS (12 & under)		GIRLS (50-Yard)
13 seconds	FIRST	10 Points	15 seconds	7.5 seconds
14 seconds	SECOND	8 Points	16 seconds	8 seconds
15 seconds	Third	6 Points	17 seconds	9 seconds

400 YARD UP AND BACK RELAY

PARTICIPANTS: 4 Pathfinder girls - ages 14 and 15

EQUIPMENT: A stick or baton to be furnished by club

PROCEDURE: This event will call for each girl to go down and come back, carrying her teams baton and passing it on by exchange. Each runner must go down and around a stake or pole. The next runner must wait and not cross over the line until she has received her teams baton. The event ends when the last runner crosses the finish line.



SCORING:

Entry 5 points plus

Finishing - 5 Points	65 sec. or less
4 points	66-75 seconds
3 points	76-85 seconds
2 points	for all finishing

400-YARD RELAY

PARTICIPANTS: 4 Pathfinder boys to a team, each running 100 yards

4 Pathfinder girls to a team, each running 100 yards.

EQUIPMENT: 2 sticks 3/4" x 1'

PROCEDURE: To be a straight course. Two members of each team will face the other two members of the team 100 yards apart. Each runner covers the same course and will pass a 3/4" x 1' stick to each other.

1 team per club - boys and girls mixed ages (pick your best)

65 seconds	FIRST	10 Points
68 seconds	SECOND	8 Points
75 seconds	THIRD	6 Points

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SIT-UP RELAY. . . 30 SECONDS

PARTICIPANTS: 4 Pathfinder girls, ages 12 - 13 from each club

EQUIPMENT: Mats furnished by conference

PROCEDURE:

Girls sit-ups are different than those for boys in that they flex their knees in an upward position. Someone should hold their feet still and push them back in toward the body. Hands are behind the head with fingers locked.

One Pathfinder girl does her 30 seconds timed sit-ups, then the second Pathfinder girl does hers and the two are added together. The third Pathfinder girl's score is added on to the total and so is the fourth. The final total for all four is what counts. The director (or one of the staff) must supervise this and turn in the final score.

SCORING:

ENTRY 5 points plus	FINISHING -	5 points	80 and 8-
		4 points	70 - 79
		3 points	60 - 69

CHINNING CONTEST

PARTICIPANTS: 1 Pathfinder boy from each club
1 Pathfinder girl from each club

EQUIPMENT: Chinning bar furnished by conference -- 6' 6" off ground

PROCEDURE: Winners determined by number of times they can raise themselves from the full arm extended position to a position where their chin touches the bar.

No more than 5 seconds allowed between each attempt.

Chin must not rest on the bar between chins.

No swinging allowed.

SCORING:

BOYS (14 & over)			BOYS (12 & under)	GIRLS (Regulation)
10	FIRST	10 points	10	8
8	SECOND	8 points	8	7
6	THIRD	6 points	6	6

CHIN - UP RELAY

CONTESTANTS: 2 Pathfinder boys and 2 Pathfinder girls (Ages 10-11) from each club

EQUIPMENT: Chinning bar furnished by conference (6'6" off the ground)

PROCEDURE: Each chinner grasps the bar, palms facing toward the Pathfinder. Start from a hanging position - legs and feet must hang motionless. (No kicking or bending of the knees.) A count of one for each time the chin passes over top of the bar. Like the SIT-UP RELAY, this event is run one Pathfinder at a time and each of the four contestants total number of chins is added together for a team total. Each director (or staff member) is to supervise this event and turn in a total.

SCORING:

ENTRY 5 points plus	FINISHING -	10 First
		8 Second
		6 Third

BACKWARDS RUN RELAY

PARTICIPANTS: 4 Pathfinder girls, ages 10 - 11 from each club

EQUIPMENT: 12 inch stick or baton to be furnished by club.

PROCEDURE: Each girl will run backward carrying a baton. She will only run once and ONLY down --not back. It is important each girl crosses her goal objective and does not turn around until she does. The stick (baton) is to be passed from one to the other. The last girl does not complete her effort until she crosses the finish line.

Start		
&	0 0	0 0
Finish		

50 paces

SCORING:	Entry 5 points plus	FINISHING	5 points
			4 points
			3 points
			2 points for all
			participating and finishing

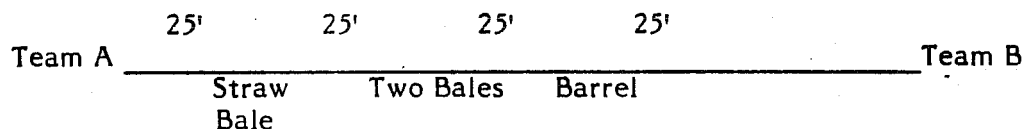
PONY EXPRESS CHASE

PARTICIPANTS: 8 Pathfinders from each club

PROCEDURE:

The PONY EXPRESS CHASE will involve one covering of three obstacles over a 100 foot course, eight feet wide. The course will be run as follows:

A team of eight Pathfinders divided into sub-teams of four, beginning at each end of the course identified as A and B. One person from Team A begins on signal and rides bicycle 25' to straw bale, dismounts, and pulls bicycle over bale, counts and rides 24' to barrel, dismounts and pushes bicycle around barrel, mounts and rides 24' to finish line. Person from Team B rides route in reverse. The route is run eight times.



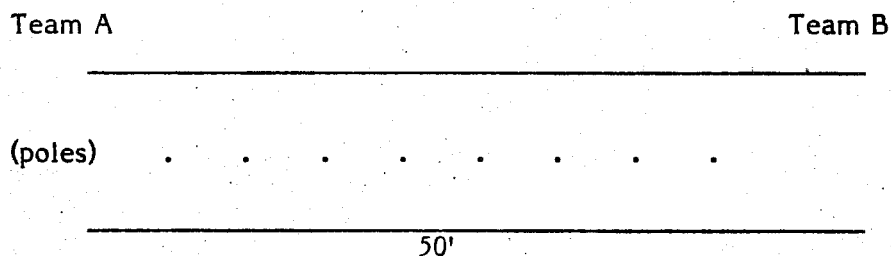
SCORING:	Entry	5 Points
	Complete in 200 seconds	10 Points
	Complete in 225 seconds	5 Points
	TOTAL POINTS POSSIBLE	15 Points

PAUL REVERE'S RIDE

PARTICIPANTS: Four Pathfinders from each club

EQUIPMENT: Each club bring one tire. Conference places 8 poles in course.

PROCEDURE: The ride is a swift action tire roll on a 50' course, 4' wide, involving four participants. The team of four is divided into sub-teams of two at each end of the course. At the starting signal one member of Team A will roll the tire over the 50' course and thread through eight poles set in the center of the course. A member of Team B will roll the tire back over the course. The course is run four times.



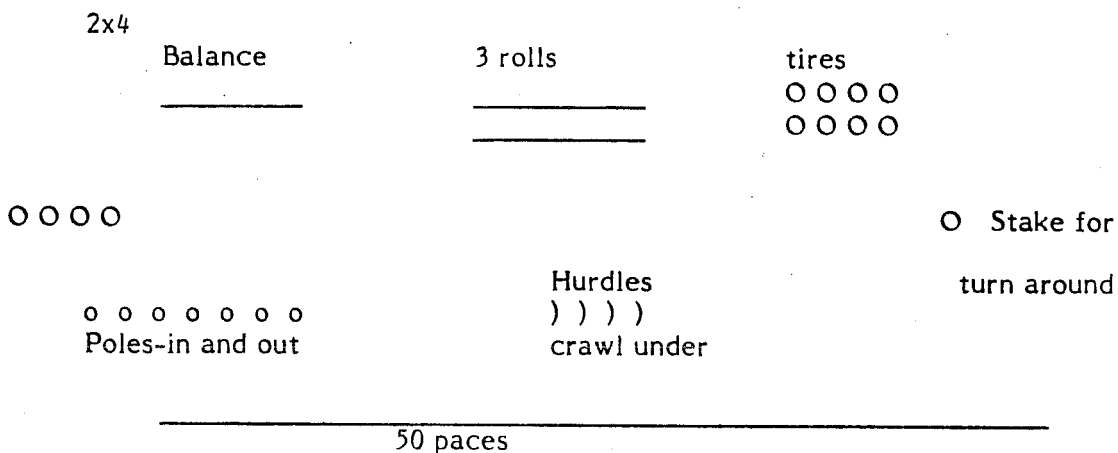
SCORING:		
	Entry	5 Points
	Complete in 25 seconds	10 Points
	Complete in 26 or more seconds	5 Points
	TOTAL POINTS POSSIBLE	15 Points

OBSTACLE RELAY

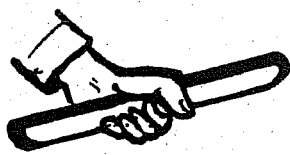
PARTICIPANTS: 2 Pathfinder boys and 2 Pathfinder girls - (Ages 12 - 13) from each club

EQUIPMENT: Tires, poles, hurdles, stakes etc., furnished by conference for obstacle course.

PROCEDURE: This is a relay through an obstacle course and one runner will go all the way through and tag the next man until all four have completed the course. Each group will be timed individually and recorded. The best times in each group will place.



SCORING: Entry 5 points plus Finishing 10 points within 15 seconds
 8 points within 30 seconds
 6 points within 60 seconds
 5 points for each club participating and recording a time.



OBSTACLE RELAY

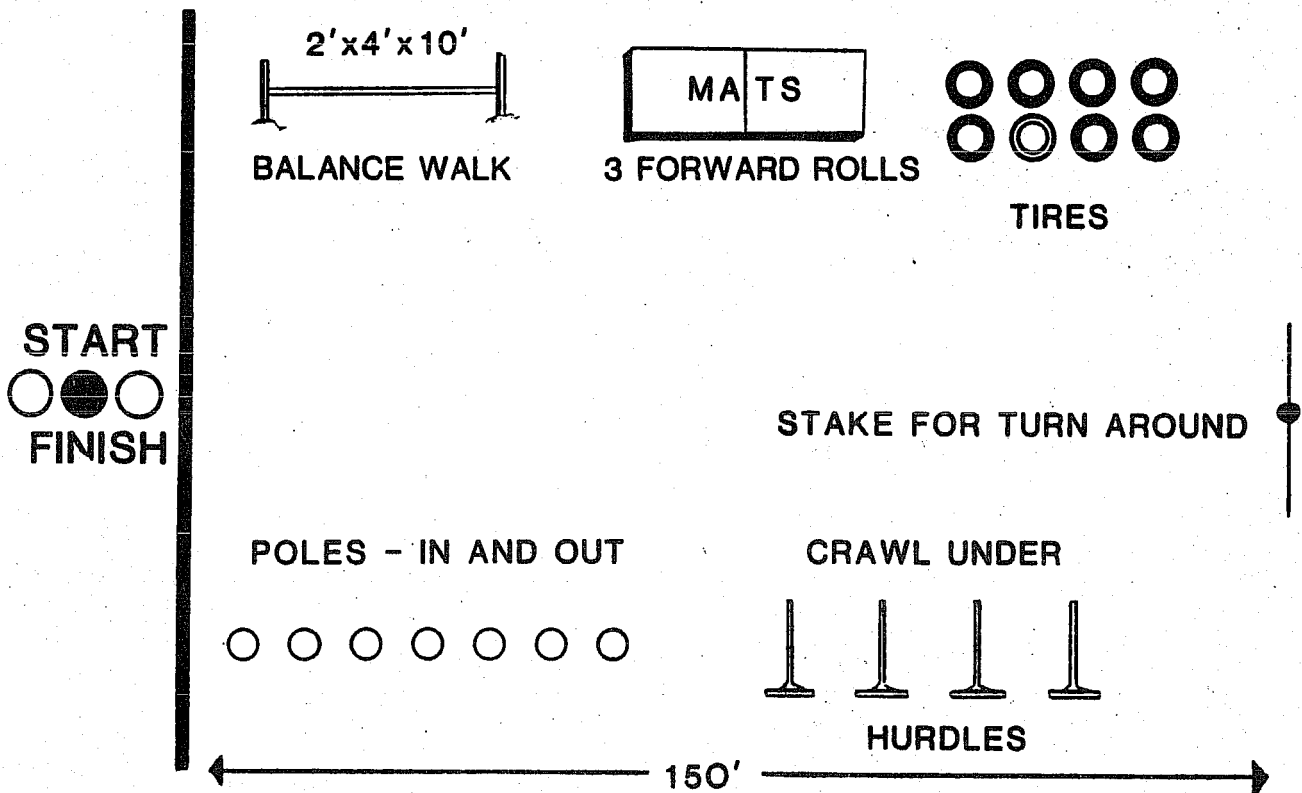
PARTICIPANTS: 3 Pathfinder girls and 3 Pathfinder boys from each club.
 They are to be selected from 3 age groups -- one age 10 - 11; one age 12 - 13; one age 14 - 15. Substitutions allowed only if you do not have a Pathfinder in the age group specified.

PROCEDURE: The starting Pathfinder must run an obstacle course carrying a baton (12" broom handle), and pass it to the Pathfinder number 2. Pathfinder number 2 must carry the same baton, run the same course, and pass the same baton to Pathfinder number 3. The last Pathfinder must run the same course and carry the same baton across the finish line.

SCORING:

	BOYS	GIRLS
1st Place	2 min. 20 sec.	2 min. 50 sec.
2nd Place	2 min. 40 sec.	3 min. 10 sec.
3rd Place	3 min. 00 sec.	3 min. 30 sec.

Times could be changed to meet the condition at the camporee site.



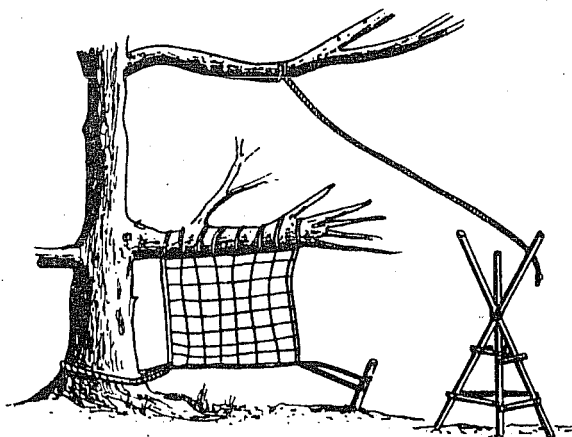
IDEAS FOR AN OBSTACLE COURSE

NOTE: The nature of your obstacles will depend on the topography of your camp ground, what nature obstacles are available and what amount of equipment you have been able to put together.

1. Roll 6" - 9" diameter log five foot long in and around four stakes driven into the ground. The log must be rolled and slid around on its flat surface and not be picked up on its ends to throw around the stakes. This is time consuming and frustrating especially when there is a set time for the course.
2. Wriggle on your stomach under a barbed wire tunnel no higher than 18 inches and 15 - 20 feet in length.
3. Crawl under a cargo net that has been pegged down to the ground. If you have a damp or muddy patch of ground it will be all the more enjoyable for the juniors!

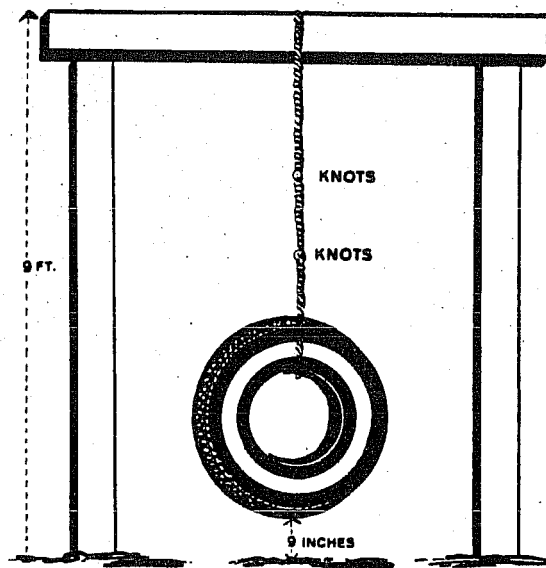
(Nets may be hired or borrowed from freight or shipping agents).

4. Rope bridge across a river; stream or gully. The V shape constructed with three ropes is not quite so frightening for Pathfinders as the two rope type of bridge; especially in view of the fact that the junior is competing against the clock.
5. Crawl through three or four truck tires suspended from a log or beam. Tires should be three feet apart, three to four feet above the ground and set at varying heights. The Pathfinders must crawl through tire to tire without touching the ground.
6. From the floor of a gully the Pathfinder has to climb up a 20-30 feet high cliff by means of a single rope that is dangling over the cliff.
7. Climb a tripod or platform and from its apex about seven or more feet high grasp a rope and swing out toward a cargo net that is suspended from a bough of a tree. On reaching the net, grasp the net with one hand, get feet firmly planted into the net and then let go the swinging rope. The Pathfinder has then to climb up the net, over the bough of the tree, and down the other side of net.

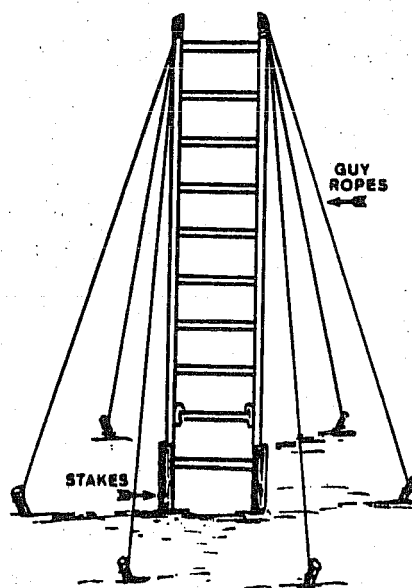


8. A beam is placed between two trees at a height of nine feet. Suspended from the beam by means of a rope is a small car tire, clearing the ground by about nine inches. The Pathfinder has to get himself over the nine foot beam. Some athletic boys can swing themselves over and not use the tire. The majority use the tire and the rope, holding the rope between their toes to get a grip so as to lift themselves over the beam.

This obstacle is perhaps the hardest, especially toward the end of the course when energy is getting a little hard to come by.



9. An upright extension ladder placed between two trees or held upright by guy ropes, similar to big tent pole guys, makes a very interesting obstacle. The obstacle as shown on "Smile You Are A Pathfinder" film gives the added interest since the ladder is not in the upright position.

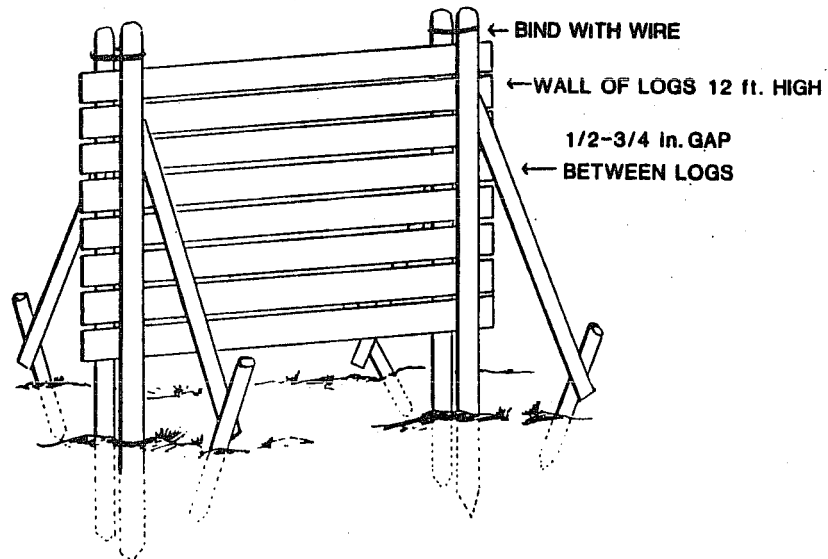


10. Walk a beam supported between two trees, one end fastened tight, the other end of the beam with about 25 - 28 inches of sideways movement.

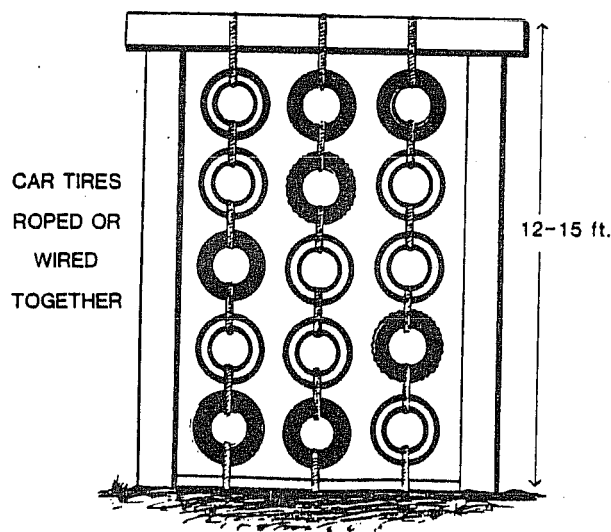
After this obstacle Pathfinders then race back to the starting point to have their time recorded.

OTHER POSSIBLE OBSTACLES:

1. A solid log wall about 12 feet high with just enough space between the logs for fingers and/or toes to get a grip. This takes a little time to build. If a week is allowed for camporee preparation these difficult obstacles can put more challenge into the course.

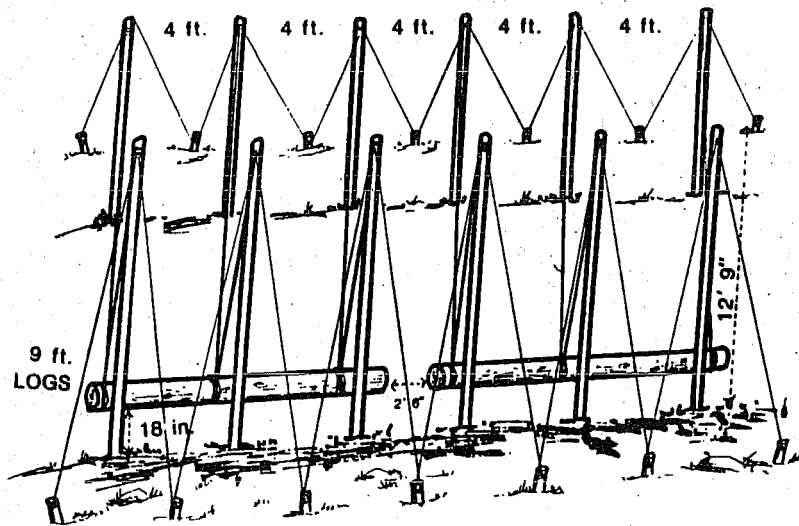


2. A wall of car tires tied one on top of each other about fifteen feet high and three rows wide makes a very wobbly obstacle to surmount.



3. Swing on a rope hanging from a bough of a tree across a river or stream and let go rope at the farthest point of the swing so as to drop into a cargo net. Place canvas on the net so that the Pathfinders do not get rope burns when they drop into the net. This obstacle is more suitable for older boys.
4. Swinging logs take considerable construction but if there is time it is worth the effort. Pathfinders may make several attempts to walk from one log to the other and traverse both 9 foot logs without falling off.

12 9' posts are set 18" - 24" into ground.
 Each post has two guy ropes.
 Two rows of posts five feet apart.



Rope from top of pole around swinging log and up to top of opposite pole, supports swinging log 18" above ground.

5. Roll a 44 gallon drum up a 30 yard incline. This will help to drain out that last drop of energy especially if it is the last obstacle on the course!
6. Two five gallon drums can make another obstacle. The Pathfinder must step on to the top of one drum and then place the second drum in front of the first so as to be able to step from number one to number two and at the same time be able to reach back for number one, pick it up and place it in front of him. By this method he covers a distance of thirty feet without touching the ground.
7. If there is plenty of water available the mud-crawl is something that most Pathfinders will enjoy. Place some netting over a tunnel no higher than 18" above the surface of the mud. Cover netting with broken branches and mud to make it a dark gloomy affair.

8. Straight after number 7 the Pathfinder would need to make use of the river. Take a swing on a rope attached to the bough of a tree, out over the river and this time he releases the rope so that he can drop through a tractor tire tube. This makes for a little diving and cleaning up process that the Pathfinder will enjoy.
9. The Pathfinder runs to the base of a large tree. At the base he ties one end of a rope around a log four feet long and six inches in diameter. He takes the other end of the rope with him as he climbs a rope ladder suspended from a fork in the tree. On reaching the fork of the tree he pulls the log up to where he is standing in the fork of the tree. A small platform can be built into the fork of the tree. After the log has been lifted to where he is standing, it must then be lowered to the ground, by the Pathfinder who then climbs down the rope ladder. The Pathfinder must untie the log and leave it ready for the next Pathfinder on the challenge course.
10. The Pathfinder dives through a truck tire or tube that is suspended three feet above the ground. A gym mat or plenty of fern or grass will help cushion the half-roll and save the camp nurse from extra duties!
11. A stilt walk of 40 yards adds a little spectator interest to the challenge valley. This is one of those obstacles best left to somewhere near the last on the course; very tired bodies trying to walk with stilts call for some determination.

SCORING:

As for setting a time for the course it is best to ask three boys and three girls to see how fast they can complete the course. Take the average of these three times, as your standard. From their standard shorten the time somewhat for the teenagers so as to make it a real challenge. It does not do any harm when they realize that after their first attempt they failed to reach the qualifying mark, and have to return for another attempt. The time for juniors (10 -12 year olds) can be increased a little over the average although in most cases the smaller ones are nimble and fit enough to negotiate the course in above average time.

Five points are awarded to the Pathfinder completing the challenge course in the specified time. Four points if 30 seconds more than the allotted time is taken, three points for one minute over. Two points for one and a half minutes and one point for two minutes over the allotted time.

THE EXPEDITION

PARTICIPANTS: 4 Pathfinders (Known as Team Member A, B, C, and D) from each club

EQUIPMENT: 1 Tennis ball

SETTING: Before any expedition begins, certain preparations must be undertaken. A route must be determined followed by the selection of certain "camps" along the way. Also, a time schedule is made up with a list of days and how far you should have gone by that date. Then there's always planning the menus, buying the food, and obtaining the cooking utensils and stoves, as well as the group's camping and climbing equipment, plus one's own personal equipment.

But, unless the body is strong and has excellent endurance, even the best equipment would be unable to get you to the top. Physical fitness--working out--exercising--is really the first step taken on the ascent to the summit.

PROCEDURE: The starting line will be 50 feet from the finish line with the action line halfway between these two. Two Pathfinders, member A and member C, line up behind the starting line, and member B. and member D line up behind the finish line.

- Step 1 At the sound of the gun, team member A runs backwards to the finish line.
- Step 2 Team member A then picks up the legs of team member B and "wheelbarrows" him back to the starting line. (Team member B walks on hands.) After crossing the starting line, team member A tags team member C.
- Step 3 Team member C begins hopping on one foot toward the finish line. When he reaches the action line, he begins hopping on the other foot. Upon crossing the finish line, he tags team member D.
- Step 4 Team member D runs to the starting line bouncing his tennis ball at least five times during his run. He, in turn, tags team member A upon crossing the finish line.
- Step 5 Team member A picks up the legs of the team member B and "wheelbarrows: him to the finish line. He A, tags C.
- Step 6 Team member C then hops on one foot as before, switching feet at the action line, and continuing on to the starting line. He then tags team member D.
- Step 7 Team member D runs to the finish line while bouncing the ball a minimum of five times during his run.

NOTES:

1. Team members may not cross the line until cleanly tagged by their team member.
2. A "clean tag" is a good connecting slap.
3. A team member must go back to his beginning line (either the starting or finish) if . . .
 - (a) the wheelbarrow touches the ground with anything but his hands. Those with long hair should tie it back or wear a hat or cap. This is a safety precaution.
 - (b) the foothopper's raised foot touches the ground. When he switches feet at the action line, it must be a straight hop from one foot to the other. Both feet may not touch the ground at any time.
 - (c) the ball gets away from the bouncer in such a manner that it is not under his control after each bounce.
4. The team member who is the "wheelbarrow" may be on the ground in preparation for his turn. He must not cross the finish line until his feet are picked up by member A. This will constitute the tag.

ERRORS:

1. Any team member crossing the line before he has been cleanly tagged.
2. Failure to return to the beginning line as per #3 in the NOTES above.
 - (a) wheelbarrow touching ground with anything but hands.
 - (b) foothopper's raised foot touches ground.
 - (c) tennis ball gets away from bouncer.

SCORING: A Pathfinder will have 3 minutes to complete this event. His club will receive five points for entering the event, and an additional five points for placing first, second, or third, which must be done in the allotted time. The number of errors will determine the placement.

SCORING:

First Place	No errors
Second Place	One error
Third Place	Two errors

TUG OF WAR

PARTICIPANTS: Pathfinder Boys

Pathfinder Girls

1 Ages 10 - 11

1 Ages 10 - 11

2 Ages 12 - 13

2 Ages 12 - 13

1 Ages 14 - 15

1 Ages 14 - 15

EQUIPMENT: 50 feet 1½ inch rope - centered with flag to be furnished by conference.

PROCEDURE: Best of 3 pulls moving opponent 10 feet.

Conference has a drawing to determine which clubs will participate in the tug of war.

SCORING: Entry 5 points plus Finishing 10 points
8 points
6 points
5 points for all finishing

