

Last                      First                      Middle

Test And Description	Mark Needed	Your Best Mark	Points Earned	Date Completed M / D / Y	Initials
∪ 100 Yard Run	11.6 seconds or less				
∪ 120 Yard Hurdles Place 5 standard low hurdles 20 yds apart. All hurdles must remain upright.	16 seconds or less				
∪ Running High Jump Standard based on height & weight.	see chart on back				
∪ Running Broad Jump	17 feet				
16-lb Shot Put Standard based on height & weight.	see chart on back				
Rope Climb -Or- Golf Shot					
No substitution permitted.	1 min, 45 sec or less				
1 Mile Run	6 minutes or less				
Front Handspring	land on feet				
Handstand -Or- Bowling Handstand: cannot travel more than 3ft in any direction. Bowling: no more than 3 games can be played in one day.	10 seconds -Or- 160 avg (3 games)				
Fence Vault 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.	Chin High				
Posture Per Harvard Body Mechanics Posture Chart	B Standard or better				
Scholarship	Academically in good-standing				

ψ 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 \_\_\_\_\_

