

## Trek Games -

### 1. Basketball Relay Heats 1 & 2 1<sup>st</sup>, 3 pts. Heat 3: 1<sup>st</sup>, 4 pts.

10 player; 3 heats 2<sup>nd</sup>, 1 pt 2<sup>nd</sup>, 2 pts.

5 girls; 5 guys; 5 girls & 5 guys

### 2. Sprint Relay 1<sup>st</sup>, 6 pts.

4 runners (2 laps each; 1 heat 2<sup>nd</sup>, 3 pts.

Alternate guys & girls (guys first)

### 3. Three-legged Race 1<sup>st</sup>, 4 pts.

4 runners (2 laps per pair); 2 heats 2<sup>nd</sup>, 2 pts

2 girls, 2 guys

### 4. Four-way Tug 4 pts. Ea

4 players; 2 heats 2 girls; 2 guys

### 5. Bean Bag Grab 1<sup>st</sup>, 6 pts

6 players; 1 heat 2<sup>nd</sup>, 3 pts.

Alternate girls & guys (girls first)

### 6. Sprint Race 1<sup>st</sup>, 4 pts.

2 runners; 2 heats 2<sup>nd</sup>, 2 pts

Girl, 3 laps; Guy, 3 laps

**7. Marathon Race**

**1<sup>st</sup>, 4 pts.**

2 runners; 2 heats

2<sup>nd</sup>, 2 pts.

Girl, 7 laps; guy, 7 laps

**8 Bean Bag Bonanza**

**1<sup>st</sup>, 4 pts.**

10 players; 2 heats 5 girls; 5 guys

2<sup>nd</sup>, 2 pts.

**9. Marathon Medley**

**1<sup>st</sup>, 4 pts.**

4 runners; 1 heat

2<sup>nd</sup>, 2 pts.

Girl, 1 lap; guy, 2 laps; girl, 3 laps; guy, 4 laps

**10. Balloon Relay**

**1<sup>st</sup>, 4 pts.**

10 players; 2 heats; 5 girls; 5 guys.

2<sup>nd</sup>, 2 pts.

**11. Agility Race**

**1<sup>st</sup>, 3 pts.**

4 runners; 4 heats

2<sup>nd</sup>, 1 pt.

2 girls; 2 guys (1 lap each)