

# Event Descriptions

6<sup>th</sup> Annual

**St. Cloud VA Summer Games**

October 5<sup>th</sup>-12<sup>th</sup> | Virtually/At-Home



Please turn in registration form (found on [www.stcloud.va.gov](http://www.stcloud.va.gov))

by September 25<sup>th</sup>, 2020

Mail: VA Summer Games Team

Attn: Bldg. 48 Fitness Clinic

4801 Veterans Drive

St. Cloud, MN 56303

Or Email: [Leah.egan@va.gov](mailto:Leah.egan@va.gov)

For more details, rules or regulations, call (320) 252-1670 Ext. 6180

## 1 Miles Walk/Run/Cycle

This event will be scored by the time it takes you to complete 1 mile. Please indicate on your registration form if you are going to be walking, running, or cycling (hand cycle, tricycle, or bicycle). You can complete your 1 mile event on a school track which is 4 laps around, or you can measure out a 1 mile course using your car, your smartphone, a GPS watch, Fitbit, etc.

## Hoop Shoot

*Ambulatory Division:* Standing at the 3 point line on a standard basketball court and hoop, you will have 20 attempts to score as many baskets as you can. Each basket you score, counts as 1 point. The top of the hoop is 10 feet (305 cm) above the ground. Regulation backboards are 6 feet (183 cm) wide by 3.5 feet (107 cm) tall. All basketball rims (hoops) are 18 inches (46 cm) in diameter.

*Wheelchair Division:* Veterans will use the portable hoop and throw either frisbees or inflatable balls at the net. They will have 20 attempts to make as many baskets as possible. Must be 10 feet away as measured by a recreation staff.

## Horseshoes

*Ambulatory Division:* Horseshoes will be played in a regulation pit and scored the same as if you were playing against an opponent. In a “regulation” pit, horseshoe pit dimensions require stakes be exactly 40 feet apart. Those stakes should sit within a box that—while at least 31 by 43 inches—measures no larger than 36 by 72 inches. Common horseshoe pit dimensions for backyard play is 36 by 48 inches. You will throw 21 horseshoes. Scoring will be done the same as a regular horseshoe game as described here <https://www.csuci.edu/recreation/basichorseshoerules.pdf>

*Wheelchair Division:* This division will be done in a seated position 15 feet from the horseshoe stake. 21 throws and your score is the same as a regulation game explained under *ambulatory division (see above)*. If done indoors you will sit 10 feet away and throw 21 times adding your score up by 1 point for within a horseshoe distance from the stake and 3 points if it wraps around.

## Rowing (Row Erg Machine)

*Ambulatory Division:* Using a rowing machine (any brand) you will have 4 attempts to find your fastest 250 meter row. Send in your fastest 250 meter row time.

*Wheelchair Division:* Seated in your wheelchair or a stable chair, use a rowing machine (any brand) you will have 4 attempts to find your fastest 250 meter row. Send in your fastest 250 meter row time.

## **Skiing (Ski Erg Machine)**

*Ambulatory Division:* Using a ski machine (any brand) you will have 4 attempts to find your fastest 250 meter ski. Send in your fastest 250 meter ski time.

*Wheelchair Division:* Seated in your wheelchair or a stable chair, use a skiing machine (any brand) you will have 4 attempts to find your fastest 250 meter ski. Send in your fastest 250 meter ski time.

## **Golf (9 Holes)**

You will complete 9 holes of golf at any golf course and send in your score for the 9 holes following the rules and etiquette of the standard game of golf. Please indicate which golf course you played at so we can match the scores with the courses.

## **Billiards (9 Ball)**

You will play on any standard regulation size pool table. You will start by racking only the solid colored balls in order by numbers 1-9. After you break, you will count how many strokes it takes you to get each ball in, in order. If you knock a ball in out of its order, you add 1 stroke to your score. You will be playing independently so there will not be another player or an opponent. Reference the complete rules at the following website with regards that you will be the only player [https://www.colorado.edu/umc/sites/default/files/attached-files/9-ball\\_rules\\_bca.pdf](https://www.colorado.edu/umc/sites/default/files/attached-files/9-ball_rules_bca.pdf)

## **Weightlifting**

This event will mimic a USA Powerlifting competition. You will have 3 attempts at your back squat, deadlift, and bench press. Can be done in any order but you only have 1 hour to complete. Scores will be sent in giving either the kilograms or pounds of each lift that you completed with a good rep.