



# 25M Manual Wheelchair Race

## Event Overview

### EQUIPMENT NEEDED



#### Designated Start/Finish Line

(You can use cones, a chair, or any large, stationary object that will not move)



#### Stopwatch



#### Measuring Tape

*If you do not have measuring tape, have someone take 30 big steps. 1 Big Step = 1 Meter*

### RULES

1

Create a designated start and finish line, measuring 25 Meters (82 feet) in between

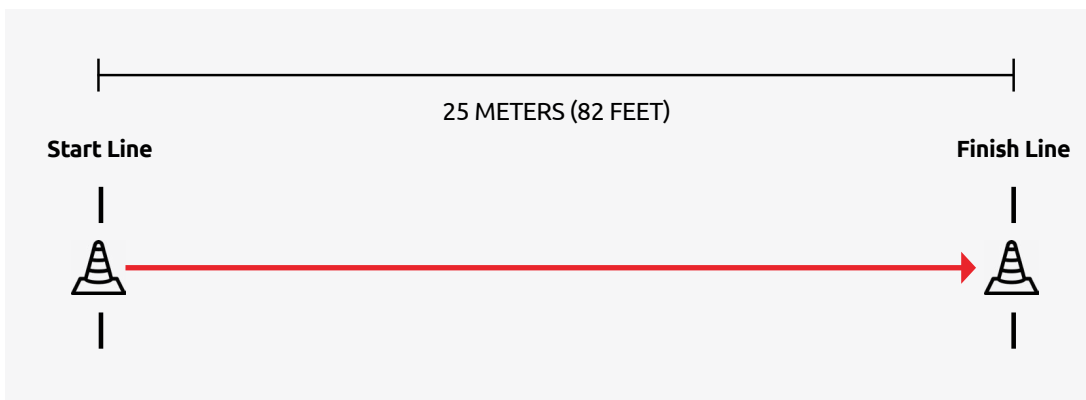
2

Complete the race!

3

Have someone time you, record the time on the scorecard

### SETUP



*Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:*

***#sowavirtualgames***



**Athletics Event Overview**

**Special  
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