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## Girls Athletics

By Public Schools Athletic Branch

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1916 edition. Excerpt: . Field Athletics for Elementary Schools These are: Shuttle Relay, Potato Relay, All Up Relay, Hurdle Relay. Pass Ball Relay, Basket Ball Throw. GENERAL INSTRUCTIONS.FOR RELAY RACES Wherever space permits a good long running distance should be allowed, not to exceed, however, 50 yards (150 feet). In all relays there shall be an equal number in the competing teams. The start shall be given by three signals: 1. On your mark! (one foot forward to (not beyond) the starting line). 2. Get ready! (poise forward). 3. Go! GENERAL INSTRUCTIONS FOR RELAY RACES It is desirable that each entire club should run as one team. When girls below the seventh year are competing with girls of the seventh or eighth year, they are to be allowed a handicap of not more than one-tenth of the entire distance to be run (except in the Pass Ball...



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