



# Gymrun Scorecard

Name (partner 1):

Year & Class:

Boy or Girl

Speed Bounce 30s	Cross Fit Sit Up 60s	Straight Leg Dip 60s	Standing Jump cm	3 Min Run 50m laps											
Number of 50m laps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Name (partner 2):

Year & Class:

Boy or Girl

Speed Bounce 30s	Cross Fit Sit Up 60s	Straight Leg Dip 60s	Standing Jump cm	3 Min Run 50m laps											
Number of 50m laps	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

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