

BRITISH BOY SCOUT & BRITISH GIRL SCOUT ASSOCIATION

SENIOR SCOUT 'SENIOR ATHLETE' BADGE

SENIOR'S NAME :

SENIOR'S PATROL :

TESTS	(Corresponding badge for under 15 ~ Athlete).	PASSED	EXAMINER	DATE																																																																						
1	<p>Pass in three out of the five Groups, one event from Groups (i) or (ii) or (iii) or (iv), three from Group (v).</p> <table border="1"> <thead> <tr> <th>GROUP</th> <th>EVENT</th> <th>15 YEARS</th> <th>16 YRS PLUS</th> </tr> </thead> <tbody> <tr> <td rowspan="6">(i) <i>Running or Walking</i></td> <td>100 m</td> <td>13.3 secs</td> <td>12.9 secs</td> </tr> <tr> <td>200 m</td> <td>27 secs</td> <td>26 secs</td> </tr> <tr> <td>400 m</td> <td>66 secs</td> <td>63 secs</td> </tr> <tr> <td>800 m</td> <td>2 min.26secs</td> <td>2 min.20 secs</td> </tr> <tr> <td>1 mile</td> <td>5 min.45 secs</td> <td>5 min.30 secs</td> </tr> <tr> <td>2 miles</td> <td>12 min.45 secs</td> <td>12 min.30 secs</td> </tr> <tr> <td rowspan="2">(ii) <i>Jumping</i></td> <td>Long Jump</td> <td>4.8 m</td> <td>5.1 m</td> </tr> <tr> <td>High Jump</td> <td>1.3 m</td> <td>1.35 m</td> </tr> <tr> <td rowspan="10">(iii) <i>Throwing</i></td> <td rowspan="2">Shot</td> <td>9 m</td> <td>9.5 m</td> </tr> <tr> <td>(4.5 kg)</td> <td>(5.4 kg)</td> </tr> <tr> <td rowspan="2">Discus</td> <td>28 m</td> <td>32 m</td> </tr> <tr> <td>(1 kg)</td> <td>(1.5 kg)</td> </tr> <tr> <td rowspan="2">Javelin</td> <td>32 m</td> <td>36.5 m</td> </tr> <tr> <td>(2.1 m)</td> <td>(2.2 m)</td> </tr> <tr> <td rowspan="2">Hammer</td> <td>24 m</td> <td>26 m</td> </tr> <tr> <td>(3.9 kg)</td> <td>(5.4 kg)</td> </tr> <tr> <td>Cricket Ball</td> <td>53 m</td> <td>56 m</td> </tr> <tr> <td rowspan="5">(iv) <i>Swimming</i></td> <td>100 m</td> <td>100 m</td> <td></td> </tr> <tr> <td>Freestyle</td> <td>1 min.32 secs</td> <td>1 min.27 secs</td> </tr> <tr> <td>Butterfly</td> <td>1 min.55 secs</td> <td>1 min.49 secs</td> </tr> <tr> <td>Breast-stroke</td> <td>1 min.55 secs</td> <td>1 min.49 secs</td> </tr> <tr> <td>Back Stroke</td> <td>1 min.49 secs</td> <td>1 min.43 secs</td> </tr> </tbody> </table>	GROUP	EVENT	15 YEARS	16 YRS PLUS	(i) <i>Running or Walking</i>	100 m	13.3 secs	12.9 secs	200 m	27 secs	26 secs	400 m	66 secs	63 secs	800 m	2 min.26secs	2 min.20 secs	1 mile	5 min.45 secs	5 min.30 secs	2 miles	12 min.45 secs	12 min.30 secs	(ii) <i>Jumping</i>	Long Jump	4.8 m	5.1 m	High Jump	1.3 m	1.35 m	(iii) <i>Throwing</i>	Shot	9 m	9.5 m	(4.5 kg)	(5.4 kg)	Discus	28 m	32 m	(1 kg)	(1.5 kg)	Javelin	32 m	36.5 m	(2.1 m)	(2.2 m)	Hammer	24 m	26 m	(3.9 kg)	(5.4 kg)	Cricket Ball	53 m	56 m	(iv) <i>Swimming</i>	100 m	100 m		Freestyle	1 min.32 secs	1 min.27 secs	Butterfly	1 min.55 secs	1 min.49 secs	Breast-stroke	1 min.55 secs	1 min.49 secs	Back Stroke	1 min.49 secs	1 min.43 secs			
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(v) *Physical Efficiency*

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|--------------|---|--|--|
| (a) Stamina | ~ Skip (20 times non-stop). | | |
| (b) Strength | ~ Medicine Ball (Ground to over head 15 times).
~ 'Press Ups' (20 times non stop). | | |
| (c) Skills | ~ Dribbling Football (Show proficiency).
~ Dribbling Basket Ball (Show proficiency).
~ Basket Ball Shooting (Show proficiency).
~ Bowling (Show proficiency).
~ Hand Walk (Show proficiency).
~ Accurate Throwing (B/W two Scouts 20m apart) | | |
| (d) Speed | ~ Shuttle Relay (Show speed proficiency).
~ Speed Skipping (Show speed proficiency). | | |
| (e) Spring | ~ Upward Springs (20 times non-stop).
~ Standing Broadjump (20 times non-stop).
~ Standing Hop-Step-Jump (> 16 yrs 3 m; < 16 yrs 3.5m). | | |

BADGE PRESENTED

