FRISBEE ACCURACY THROW
Stay at Home Challenge
New Mexico Senior Olympics, Inc.

You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for $100 Gift Card. Consult a physician before starting any physical fitness exercise.

FRISBEE ACCURACY THROW Monthly Challenge Instructions

Frisbee Accuracy Challenge is four months, August – November
Throw Weekly: 3 sets of short & long distances (set = 4 short distance & 4 long distance)
Women set = 4 throws from 12 feet (short-distance), 4 throws from 18 feet (long-distance)
Men set = 4 throws from 18 feet (short-distance), 4 throws from 24 feet (long-distance)
Points - 1 for short distance, 2 for long distance. The object is to make or hit a designated target

First month target - hit a laundry basket
Second month target - make it into a laundry basket
Third month target – hit a gallon Jug
Fourth month target – hit a water bottle
Record the three sets per week and report the total score for the month to NMSO

HOW to get Started and Report RESULTS

❖ Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
❖ Participate and log your scores or times for one full month
❖ Each month submit challenge results virtually via our website at www.nmseniorolympics.org
❖ OR submit results via email, fax, phone, or text - deadline is the 5th of each month by noon.
❖ Results must include name, sport, gender, age, county, month, times and/or scores
❖ Results are public and will be posted on our website
❖ All challenges are based on the honor system
❖ Check NMSO website monthly for results and Gift Card Winner Announcement
❖ Repeat the following month

Remember have fun, be safe, stay hydrated, and wear proper attire!