

Metric Olympics Event Guidelines

1. Standing Long Step

From the starting line, take one giant step.

Estimate and record the distance from the starting line to heel in meters.

Measure the distance from starting line to heel in centimeters. Record.

2. Cotton Ball Put

From the starting line, put the cotton ball.

Estimate and record the distance from the starting line to the cotton ball in centimeters.

Measure the distance from the starting line to the cotton ball in centimeters. Record.

3. Straw Javelin Throw

From the starting line, hurl a straw.

Estimate and record the distance from the starting line to the leading tip of the straw in centimeters.

Measure the distance in centimeters from the starting line to the leading tip of the straw. Record.

4. Swimming Sponge Squeeze

Hold a saturated sponge over a container.

Using only one hand, squeeze as much water as possible out of the sponge.

Estimate and record the volume of water that was squeezed from the sponge in milliliters.

Measure the volume of water to the nearest milliliter. Record.

5. Weight-Lifting Marble Grab

Reach into a container with one hand and remove as many marbles as possible.

Estimate and record the mass in grams of the marbles you were able to remove.

Measure the mass of the marbles in grams. Record.

6. Discus Throw

From the starting line, hurl the discus.

Estimate the distance in centimeters from the starting line to the nearest edge of the discus.

Measure the distance from the starting line to the nearest edge of the discus in centimeters. Record.

7. Basketball

From the starting line, toss the cotton ball through the hoop.

Estimate and record the distance from the target to the cotton ball in millimeters.

Measure the distance from the target to the cotton ball in millimeters. Record.

8. High Jump

From a standing start, jump as high as you can. (No running starts). Use a post-it note to mark the height of your leap. Estimate and record the distance from the floor to the highest edge of the paper in meters.

Measure the distance in meters. Record.

9. Temperature Diving

Immerse your hand in the water. Estimate the temperature of the water in degrees Celsius. Your score for the event is the difference between your estimate and the actual temperature.

10. Golf

Use the ruler to putt the cotton ball toward the hole. Estimate and record the distance in millimeters from the leading edge of the cotton ball to the nearest edge of the hole.