

## **2019 Girl Scout Olympics Challenge Descriptions**

### **Daisy & Brownie/ Minute-to-Win It Sports (pick one)**

- **Marble Toes:** The object is to see how many marbles in a box you can pick up with your toes and put in a bowl within 1 minute.
- **SQUIRT DOWN** Equipment needed: Ping pong balls, golf tees, water guns How to Play: Set several ping pong balls on golf tees. Have contestants lie on their stomachs six to ten feet away (depending on the pressure of the guns) and try to knock the ping pong balls off the tees with only a squirt gun.
- **Suck it up-** Using a straw, contestants suck up cotton balls and deposit them in a pile. Most accumulated within 1 minute wins.

### **Daisy & Brownie/ Real Sports (pick one)**

- **Long Jump:** Contestant stands on the starting line and jumps forward. Best of two attempts is recorded.
- **Softball Throw:** Contestant will stand at start line and throw a softball overhand. The better of two attempts is recorded.
- **Basketball Dribble:** Contestant will dribble basketball through cones. Fastest time wins.

### **Daisy & Brownie Wacky Sports (pick one)**

- **Bean bag balance beam-** Contestant navigates a balance beam with a bean bag on their head. If they drop it, they must go back to beginning. They get one chance to repeat. Fastest time wins.
- **Outrageous obstacle course-** Contestant navigates through a series of wacky obstacles to see who logs the fastest time.
- **Noodle Javelin Throw-** A new twist on the javelin throw using a pool noodle! Longest distance wins.

### **Daisy & Brownie Team Sport Competition**

**4-Legged Race:** Four players line up in single file and are attached at the ankle. The object is to walk in sync as fast as you can. First team to cross the finish line wins.

### **Junior - Ambassador Minute-to-Win It Sports (pick one)**

- **Junk in the Trunk:** To play the game, strap the tissue box on the contestant's back, and fill it with 10 ping pong balls. Shake, shimmy, jump, and dance around until all of the balls have fallen out of the tissue box. Time limit is 1 minute.
- **Marble Toes:** The object is to see how many marbles that are in a box you can pick up with your toes and put in a bowl within 1 minute.
- **SQUIRT DOWN** Equipment needed: Participants lie on their stomachs six to ten feet away from ping pong balls balancing on golf tees and try to knock them off with only a squirt gun.

### **Junior – Ambassador Real Sports (pick one)**

- Quarter Mile Walk: Contestants will walk a quarter mile, fastest time wins
- Archery: Contestant will have three arrows to shoot at a target a specified distance away. Points will be awarded on where the arrow hits the target. The most points win. Please note: participants should be familiar with this sport prior to participating.
- Softball Throw- Contestant gets two throws. Furthest distance wins.
- Kayak Race- Straight Line: Contestants will race to flag in a straight line and back.

### **Junior – Ambassador Wacky Sports (pick one)**

- Outrageous obstacle course- Contestant navigates through a series of wacky obstacles to see who logs the fastest time.
- Noodle Javelin Throw- A new twist on the javelin throw using a pool noodle! Longest distance wins.
- Bean bag balance beam- Contestant navigates a balance beam with a bean bag on their head. If they drop it, they must go back to beginning. They have one chance to repeat. Fastest time wins.

### **Junior – Ambassador Team Sports (pick one)**

- Team Event/Canoe Races- Straight line (2 people): Teams will race in a straight line to flag and back
- TEAM EVENT/Tug of War (five people): Girls will compete in single elimination event until there are two teams remaining. These two teams will compete to determine the winner.