

HEAT ACTIVITIES: JACKIE HOWE CHALLENGE 2023

	HEAT Activities	Number of team members to undertake each activity	<u>Office Use:</u> <u>Time</u> <u>Penalties</u>
1	JACK HOWE RUN	1	
2	WOOL BALE ROLL	2	
3	WOOL PACK SHUFFLE	2	
4	CRATE SCRAMBLE	1	
5	WOOL PACK SHUFFLE	2	
6	SMOKO STATION		
	Test your knowledge	All can assist	
	Make a Camp Pie sandwich & eat it	1	
	Quench your thirst	1	
	Get your strength!	1	
7	PICK UP & THROW THE FLEECE – then place in the woolpack	1 to THROW; and 1 to PLACE IN WOOLPACK	
8	RESTORE THE RAMS' DIGNITY...	1 plus 3 helpers	
9	CROSS FINISH LINE & COMPLETE THE FUN FINISHER	All 4	



RULES: Jackie Howe Challenge 2023



1. Teams must consist of 4 participants and include 1 female and 1 member over 45 years of age;
2. Open Age Teams – 18+ Kids. Kids Age Teams – 8 – 17 years (Activities Modified)
3. Each team member must complete at least one of the activities;
4. Team members must tag their team mates before moving onto the next activity;
5. Activities must be run in order;
6. Interference with other teams will not be tolerated... may incur a time penalty;
7. Stop watches will stop once the entire team crosses the designated finish line;
8. The 3 fastest teams (once time penalties have been applied) go into the FINAL;
9. The Final will be the same course, without the questionnaire; and a different fun finisher.