



# Fourth H Race



## Point Chart

*15 minutes of...	Points
Running	3
Swimming	2.5
Martial Arts, Karate, Judo, Kickboxing	2.5
Rock Wall Climbing	2.5
Biking	2.5
Football	2.5
Zumba	2.25
Rowing	2.25
Soccer	2
Tennis	2
Lacrosse	2
Tag	2
Track and Field	2
Aerobics	2
Basketball	1.75
Calisthenics	1.75
Gymnastics	1.75
Fencing	1.75
Hiking	1.75
Cheerleading	1.75
Hiking	1.75
Roller Blading	1.75
Baseball/Softball	1.5
Figure Skating	1.5
Dancing- Tap, Hip Hop, Jazz	1.5
Marching	1.5
Dancing- Ballet	1.5
Hula Hooping	1.5
Golf	1.25
Weight Lifting	1.25
Horseback Riding	1.25
Yoga	1
Frisbee	1
Volleyball	1
Trampoline	1
Wii Sports	1
Archery	1
Dance Dance Revolution	1
Walking	1
Bowling	1



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## Additional Points

### Host a Group Activity – Earn 60 Points!

Organize your group activity at least one week ahead of time; this activity can be a group walk, run, bike ride, yoga class or any other form of group exercise. To make sure that the rest of the Fourth H Racers know about the activity you have arranged, the team leader must email [fourthrace@gmail.com](mailto:fourthrace@gmail.com) at least one week ahead of time. The email must provide details about the event, including the date, time, and place. This information will then be sent out to all the teams competing. The hosting team may then add a 60-point bonus to their total score. Any of the opposing teams that attend the walk or group activity may add a 20-point bonus to their total score.

### Other Activities Not Listed

The point chart was put together with the help of this website:

<http://www.nutristrategy.com/caloriesburned.htm>

If you are a part of any other sport or activity that you think should get points, please email

[fourthrace@gmail.com](mailto:fourthrace@gmail.com)