1st Petaling Jaya Company of the Boys' Brigade In Malaysia

ATHLETICS AND SWIMMING AWARDS

Name: _____ Squad: _____ Date: _____

Athletics Basic ☐ Advanced ☐ Year Basic Awarded: _____

Group A		
Events	Result	Signature
100 metres		
200 metres		
400 metres		
800 metres		
1500 metres		
Hurdles		

Group B		
Events	Result	Signature
High Jump		
Long Jump		
Triple Jump		
Javelin		
Discus		
Short Put		

Swimming Basic ☐ Advanced ☐ Year Basic Awarded: _____

Events	Result	Signature
100 metres freestyle		
100 metres butterfly		
100 metres breast stroke		
100 metres back stroke		
400m (any style) - Basic		
Medley (25m butterfly, 25m front crawl) - Advanced		

(The above need not be filled in if external records exists)

For Examiner's Use:

Swimming Basic:	Trade water for 30 seconds	Pass / Fail
	Swim 15 meters under water or for a period of 17 seconds	Pass / Fail
Swimming Advanced:	Dive satisfactorily from a height of at least 2 metres above water	Pass / Fail
	Swim 18 metres under water commencing with a dive or plunge	Pass /Fail
	Swim 400 metres free style within 11m 56s	Pass / Fail

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Examiner's Signature