

Relay for Life

Activity Descriptions & Point System

Miss/Ster Relay- Male and Female Participants *(50 pts)*

A candidate will vie for the title of Miss or Mister Relay 2011 by completing a series of tasks. This option is open to the teams only. Males and Females will compete separately. Each team can select a member to compete that they feel can complete the challenges.

- *First task, being a piggy back lap (portion of entire track). Participant will carry a person of smaller stature on their back for a designated length of track. Winner will receive their first medallion by points awarded. (25 pts)*
- *Second task is a “Hi nice to meet ya!” Challenge. The competitor with the most signatures on a sheet of paper provided by the committee will capture the second medallion by points awarded. (15pts)*
- *Third task: Fast walk (not run) race half of track distance. The competitor to win this particular race will gain points to secure for their team. (10pts)*

Possible highest points to be collected for the event: 50

Prizes for this activity will be awarded at the end of the Main Event* (Winner and Runner Up only.)

People Mache- Dress to Impress (50 pts)

Two members will be chosen from each team (male and female). One is to be outfitted in a duck tape ensemble and the other in Newspaper. No scissors can be used for the duck tape and no tape for the newspaper.

- *For the member chosen as the mannequin the remaining members of the team work together to construct a complete outfit. It can include head and footwear and should be creative. No additional items are allowed.*
- *The teams will be allotted a fixed time in which to construct and display outfits. (25 minutes)*

- *Categories: Prompt completion (10pts), Creativity (30pts), Construction (10pts)*

Possible highest points to be collected for the event: (50) will be awarded at the end of the Main Event. (Winner and Runner Up only)

Life Idol (Karaoke) (30 pts)

This activity is open to the general participants of Relay for Life. We will provide sound and karaoke capability as well as compose a list of willing participants. Singers can chose to compete as an individual entry or group. The categories are as follows:

- *Most soulful ballad*
- *Most crowd hype*
- *Most comedic*
- *Best in Show*

Apollo Style Judging for this activity. Individuals representing a team can receive thirty (30) points for capturing the crowd.

Prizes for this activity will be awarded at the end of the Main Event. Per Section

The Great Cake On (50 pts)

This is an activity that will be pleasing to see as to eat! Bakeries, Pastry Chefs, and the weekend Baker as well as any team that would like to get in on the challenge! Get ready to tempt our pallets and dazzle our eyes with your baked culinary surprise. Each category will be judged by a panel professional chefs and food connoisseurs. The

Categories:

- *Best Tasting*
- *Most Creative*
- *Most Unique*

Judges will have sheets that tally from 0-50 per category.

Prizes for this activity will be awarded at the end of the Main Event.

Themed laps (75 pts)

Each lap starting at 7:00pm and then at the top of each hour until midnight will be themed. Each team can volunteer a representative or group to walk in compliance with the theme. The themes are listed below:

- *7pm- Pink High Heels Lap*
- *8pm-Wacky Hat Lap*
- *9pm-VI for life Lap*
- *10pm- Purple Passion for the Cause*
- *11pm- One Cause Many Nations United (Parade of Flags in Support of Life)*
- *12pm- PJ's for Relay Lap*
- *1am-Blue Moon Lap*
- *2am-Disco Lap*
- *3am-All Black Lap*
- *4am-Stretch It Out Lap*
- *5am-Sunrise Good Morning Lap*
- *6am-OJ and Bush Tea Lap*
- *7am-Celebrate Lap*
- *8am-Remember Lap*
- *9am-Fight Back Lap*

Each team can nominate one or more participants to take part in each lap. Each lap is worth 5 pts. Be sure to recognize prior to the beginning of the lap which team member is partaking.

Awards for the Themed Lap Race will be distributed at the end of the Main Event.

Tug of War (50 pts)

This is a team effort consisting of nine members to each team and one coach. The coach will encourage the team to pull as and when required dependant on the opposing teams actions.

- *The coach must be very alert to keep his team fully aware of the moves intended or to just hold awaiting the correct time to make a move.*

- *The competition will commence with the command from the judge `Pick up the rope`, thereupon the two teams move back until the rope is taught (tight) and the judge inserts the marker flag opposite the central marker on the rope.*
- *The teams thump their feet into the ground for firm hold and then lean back on the rope and the judge gives the command ` Pull` whereupon the two teams then pull with all their strength.*
- *The length of the pull may vary but officially should be 12 feet which is measured by two markers on the rope each six feet from the center*
- *When either mark passes the stick placed in the ground by the judge at the central point of the rope when starting competition, the other side has won that pull.*

The winning team is who is left standing after competing in tandem with other teams in a process of elimination round will be the obvious winner.

Prizes will be awarded at the end of the Main Event.

CANCER TRIVIA!

Factoids about Cancer will be posted along the fence surrounding the track. Throughout the evening questions will be posed and the first team to send a representative to the stage with the correct answer wins. The first team with 6 correct answers ultimately wins the event.

Prizes for this event will be awarded at the end of the Main Event.

Musical Chairs (15 pts)

Teams participating in this activity are to select one (1) or two (2) members to partake. There will be no more than 16 participants at one time. The last person standing wins and will gain 15pts for their teams overall score.

Relay Races (40 pts)

Relay races consist of different races that will take place on the track in an exact length or portion of track. Each team can send a four (4) person team to participate twice in the relay activities. The various races are listed below. Each person will potentially gain forty (40) pts for their team.

Jumping Rope Race

- *Designated participants will get in position and wait for the start signal then race to finish line by consistently jumping rope, if rope stops turning at any point the participant will need to start in the current position to get to the finish line.*
- *First one to get to the line is the winner. This race is worth 5 pts.*

Penny Spoon Race

- *Setup: Mark the start and finish lines. Count the number of pennies it takes to fill a spoon, and place that many pennies per player in a bowl.*
- *Playing the Game: Each player gets a spoon and fills it with the specified amount of pennies. After the referee calls "Ready, Set, Go!" players race toward the finish line. If a penny falls from a spoon, the player has to stop, pick up the coin, and put it back onto the spoon before continuing. The first player to cross the finish line with a full spoon Wins!*
If there are a lot of racers, divide them into heats and have a race between the winners to determine the champion.

Sack Races

- *Designated participants will step into the sacks (provided by the RFL committee) , wait for the start signal and hop to the finish line.*
- *The first participant to get to the finish line is the winner. This race is worth 5 pts*

Egg and Spoon Race

- *Designated participants are to place the egg in the spoon (provided by the RFL committee) and upon start signal, race to the finish line.*
- *The first participant to get to the finish line is the winner. This race is worth 5 pts.*

Thread Me Race

- *Participants in this activity will have to begin at a starting position thread in hand and race to a designated area where a needle will be mounted for threading.*
- *First person the successfully thread the needle and knot it will win. This race is worth 5 pts.*

Pillow my Case Race

- *We all know some of our gentlemen are not domesticated, this challenge is for you! Each team can select a male representative that will compete.*
- *They are to unpack, smooth, and cover a pillow in the stop watch allotted time.*
- *First one done and neat WINS! This race is worth 5 pts.*

All relay races are to be totaled for an overall package win.

Obstacle Course

Two players from a team can participate in this dare to complete obstacle filled race. Players will be set in tandem to complete each obstacle to the finish line.

Tire Run

Walk the Plank

Bully Alley

Three Legged Race

The two players per team to complete this task will Ball in place will capture the Win!

*Hint: Choose participants equal in height.

Updated June 21, 2011