

JOY Participation Grid

Athlete	Gen der	YOB/ Age Grp	Track			Field		Basketball				Board Games							Swimming				Kickball				Soccer		Tennis										
			50m dash	4x50m shuttle	4x100m shuttle	Softball Throw	Standing Long Jump	Free Throws 7/8	Free Throws 9/10	Around the World 11/12	3-3 Co-Ed 9-10	3-3 Co-Ed 11-12	Chess 7/8/9	Checkers 7/8/9	Backgammon 7/8/9	Chess 10/11/12	Checkers 10/11/12	Backgammon 10/11/12	Nok-hockey 7/8/9	Nok-hockey 10/11/12	Table Tennis/PingPong 9-10	Table Tennis/PingPong 11-12	25 m freestyle 9/10	25 m freestyle 11/12	4x25 m Relay 9-10	4x25 m Relay 11-12	Co-Ed 7-8-9	Co-Ed 10-11-12	Boys 7-9-9	Bpys 10-11-12	Girls 7-8-9	Girls 10-11-12	10/11/12 Girls	10/11/12 Boys	7/8/9 Girls	7/8/9 Boys	Singles 11-12	Doubles 11-12	

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Suggestion: keep your genders together and then age groups