

**The Pioneer Pentathlon**  
(Family-friendly pioneer athletic event) Rev. 042710

**Pioneer Pentathlon Events:**

- I     Graces -- A game for partners (teams of two)  
a-Accuracy:  
Needs: tape measure, 18 x 18-inch ½-inch thick plywood or equivalent squares to serve as bases for players to stand on. 2 Judges, one for each partner. Both judges call out the ascending number of successful catches until a miss or disqualification occurs.  
Rules: At a set distance-set according to age category, partners try to achieve maximum number of successful hoop throws within a time limit with no misses, keeping one foot touching the base. Tie-breakers will be conducted at successively longer distances. Mixed ages are accommodated by the older contestant throwing from his/her assigned distance, but catching at the distance of the younger contestant.
- b-Distance:  
Needs: 2 Judges, 100' tape measure, marker to mark "point of catch".  
Rules: Partners try to achieve a successful throw and catch at maximum distance. Partner A throws from the baseline. Partner B catches, and distance is measured from where his foot nearest the baseline lands at the time of the catch (or immediately following the catch if he is in mid-air at the time of the catch). Five attempts are allowed.
- II     Hoop rolling – A game for individuals (small handcart pull for those under 8 yrs)  
a-Speed-circular course: Timer, start judge, continuity judge for each contestant  
b-Control: Slalom Course  
c-Distance: Along marked (parade) route after 5k participants, just before parade.
- III    Foot races: (barefoot, on grass)  
100-yard dash: Individual race (50-yard for children)
- IV     Bucket Brigade Race: 100-yard race for individuals (50-yard for children)  
a-Strength/speed: competing only against players within their general age and specific weight category, players attempt to carry one or two buckets containing water according to their age/weight category. Youngest competitors (2 years old) carry only one bucket with no water. With increasing age competitors add water (in 8 oz. bottles) to increase the weight, eventually carrying two buckets filled with water bottles. If a bottle falls out, the competitor must stop, pick up the bottle, and continue, or take a 7-second penalty for each bottle lost.
- V     Jumping at the mark (standing broad-jump): Game for individuals  
Agility/strength: From a baseline the player leaps for distance. The distance is marked from the point nearest the baseline where any part of the player's body touches the ground. Players compete against competitors within their specific age/body category.



## The Hoop



### The Hoop

Materials needed:

- □ □ □ □ □ □ □ □ □ □ □ □ □ □ Metal or wooden hoop
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Hold the stick in one hand and the hoop in the other. Push the hoop with one hand to get it going, then propel and guide the hoop with the stick maintaining constant contact with the hoop down about halfway up the hoop. Players can see who can roll the hoop the farthest, the fastest, or both.

### Bucket Brigade Race

Materials needed:

- □ □ □ □ □ □ □ □ □ □ □ □ □ □ 2 buckets
- 24 8-ounce bottles of water

Toddlers carry a single bucket as they toddle 25 feet. Older children add a bucket, carrying one in each hand. With advancing

age contestants must carry additional weight in the buckets in the form of bottled water, adding an additional bottle until adults over 180 lbs. must carry two buckets entirely filled with water bottles.

**The following games and activities will eventually be used to expand the Pioneer Pentathlon into the Annual Utah Pioneer Games.**

Quoits (rope ring-toss):

a-Accuracy: at a set distance (set according to age category), player tries to achieve a maximum number of scoring throws within a set time limit.

Pole leap:

Agility/strength: From a baseline the player leaps for distance, using a pole. This simulates crossing a stream without getting wet, using the pole to accomplish it.

Jump Rope: a-Endurance: maximum time duration  
b-Style: Judged 60-second routine

Top spinning: maximum length of time spinning

Marbles: (clay, not glass): double elimination tournament

Cherry pit, watermelon seed spitting: a-for distance, b-for accuracy

Paddle Board: maximum points within a minute

Tin Cup Bean Bag Toss: maximum number of successful tosses within a minute

Button whizzer (buzz saw): assembly and spinning for speed

Potato sack race: Individual race

**Team Free Games**: Single elimination tournaments

Bucket Brigade race: Game for teams of 10: Fill 60-gallon barrel in minimum time

Tug-of-War: teams of 10

Rounders (Cricket): teams of 10

**Pairs Free Games**: Single elimination tournaments

Three-legged race: Game for partners

Log Sawing race: Pairs competition, standard diameter pine log

**FOOD**: How involve it?

Apple pie cookoffs

Dutch oven?

**JUST FOR FUN:**

Hopscotch

Croquet

Cat's Cradle

Sling target

Bear Climb

Jacks/Bones

Stilts

Nine Pins

Propeller stick

Jacob's ladder

Pioneer Toy Box: dolls, rattles, toy soldiers, wooden rifles, etc.

**HOME SKILLS:**

Knitting, crocheting, tatting for length, width, etc. within an hour

Braiding, weaving, etc.

**50K (32 mile) and 25K (16 mile) distance runs – chaired by Vincent Romney**

An endurance foot race through the Wasatch Mountains similar in distance to those covered by the early settlers on foot. The course would be set following some of the original trails set through these mountains. Some options include North Canyon to Red Butte Canyon to the festival location (Rice Eccles, This is the Place Monument, etc), City Creek Canyon, to Emigration Canyon, to the festival location, or East Canyon Resort to Mt. Van Cott, then to the festival location. This race would be held on the final day of the events, and would start at 6 AM so the finishers would be arriving during the 24<sup>th</sup> of July celebrations. The race would have five aid stations, located roughly every 6 miles along the course supplying water, electrolytes, and snacks. Potential sponsors include Backcountry.com, La Sportiva, REI, Hammer Nutrition, FRS, etc.