

# Tartléto's Tropical Temperatures Tournament

To participate in the Crazy 88, we, as the board, would like to have proof of the tasks in the form of photos that you can send to [tartletos@wur.nl](mailto:tartletos@wur.nl). Please include your name and/or the names of people who contributed to the task (if it was a group task) and the number of the task. You can send this until the end of September. We will keep track of the results in an Excel file!

## Individual tasks (sporty)

1. Participate in an athletics event for the first time in a competition.
2. Set a personal record in a competition.
3. Complete a training session with the running group as a technical athlete, or vice versa.
4. Represent Tartléto's at the national team competition.
5. Trace a shape on Strava (the board must be able to guess what it is).
6. Participate in a Swedish relay.
7. Record a performance on a cross-trainer in the 'Great Cross-Trainer Competition forms.'
8. Complete a training session with all your clothes inside out.
9. Run 400 meters backward.
10. Participate in a beer relay.
11. Complete 100 meters/110 meters hurdles only passing under the hurdles.
12. Set a humorous ('ludiek') club record.
13. Throw a javelin so that it remains at a 90-degree angle to the ground.
14. High jump over the bar using the wrong leg for take-off.
15. High jump over the bar, going over it face-down instead of back-first.
16. Do 100 push-ups.
17. Break the daily record on the slide at the Bongerd.
18. Participate in a competition with a themed costume.
19. Reach a heart rate above 190 during a training session.
20. Emit a scream/roar audible from 100 meters away during shot put.
21. Throw a discus out of the cage while balancing a discus on your head.

## General tasks

22. Save a worm from the track before it gets trampled.
23. Volunteer/judge at a competition.
24. Join a committee.
25. Organize a drink on behalf of the Borrelto's.
26. Pass on a quote from a fellow Tartleets to the board (if the board laughs, it counts; if not, it doesn't).
27. Participate in a Tartléto's activity.
28. Arrive half an hour early for a training session.
29. Follow Tartléto's and Cheetos on Instagram (@tartletos and @cheetos\_tartletos).
30. Take a nap on the track.
31. Attend training dressed as one of your fellow Tartleets.
32. Go to university or work in your Tartléto's outfit.
33. Decorate your bike with Tartléto's stickers.
34. Take an 'instaworthy' sports photo of one of your fellow Tartleets.
35. Learn ten international athletics-related words in French in preparation for the Olympic Games.
36. Write a piece for the WAK.
37. Stick a Tartléto's sticker on a lamppost.
38. Encourage all present Tartleets in some way during a training session.

39. Drink during a training session only from something that is not a cup, bottle, or flask.
40. Come up with a fun nickname for one of your fellow Tartleets and ensure it becomes known within the association (remember to keep it kind and respectful).
41. Create an original Tartlétos song or anthem and sing it during a special occasion.
42. Make a creative video depicting the essence of Tartlétos.
43. Assist a coach in preparing for training (such as setting up hurdles).
44. Take a photo of a rat from or around the track.
45. Cultivate a white mark from your sports watch on your wrist.
46. Bring a family member to training.
47. Startle a Tartleet.
48. Keep track of how many throws/puts a thrower makes during a training session.
49. Assist a sprinter during training by starting them ("on your marks," "get set," "go").
50. Rake the long jump pit during a training session for a long or triple jumper.
51. Give a mid-training snack to someone from the running group.
52. Cover 100 meters on the back of a 'duurkameel'.

### **Group tasks**

53. Win a water-drinking contest against another Tartleet (drink a 500 ml bottle as quickly as possible).
54. Come to training with a group of at least five Tartleets wearing the same clothes.
55. Persuade a Tartleet to do a board year at Tartlétos.
56. Do a long run of at least 8 kilometers with at least 4 Tartleets.
57. Physically represent the word 'Tarlétos' with a group of Tartleets.
58. Spend a night sleeping over at one of your fellow Tartleets.
59. Have dinner with one of your fellow Tartleets (with whom you do not already live).
60. Persuade a non-Tartleet to come to training once.
61. Go on a bike ride with three other Tartleets.
62. Exchange a sports item with one of your fellow Tartleets (think of a running shirt that is too small for you, for example).
63. Create a pyramid of at least 6 Tartleets.
64. Take a photo with at least 7 Tartleets where no one touches the ground.
65. Take a selfie with a fellow Tartleet whose age, combined with yours, forms 46.
66. Go on a (friendly) date with someone from another student athletics association.
67. Have something together with two other Tartleets at the Bongerd after training.
68. Take a photo with at least two other Tartleets who joined Tartlétos in the same year as you.
69. Take a photo with as many Tartleets as possible who have birthdays in the same month as you.
70. Guide a first year Tartleet at a Tartlétos activity or NSK.
71. Take a dive into the Rhine with as many Tartleets as possible together.
72. Learn the names of five new Tartleets and personally greet them during the next training session.
73. Synchronize a handstand or cartwheel with as large a group of Tartleets as possible during training.

### **Tasks with specific people**

74. Create a drawing/fan mail for Cheetos and Speedy.
75. Give a glowing introduction to Iris before she starts the introduction talk at a training session.
76. Write a poem for Meertje of at least 20 lines.
77. Give Diede a relaxing shoulder massage.

78. Bring a bottle of Coca-Cola to training for Jasmijn.
79. Bring a cutting for Eva.
80. Challenge the cabinet (Cedric) to a strength exercise challenge and win.
81. Give a gift to the board.
82. Write a thank-you card to one of the coaches.
83. Bring something tasty for Tonnie.
84. Give Kris an original compliment (Kris determines when the points are awarded).
85. Pick a flower for Bibi Lotte.
86. Sing a song for Jelle (Jelle determines when the points are awarded).
87. Have a coffee with Stijn (you pay).
88. Pet Octo (often found at the Trimsalon).

*\*Disclaimer: participation is at your own risk. The board is not responsible for injuries incurred while performing the above tasks.*