

## WEIGHTED CONVERSION

Player is to play through the target at their own weight (losing their bowl)

### DETAILS OF TEST

- Place target on T
- Place mat on minimum length
- Play 2 bowls FH & 2 bowls BH
- Play 2 ends
- Repeat for medium & maximum lengths

### SCORING

- 3 Points = Contact Jack
- 2 Points = Contact either bowl
- -1 Point = Not reaching target

|            |     |                            |            |     |           |
|------------|-----|----------------------------|------------|-----|-----------|
| Name       |     |                            |            |     |           |
| Date       |     |                            | Speed      |     |           |
| Conditions |     |                            | Category   |     |           |
| Exercise   |     | <u>WEIGHTED CONVERSION</u> |            |     |           |
| End        | F/H | F/H                        | B/H        | B/H | END TOTAL |
| S          |     |                            |            |     |           |
| S          |     |                            |            |     |           |
| M          |     |                            |            |     |           |
| M          |     |                            |            |     |           |
| L          |     |                            |            |     |           |
| L          |     |                            |            |     |           |
| F/H TOTAL  |     |                            | Short End  |     |           |
| B/H TOTAL  |     |                            | Med. End   |     |           |
|            |     |                            | Long End   |     |           |
|            |     |                            | CARD TOTAL |     |           |

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| S          |     |                            |            |     |           |
| S          |     |                            |            |     |           |
| M          |     |                            |            |     |           |
| M          |     |                            |            |     |           |
| L          |     |                            |            |     |           |
| L          |     |                            |            |     |           |
| F/H TOTAL  |     |                            | Short End  |     |           |
| B/H TOTAL  |     |                            | Med. End   |     |           |
|            |     |                            | Long End   |     |           |
|            |     |                            | CARD TOTAL |     |           |