

SCHEDULE OF EVENTS

0800	PARTICIPANTS ARRIVE
0800-0830	JUDGES / INSTRUCTORS BRIEF
0830-0900	PUSH-UPS
0900 -0930	2-MILE RELAY
0930-1000	ULTIMATE FRISBEE
1015-1130	BUDDY DRAG / KETTLE BELL PULL
1145-1300	KICK BALL
1315	AWARDS PRESENTATION