ARDMORE CORPORATE
FITNESS
CHALLENGE

INDIVIDUAL EVENT

Girls on the Run 5k   **Saturday, May 18th @ Regional Park   (10:30 am start)**

2024 TEAM EVENT SCHEDULE

DATE	TIME	EVENT	EVENT SITE	SITE LOCATION
TUESDAY, MAY 28	6:00 p.m.	Golf Executive	Lakeview Golf Course	Lakeview Golf Course
	6:15 p.m.	Volleyball	Whittington Park	Park Area
	6:15 p.m.	Basketball	Whittington Park	Basketball Courts
WEDNESDAY, MAY 29	6:00 p.m.	Rowing	Regional Park	North Boat Ramp
	6:30 p.m.	Pickleball	Regional Park	Pickleball Courts
	7:00 p.m.	Cornhole	Regional Park	By Pickleball Courts
THURSDAY, MAY 30	6:00 p.m.	Obstacle Course	Ardmore High School	FB Practice Field
	6:00 p.m.	Executive Relay	Ardmore High School	FB Practice Field
	6:45 p.m.	Home Run Derby	Ardmore High School	FB Practice Field
	6:45 p.m.	Tug of War	Ardmore High School	Fieldhouse

T-Shirt Contest

* Turn in by 7:15 p.m. on Thursday to Nancy or Warren

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