

2019 SPORTS CALENDAR

INTRAMURALS TEAM SPORTS

Dodgeball

Season Starts:
30 January

Over 30 Basketball

Season Starts:
5 February

Softball

Season Starts:
16 April

7-vs-7 Soccer

Season Starts:
24 April

Ultimate Frisbee

Season Starts:
14 August

Volleyball

Season Starts:
1 October

Flag Football

Season Starts:
3 October



INSTALLATION ALL-STAR SPORTS

Volleyball

Winter
(at Carlisle Barracks)

Basketball

Spring (at Carlisle Barracks)

Softball

Summer (at Carlisle Barracks)

Flag Football

Fall (at NSA Mechanicsbug)



RUN/WALK RACE SERIES

Sexual Assault Awareness & Prevention

5K Run/Walk
17 April @ 1600

Armed Forces Day

5k Run/Walk
17 May @ 1130

Beat the Heat

5K Run/Walk
21 August @ 0700

Fall Finale

5K Run/Walk
17 October @ 1600

INDIVIDUAL/DUAL SPORTS & COMPETITIONS

Bench Press Competition

February

Racquetball

March through May

Spikeball

April through June

Fit-Fest Competition

June

Tennis League

June through September

Bowling League

September through October

Fall Tennis Open Tournament

October

