



2010 Event Descriptions

5K Run

Roster: Unlimited Entry

Location: Walton Life Fitness Center

Date: May 16,2010

Notes: Held in the Walton Life Fitness Center parking lot, the 5K run will consist two divisions: men and women. The top three finishers in each division for a company will earn points toward their overall Corporate Olympics score.

Sprint Triathlon

Roster: 3 Person Teams

Location: Walton Life Fitness Center

Date: May 16,2010

Notes: The sprint triathlon will consist of a 20 mile bike, 3 mile run and 500 yard swim. Scores will be given to the team with the fastest time overall.

Volleyball

Roster: 5 Person Coed Team + 2 alternates / substitutions

Location: Walton Life Fitness Center

Date: May 10,2010

Notes: Volleyball teams must have at least 2 women on the court at all times.

3 on 3 Basketball

Roster: 3 Person Team + 3 alternates / substitutions

Location: Walton Life Fitness Center

Date: May 11,2010

Notes: Women are welcome to play, but are not required.

2010 Event Descriptions (continued)

Lazer Tag

Roster: 6 Person Coed Team +1 alternate

Location: Fast Lane

Date: May 12,2010

Notes: Teams must consist of at least 2 women.

Bowling

Roster: 4 Person Coed Team + 1 alternate

Location: Fast Lane

Date: May 12,2010

Notes: Each team will play two games. A teams overall score will be determined by their cumulative score from the games. Teams must consist of 2 men and 2 women.

Kick Ball

Roster: 8 Person Coed Team + 4 alternates / substitutions

Location: All Star Sports Arena

Date: May 17,2010

Notes: Teams must have at least 4 women on the field at all times.

Dodge Ball

Roster: 6 Person Coed Team + 4 alternates / substitutions

Location: All Star Sports Arena

Date: May 18, 2010

Notes: Teams must have at least 2 women on the court at all times.

Challenge Course

Roster: 8 Person Coed Team

Location: All Star Sports Arena

Date: May 19, 2010

Notes: Survivor meets Fear Factor...enough said. Teams must consist at least 2 women.

Each event will have a maximum limit of 20 teams given on a first-come, first-served basis. Tournament style / format will be determined once AAO has confirmed the total number of team entries per event.

GAME ON!