



# 2023

# SPORTS CALENDAR

## Intramural Team Sports

- Dodgeball (*February - March*)
- Over 30 Basketball (*February - March*)
- 7 v 7 Soccer (*April - June*)
- Softball (*April - July*)
- Ultimate Frisbee (*August - September*)
- Volleyball (*October - November*)

## Multi-Installation All-Star Sports Tournaments

- Volleyball  
(*Winter at DLA Susquehanna*)
- Basketball  
(*Spring at Carlisle Barracks*)
- Softball  
(*Summer at Carlisle Barracks*)
- Flag Football  
(*Fall at NSA Mechanicsburg*)

## Run/Walk Race Series

- Sexual Assault Awareness & Prevention 5K Run/Walk (*April*)
- Armed Forces Day Obstacle Run/Walk (*May*)
- Beat the Heat 5K Run/Walk (*August*)
- Remembrance Run 5K (*September*)

## Individual/Dual Sports & Competitions

- 1000/750/500-LB Club Competition (*January*)
- Bench Press Competition (*February*)
- Racquetball (*March - May*)
- Home Run Derby (*June*)
- Tennis League (*June - September*)
- MWR Sports & Fitness Cup (*August*)
- Bowling League (*September - October*)
- Fall Tennis Open (*October*)

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