

KANSAS CITY CORPORATE CHALLENGE
NUMBER OF EMPLOYEES ALLOWED TO COMPETE PER EVENT

EVENT	MEN	WOMEN	COED	DETAILS
3-on-3 Basketball	6	6		Double-elimination Men's & Women's tournaments. 6 players on the roster, 3 on the court at a time. Competition by Division.
Bike Race	10	10		3-mile time trial race. 2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
Bowling	4	4	4	Men's, Women's & Coed (two men/two women) tournaments. 3-game totals constitute team score. Individual's score are used to determine Individual Winners. Competition by Division.
Darts	1	1		Soft tip, Men's & Women's double-elimination tournaments. Best 2-out-of-3 games. Competition by Division.
Disc Golf	2	2		2-person scramble. Men's & Women's tournaments. Competition by Division.
Dodgeball			8	Coed tournament. 8 player roster, 6 players on the court. Tournament begins with round robin pool play, top teams from each pool advance to a single-elimination tournament. Competition by Division.
Duathlon - Individual	5	5		3.1 mile run, 13.5 mile bike, 3.1 mile run. One man and one woman per age group; 19-29, 30-39, 40-49, 50+. One additional male and one additional female "wild-card" in any age group.
Duathlon - Team			3	3.1 mile run, 13.5 mile bike, 3.1 mile run. Three (3) person team (2 men and 1 woman or 2 women and 1 man) each completes one leg.
Fishing			2	One 2-person team. May be both Men, both Women or Coed. Competition by Division.
Flag Football			10	Single-elimination Coed tournament. 10 player roster, 5 players on the field. Competition by Division
Golf	2	2		2-person scramble. Men's & Women's 18-hole tournaments. Competition by Division.
Half Marathon	10	10		13.1 miles. 2 men and 2 women may be entered it these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
Horseshoes	1	1		Each participant throws 50 shoes, highest score wins. Competition by Division.
Long Jump	2	2		Participants will compete in the following age group; 19-29, 30-39, 40-49, 50+. Each participant will be allowed 3 jumps, best jump is taken.
Pickleball			2	Single elimination tournament; Mixed Doubles. Competition by Division.

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Pool	1	1		8-ball, Men's & Women's single-elimination tournaments. Best 2-out-of-3 games. Competition by Division.
Racquetball	1	1		Single-elimination tournament, best 2-out-of-3 games. Competition by Division.
Shot Put	2	2		Participants will compete in the following age group; 19-29, 30-39, 40-49, 50+. Each participant will be allowed 3 throws, best throw is taken.
Soccer (3v3)	6	6		Double-elimination Men's and Women's tournaments. 6 players on the roster, 3 on the field at a time. Played on shortened field, no goal keepers. Two (2) 12-minute halves. Competition by Division.
Softball			18	Double-elimination Coed tournament. 18 players on a roster, 10 players on the field. Competition by Division.
Swim Meet 50-Yard Freestyle	10	10		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Swim Meet 50-Yard Backstroke	10	10		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Swim Meet 50-Yard Butterfly	10	10		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Swim Meet 100-Yard Ind. Medley	10	10		Strokes in order are butterfly, backstroke, breaststroke, freestyle. 2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Swim Meet 100-Yard Freestyle	10	10		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Swim Meet 200-Yard Coed Freestyle Relay			4	2 men and 2 women, each swim 50 yards. Competition by Division.
Swim Meet 200-Yard Coed Medley Relay			4	2 men and 2 women, each swim 50 yards. Competition by Division.
Table Tennis	3	3		Single-elimination tournaments; Men's Singles, Men's Doubles, Women's Singles, Women's Doubles. Best 2-out-of-3 games to 21 points. Competition by Division.
Tennis	1	1		Single elimination tournaments; Men's Singles & Women's Singles. All rounds are a one (1) 8-game Pro Set. Competition by Division.
5K	20	20		3.1 miles; 2 men and 2 women per age group; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.

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Track Meet 100-Meter Dash	10	10		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Track Meet 400-Meter Dash	10	10		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Track Meet Mile Run	10	10		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60+. Event will be scored in the following age groups; 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.
Track Meet Mile Relay			4	2 men and 2 women, each run 400M. Competition by Division.
Track Meet Sprint Medley Relay			4	2 men and 2 women. Run in this order; 100M, 200M, 100M & 400M. Competition by Division.
Track Meet Distance Medley Relay			4	2 men and 2 women. Run in this order; 800M, 400M, 400M, 1200M. Competition by Division.
Trap Shooting	1	1		Two (2) rounds of 25 regulation targets are shot. Highest score determines winner. Competition by Division.
Tug-of-War			Varies	Coed team, 2,000 pound weight limit per team. Must have a minimum of three (3) women per team. Double-elimination tournament. Competition by Division.
Volleyball	12	12		Men's & Women's Tournament, 12 players on the roster, 6 on the court at a time. Tournament begins with round robin pool play, top teams from each pool advance to a single-elimination tournament. Competition by Division.
Walk			12-30 Varies by Division	Participation event only with one (1) point scored per entrant (as determined by Division). Companies may have as many walkers as they choose, but a maximum number of points (12-30) will be awarded per company.
Weightlifting			3	Bench press competition. Three (3) person coed team (2 men and 1 woman or 2 women and 1 man). Scoring based on Sinclair Formula. Individual scores are used to determine Individual Winners. Competition by Division.