

**2022 KANSAS CITY CORPORATE CHALLENGE**  
**NUMBER OF EMPLOYEES ALLOWED TO COMPETE PER EVENT**

EVENT	MEN	WOMEN	COED	DETAILS
5K	22	22		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, 65-69, 70+
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.
Cornhole	2 - any combination			Each company may submit one team for the tournament made up of any combination of genders. 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 - 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.
Golf	2	2		2-person scramble. Men's & Women's 18-hole tournaments. Competition by Division.
Flag Football			10	Single-elimination Coed tournament. 10 player roster, 5 players on the field. Competition by Division
Half Marathon	12	12		13.1 miles. 2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60-69, 70+. 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, 65-69, 70+. Companies may enter one additional male and additional female "wild card" in any age group.
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	2	2	Single elimination tournament; Men's Doubles, Women's Doubles, & Mixed Doubles. Competition by Division.
Pool	1	1		8-ball, Men's & Women's single-elimination tournaments. Best 2-out-of-3 games. Competition by Division.

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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 (4v4)			6	Single-elimination coed tournaments. A maximum of 6 players per game, minimum 3 players to start game. Played on shortened field, no goal keepers. Two (2) 10-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	1	1		Each company may enter one male and one female participant in the individual swimming events per 10 year age groups: 19-29, 30-39, 40-49, 50-59, 60+. Companies may also enter one additional participant per gender, per individual swimming event which will be called a "Wild-Card" participant.
Swim Meet 50-Yard Backstroke	1	1		
Swim Meet 50-Yard Butterfly	1	1		
Swim Meet 50-Yard Breaststroke	1	1		
Swim Meet 100-Yard Ind. Medley	1	1		
Swim Meet 100-Yard Freestyle	1	1		
Swim Meet 200-Yard Coed Freestyle Relay			4	Companies may enter one four-person coed team in each of the two relay events. Teams must consist of two men and two women.
Swim Meet 200-Yard Coed Medley Relay			4	
Table Tennis	1	1	2	Single-elimination tournaments; Men's Singles, Women's Singles, and Mixed Doubles. Best 3-out-of-5 games to 11 points, must win by two 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.
Track Meet 100-Meter Dash	12	12		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60-69, 70+. 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, 60-69, 70+.
Track Meet 400-Meter Dash	12	12		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60-69, 70+. 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, 60-69, 70+.
Track Meet Mile Run	12	12		2 men and 2 women may be entered in these age groups; 19-29, 30-39, 40-49, 50-59, 60-69, 70+. 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, 60-69, 70+.
Track Meet Mile Relay			4	2 men and 2 women, each run 400M. Competition by Division.

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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			Maximum of 7	Coed team, 1,200 pound weight limit per team. Must have a minimum of two (2) women per team. Double-elimination tournament. Competition by Division.
Volleyball	12	12		Each company may enter one men's and one women's team. If a company does NOT enter a women's team, they may have any women wanting to play join the men's team and play in the men's tournament. Maximum of 12 players, minimum of 4. 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.