

PARTICIPATORY EVENTS

(Football Throw, Plank Challenge, Hula Hoop Competition, Sack Race)

Saturday, May 2, 2020

Time: 10:30am (Registration starts at 8am)

Team Size: 4 people per team

Price for event: \$100 per team

Location: Deep Creek Park (437 George Washington Hwy S., Chesapeake, VA 23323)

About the event:

The Participatory Events will be our twelfth event of the 2019 Hampton Roads Corporate Challenge, presented by Optima Health!

Teams will consist of four people. One person will participate in Hula Hoop Competition, one person will compete in the plank challenge, one person will compete in the football throw, and all four will compete in the sack race.

Sack Race: All four team members will compete in the sack race. To start, one person from the team will run up to the sack, put both feet in and begin hopping toward their other teammate (distance is 90 feet). Once they arrive at their other teammate, they will get out of the sack and hand it to their teammate. The teammate will put both feet in and begin hopping to their other teammate (90 feet). They will continue doing that until they reach the fourth teammate. The fourth teammate will finish the race by hopping across the finish line (90 feet). Contestants must keep both feet in sack and at least one hand on the sack at all times. The sack must remain as close to the waist as possible and should not fall below knees.

Hula Hoop Competition: One team member will hula hoop until they cannot hula hoop any more! That team member will try to keep the hula hoop moving for as long as they can, when their hula hoop touches the ground, they are out. The hula hoop must stay on your torso, no hula hooping around your arms. The person who is hula hooping the longest, wins!

Football Throw: One team member will throw 10 footballs at a target placed at distances of 5, 10 and 15 yards, worth 5, 10 and 20 points. Competing teams should bring their own football to warm up. The time limit will be 1 minute. Teams will be awarded the amount of points earned during the event.

Plank challenge: One team member will hold an elbow plank for as long as they can. The last person still "planking" is the winner. Participants must stay in elbow plank.

Awards will be given out to each individual winner of the participatory events and then the top three teams will also receive medals.

Points toward Participatory Events (for each event) Corporate Challenge:

Below are the points awarded for each participatory events. At the end, the company with the most amount of points will win.

Division I Companies
1st place: 50 points
2nd place: 45 points
3rd place: 40 points
4th place: 35 points
5th place: 30 points
6th place: 25 points
7th place: 20 points
8th place: 15 points
9th place: 10 points
10th place: 5 points
11th & higher: 1 points

Points toward Corporate Challenge:

Division I Companies	Division II Companies
1st place: 100 points	1st place: 100 points
2nd place: 90 points	2nd place: 90 points
3rd place: 80 points	3rd place: 80 points
4th place: 70 points	4th place: 70 points
5th place: 60 points	5th place: 60 points
6th place: 50 points	6th place: 50 points
7th place: 40 points	7th place: 40 points
8th place: 30 points	8th place: 30 points
9th place: 20 points	9th place: 20 points
10th place: 10 points	10th place: 10 points
11th & higher: 5 points	11th & higher: 5 points