



TEAM ROSTER FORM

These forms are for your internal use and are intended to be used as a guide as you begin to recruit and assign team members to each event. As a reminder, all team members must complete a waiver in order to participate in the events. The waivers are available online under Athlete Registration.

Team Name: _____

Team Captain: _____

Division: _____

One-Mile Walk. Each company may enter as many walkers as they wish for the one-mile walk. The first 25 employees per team who finish the walk will be eligible for scoring. You can submit the One-mile Walk roster at check-in for points.

1 _____	14 _____
2 _____	15 _____
3 _____	16 _____
4 _____	17 _____
5 _____	18 _____
6 _____	19 _____
7 _____	20 _____
8 _____	21 _____
9 _____	22 _____
10 _____	23 _____
11 _____	24 _____
12 _____	25 _____
13 _____	



5K Race. The number of participants that a team can have in the race is unlimited. However, only the top male and female in each age group (within your company's top finishers) will be scored for the team points, even though a team may have more than one male and female participating in any given age group. Please feel free to collect the names of those planning to compete.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

19 _____

20 _____

21 _____

22 _____

23 _____

24 _____

25 _____

26 _____

27 _____

28 _____

29 _____

30 _____

31 _____

32 _____

33 _____

34 _____

35 _____

36 _____

37 _____

38 _____

39 _____

40 _____



Basketball Shooting. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____

Frisbee Toss. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____

Soccer Kick. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____

Cornhole. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____

Football Toss. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____

Obstacle Course. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____

Hockey Shot. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____



Lacrosse Passing. Each company may enter one (1) team of four(4) players, including at least two (2) females.

1 _____ Female _____

2 _____ Female _____

Golf Chipping. Each company may enter one (1) team of four (4) players, including at least one (1) female.

1 _____ 3 _____

2 _____ Female _____

Wiffle Ball Home Run Derby. Each company may enter one (1) team of four (4) players, including at least one (1) female.

1 _____ 3 _____

2 _____ Female _____

Dodgeball. Each company will be permitted to enter one (1) team of up to 10 participants, which must include at least two (2) females. Each game will begin with no more than six (6) players competing on either side; the remaining four (4) will be available as substitutes.

1 _____ 4 _____

2 _____ Female _____

3 _____ Female _____

Substitute _____ Substitute _____

Substitute _____ Substitute _____

Tug of War. Each company may enter one team of eight (8) employees, including at least two (2) females in the single elimination competition.

1 _____ 5 _____

2 _____ 6 _____

3 _____ Female _____

4 _____ Female _____

As you organize your team, highlighting the fun and friendly spirit of the games is important! The variety of sports offered should provide enough variety for everyone to get involved and to enjoy!