



Age Group Breakdown

Baby Events

- Baby Crawl

1 - 2 Years Old Events

- Tot Trot

3 - 4 Years Old Events

- 20M Dash

5 - 6 Year Old Events

- Hurdle Hop
- 50M Run
- Softball Throw
- Obstacle Course

7 - 9 Year Old Events

- Softball Throw
- 50M Run
- Long Jump
- Obstacle Course
- Fitness Circuit
- Lacrosse Speed Shot
- Team Tug-of-War

10 - 12 Year Old Events

- Fitness Circuit
- 50M Run
- Obstacle Course
- Long Jump
- Lacrosse Speed Shot
- Basketball Shot
- Softball Throw
- Team Tug-of-War
- Farmer's Carry Relay

13 - 15 Year Old Events

- 400M Run
- Fitness Circuit
- 1 Mile Run
- 100M Run
- Softball Throw
- Long Jump
- Lacrosse Speed Shot
- Point Basketball Shot
- Team Tug-of-War
- Farmer's Carry Relay

16 - 18 Year Old Events

- Pre/Post Natal
- 400M Run
- Archery
- 1 Mile Run
- Softball Throw
- 100M Run
- Lacrosse Speed Shot
- Long Jump
- Basketball Shot
- Team Tug-of-War
- Farmer's Carry Relay
- Fitness Circuit

19 - 24 Year Old Events

- Pre/Post Natal
- 400M Run
- Archery
- 1 Mile Run
- Softball Throw
- 100M Run
- Lacrosse Speed Shot
- Long Jump
- Basketball Shot
- Team Tug-of-War
- Farmer's Carry Relay
- Fitness Circuit

25 - 32 Years Old Events

- Pre/Post Natal
- 400M Run
- Fitness Circuit
- 1 Mile Run
- Softball Throw
- 100M Run
- Lacrosse Speed Shot
- Long Jump
- Basketball Shot
- Archery
- Team Tug-of-War
- Farmer's Carry Relay

33 - 40 Years Old Events

- Pre/Post Natal
- 400M Run
- Archery
- 1 Mile Run
- Softball Throw
- 100M Run
- Lacrosse Speed Shot
- Long Jump
- Point Basketball Shot
- Team Tug-of-War
- Farmer's Carry Relay
- Fitness Circuit

41 - 54 Years Old Events

- Pre/Post Natal
- 400M Walk
- Archery
- 400M Run
- Softball Throw
- 1 Mile Run
- Team Tug-of-War
- 100M Run
- Lacrosse Speed Shot
- Long Jump
- Basketball Shot
- Farmer's Carry Relay
- Fitness Circuit

55 - 64 Years Old Events

- Long Jump
- 400M Walk
- Archery
- 400M Run
- Softball Throw
- 1 Mile Run
- Farmer's Carry Relay
- 50M Run
- Lacrosse Speed Shot
- Basketball Shot
- Team Tug-of-War

65+ Years Old Events

- Long Jump
- 400M Walk
- Archery
- 400M Run
- Softball Throw
- 1 Mile Run
- Basketball Shot
- 50M Run
- Farmer's Carry Relay