

19th Annual

Fit Eagle

Squadron vs Squadron Competition

Friday • 7am • Aderholt
March 12, 2010

- Up to 2 teams per squadron
- Active duty members only
- 5 members per team:
 - 1 male over 40
 - 1 male over 30
 - 1 male any age
 - 2 females any age
- Letters of Intent
 - Available on myhurlburt.com
 - Due by Noon, March 8
 - Turn in at any of the Fitness Centers

Compete in Events

- 5K Run
- Sit & Reach
- Pull Ups
- Tug O'War
- Push Ups
- Mystery Event
- Sit Ups

**For more information, contact
your unit Sports Rep or
AMN Bloss @ 884-4412 and
AIC Kiel @ 884-6884**



Visit us online: myhurlburt.com
Current as of: 12/04/09.
Subject to change without notice.



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