

**Fit Eagle 2010 Registration**  
**Day of Event: Friday, 12 Mar. 10**  
**Events Start at Aderholt Fitness Center**

- Up to (2) teams per squadron (Limit 30 teams total, active duty ONLY!)
- Three men (one over 30, one over 40, one any age)
- Two women (any age)
- Legitimate attempts must be made to find females in your own squadron *before* recruiting from another squadron
- Recruitment of team members from other organizations will require written approval from losing and gaining squadron sports rep
  
- Events:
  - Push-ups (2 minute time limit)
  - Sit-ups (2 minute time limit)
  - Pull ups (1 minute time limit)
  - Sit & reach
  - 5K run (cross country scoring)
  - Tug-of-war
  - Team building (mystery event)
  
- All ties in push-ups, sit-ups, and pull-ups will be resolved by tiebreaker
  
- Start forming your team NOW! Team rosters are due by noon, 8 Mar. 10 NO EXCEPTIONS!!!
  
- Each team must have a captain. The captain can be part of the 5 person team.
  
- Each team must have a minimum of 1 volunteer that will not be part of the team.
  
- You can turn in your letters if intent in at any of the Hurlburt Fitness Center.
  
- Combat boots and gloves are allowed, but cleats or any type of spiked shoes is NOT allowed.
  
- POC for Fit Eagle 2010: AMN Bloss @ 884-4412 & A1C Kiel @ 884-6884

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*(LETTER OF INTENT ON REVERSE)*

**FIT EAGLE LETTER OF INTENT**

**Due noon, 8 Mar 10**

**Squadron name:** \_\_\_\_\_

**Team Captain:** \_\_\_\_\_ **Rank:** \_\_\_\_\_ **Duty #:** \_\_\_\_\_

**Sports Rep:** \_\_\_\_\_ **Rank:** \_\_\_\_\_ **Duty#** \_\_\_\_\_

**Sports Rep Signature:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**FIT EAGLE ROSTER**

**Male over 40** \_\_\_\_\_

**Male over 30** \_\_\_\_\_

**Male any age** \_\_\_\_\_

**2 females (any age)** \_\_\_\_\_

\_\_\_\_\_

**Volunteer** \_\_\_\_\_

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**



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