Entries Accepted: Tuesday September 3rd - Friday October 11th

Entry Fee: TBD

Player’s Quiz: Captains Quiz

Event Start Date: Tuesday September 3rd

Divisions: text

Event Format: 8 week event

Location of Play: Locations of your choice

Schedules: In your free time

Equipment:
   Device to track distance/time (mobile device, cardio equipment)
   App to track distance/time (strava, mapmyrun, etc)

Setup: This eight (8) week program allows you to choose how often, where, and when you participate. Every time you walk, run, cardio equipment your way to a 5k, record it. Take a screen shot or picture of your time/distance. Then share it on Instagram, Twitter, or Snapchat and tag us and use #ShockersPlay.

Eligibility

1. Only current students (enrolled in one (1) or more credit hours) or adult members (18 or older) of the Heskett Center may participate in the Intramural Sports Program.

2. Individuals must present their Shocker Cards to the Competitive Sports staff in order to participate each night. These cards must be validated for the current semester.

Entry Procedures

1. Players must sign up online on IMLeagues.com

2. All players are required to complete the captains or participant quiz. The purpose of these quizzes are to inform participants of rules, policies, and procedures