

# Decathlon

As an added incentive to get more people out for the “healthy” events at Corporate Challenge this year, there will be additional points awarded to individuals who compete in **at least** 5 of the events listed below.

## Decathlon Events

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|--|--------------------------------------|
| 1. Obstacle Course – offered 9/8 and 9/14<br>Track: 9/10 | 7. 5K Run – 9/13                     |
| 2. 100 Run   | 8. Cycling – 9/18<br>Swimming – 10/3 |
| 3. 400 Run   | 9. 50 Free                           |
| 4. Mile Run  | 10. 50 Back                          |
| 5. Shot Put  | 11. 50 Breast                        |
| 6. Long Jump   | 12. 200 Free                         |

## Scoring

Each event will be scored on a 1500 point sliding scale, much like decathlon scoring in the Olympics. You will **qualify** by doing at least 5 events, while also receiving participation points for doing the 5 events.

**IMPORTANT:** We will be scoring each person’s **top 6** events out of the 12 available to come up with a final score.

Participants will be divided into brackets by gender and decade, i.e. 29 – under, 30 – 39, 40 – 49, 50 – 59, 60 – up. Additional points will be given to the top 4 in each of those groups (1<sup>st</sup> = 20, 2<sup>nd</sup> = 15, 3<sup>rd</sup> = 10, 4<sup>th</sup> = 5).

**We will be able to recognize all of those who have participated in enough events to qualify for the Decathlon. Therefore, there is nothing you need to do except encourage participants taking part in these events to assure they do at least 6.**