



Dyess Fitness Center

SPECIAL EVENTS AND SPORTS

2024 Calendar

SPECIAL EVENTS

1st Quarter

- 8 Jan -24 Feb New Year New Me Fitness Challenge
- 18 Jan 24 MLK 5K Run & Walk
- 15 Feb 24 Black History Month 5K
- 22 Mar 24 March Madness Basketball Tournament

2nd Quarter

- 19 Apr 24 Bunny Hop Inflatable 5K
- 1 May- 31 July 24 Summer Fitness Challenge
- 23 May 24 Murph Challenge
- 7 June 24 Norwegian Foot March
- 21 June 24 Weightlifting Competition

3rd Quarter

- 3 July 24 4th of July Color Run
- 2 Aug 24 Back to School Fun Run
- 16 Aug 24 Sports Day
- 20 Sep 24 AF Birthday Triathlon

4th Quarter

- 5 Oct 24 Pink Out Football Game
- 31 Oct 24 Halloween Monster Bash
- 15 Nov 24 Norwegian Foot March
- 13 Dec 24 Reindeer Run 5K



Sports

Intramural

<u>Event</u>	<u>LOI Due</u>	<u>Coaches Meeting</u>	<u>Start Date</u>
Flag Football	1 Mar 24	5 Mar 24	18 Mar 24
Soccer	19 Apr 24	24 Apr 24	1 May 24
Volleyball	21 June 24	25 June 24	8 July 24
Softball	12 Sep 24	17 Sep 24	24 Sep 24
Basketball	31 Oct 24	5 Nov 24	12 Nov 24



Extramural

<u>Event</u>	<u>LOI Due</u>	<u>Coaches Meeting</u>	<u>Start Date</u>
Bowling	31 May 24	5 June 24	12 June 24
Golf	6 Sep 24	11 Sep 24	16 Sep 24

NOTE: Dates and events are subject to change. Check with your squadron sports rep. for more information