



SPORT	COACHES MEETING/DEADLINE	SEASON START
Flag Football League	Tuesday 4 January	Tuesday 11 January
Bowling Tournament (Singles)	Thursday 17 February	Wednesday February 23
Ultimate Frisbee Tournament	Friday 18 February	Tuesday 1 March
Dodgeball Tournament	Monday 28 February	Tuesday 8 March
St.Patrick's Day Run	Sign up online	Thursday 17 March
Ping Pong Tournament (Singles)	Monday 7 March	Tuesday 15 March
Tennis Tournament (Singles)	Monday 14 March	Tuesday 22 March
Tennis Tournament (Doubles)	Monday 14 March	Wednesday 23 March
6 on 6 Soccer League	Monday 21 March	Tuesday 29 March
Over the Line Tournament	Monday 2 May	Tuesday 10 May
Volleyball League	Monday 9 May	Tuesday 17 May
Softball League	Monday 20 June	Tuesday 28 June
Freedom Run	Sign up online	Friday 24 June
Basketball League	Monday 1 August	Tuesday 9 August
Badminton (Singles/Doubles)	Monday 12 September	Wednesday 21 September
Wallyball League	Monday 19 September	Tuesday 27 September
Racquetball Tournament (Singles)	Monday 31 October	Tuesday 8 November
Turkey Trot Run	Sign up online	Friday 18 November
3 on 3 Basketball Tournament	Monday 7 November	Tuesday 15 November
Field Meet	NONE	Friday 9 December



For more information, please call 619.524.0548

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2011 CG CUP SPORTS POINTS

SPORT	1st	2nd	3rd	MALE ENTRY	FEMALE ENTRY
Flag Football League	12	8	4	8	10
Bowling Tournament (Singles)	7	5	3	5	10
Ultimate Frisbee Tournament	7	5	3	5	10
Dodgeball Tournament	7	5	3	5	10
St.Patrick's Day Run	12	8	4	8	8
Ping Pong Tournament (Singles)	7	5	3	5	10
Tennis Tournament (Singles)	7	5	3	5	10
Tennis Tournament (Doubles)	7	5	3	5	10
6 on 6 Soccer League	12	8	4	8	10
Over the Line Tournament	7	5	3	5	10
Volleyball League	12	8	4	8	10
Softball League	12	8	4	8	10
Freedom Run	12	8	4	8	8
Basketball League	12	8	4	8	10
Badminton (Singles/Doubles)	7	5	3	5	10
Wallyball League	12	8	4	8	10
Racquetball Tournament (Singles)	7	5	3	5	10
Turkey Trot Run	12	8	4	8	8
3 on 3 Basketball Tournament	7	5	3	5	10
Field Meet	50	30	10	2 per event	

ENTRY POINTS

For all events, only 1 set of entry points per command is given out for males and 1 set per command for females. For leagues, a female must compete in at least 75% of the regular season to earn the entry points

RUNS

- For each age group, both male and female categories 18-24 upwards commands will be awarded 5 points for 1st, 3 points for 2nd and 1 point for 3rd (these are not CG Cup points).
- All points will be tabulated and the command with the best tallied score will receive the following CG Cup points:
1st - 12 points, 2nd - 8 points and 3rd - 4 points
- For entry points, each command will be awarded 8 entry points as long as 1 male ran in the race for that command.
- In addition each command will receive 8 entry points provided at least 1 female ran in that race for that command.



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