

CG Cup Sports Calendar 2010



Marine Corps Recruit Depot • San Diego



| Sport | Coaches Mtg./Deadline | Start |
|--------------|------------------------------|--------------|
|--------------|------------------------------|--------------|

| | | |
|--|----------------|--------------|
| Flag Football League | 5 January | 12 January |
| Bowling Tourney (singles) | 16 February | 24 February |
| Ultimate Frisbee Tournament | 22 February | 2 March |
| Dodgeball Tournament | 1 March | 9 March |
| St. Patrick's Day Run | Sign up online | 12 March |
| Horseshoes Tournament (singles) | 8 March | 16 March |
| Horseshoes Tournament (doubles) | 8 March | 17 March |
| Tennis Tournament (singles) | 15 March | 23 March |
| Tennis Tournament (doubles) | 15 March | 24 March |
| Basketball League | 22 March | 30 March |
| Over the Line Tournament | 3 May | 11 May |
| Volleyball League | 10 May | 18 May |
| Softball League | 21 June | 29 June |
| Freedom Run | Sign up online | 25 June |
| 6 on 6 Soccer League | 2 August | 10 August |
| Badminton Tournament (singles/doubles) | 13 September | 21 September |
| Wallyball League | 20 September | 28 September |
| Racquetball Tournament (singles) | 1 November | 9 November |
| Turkey Trot Run | Sign up online | 19 November |
| 3 on 3 Basketball Tournament | 8 November | 16 November |
| Field Meet | NONE | 10 December |

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CG Cup Sports Points

| Sport | 1st | 2nd | 3rd | Entry | |
|--|-----|-----|-----|-------------|--------|
| | | | | Male | Female |
| Flag Football League | 12 | 8 | 4 | 8 | 10 |
| Bowling Tourney (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 |
| Horseshoes Tournament (singles) | 7 | 5 | 3 | 5 | 10 |
| Horseshoes Tournament (doubles) | 7 | 5 | 3 | 5 | 10 |
| Tennis Tournament (singles) | 7 | 5 | 3 | 5 | 10 |
| Tennis Tournament (doubles) | 7 | 5 | 3 | 5 | 10 |
| Basketball 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 |
| 6 on 6 Soccer League | 12 | 8 | 4 | 8 | 10 |
| Badminton Tournament (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 the command.
- In addition each command will receive 8 entry points provided at least 1 female ran in that race for that command.