

NSA MECHANICSBURG

2020 SPORTS CALENDAR

Intramural Team Sports

- Dodgeball – 29 January
- Over 30 Basketball – 4 February
- Softball – 14 April
- 7 V 7 Soccer – 22 April
- Ultimate Frisbee – 12 August
- Flag Football – 6 October
- Volleyball – 7 October

Installation All-Star Sports Tournaments

- Volleyball – Winter at DLA Susquehanna
- Basketball – Spring at Carlisle Barracks
- Softball – Summer at Carlisle Barracks
- Flag Football – Fall at NSA Mechanicsburg

Run/Walk Race Series

- Sexual Assault Awareness & Prevention 5K Run/Walk – 16 April at 1630
- Armed Forces Day Obstacle Run/Walk – 19 May at 1630
- Beat the Heat 5K Run/Walk – 18 August at 0600
- Fall Finale 5K Run/Walk – 17 October at 1600

Individual/Dual Sports & Competitions

- 1000/750/500 lb. Club Competition – January
- Bench Press Competition – February
- Racquetball – March-May
- Spikeball – April-June
- Home Run Derby – June
- Fit-Fest Competition – July
- Tennis League – June-September
- Bowling League – September-October
- Fall Tennis Open – October

