Event Details: RamRox Relay Friday, April 11 from 3-5PM. Teams sign up for an hour time slot 3:00PM or 4:00PM

Locations: Ramsey Student Center: (Gym Central, Studio E, Track, 2nd Floor Overlook, Gym East)

Events:

Event	Quantity	Location	Assignment
Indoor Challenge Course	**1 time through**	**Gym East**	**Outdoor Rec**
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	Team Timer
Burpee Broad Jump	**80m**	**Track**	**Fitness & Wellness**
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	
Cycle	**1500m (or 1 mile if English measures)**	**Studio E**	**Fitness & Wellness**
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	Team Timer
Soccer Skills	**1 pass through course & score goal**	**Gym Central**	**Comp Sports**
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	Team Timer
Kettlebell Farmers Carry	**200m (Women=35lbs & Men=50lbs)**	**Track**	**Fitness & Wellness**
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	Team Timer

Row	1000m	Gym Central (can we move rowers here?)	Fitness & Wellness
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	Team Timer
Box Jumps	25	Gym Central Bleachers	Marketing
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	Team Timer
Free Throws	10	Gym Central	Comp Sports
Run	800m (.5 mile or 4 laps around indoor track)	Track OR Treadmills	Team Timer

Event Specific Rules:

- Teams of four will be allowed to participate. Free agents (if applicable) will be assigned to teams.

- All teams start at indoor challenge course. Time does not start until team member has been released to begin by Outdoor Rec Staff.

- Teams will have their own timer. Time does not run while transitioning from one event to another. Timer is stopped after completing an event and resumed when starting the next event.

- Total cumulative time to complete all the events will be used to calculate winners in each category (men, women, co-rec). Lowest time wins.

- Runs will be completed immediately after standard events by the teammate who completed the previous event.

- Every teammate will be required to complete two events and two runs (immediately after events).