

CAPTAIN'S CUP

2023 SPORTS EVENT CALENDAR

LEAGUES & TOURNAMENTS

All coaches' meetings are at 2 p.m. at the NASWI Fitness Center.

LEAGUES

INTRAMURAL BASKETBALL

Coaches' Meeting: Jan. 9

START DATE

Jan. 17

EVENT TIME

INTRAMURAL VOLLEYBALL

Coaches' Meeting: Jan. 23

Jan. 30

INTRAMURAL SOCCER

Coaches' Meeting: April 3

Apr. 10

INTRAMURAL BOWLING

Coaches' Meeting: April 24

Number of weeks dependent on number of 4-person teams.
(Men, women, or mixed play at a time.)

May 1

TBD

Convergence Zone

INTRAMURAL SOFTBALL

Coaches' Meeting: May 8

May 22

INTRAMURAL GOLF

Coaches' Meeting: May 15

May 25

TBD

Gallery Golf Course

INTRAMURAL FLAG FOOTBALL

Coaches' Meeting: Aug. 28

Sep. 11

EVENT/TOURNAMENTS

BILLIARDS TOURNAMENT

Register by January 26 with myFFR #610240

EVENT DATE

Jan. 28

EVENT TIME

12 p.m.

Back Alley

DARTS TOURNAMENT

Register by February 9 with myFFR #610241

Feb. 11

12 p.m.

Back Alley

INDOOR ROWING COMPETITION

Register by March 3 with myFFR #610242

Mar. 4

11 a.m.

NASWI Gym

DODGEBALL TOURNAMENT

Register by May 11 at NASWI Fitness Center Front Desk

May 12

11 a.m.

NASWI Gym

TENNIS TOURNAMENT

Register by July 6 with myFFR #610243

Jul. 7

11 a.m.

NASWI Tennis Courts

FRISBEE GOLF TOURNAMENT

Register by August 4 with myFFR #610244

Aug. 5

11 a.m.

NASWI Disc Golf Course

KNOCKERBALL TOURNAMENT

Register by October 5 at NASWI Fitness Center Front Desk

Oct. 6

9 a.m.

NASWI Gym

RACQUETBALL TOURNAMENT

Register by November 3 with myFFR #610245

Nov. 4

11 a.m.

NASWI Racquetball Courts



For more information, call 360-257-2420



REGISTRATION AVAILABLE THROUGH (REGISTER TEAM SPORTS AT THE FRONT DESK)