

ROSTER: This is an individual contest. Participants withdrawing from the contest after registration may be charged a \$25 forfeit fee on their University of Connecticut fee bill.

FORMAT: The athlete combine contest will be made up of 3 events. Winners will be awarded in each of the 3 events as well as an overall winner. All equipment will be provided by UConn Recreation. Players should arrive at least 15 minutes before their assigned time. This event will take place in the Shenkman Football Practice Facility.

EVENTS

40-yard dash

- Participants will be timed on completing a 40 yard sprint. Players will start with entire body behind the starting line and begin when the whistle blows
- Participants will be given 3 attempts to run the 40 yard dash, the best time will be taken
- Players crossing the starting line prior to the whistle will not have their time count and it will count as one of their 3 attempts

Standing Long Jump

- Participants will start standing still with both feet behind the starting line. They will jump off of both legs and land on two feet
- Participants will get 3 attempts at the standing long jump. The best jump will be taken
- Players jumping from in front of the starting line or not landing on both field will not have their attempt count, and it will count as one of their 3 attempts.

Shuttle Drill

- Players will start at one cone, when the whistle blows they will shuffle, backpedal and sprint to assigned cones.
- Participants will get 3 attempts at the shuttle drill, the best time will be taken.
- Players starting before the whistle or going to the wrong cone will not have their attempt count, and it will count as one of their 3 attempts.

OVERALL: Players will be awarded points based on their finish in each individual event. The top finisher will be awarded points equivalent to the total number of participants in that event. Players will then be awarded one less point than the player who finished above them. The person with the most total points will be declared the overall winner.

If you have any questions, please contact Kelsey Cato (Coordinator of Intramurals and Tournaments) at 860-486-2357 or by email: Kelsey.Cato@UConn.edu

Schedules and results will be available on the IMLeagues webpage.