

JBAB Sporty Sentinels Day

EVENT TIMELINE

- **0645 - Line Up (Field #2)**
- **0645 - Command Opening Remarks, followed by calisthenics**
- **0700 - Squadron/Unit 5K**
- **0800 – 0900 – Tire Flip**
- **0830 – 0930 – Humvee Push**
- **0800 - 1200 - Pickleball**
- **0900 - 1100 -Ultimate Frisbee**
- **0930 - 1100 - Rock Climbing Wall**
- **0930 - 1100 - Beach Volleyball**
- **1000 - 1130 – 3 v 3 Basketball**
- **1100 - 1130 - Tug of war**
- **1145 – 1245 - Lunch**
- **1300 - Trophy Presentation**