

ODU Recreation and Wellness  
2009 Flag Football League  
Co-Rec League

Team	Captain	Contact Number
1. Dixie Normans	Marcus Chandler	434-222-2272
2. Hammer Heads	Jeff Gordon	757-613-4124
3. OAP	Jay Harcum	843-696-3427
4. EVMS – Beta Blockers	Warrik Staines	703-863-3345
5. Untouchables	Desmond Tutu	571-232-6166
6. The Mighty O	Jessica Banner	571-226-6506
7. Rodgers Royalty	Michelle Smith	757-777-8904

Date/Time	Teams	Location
Sun. 9/13	2pm	1 vs. 6
	3pm	2 vs. 5
	4pm	3 vs. 4
Tue. 9/15	7pm	7 vs. 5
	8pm	1 vs. 4
	9pm	2 vs. 3
Sun. 9/20	10pm	6 vs. 4
	11pm	7 vs. 3
	11pm	1 vs. 2
Tue. 9/22	7pm	5 vs. 3
	8pm	6 vs. 2
	9pm	7 vs. 1
Wed. 9/23	10pm	4 vs. 2
	11pm	5 vs. 1
	11pm	6 vs. 7
Thur. 9/24	7pm	3 vs. 1
	8pm	4 vs. 7
	9pm	5 vs. 6
Tue. 9/29	7pm	2 vs. 7
	8pm	3 vs. 6
	9pm	4 vs. 5



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1. Field B = Football Practice Field
2. PHF = Powhatan High School Field
3. Sunday games begin on the hours
4. Weekday games begin on the ¼ hour
5. GAME TIME IS FORFEIT TIME
6. Good Luck, Have Fun!



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