



TRIPLER
AQUATICS
& PHYSICAL
FITNESS CENTER

TRIATHLON



Open to all DoD ID Cardholders
16 years of age & older.
Children under the age of 18 years must
be accompanied by an adult at all times.

MONDAY, MAY 1 - WEDNESDAY, MAY 31

*Switch up your workout routine and challenge yourself in completing
the total distance of each event!*

TRIATHLON
DISTANCES
FOR EACH EVENT:



SWIM: 750m



BIKE: 20km



RUN: 5km

FASTEST SCORE WILL BE PLACED ON A LEADER BOARD!



Record your bike and treadmill time by taking a picture of the machine's screen, and if you do not have a smart watch to record your swim, the Aquatics Team can assist you. All recorded times must be reported to the Physical Fitness Center Team. No restrictions on how much you accomplish in a day. Complete the total distances of swim, bike, and run by end of the month. All distances must be completed at TAMC PFC.

Check Hours of Operations

SCAN ME



For complete details
scan QR code or visit:

<https://hawaii.armymwr.com/programs/aquatics/programs/aquatics>

**For more information, call
(808) 433-5257**

Tripler Army Medical Center Pool
315 Krukowski Rd. • Bldg. 301 • Honolulu 96819

HiMWR.com MWR Hawaii



COMMIT - STAY FIT!

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