



TRIPLER
AQUATICS
& PHYSICAL
FITNESS CENTER



TRIATHLON

Open to all DOD ID Cardholders
13 years of age & older.
Children under the age of 15 years
must be accompanied by an adult
at all times.



FRIDAY, MAY 1 - SATURDAY, MAY 30

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

TRIATHLON
DISTANCES
FOR EACH EVENT:



SWIM: 800m



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.

SCAN ME



For more information about the Aquatics
program and hours of operations:
<https://hawaii.armymwr.com/programs/aquatics>

**For more information, call
(808) 787-4155 or (808) 787-4151.**

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



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