



TRIPLER  
AQUATICS  
& PHYSICAL  
FITNESS CENTER



# TRIATHLON



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

## THURSDAY, MAY 1 - SATURDAY, 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.

SCAN ME



Check Hours of Operations

For more information about  
the Aquatics program:

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

For more information, call (808) 787-4155

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

HiMWR.com or MWR HAWAII

## LET'S GET PHYSICAL!

**#STRONGBANDS**  
armymwr.com/strongbands

