

# ROW SWIM BIATHLON

**JULY 23 • 8-11AM • SOUTH POOL**  
**RAIN DATE: JULY 30**

## **\$10 REGISTRATION FEE**

REGISTER AT THE GYM FRONT DESK BUILDING 89  
BY JULY 20

Participants will begin with a 2,000 meter row followed  
by a 25 yard lap swim for 500 yards.

All participants that complete the challenge will receive a  
MWR Summer Time Fun Pack. Top 3 scores win 1st, 2nd,  
& 3rd place medals.



Patrons must be 15 years or older to  
participate. Youth participants must pass the  
Navy Swim test before participating.

For more information or to register, call the  
Fitness Center Front Desk at 410-293-9204.



STAY  
CONNECTED  
**NSA ANNAPOLIS**

f @FFRANNAPOLIS  
APP NAVYMWR NDW