

NAVAL DISTRICT WASHINGTON

Admiral's Cup

SPORTS EXCELLENCE PROGRAM

REPRESENT YOUR INSTALLATION BY COMPETING FOR THE ADMIRAL'S CUP!

Each installation will send individuals or teams to participate in each sport. Points will be awarded for participation as well as top three places. Overall winner will be given the Admiral's Cup at the end of the season for bragging rights until the next season.



Basketball

(Co-ed)

SATURDAY, APRIL 7

at Joint Base Anacostia-Bolling



Half Marathon

(Co-ed)

SUNDAY, SEPT. 16

at Washington, DC



Volleyball

(Co-ed)

SATURDAY, MAY 5

at NSA Bethesda



Softball

(Co-ed)

SATURDAY, SEPT. 22

at NAS Patuxent River



Soccer

(Co-ed)

SATURDAY, JUNE 30

at NSA Bethesda



Flag Football

(Co-ed)

SATURDAY, NOV. 17

at Joint Base Anacostia-Bolling



Racquetball

(Individual Men/Women)

SATURDAY, JULY 14

at Joint Base Anacostia-Bolling



Bowling

(Individual and Co-ed)

SATURDAY, DEC. 1

at NSF Dahlgren

FREE

REGISTER AT YOUR LOCAL FITNESS CENTER

Team and individual awards presented to first place and runners-up.

Food provided to team/individual participants at all events



Open to all DoD ID Cardholders

For more information, or to find your local Fitness Center, visit www.navymwrndw.com

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