



**GOT WHAT IT  
TAKES TO  
COMPETE?**

**COME SPLASH AND  
DASH YOUR WAY**

**TO THE TOP!**

**Friday, 14 Jun**

Time: 7 am

Location: Base Pool

**Cost: FREE!**

**EVENT INCLUDES:**

200m Swim, followed  
by a 10k Run

**1st place prize  
for both  
male & female  
categories!**



**Open to everyone  
with Base Access!**

**Contact the  
Fitness Center at  
828-4496**

MACDILL AIR FORCE BASE

**FORCE**  
SUPPORT SQUADRON

**SHORT  
FITNESSCENTER**  
MACDILL AFB FL