

TACTICAL TRI

MAY 17-19 | 10AM-4PM | FREE
DAHLGREN FITNESS CENTER



TIRE FLIP



SAND BAG



SLED PUSH

PRIZES WILL BE AWARDED TO THE OVERALL MALE AND FEMALE COMPETITORS. CALL THE FITNESS CENTER AT 540-653-8580 TO RESERVE A SPOT WITH A FITNESS COORDINATOR. A FITNESS COORDINATOR MUST BE PRESENT TO WITNESS AND RECORD THE EXERCISE.



STAY
CONNECTED
NSF DAHLGREN

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APP NAVYMWR NDW