



NAS PAX RIVER

2023

Captain's Cup

JANUARY

INTRAMURAL BASKETBALL

FEBRUARY

PAX PUSH/PULL COMPETITION

MARCH

**ST. PATTY 10 MILE TEAM RUN
INTRAMURAL SOCCER**

APRIL

**INTRAMURAL SOFTBALL SEASON
SAPR 5K RUN**

MAY

HERO CHALLENGE

JUNE

TRIATHLON

JULY

SPLASH DASH

AUGUST

TEAM SPRINT TRIATHLON

SEPTEMBER

INTRAMURAL FLAG FOOTBALL SEASON

OCTOBER

NIGHT OF THE LIVING DEADLIFT

NOVEMBER

INTRAMURAL VOLLEYBALL

Commands are awarded points for active duty participation and winning events. The command with the most points by the end of the year is awarded the 2023 Pax River Captains Cup, for them to keep in their command work center for the following year! Come prove who is the most active command to NAS PAX RIVER!



FREE for Active duty, other costs vary on event/sport.

Open to Active duty, dependents, retirees, DOD civilians, contractors.

Register at the Fitness and Sports Administration Office, Bldg 458, Drill Hall.

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