

NAVAL AIR STATION WHIDBEY ISLAND CAPTAIN'S CUP 2024 EVENTS

Stay tuned to the **NASWI LIBERTY** monthly calendar for opportunities to win **Captain's Cup** points for your **Command!**

Leagues Men's & Women's

Matches played Monday-Thursday, duration dependent on number of teams.

SPORT/EVENT	Coaches Meeting	Start Date	Event Location
Basketball	Jan. 8, 2 p.m.	Jan. 16	NASWI Fitness Center
Volleyball	Jan. 22, 2 p.m.	Jan. 29	NASWI Fitness Center
Soccer	April 1, 2 p.m.	April 8	NASWI Fitness Center
Bowling	April 22, 2 p.m.	April 29	Convergence Zone
Softball	May 6, 2 p.m.	May 20	NASWI Fitness Center
Golf	May 13, 2 p.m.	May 23	Gallery Golf Course
Flag Football	Aug. 26, 2 p.m.	Sept. 9	NASWI Fitness Center

Special Events or Tournaments

SPORT/EVENT	Registration by	Start Date	Event Location
Billiards Tournament	Jan. 24	Jan. 26, 12 p.m.	Convergence Zone Back Alley
Darts Tournament	Feb. 7	Feb. 9, 12 p.m.	Convergence Zone Back Alley
Indoor Rowing Competition	March 1	March 2, 9 a.m.	NASWI Fitness Center
Dodgeball Tournament	May 9	May 10, 11 a.m.	NASWI Fitness Center
Tennis Tournament	July 11	July 12, 11 a.m.	NASWI Fitness Center
Frisbee Golf Tournament	Aug. 2	Aug. 3, 1 a.m.	NASWI Frisbee Golf Course
Knockerball Tournament	Oct. 10	Oct. 11, 9 a.m.	NASWI Fitness Center
Racquetball Tournament	Nov. 8	Nov. 9, 9 a.m.	NASWI Fitness Center

2024 Admiral's Cup Calendar

SPORT/EVENT	Application Deadlines	Event Location
Basketball - Men's & Women's	Feb. 24	NASWI
Volleyball - Men's & Women's	April 20	NSE
Soccer	May 18	NBK
Softball - Men's & Women's	June 15	NSE
Golf	Sept. 21	NBK
Flag Football	Oct. 5	NASWI

*Dates subject to change



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FITNESS EVENTS

SPORT/EVENT	DATE	TIME
New Year's Day Polar Bear Plunge & Resolution Run	Monday, Jan. 1	10 a.m.
Fitness Command Challenge & Health Expo	Friday, Jan. 19	10 a.m.-1 p.m.
Luck of the Irish 5K/10K	Saturday, March 16	TBD
Feeling Lucky Pedal & Pump	Friday, March 15	11-12:30 p.m.
Show the April Power: 3-Lift Competition	Friday, April 19	4-7 p.m.
Gold Star Command Challenge	Friday, May 17	TBD
Summer Sprint Triathlon	Friday, June 21	9-11 a.m.
Prevention & Awareness Color 5K Walk/Run	Friday, July 19	11 a.m.
Growler 8K Walk/Run	Friday, Aug. 9	3:30 p.m.
ROC Run	Saturday, Aug. 17	TBD
Open House Flight Line 5K	Saturday, Sept. TBD	TBD
Domestic Violence Prevention Obstacle Course	Friday, Oct. 11	11 a.m.
Zombie Glow Walk/Run	Wednesday, Oct. 30	5:30 p.m.
NASWI Turkey Trot 5K/10K	Saturday, Nov. 23	9 a.m.
Tour de Thanksgiving Indoor Cycling Event	Wednesday, Nov. 27	11 a.m.
Run/Bike/Row (BRR) Challenge	Friday, Dec. 13	11 a.m.
2025 New Year's Day Polar Bear Plunge	Wednesday, Jan. 1	10 a.m.

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