



Labor Day Weekend Softball Tournament

Saturday, September 4, 8 a.m.

Competition held at Nimitz Park. Rosters Due to the Fleet Center Office by Tuesday, August 31.

Tournament format is double elimination. Team trophies will be awarded to top 3 teams, with individual trophies presented for MVP, Best Defensive Player, Best Hitter and Sportsmanship.

Pre-Hirado 5K

Saturday, September 4, 9 a.m.

Race begins in front of the USO in Nimitz Park. Snacks and drinks will be provided. Register at the Fleet Fitness Center by Wednesday, September 1 or late sign-ups will be accepted on race day at race site. Awards given to the top 3 runners in male and female divisions.

Labor Day Golf Tournament

Monday, September 6

First Tee Off 7:30 a.m.

At Mikawachi Golf Course. Entries due by Wednesday, September 1 to the Fleet Fitness Center. Modified Stableford scoring will be used in this singles golfing tournament. Awards go to the top golfer in each handicap flight plus closest to pins, longest drives and gorillas. Sign up early to reserve a spot. \$5 entry fee plus course green fees. Contact Fleet Fitness Center for exact prices.



FREE Late Night Madness Dive-In Movies

Friday, September 10, 8 p.m.

Main Base Swimming Pool. Sponsored by Liberty and MWR Sports & Fitness. Enjoy a "cool" movie while sitting in cool waters in an inner tube! Snacks and drinks will be provided. Prizes for various games such as: inner tube races, biggest splash, hula-hoop, best swimwear and many more!

Open to adults
(18 & over and out of High School) only!

Mini Triathlon

Sunday, September 12, 8:30 a.m.

Main Base Swimming Pool. Entries are due to the Fleet Fitness Center by Wednesday, September 8. Event will begin in the pool with a 500m swim followed by a 15K bike ride and a 4K jaunt across the base. Awards will be presented to the top 3 finishers in male and female divisions.

Captain's Cup Team Tennis Tournament

Monday, September 13, 5:30 p.m.

Entries due to the Fleet Fitness Center by Wednesday, September 8 with a mandatory coaches meeting on Thursday, September 9, 5:30 p.m. Teams consist of 4 players, 2 singles and a doubles team. Tournament will be round robin followed by single elimination. Awards will be presented to the top three teams.



In Honor
of Our
Heroes

POW/MIA Horseshoe Tournament

Friday, September 17, 5:30 p.m.

Nimitz Park is the place to be! Help us remember our POWs and MIAs by showing up to enjoy some "grub" and throw some "shoes". Teams consist of 2 people. Team entries due to the Fleet Fitness Center Office by Tuesday, September 14. Awards given to top 2 teams.

POW/MIA Golf Tournament

Saturday, September 18

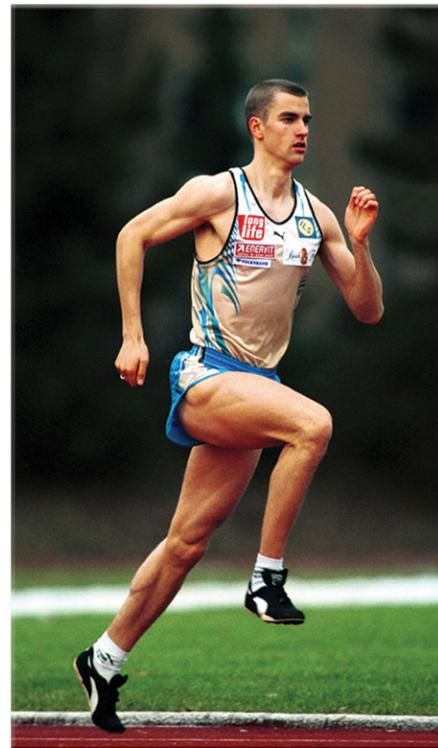
First Tee Off 7:30 a.m.

Tourney held at Tsukumo Golf Course. Entries due to the Fleet Fitness Center Office by Tuesday, September 14. Tournament format will be a Singles Handicap. Awards presented to top golfer in each handicap flight, plus closest to pins, longest drives and gorillas. Sign-up today at Fleet Fitness Center to reserve a spot.

\$5 entry fee per person plus green fees. Contact the Fleet Fitness Center for exact prices.

Captain's Cup Inner Tube Water Polo

Friday, September 24, 7:30 p.m.
Event held at Main Base Pool. Cool down and have some fun in this 7 person team sport! Team entries due to Fleet Fitness Center by Wednesday, September 22. Coaches meeting is Thursday, September 23, in the Fleet Fitness Center Office at 5:30 p.m. Awesome Captain's Cup Event. Make sure your Command is represented!



Pre-Hirado 10K

Saturday, September 25, 9 a.m.
Event held at USO in Nimitz Park. Race is the final event before the Hirado Half-Marathon in October. Register at Fleet Fitness Center by Wednesday, September 22. Late sign-ups will be accepted on race day at race site. Awards presented to the top 3 runners in male and female divisions.

3-on-3 Sand Volleyball

Sunday, September 26, 1 p.m.
Nimitz Park Sand Volleyball Court. Entries Due to the Fleet Fitness Center by Thursday, September 23. Come and join us in catching the last few rays of sun before fall arrives. Awards go to the top two teams, plus best offensive player and best defensive player. Teams must consist of 3 people.



Hirado Half Marathon Run Sunday, October 3, 10 a.m.

Run the Hirado Half Marathon!
 Transportation to and from
 Hirado is provided by MWR.
 Departure: 8 a.m.

Fees: ¥3,000 Half Marathon, ¥2,000
 for 5K and ¥1,000 for 10K walk.
 Entries due to Fleet Fitness Center
 by close of business on Friday,
 September 10.

Late Night Madness Floor Hockey Tournament

Friday, October 8, 8 p.m.-Midnight
 At Fleet Fitness Center.
 Sign-up at the Fleet Fitness Center
 by Monday, October 4.

Columbus Day 5K Discovery Run

Monday, October 11, 11:30 a.m.
 Race starts at the Spare Time
 Recreation Fitness Center.

Columbus found his way . . . now it's
 your turn. Clues will be given at
 checkpoints throughout the course
 and you must decipher them to
 determine your next stop. Awards
 will go to the first to "Discover
 America" in male and female
 divisions. Register at the Fleet
 Fitness center by Wednesday,
 October 6. Good luck!

Captain's Cup Indoor Soccer

Saturday, October 9, 9 a.m.

Held at Fleet Fitness Center.
 Team entries due to Fleet Fitness
 Center by Wednesday, October 6.
 Four player teams. 2004 Captain's
 Cup points will be awarded.

Columbus Day Weekend Golf Tournament

**Saturday, October 9.
 7:30 a.m. Tee Off**

Held at Tsukumo Golf Course.
 Tournament format will be Singles
 Handicap with a FUN twist! Each
 player will receive 1 yard of string to
 use throughout the day to better his
 or her lies. Sign up early at the Fleet
 Fitness Center to reserve a spot.
 Awards will go to the top golfer in
 each handicap flight plus closest to
 pins, longest drives and gorillas. \$5
 entry fee per person plus green fees.
 Contact the Fleet Fitness
 Center for exact prices.

Domestic Violence Awareness 3K Run

Friday, October 22, 11:30 a.m.

Race starts at the Fleet & Family
 Support Center. Come out and show
 your support for Domestic Violence
 Awareness Month. Register at Fleet
 Fitness Center by Tuesday,
 October 19. Late sign-ups will be
 accepted. Awards presented to the
 top 3 finishers in the male and
 female divisions.

Captain's Cup Team Racquetball Tournament

Monday, October 18, 5:30 p.m.

Tournament begins Monday, October
 18. Entries due to the Fleet Fitness
 Center by Wednesday, October 13.
 Teams consist of 4 players (two
 singles and a doubles team).
 Tournament will be round robin
 followed by single elimination.
 Awards will be presented to the
 top three teams.
 Captain's Cup points awarded.



Sasebo vs. Iwakuni "Home" Golf Tournament

**Saturday, October 23.
 7:30 a.m. Tee Off**

Tournament held at Tsukumo Golf
 Course. Help defend our home
 course against MCAS Iwakuni!
 Register early to guarantee a spot
 (20 golfers max).
 \$5 fee is required at time of
 registration plus
 green fees at the course.

Running Scared 3K Walk

Thursday, October 28, 6:30 p.m.

Walk begins at the Fleet Fitness
 Center. Come dressed in your best
 Halloween Costume. This "Haunted
 House" style walk is geared towards
 parents and their children-but
 everyone is welcome. Walk will be
 full of scary monsters and
 trick-or-treat candy stops.
 Participants will be given a glow
 stick to walk with. Awards
 presented for most creative and
 scariest costume in each division.

Divisions:

Infant (3 & under), Child (4-6),
 Youth (7-12), Teen (13-17),
 Adult (18-35) and
 Masters (36 & over).

So come with a sweet tooth
 and dress to impress.

Sign up 30 minutes prior to walk.



3rd Annual Hall-O-Scream One Pitch

Softball Tournament

Saturday, October 30, 9 a.m.

Held at Nimitz Park.

Entries due to the Fleet Fitness
 Center Office by Tuesday,
 October 26.

Each batter gets 1 pitch to either hit,
 strike out or walk!

Tournament is double elimination.

Sasebo vs. Iwakuni "Away" Golf Tournament

Travel: Friday, October 15, 5 p.m.

Play: Saturday, October 16

Join the Sasebo Golf Club team as
 we head to Torii Pines Golf Course
 to battle MCAS Iwakuni on their
 home course! Register as early as
 possible to guarantee a spot.
 Limited to 20 golfers. \$20 fee is
 required at the time of registration
 (Includes transportation and
 lodging). Golfers are responsible
 for paying their own green fees.