

# CANNONBALL CRUSH



## MILITARY TEAMS WANTED

FRIDAY 7 JUNE

REGISTRATION: 0645hrs EVENT TIME: 0730hrs

Minimum 4, maximum 10 people per team.

The winning team will have the opportunity to compete for FREE on Saturday 8 June.



## REGISTER NOW!

Contact Fitness & Sports Instructor

Jo-Anie Moreau, local 8747, jo-anie.moreau@forces.gc.ca



# CANNONBALL CRUSH



## VOLUNTEERS NEEDED!

FRIDAY 7 JUNE  
0630-0900hrs



**TO VOLUNTEER:**  
Contact Fitness & Sports Instructor  
Jo-Anie Moreau, local 8747, [jo-anie.moreau@forces.gc.ca](mailto:jo-anie.moreau@forces.gc.ca)

