



Those who like to play sports and fans of sports will enjoy the Wilmington area. Whether you are looking for professional sports, amateur sports, or sports you can do, we have it in abundance. Plus there is that big body of water we like to call the Atlantic Ocean. Our apologies, but we won't be able to accommodate you if you're looking for downhill skiing or ice fishing.

INDIVIDUAL SPORTS

Polar Plunge

February is a great time to go for a quick dip in the Ocean, right? Join hundreds of others for a day of activity leading up to a quick run to the water and support the Special Olympics.

Runs and Triathalons

Our great weather and open spaces make this a great location for a run, a triathlon, a marathon, iron man, and much more. Spring and fall bring a host of major triathalons from the Wrightsville Beach Marathon to the Beach to Battleship triathlon. Numerous groups host 5K and 10K runs on other weekends. Quite often these are fundraisers. For a few dollars you can get a run in, get involved in the local scene, and help a good cause.

Surfing

Wrightsville Beach, Carolina Beach, and Kure Beach all boast great spots to ride the waves. Ride on your own or join one of the tournaments held throughout the season.



COLLEGE SPORTS

UNCW

The Seahawks offer a wide array of college sports including men's and women's basketball, tennis, baseball, and more. Both Men's and Women's basketball is offered in Trask Coliseum. Baseball is played on Brooks Field. Soccer is in the Soccer Stadium. Tennis is on campus. Tickets are usually readily available. Cheer on the Seahawks or maybe see your team take them on!

PROFESSIONAL SPORTS

Cape Fear Roller Girls

Wilmington has its own Roller Derby team. Cape Fear Roller Girls is based here and rolls against teams from the Carolinas. Find them at the Schwartz Center on Cape Fear Community College's campus. The schedule is on the Passport's What To Do page.

Wilmington Seadawgs Basketball

Continental Basketball League's *Seadawgs* call Wilmington home. You can catch them at the Schwartz Center on the Campus of Cape Fear Community College (CFCC) during summer months. The schedule is on Cape Fear Passport's What To Do page.

Wilmington Sharks Baseball

Wilmington is home to the Wilmington *Sharks* of the Coastal Plain League. Games begin in May and are held at Legion Stadium. The schedule is on the Passport's What To Page.

And More...

This isn't everything, not by a long shot. Look for more sporting events on the Passport.

Schedules

Find all the sports events at <http://sports.enjoywilmington.com>