

# MCCS GIVES BACK! UNIT FUNDRAISING EVENT

## C.G.'s CUP

MCRD PARRIS ISLAND

WARRIOR ATHLETE  
READINESS & RESILIENCE

# 1000/500 LB CLUB



**07 FEB  
ARRIVE 0830  
START 0900  
MCRD PI  
FITNESS  
CENTER**

**TOP 3 MALE & FEMALE  
COMPETITORS WILL BE  
AWARDED UNIT FUNDS.  
1ST PLACE: \$250  
2ND PLACE: \$175  
3RD PLACE: \$75**

### SQUAT - BENCH - DEADLIFT

1000 LB: MEN / 500 LB: WOMEN

This is a raw competition. Supportive/assistive suits are NOT permitted. Supportive knee sleeves, wrist wraps and belts ARE permitted.

REGISTER HERE



**EARN A CHALLENGE COIN AND T-SHIRT (LIMITED SIZES)  
BY REACHING THE GOAL! WHILE SUPPLIES LAST.**

### WANT AN EXTRA CHALLENGE?

Achieve 1500 lbs (Men) or 750 lbs (Women) and sign our wall.

### VOLUNTEERS NEEDED!

OPEN TO ACTIVE DUTY & DEPENDENTS  
WITHIN SQUADRON/BATTALION.



DISCLAIMER: No Federal or DoW endorsement implied.