

# MCCS GIVES BACK! UNIT FUNDRAISING EVENT

## C.G.'s CUP

MCRD PARRIS ISLAND

**WARRIOR ATHLETE**  
READINESS & RESILIENCE



**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.

**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.

REGISTER HERE



DISCLAIMER: No Federal or DoW endorsement implied.

