

MWR Sports.Fitness.Aquatics



RAW STRENGTH

PUSH-PULL COMPETITION

16 MARCH - 0930 - MURPHY FIELD HOUSE

Early Bird Registration Fees:

Deadlift: \$20 / Bench Press \$20 / Both Lifts: \$35
Pre-registration ends on 9 March!

Same Day Registration Fees:

Deadlift: \$30 / Bench Press \$30 / Both Lifts: \$40

Weigh-Ins:

Early: 15 MAR - 0900 to 1800 / Same Day: 16 MAR - 0730 to 0900
No entry after 0900 on 16 March!

- Open to all Ranks and Services; Active Duty, Retiree, Reserve, DoD Civilian, Family Members, and Fort Meade Contractors.
- Must be ages eighteen or older and may participate in one or more events.
- There is a maximum of thirty participants for this event!
- Rules and details available at the fitness centers!

Call 301-677-2349 for details.

