

ARMY'S 250TH BIRTHDAY CELEBRATION WEEK

GAFFNEY'S ULTIMATE WARRIOR SOLDIER FITNESS COMPETITION

June 10, 2025, at 1100 at Gaffney



Max Pull-ups
(dead hang, no kip)

Max Push-ups
(without stopping)

Dead Hang
(max hang time)

1000m Row
(fastest time)

1 Rep Max Deadlift
(single attempt/weight to be lifted must be declared at sign-up)

Event sign-ups: 23 May – 8 Jun *(required)*
Top male & female winners in each event

*For event and sign-up information: Sylvia Garcia at 301-677-3716, or
sylvia.l.garcia.naf@army.mil*