

HARD CORPS



DEC 7, 2019 • 10 AM

STONE BAY FITNESS CENTER

EVENTS

Overhead Medley
Seated Arm Over Arm Pull
Farmers Carry/Hussefel Stone Medley
Car Deadlift for Reps
Stone of Steel Over Bar (Max Reps)

Events are subject to
change due to weather.

RULES For men & women weight classes,
registration form, and rules & regulations,
visit mccslejeune-newriver.com/hardcorps

All skill levels welcome.

Open to all authorized patrons ages 18 and older.

INFO: 910-440-2054 ★ MCCSLEJEUNE-NEWRIVER.COM/HARDCORPS

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities.

REGISTRATION
Registration Fee \$50
(Now-DEC 7)

SCHEDULE
Early Weigh-In
DEC 6 – 4:30-7 PM
STONE BAY FITNESS CENTER

Day of Event Weigh-In
8-9 AM STONE BAY FITNESS CENTER

Mandatory Athletes' Meeting
9:15 AM STONE BAY FITNESS CENTER

CATEGORIES
Lightweight:
Men – Up to 200 lbs.
Women – Up to 160 lbs.
Heavyweight:
Men – Over 200 lbs.
Women – Over 160 lbs.



ARE YOU CAMP LEJEUNE AND NEW RIVER'S STRONGEST?