

MCCS SEMPER FIT
101 DAYS OF SUMMER CHALLENGE 2023
UNIT REGISTRATION FORM

OVERVIEW: THIS CHALLENGE IS OPEN TO ACTIVE DUTY ONLY AND WILL RUN FROM JUNE 1 THRU SEPTEMBER 8 2023. THE CHALLENGE WILL INCLUDE VARIOUS ACTIVITIES AND UNIT COMPETITIONS THAT ENCOURAGES MENTAL HEALTH & WELL-BEING, UNIT COHESION, AND FRIENDLY COMPETITION, ALL WHILE HAVING ONE GOAL IN MIND:

TO PLACE IN THE TOP 5 OVERALL AND WIN A MONETARY PRIZE FOR THEIR UNIT

NOTE: THIS YEAR WILL BE THE LAST YEAR FOR 101 DAYS OS SUMMER CHALLENGE. FORMAT WILL CHANGE IN 2024.

PRIZE (TO BE DEPOSITED IN THE UNIT'S DISCRETIONARY FUNDS):

1ST PLACE: \$3250	2ND PLACE: \$2250	3RD PLACE: \$1250
4TH PLACE: \$750	5TH PLACE: \$750	

UNIT/ COMMAND NAME: _____

UNIT STRENGTH (as of date of registration): _____

UNIT/COMMAND Point of Contact (POC)- must be active duty: _____

POC E-MAIL: _____ POC PH NUMBER: _____

POC SIGNATURE: _____ DATE: _____

COMMANDING OFFICER (CO): _____

*CO SIGNATURE: _____ DATE: _____

*

BY SIGNING THIS FORM YOU ARE CONFIRMING THAT THE INFORMATION SHARED ABOVE IS ACCURATE

INSTRUCTIONS

2. RETURN REGISTRATION FORM TO THE MAIN SEMPER FIT CENTER KANEOHE BAY
 3. REGISTRATION FORM SHOULD BE TURNED IN **NO LATER THAN THURSDAY, 01 JUNE 2023** TO BE ELIGIBLE FOR MAXIMUM POINTS AND FULL BENEFITS. **NO EXCEPTIONS.**
 4. CHALLENGE PACKET WILL BE EMAILED TO POC ONCE REGISTRATION FORM IS RECEIVED
 5. KEEP A COPY OF YOUR REGISTRATION FORM FOR YOUR RECORD
 6. ONCE REGISTERED, YOUR POC IS ELIGIBLE TO REGISTER THEIR MARINES/SAILORS FOR INDIVIDUAL 101 DOS EVENTS BEGINNING MONDAY, 22 MAY 2023.
-

FOR MORE INFORMATION, PLEASE CONTACT:

Health Promotion (808) 254-7473

Schedule of Events and Activities 2023
Register for events on EventBrite
Access available starting 22 MAY 2023

JUNE

1	Challenge begins/ Begin creating your alcohol awareness video
3	IM Softball Tournament (\$) <i>(contact IM Sports Coordinator for more info)</i>
5-9	Submit BCP Challenge Roster
10	CO Race: Grueler 5k (\$) <i>(contact Athletic Director for more info)</i>
10-17	Virtual Race: 10-person Team Distance Challenge <i>(contact Athletic Director for more info)</i>
12	Swim Meet
12-23	2-Person Horseshoe Tournament
20	IM Softball Season begins <i>(contact IM Sports Coordinator for more info)</i>
21-22	Klipper Putting Challenge
12-30	BCP Challenge participants complete pre-challenge measurements
15	SMP Pool Billiards Tournament <i>(contact SMP Coordinator for more info)</i>
24	IM Pickleball Tournament <i>(contact IM Sports Coordinator for more info)</i>
26-30	Make-a-Basket Challenge
Weekends	SMP Volunteer <i>(contact SMP Coordinator for more info)</i>

JULY

3	BCP Challenge begins
3- Sept 3	Virtual Race: Bike Around The Island Of Oahu Challenge (135 miles) <i>(contact Athletic Director for more info)</i>
4	CO Race Series: Runway Run 5k (\$) <i>(contact Athletic Director for more info)</i>
10	IM Pickleball Season begins <i>(contact IM Sports Coordinator for more info)</i>
10-21	3v3 Basketball Tournament
19	Stand Up Paddleboard (SUP) Race
19	HITT Competition <i>(contact HITT Coordinator for more info)</i>
20	SMP Pool Billiards Tournament <i>(contact SMP Coordinator for more info)</i>
22	SMP Video Game Tournament: Smash Bros <i>(contact SMP Coordinator for more info)</i>
24-31	IM Golf Tournament <i>(contact IM Sports Coordinator for more info)</i>
26-27	Klipper Golf Accuracy Challenge
31—Aug 4	IM Knockerball Tournament <i>(contact IM Sports Coordinator for more info)</i>
Weekends	SMP Volunteer <i>(contact SMP Coordinator for more info)</i>

AUGUST

1-31	BCP Challenge continues
3	Bowling Tournament
7-18	4v4 Sand Volleyball Tournament
12	CO Races: Bellows Ruck Sack (\$) <i>(contact Athletic Director for more info)</i>
16	Warrior Relay
17	SMP Pool Billiards Tournament <i>(contact SMP Coordinator for more info)</i>
22-23	IM Track & Field <i>(contact IM Sports Coordinator for more info)</i>
30	Cardboard Boat Race
31	Alcohol Awareness Commercial Due/BCP Challenge Ends
Weekends	SMP Volunteer <i>(contact SMP Coordinator for more info)</i>

SEPTEMBER

1-8	BCP Challenge participants complete post-challenge measurements
1	Virtual Race: 4-person Marathon Relay Challenge <i>(contact Athletic Director for more info)</i>
5-7	SF Weightlifting Competition <i>(contact HITT Coordinator for more info)</i>
8	End of 101 DOS