



HOW TO EARN POINTS - BY PROGRAM

CO RACE SERIES

- 5 points per entry (includes family)
~ Contact: 808-254-7590

HEALTH PROMOTION

- 50 points per Class (sleep, stress mgt, sexual health, tobacco cessation, nutrition, weight mgt, injury prevention)
~ Contact 808-254-7473

HITT

- 100 points
 - 1st place HITT Competition
 - 1st place Weightlifting Competition
 - 75 points
 - 2nd place HITT Competition
 - 2nd place Weightlifting Competition
 - 50 points
 - 3rd place HITT Competition
 - 3rd place Weightlifting Competition
 - Beast Board placement
 - (Max 1x per category/person)
 - 20 points
 - HITT Competition per entry
 - 10 points
 - Weightlifting Competition per entry
 - Gym Clean-up (Max 2/unit/day)
 - HERO WOD per entry
- ~ Contact 808-254-7597

INTRAMURAL SPORTS

- 200 points 1st place (per team)
- 150 points 2nd place (per team)
- 100 points 3rd place (per team)
- 100 points per entry (and finish) of sport (only 1 designated team for points)
~ Contact: 808-254-7591

SMSP

- 100 points
 - E-8/higher, attend Council Meeting
 - 1 max/unit, per mtg
- 75 points
 - 1st place Video Game Tournament*
 - 1st place Pool Tournament*
- 50 points
 - 2nd place Video Game Tournament*
 - 2nd place Pool Tournament*
- 25 points
 - 3rd place Video Game Tournament*
 - 3rd place Pool Tournament*
- 20 points
 - Video Game Tournament per entry*
 - Pool Tournament per entry*
- 10 points Volunteer event*

*Limit to 2 max/unit/event

~ Contact: 808-254-7593

REGISTER UNIT POC 500 points
(1x/unit/year)

CO RACES



HEALTH



IM SPORTS



HITT EVENTS



SMP EVENTS



OVERVIEW

