



HOW TO EARN POINTS BY PROGRAM

CO Races (Contact 808-254-7590)

200 points

- Email a picture of your CO and SgtMaj together at one of the races to ombkbayathletics@usmc-mccs.org

10 points per participant (in-person/virtual)

- Unlimited entry, includes family members

Fitness/HITT (Contact 808-254-7597)

200 points

- 1st place in Team HITT Competition

150 points

- 2nd place in Team HITT Competition

100 points

- 1st place in Individual HITT Competition
- 3rd place in Team HITT Competition
- Team HITT Competition per team entry

75 points

- 2nd place in Individual HITT Competition

50 points

- 3rd place in Individual HITT Competition
- Beast Board placement (Max 1x per category/person)

20 points

- Individual HITT Competition per entry

10 points

- Gym Clean-up (Max 2/unit/day)
- Hero WOD per entry

Health Promotions (Contact 808-254-7473)

50 points

- Per class (sleep, stress management, sexual health, tobacco cessation, nutrition, weight management, injury prevention)

Intramural Sports (Contact 808-254-7591)

200 points

- 1st place (per team)
- 3rd place (per team)

150 points

- 2nd place (per team)
- Per entry (and finish) of sport (only 1 designated team for points)

15 points/person/week for

- Run Club

Single Marine Program (Contact 808-254-7593)

100 points

- E-8/higher, attend Council Meeting (1 max/unit, per meeting)

75 points

- 1st place Video Game Tournament*
- 1st place Pool Tournament*

50 points

- 2nd place Video Game Tournament*
- 2nd place Pool Tournament*

20 points

- Video Game Tournament per entry*
- Pool Tournament per entry*
- 10 points Volunteer event*

* Limit to 2
max/unit/event

Marine & Family Programs

100 points

* Contact program for
attendance requirement.

Behavioral Health

- Schedule in-unit Family Advocacy brief/training, New Parent Support brief/training/activity group; or Community Counseling Program brief/training (Contact 808-496-7780 to schedule); Schedule in-unit Substance Assessment Counseling Center brief (Contact 808-496-2464 to schedule)

50 points

Library (Contact 808-254-7624)

- Register and participate in the annual Summer Reading Program

Family Advocacy Program (Contact 808-496-7780)

- Invite Family Advocacy Program (FAP) to a unit event
- Volunteer at FAP Family Fun Fair (annual event in April)

Substance Assessment Counseling Center (Contact 808-496-2464)

- Invite SACC to a unit event

25 points

Education Center (Contact 808-496-2158)

- Attend a Base Education Fair

Information, Referral and Relocation Services (Contact 808-496-7786)

- Attend New Arrivals Orientation (NAO)

*Points awarded only to those who meet NAO eligibility requirement:
attending within 90 days of arrival at MCBH

Marine Corps Family Team Building (Contact 808-496-2650)

- Attend any Marine Corps Family Team Building LifeSkills Class

Personal Financial Management (PFMP) (Contact 808-496-7783)

- Attend any PFMP personal finance class

CO RACE
SERIES



HITT
EVENTS



HEALTH
PROMOTIONS



INTRAMURAL
SPORTS



SINGLE MARINE
PROGRAM



MARINE & FAMILY
PROGRAMS



OVERVIEW

