



Bundeswehr Sports School
Commandant



Bundeswehr
Wir. Dienen. Deutschland.

Invitation

for the

Bundeswehr Military Fitness Cup (MilFitCup) 2018

at the Bundeswehr Sports School in Warendorf

from 15 to 18 May 2018

This year's Bundeswehr MilFitCup will take place under the patronage of the Federal Minister of Defence at the Bundeswehr Sports School in Warendorf from 15 to 18 May 2018.

The participants will put their physical, mental and military fitness to the test in a variety of events to determine **who is the fittest male and female soldier and which is the fittest team.**

Participation Requirements

Only teams are generally allowed to participate!

A team consists of a total of 5 participants, of whom at least one must be female and at least one must be at least 36 on the day of each event.
Every team member automatically competes in both the team and the individual competition. Places in the competition will be allocated by the respective service headquarters on the basis of a defined key.

Description of the Events

Military fitness event

This is a modified version of the "initial military fitness test" conducted during the "Military Fitness Instructor" course at the Bundeswehr Sports School.

Functional fitness event

This event features basic functional exercises for the whole body. The contents of this event will not be disclosed beforehand.

Team event

This event consists of demands on military skills and the performance of cognitive tasks under physical strain.

The contents of this event will not be disclosed beforehand.

A combat rucksack as specified in the Bundeswehr packing plan is required for this event.

(Attached)

Closing date **06 April 2018**

for entry Entries must be submitted via E-mail to following address:

sportsbwcism@bundeswehr.org

Timetable / schedule
(preliminary)

| | |
|-------------------------------|--|
| Tuesday, 15 May 2018 | |
| NLT 15:00 hrs | Arrival of participants |
| 16:00 - 17:00 hrs | Technical meeting |
| 18:00 hrs | Ice breaker |
| Wednesday, 16 May 2018 | |
| 07:30 - 08:00 hrs | Welcoming address/opening ceremony |
| 08:30 - 17:00 hrs | Military fitness event and functional fitness event |
| Thursday, 17 May 2018 | |
| 07:00 - 17:00 hrs | Team event |
| 18:00 hrs | Awards ceremony |
| followed by | Closing event |
| Friday, 18 May 2018 | |
| From 08:00 hrs onwards | Departure of participants |

Entry data

| Rank | Last Name | First Name | Sex | Age | Unit | Service | Contact |
|------|-----------|------------|-----|-----|------|---------|---------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Accommodation and meals will be provided for free.

Times of arrival and departure of participants must be reported to
SportSBwCISM@bundeswehr.org NTL 04 May 18.

If you have any questions about the competition, please contact Captain Oliver Rodens under:

Phone: +49 2581 9411 4462 or

E-Mail: oliverrodens@bundeswehr.org

Original signed

Maul, Colonel