



2023

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Competition Overview	
Sunday	Arrival:
23.07.23	- In-Processing
	Physical Training Day:
Monday	<ul> <li>all disciplines to obtain the "german sports badge"</li> </ul>
24.07.23	ICE BREAKER in the evening:
	- BBQ and beer in the officers mess
	Shooting Day:
Tuesday	<ul><li>- all disciplines to obtain the "marksman badge"</li></ul>
25.07.23	Social Event in the evening:
	- Hamburg City Tour and Dinner
Wednesd ay 26.07.23	Competition Day:
	<ul> <li>shooting competition and military ruck march</li> </ul>
	Overnight on a military training area:
	- BBQ and camp fire at the baltic sea
	Obstacle Course Day:
Thursday	<ul> <li>army obstacle course and navy boarding course</li> </ul>
27.07.23	Medal Parade in the Evening:
	- Graduation ceremonie at the officers mess
Friday	Departure:
28.07.23	- Out-Processing

## **Key Facts:**

**Date:** 23.07. - 28.07.2023 **Where:** Hamburg (Germany)

**Team size:** 4 pax (1 female, 1 over 30 years old)

**Costs:** 80€ per Person

What: General Fitness Competition

Shooting Competition
Obstacle Courses
Military Ruck March
Social Events in Hamburg