

2024 Sports Schedule

“Quantico Crossroads Cup”

Soccer Tournament – 16 March*

Commander’s Cup Ceremony - 8 April

Intramural Soccer - 8 April

Soccer Skills Challenge -26 April

3-on-3 Basketball Tournament – 11 May*

Intramural Softball – 10 June

Homerun Derby – 26 July

Marine Corps Marathon

Quantico 12K – 24 August

Intramural Flag Football – 9 September

Football Combine – 27 September

**Excluded from Commander’s Cup, open to all*

Soccer Kicks Off at Quantico

Marine Corps Base Quantico (MCBQ) hosted the inaugural “Quantico Crossroads Cup,” a one-day pay-to-play tournament open to all participants with base access. Seven teams competed, including competitors from Quantico, Fort Belvoir, Joint Base Andrews, and other National Capital Region (NCR) Installations. The 2nd Annual Quantico Crossroads Cup is slated for Saturday 16 March 2024.

The soccer tournament ushered the return of Intramural Soccer aboard MCBQ. Officer Candidate School (OCS) won the championship with Marine Corps Embassy Security Group (MCESG) and Marine Helicopter Squadron One (HMX-1) finishing second and third, respectively. The 2024 Intramural Soccer league is scheduled to begin Monday 8 April 2024.



Quantico Marines competing in the 2023 Quantico Crossroads Cup.



Marine Corps Base Quantico Commander Col Michael Brooks and SgtMaj Collin Barry stand alongside MCSC Commanding Officer BGen David Walsh (center) and MCSC representatives.

Commander’s Cup Champions

The Semper Fit Commander’s Cup Intramural Sports program provides active-duty service members a fun, recreational, and competitive athletic experience. The program emphasizes unit competition, camaraderie, and cohesion. Units compete at scheduled events and intramural leagues to earn points. At the end of the calendar year, the command that accumulates the most points is awarded a trophy.

The Commander’s Cup helps promote combat readiness, esprit de corps, leadership, teamwork, and loyalty. Installation sports programs help identify and enable athletes with exceptional skills to continue to higher levels of competition.

The reigning Commander’s Cup champion is Marine Corps Systems Command (MCSC). In 2022, MCSC finished first in Intramural Golf and Softball. The unit also earned participation points by competing in Intramural Basketball and Bowling.

Commander’s Cup Points:

- First place: 60 points
- Second place: 40 points
- Third place: 30 points
- Participation: 10 points

MCSC earned 160 total points. The Commander’s Cup was presented by Marine Corps Base Quantico Commander Col Michael Brooks to MCSC’s Commanding Officer BGen David Walsh in April 2023. MCSC retains the trophy for one year. The 2023 Commander’s Cup champion will be announced 8 April 2024.

Past Commander’s Cup Champions:

- 2022: MCSC
- 2021: HMX -1
- 2020: FINANCE
- 2019: HMX - 1
- 2018: G4



Thank you, Sponsors!

Leidos graciously sponsored the 2023 MCBQ Commander’s Cup program, including a monetary prize to the winning unit. The Washington Nationals provided uniforms for softball and offered tremendous opportunities to servicemembers throughout the year, including the Battle of the Bases tournament, culminating with the championship game at Nationals Park.



Washington Nationals mascot “Screech” tosses the ceremonial first pitch to open Intramural Softball.