

MIDDLE GEORGIA RAIDER CHALLENGE

EVENT BRIEF

RUTLAND HIGH SCHOOL

MACON, GA

02 SEPTEMBER 2023

Timeline

- 0700 – Team setup open
- 0800 – Coaches and Captains brief
- 0900 – Team Run Start
- 1000 – Rotation starts
- 1500 – Awards Ceremony on Soccer Field

General info

- Main entrance will close at 0845 for team run. Parking accessible through George Thomas Rd (traffic light on Hartley Bridge Rd)
- Team tent setup area is behind softball field. Loading zone is in front of field house. Once unloaded, park busses in designated parking area
- Concessions will be available at the HQ
- In the event of rain, competition continues. If severe weather, all teams will move to the RHS gym through the back entrance
- Athletic Trainer will be on-site throughout event. Teams should be prepared to treat minor injuries first, then send to medical tent. In the event there is a significant injury, EMS will be notified by the event HQ
- In the event there is a discrepancy with the scoring, notify HQ prior to signing scoresheet. Do not argue with the official. Any unsportsmanlike conduct from cadets, coaches, or parents may result in event DQ
- Restrooms are located at the concession stand

Event Map



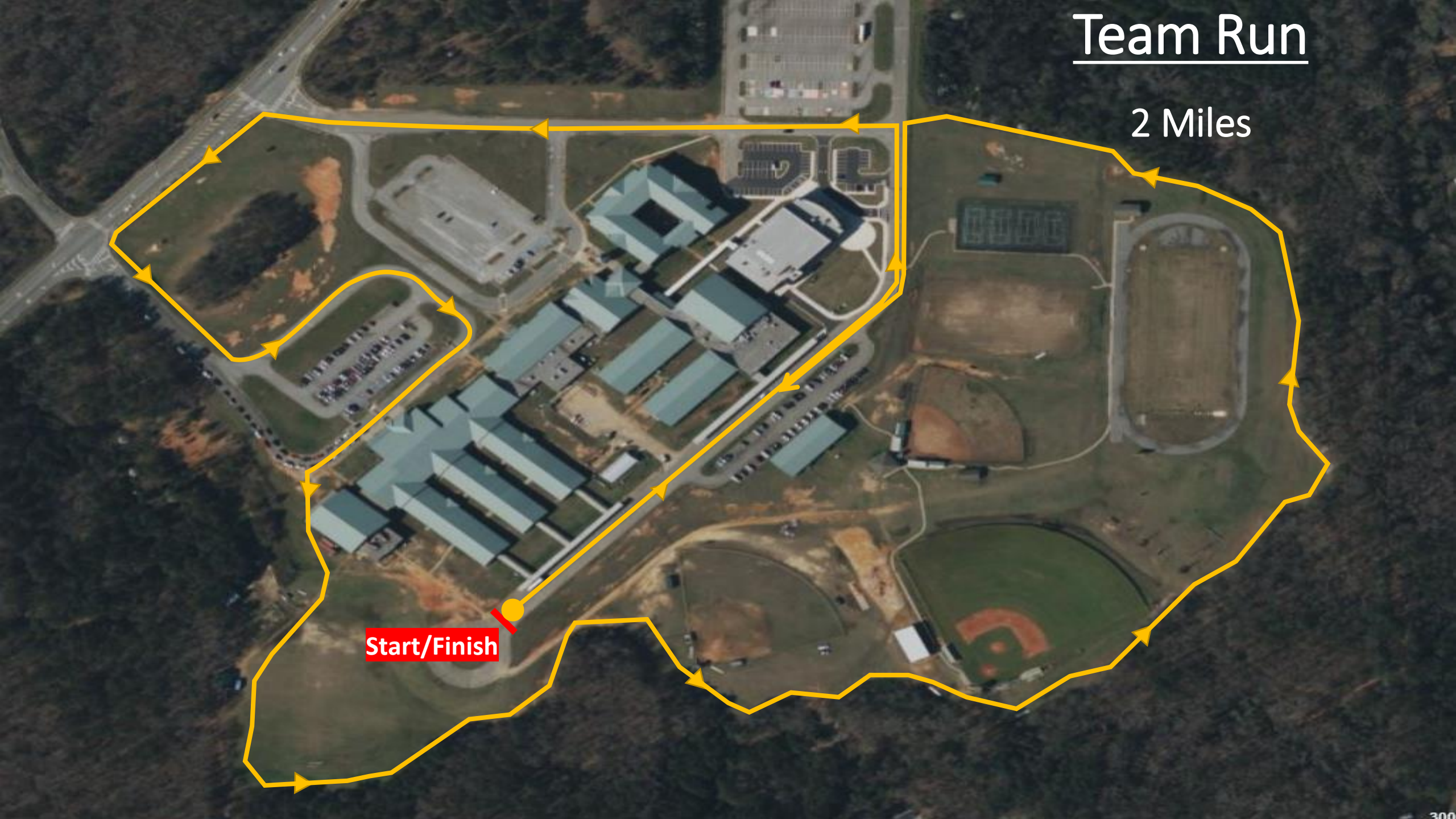
Team Run

- 1st event for all teams
- Uniform is PT shorts or ACU trousers, team shirt, and running shoes or boots (not recommended)
- Male teams, Mixed, then Female per school
- Teams not required to stay together, however, 10-meter box at the end
- Mix of paved and cross-country terrain
- Teams finishing with 9 = 5-minute penalty; 8 or less = DQ
- No carrying teammates or profanity

Team Run

2 Miles

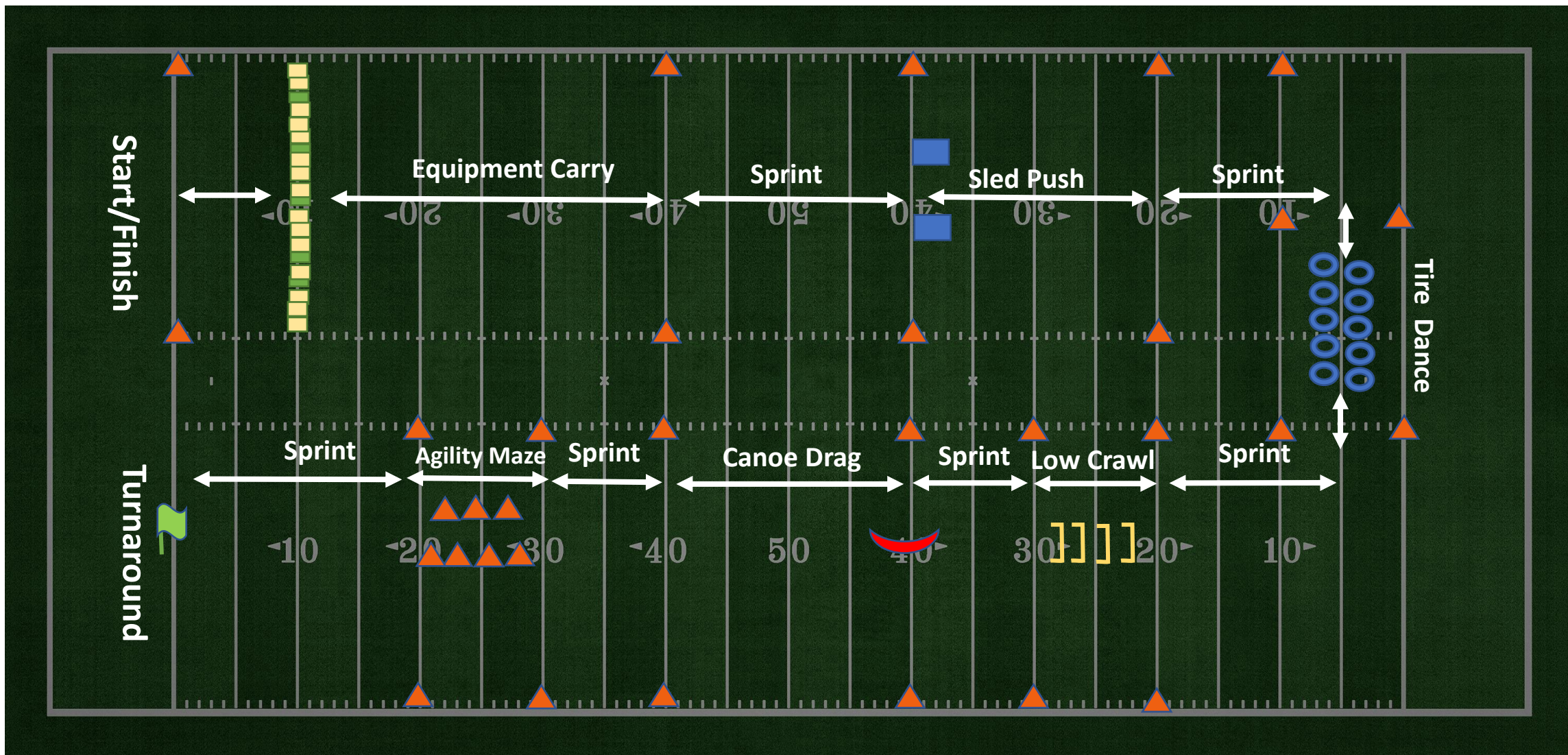
Start/Finish



Raider Fitness Course

- 400-meter event held on football field
- All 10 raiders run at once
- Uniform is ACU/BDU/MARPAT trousers, team shirt, and boots
- Male teams, Mixed, then Female per school
- All gear must pass line and remain upright during equipment carry
- (2) sleds (w/90lbs plates) must cross line
- Raiders must attempt each tire in tire dance
- Single file in agility maze
- Push, Pull, Carry Canoe. No minimum required but rear of canoe must cross line
- No dropping/throwing gear (30-second penalty per occurrence)

Raider Fitness Challenge (RFC)



Cross-Country Rescue

- 1-mile course over unimproved trail and grass
- 4 rucks (40lbs), 1 stretcher (120lb)
- Uniform is ACU/BDU/MARPAT trousers, team shirt, and boots
- Male teams, Mixed, then Female per school
- Teams not required to stay together; however, rally point 25 yards from finish. Once all Raiders reach RP, the group can finish.
- 7ft wall, duck-under obstacle
- No dropping/throwing gear – 30-second penalty per occurrence



Cross-Country
Rescue

1-Mile

Start

Finish



Cross-Country Rescue 1-mile

Raider Gauntlet

- Start point is at the Rope Station on the field.
- 1-mile course over unimproved trail, steep/uneven terrain, and grass
- (4) rucks (40lbs), (2) Wooden Ammo Crates (similar to Nationals)
- Uniform is ACU/BDU/MARPAT trousers, team shirt, and boots
- Male teams, Mixed, then Female per school
- Teams not required to stay together; however, once raider crosses finish line cannot go back to help others
- No dropping/throwing gear – 30-second penalty per occurrence

Obstacles –

- 15Ft Rope Climb
- 7ft Wall
- Tire Obstacle
- Hurdles
- 7ft Wall
- “The Bowl”
- Tree Toppers
- Low Crawl



Rope Climb

- 15ft (Tape marks height)
- 4 cadets must complete
- Cadets must touch tape at top
- No rucks
- 2-minute penalty for each climb less than 4 (up to 8 minutes)
- Do not slide down rope!



←Tape

←Tape

Tire Obstacle

- All gear and personnel go through
- Cannot use ropes to assist





7Ft Wall

- All Cadets and rucks go over
- **DO NOT THROW GEAR**

Tree Toppers

- **Single File**
- **Weather Dependent**
- **If cadet touches ground, start over**



Low Crawl

- All cadets and rucks go under
- 25ft long



Rope Bridge

- Standard Rope Bridge IAW 6th Brigade SOP
- Telephone poles
 - 60ft – Male
 - 45ft – Mixed/Female
- Minimum Rope Length 120ft
- Steel locking or opposing gate for near side transport tightening system
- No more than (3) Raiders clipped on rope at a time
- Feet / hands/back cannot assist crossing

Rope Bridge



Tire Flip

- Uniform is ACU/BDU/MARPAT trousers, team shirt, and boots
- Male teams, Mixed, then Female per school
- Team will organize into (2) groups of 5
- 1st group will flip tire 50m and entire tire must cross line
- 2nd group flips tire back to start line
- Penalties for rolling, carrying, or going out-of-bounds



Tire Flip

A person wearing a dark helmet and a grey t-shirt is shown from the back, holding a thick rope. The person is wearing a watch on their left wrist and a yellow wristband on their right. The background is a blurred crowd of people. The word "QUESTIONS?" is overlaid in large, white, bold, sans-serif font in the center of the image.

QUESTIONS?