



6 JUNE 2023

MEMORANDUM FOR RECORD

SUBJECT: Letter of Instruction (LOI) Lumpkin County High School Mountain Raider Challenge Competition, 9 September 2023. Starting time is 0900 hours.

1. Purpose: This LOI outlines the Lumpkin County High School Tomahawk Invitational Mountain Raider Challenge competition in Dahlonega, GA.

2. Scope: The Lumpkin County Raider Challenge Competition is designed to:

- a. Offer cadets a physically demanding competition
- b. Promote a competitive spirit among the participants.
- c. Develop respect, discipline and self-esteem among cadet.
- d. Develop teamwork, leadership and decision-making.
- e. Foster camaraderie among Georgia Raider Teams.

3. Specifics: There will be a total of six events with a ten-person team competing.

a. Team 5K: 10 members per team will compete in the 5K challenge. (Annex B)

b. One Rope Bridge: Each ten-person team must construct a one-rope bridge across a span of approximately fifty feet. All team members and equipment must cross the bridge without touching the ground. You must bring your own Swiss seats, Ropes and Snap links. (Annex C)

c. Mountain Top Rescue: Each ten-person team will carry an undetermined amount of weight and other items, negotiating various obstacles through a designated course. (Annex D)

d. HMMWV Pull: Each ten-person team will pull a HMMWV 100 feet. This event will include two pulls of the HMMWV. (Annex E)

e. Obstacle Course: Each ten-person team must negotiate various obstacles. Obstacles may include: The Modified Weaver (with safety mats below), the Vault, the Low Crawl, the High Wall, the Horizontal Ladder, and Incline Wall. (Annex F)

f. Beast Events: Each ten-person team must negotiate a resetting course consisting of a tire flip, bear crawl, sprint, crab walk, and water can relay. (Annex G)

GENERAL INFORMATION

1. The competition will be held at Lumpkin County High School, 2001 Indian Drive, Dahlonega, GA 30533. **All team Captains** *must* be present at 0800 for the team brief located under the pavilion behind the end zone of the football field.

All events will start at or near the Football Stadium and NOT the rear of the high school. Make sure you look at the diagram of the event.

2. Graders will be from Army National Guard Recruiting Battalion, Active Duty Service Branches Recruiting, and UNG Cadets that have already completed basic training with assistance from our Curahee Battalion cadets.

3. Each team will consist of ten members and two alternates. All members must be currently enrolled in the JROTC program. Schools may enter 1-team in each category; all male, mixed team, or female (Riverside Military Academy is allowed to have two competitive male teams since they do not have females to make a mixed or female team). Mix teams must have at least four females competing. If there is room and time allows, we may permit a "B" team to participate and be considered in the competition.

4. OCP/ACU uniform with boots and without Blouse will be worn for all events except for Team 5K Challenge.

5. After the 5k challenge, team captains will meet and will participate in a random drawing of starting locations for the competition. Once the starting location is drawn, the team will travel to that event and start the competition. The teams must travel in sequence until all events have been completed. The rotation of the events will be as follows:

- a. Obstacle Course
- b. Mountain Top rescue
- c. Beast Events
- d. One Rope Bridge
- e. HMMWV Pull

For example: If your team pulls HMMWV as your first event, the next event will be Obstacle Course followed by Mountain Top rescue and so on.

6. Each team must have a release from liability form and a team roster. These forms will be turned in by team captains at check in. Teams that do not provide the waivers **will not** be able to compete.

7. National Guard Recruiters, Active duty Recruiters, and UNG Cadets, with the assistance from Curahee Battalion cadets, and Instructors will grade events. All scoring equipment will be provided. Coaches may have to score other events if necessary. CW3 Johnson will handle any disputes during the competition. MAJ Moran will be working in the Operations and Tracking room.

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8. Competition will start at or near 0900 hours on 9 September, 2023.

9. Coaches/ team captains will receive a scoring packet at the awards ceremony.

10. A concessions stand will run the day of the meet offering, drinks, food and snacks.

11. In case of a points tie in a division, the team with the fastest "Beast Event" time will be proclaimed the winner.

12. For questions or concerns, please contact MAJ Moran at <u>jeffrey.moran@lumpkinschools.com</u> or by phone at 706-864-6186 ext#20716.

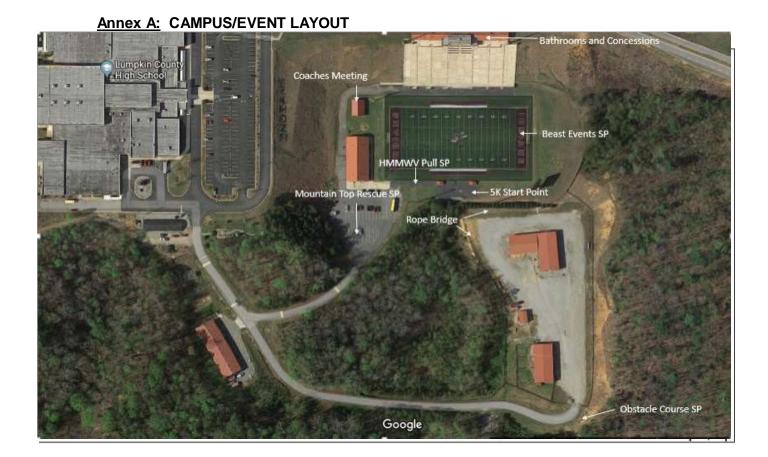
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- 1. Annex A Campus/Event layout
- 2. Annex B 5k Team Challenge
- 3. Annex C One Rope Bridge
- 4. Annex D Mountain Top Rescue
- 5. Annex E HMMWV Pull
- 6. Annex F Obstacle Course
- 7. Annex G Beast Events
- 8. Event Score Cards
- 9. General Release and Authorization of medical care
- 10. Team Registration form

Jeffrey W. Moran

JEFFREY W. MORAN MAJ (R), US Army Senior Army Instructor

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<u>Annex B</u>

TEAM 5K CHALLENGE

1. 5K individual cross-country run will traverse along a designated course throughout the campus. Teams will be picked randomly and will start in that order. The SAI starting the event will call the school to the starting line and all teams will come forward. Coaches from that team will be required to time your teams and record the time on the scorecard before turning it into the 5K desk. When the coach is ready with timer the SAI will say "GO" and time will start. There will be three laps and the teams will finish where they started.

2. Uniform will be, running shoes, appropriate shorts, and t-shirt/sweatshirt, or appropriate school or ARMY PT gear. OCP/ACU bottoms, team T-Shirt, and running shoes. Boots will be allowed but are not recommended.

3. This is a TEAM RUN and all team members must maintain an interval of **NO MORE** than 10 meters throughout the run or the team will be disqualified. The time will stop when the last person on the team crosses the finish line.

4. If you have multiple teams, they will all start at the same time by school. Team coaches will keep time of their teams and turn the times into the check-in desk when complete.

5. Awards will be awarded to the top three teams in each category.

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Annex C

ONE ROPE BRIDGE

1. Rope Bridge: Reference FM 3-97.61 and TC 90-6-1 (Military Mountaineering-2002) for construction details. Follow this MOI and the attached score sheet for penalties. Below are some basic guidance for common conflicting methods for constructing a rope bridge. Please note the items in **bold**. These are in no particular order.

a. Distance between poles is 52 feet for all teams. Dead space will begin seven feet from both anchor points. All team members and equipment must start behind the nearside anchor point.

b. Teams will only get one shot at completing the Rope Bridge. No redo's.

c. If a Cadets back touches the ground while crossing they <u>will not</u> be penalized. If their feet or hands touch the ground they will be penalized <u>if the judge deems they</u> <u>are pushing off to gain an advantage</u>.

d. Aussie Seats and Swiss Seat refer to the FM and TC. (square knot with overhand knot w/ 4" pig tails). Knots will only be inspected for safety.

e. The Far-Side Raider ties an end of the line bowline w/overhand knot or figure 8 and snaps in before crossing into the (dead zone) and is **belayed across the dead zone** (no figure 8 across the body). Belaying means someone is controlling the rope in both hands and watching the raider cross.

f. **The near-side construction**; A wireman's knot or figure 8 slip knot on a bite is the only Transport Tightening System authorized. Snap links can be used to aid in the disassembly of the knots. **The snap-links may not be used as a speed tigtener**. Be prepared to tie your near or far side knot after your rope bridge is complete should the judge request it.

g. Once the transport knot is complete it **must be connected back to the bridge** rope with two snap links or one steel snap-link. When it is connected, the snap-links must have opposite gate openings as per the diagram. Snap-links cannot be used as speed tighteners.

h. The far-side must be secured with two round turns and two half hitches with or without a quick release or a **tensionless anchor knot** with a minimum of four wraps around far-side anchor.

i. The transport tightening system is secured to the anchor using two round turns and two (2) half hitches with or without a quick release. Either way it must have a 4 inch pig tail. The half hitches do not have to pass around all ropes between the anchor point and the wireman's knot or figure 8 on a bite. No raider can be snapped in to the one rope bridge until the construction is complete.

j. Near Side Raider disassembles the transport system on the near-side. He/she can tie a bowline w/overhand in the end of the bridge rope or use the existing Wireman's or Figure 8 loop and secures the snap-link on his/her waist harness. **The Near Side Raider is then belayed across the obstacle by Raiders on the far-side.**

k. As long as the Raider belaying has two hands on the rope and is looking at the near and far side raider cross the dead zone no penalties will be assessed.

I. Refer to Rope Bridge Score sheet for additional guidance.

2. Uniform will be OCP/ACUs, boots and T-shirts.

3. A rope bridge that fails will result in that team being disqualified.

4. Awards will be awarded to the top three teams in each category based on time.

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Annex D

MOUNTAIN TOP RESCUE

1. Mountain Top Rescue

a. Each ten-person team will run a predetermined course. The course includes paved and gravel roads that traverse up and down very steep terrain.

b. Coaches are allowed on the course to take pictures and motivate their team but not to assist.

c. Each team will carry a stretcher with injured person (weighted duffle bag) and their assigned equipment. The duffle bag must be pre-tied on the litter by the team after the start of the event. The team can organize themselves in any manner they want to negotiate the course but the weighted duffle bag, and ONLY the weighted duffle bag, can be carried on the litter.

d. All equipment must be carried at all times and not touch the ground; equipment cannot be dropped, dragged or thrown at any time on the course. Any equipment dropped will result in a 10 second penalty per item. If the litter is dropped for any reason a 1-minute time penalty will be added to the overall team time **SO PROCTECT YOUR INJURED PERSON**.

e. A briefing will be given at the start point to explain the route.

f. Uniform will be OCP/ACU bottoms, boots, and OCP/ACU top OR no top and team T-shirt.

g. Scoring will be based on total time to negotiate the course by the team. All equipment must cross the finish line for the time to stop. Equipment will not be allowed to be thrown or dropped, (10 second time Penalty per item per occurrence).

h. Awards will be awarded to the top three teams in each category based on time.

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Annex E

HMMWV PULL

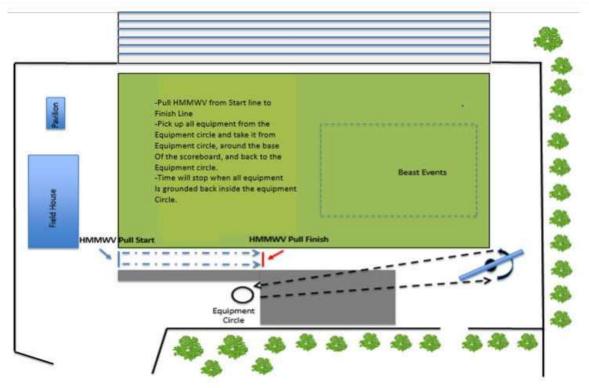
1. HMMWV Pull

a. All ten team members will compete in the HMMWV pull. A 50 foot rope will be attached to the front of the HMMWV for teams to use. Cadets will not be allowed to touch the HMMWV at any time. The 50 foot rope will have a marker streamer that is tied to the rope approximately 10 feet from the front of the HMMWV. No cadet will be allowed to pull between the streamer and the front of the HMMWV.

b. After the pull has been accomplished, the team will pick up and carry all prepositioned equipment located at the end of the first pull from the equipment circle. They will move as a team around the designated route and back to equipment circle. The team will put the equipment back in the circle and time will stop when all equipment is back in the equipment circle.

c. The team with the fastest overall time wins the event.

d. Awards will be awarded to the top three teams in each category based on time.



<u>ANNEX F</u>

OBSTACLE COURSE

1. Obstacle course:

a. All ten members of the team must attempt all of the obstacles on the course. If a team member bypasses the obstacle a 1-minute time penalty will be added the total team time per person/per obstacle for attempting to bypass an obstacle.

b. All ten members of the team must successfully complete the obstacle to receive a rubber band.

For Example:

-If a team gets to the ladder and all members get across from beginning to end without anyone falling, the team will receive a rubber band.

-If a team is negotiating the ladder and one of the team members cannot get across and falls and cannot get across from beginning to end, the team will not receive a rubber band.

b. Once the entire team has successfully completed an obstacle, the team captain will receive a rubber band to go around the wrist. It is the responsibility of the Raider team to secure the rubber bands of all successfully completed obstacles. If a Raider loses a rubber band, he/she will not receive credit for completing an obstacle.

c. Teams will be scored on the amount of accumulated rubber bands (Max is 6), then overall time.

d. Awards will be awarded to the top three teams in each category based on accumulated rubber bands, then overall time.

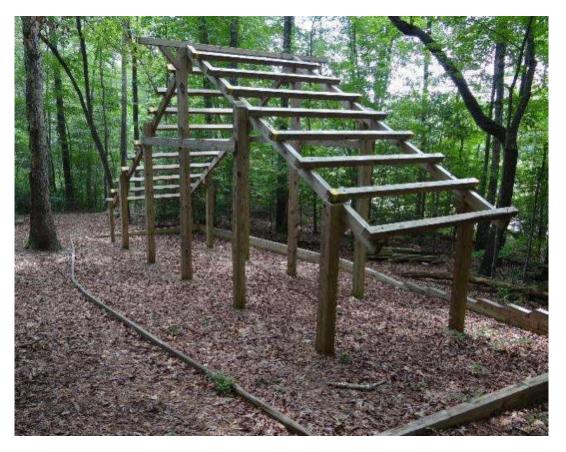
For Example:

-The team with all 6 rubber bands and the fastest overall time after assessing penalties will win.

-If a team with 5 rubber bands has an overall faster time after assessing penalties than a team with 6 rubber bands...The team with 5 rubber bands and the slower time will be the declared the winner.

2. Uniform will be OCP/ACU's, blouses or team t-shirt and boots. Gloves are authorized.

- 3. Obstacles:
 - a. The Modified Weaver (with safety mats beneath):



The modified weaver is an event that is very technique based for success. Due to this and the fact that many schools do not have access to a weaver, we are modifying the event to make it more competitive.

Team members will start the negotiation of the modified weaver one person at a time (once the person in front is started the next person can begin). They will traverse up one side and down the other using either a bear crawl (hands first and front of the body facing the ground) or crab walk (feet first and front of body facing skyward) technique, going over each beam and dismounting at the end. All team members must complete the event and team captain receive his or her rubber band before moving on to the next obstacle.

b. The Vault:



All team members will go over each vault. You cannot go around or under the vaults. All team members must complete all vaults and the team captain must receive his or her rubber band before beginning or moving on to the next event.

c. Uphill Belly-Crawl:



All team members must belly crawl under the web of ropes from the start to the finish. The team will not move on to the next event until all members have completed the Uphill Belly-Crawl and the team captain has received his or her rubber band showing successful completion of the event by all team members.

d. 14 Foot High Wall:



All Cadets must successfully get over the wall as quickly as possible. A maximum of 3 cadets are allowed on the top platform to assist others over the wall. All other cadets that have negotiated the wall will either be on their way down the ladder or on the ground just beyond the wall. The team will not move on to the next event until all team members have negotiated the wall and the team captain has received his or her rubber band showing successful completion of the event by all team members.

-A sling rope or belt MAY be used to get your **LAST** team member over the wall -There will be a 5 Minute time limit to the Wall and time will start when the first person starts to negotiate the wall.

e. The Ladder (Monkey Bars):



To negotiate the Ladder properly each team member must get onto the starting blocks, traverse underneath the bars while at least touching each bar, stand on the finish blocks, and dismount the obstacle.

DO NOT fail to at least touch each bar of the ladder.

ALL TEAM MEMBERS MUST AT LEAST ATTEMPT TO CROSS THE LADDER

If a team member falls while attempting the ladder, it will be the choice of the team as to whether that individual will attempt to negotiate the obstacle again and possibly receive a team completion rubber band, or move on for a possible better time but not receive a team completion rubber band.

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f. Incline Wall:



Front View



Side View

All team members will go up the incline and drop down the other side (approximately 8' tall). Team members can help each other down so as not to get hurt. You cannot go around the wall. After all team members get over the Incline wall and the team captain receives his or her rubber band showing successful completion of the obstacle by all team members, they can move on to the next obstacle.

ANNEX G

BEAST EVENTS

1. The Beast events will consist 4 stations that will work in a relay type of format. The course re-sets itself to be as time efficient as possible. The concept of the event is as follows:

2. The team will be split into two groups of 5 cadets, and lined up at a left and right starting line. When the start is given, the time will begin and the first person in each line will begin the course in opposite directions (clockwise and counter-clockwise). They will negotiate the same events in opposite order which will re-set the course for the next two to begin. The next person will begin as the person currently on the course crosses the finish line and tags the next person. When all team members have completed the course and the last person crosses the finish line, the time will stop. The overall time minus any penalties will be the time for record.

3. Tire Flip:

a. Each member of the team will flip a tire from a designated start point 3 times in the fastest time possible. The tire must be flipped not rolled. If a Cadet fails to flip the tire successfully 3 times before moving on to the next event there will be 1 minute penalty to the overall time for each occurrence.

4. Bear Crawl:

a. Each member of the team will bear crawl from the starting point to the finish point. The cadet must go under PVC bars positioned at the start and finish points. If a cadet fails to go under the PVC bars, stands up, or goes outside the course, he/she will have to do it again. If a cadet hits the PVC bars upon entering or exiting, he/she will be assessed a 10 second penalty for each occurrence.

5. Crab Walk:

a. a. Each member of the team will crab walk (front or backwards) from the starting point to the finish point. The cadet must go under the PVC bars at the start and finish points. If a cadet fails to go under the tape, stands up, or goes outside the course, he/she will have to do it again. If a cadet hits the PVC bars upon entering or exiting, he/she will be assessed a 10 second penalty for each occurrence.

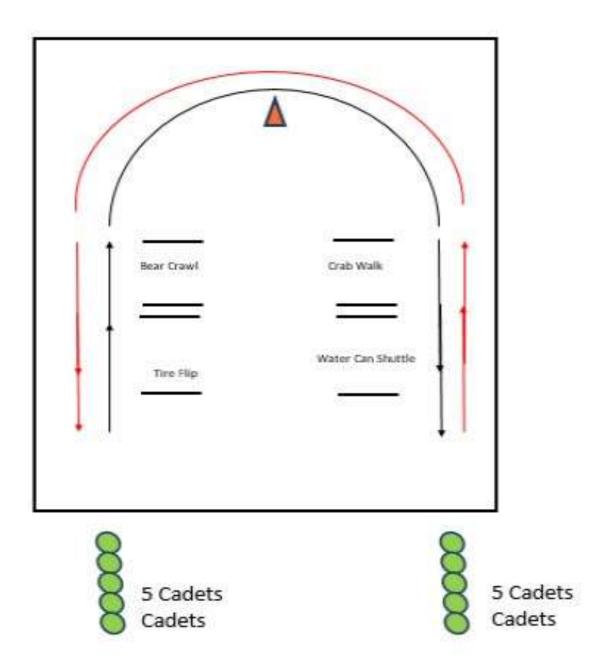
6. Water can shuttle:

a. Each member of the team will carry 4 water cans from the start point to finish point in the fastest time possible. If the cans are dropped or touch the ground between the start point and finish point there will be a 10 second penalty to the overall time for each occurrence. If the cans do not reach the finish line before moving on to the next

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event there will be a 10 second penalty to the overall time for each occurrence. There will not be a penalty if water cans fall over as long as they are not thrown or tossed. If the judge thinks they have been thrown or tossed, a 10 second penalty will be assessed to the overall time for each occurrence.

7. Awards will be awarded to the top three teams in each category based on time. This is a running overall time minus any penalties.



Team 5K Run Scorecard

School Name:	_ MALE	FEMALE	MIXED
 Read (Annex D) of the MOI for the 	ne briefing		
Team's Time:			
Penalties Assessed:			
Overall Time with penalties include	d:		
Team Captains Name:			
Team Captains Signature:			

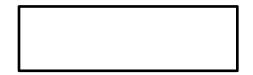
Obstacle Course Scorecard

Team Name:_____ MALE FEMALE MIXED

• Read (Annex E) of the MOI for the briefing

Team's Time:

• Total number of rubber bands the team has out of **6 possible bands**.



Team Captains Name: _____

Team Captains Signature: _____

Final Time:_____

SCHOOL:	MALE	FEMALE	MIXED
ROPE BRIDGE SCORE SHEET	Time Per Penalty	# of Penalties	Total
EQUIPMENT/PREPARATION/INSPECTION: 5 MINUTES.		_	
Improper Aussie Seats on far and near side raiders	NP		
Improper SWISS SEAT; Snap link must surround all ropes and when rotated to the "UP" position, gate opening is "away from Raider"	NP		
Rope improperly laid out. (coiled, back coiled or laid out in a "S" shape is OK)	NP		
CONSTRUCTION OF ROPE BRIDGE		- T	
Far Side Raider – Improper Bowline or Figure 8 when crossing	30 SEC		
Far Side Raider not clipped in with snap link prior to entering dead zone	30 SEC		
Far Side Raider not belayed properly across the dead zone	15 SEC		
Dead zone violation (touching obstacle during loading/unloading, equipment loss)	30 SEC		
Far Side anchor knot not two round turns w/2 half hitches or tensionless anchor	DQ	_	
Improper Transport Knot: wireman's knot or figure 8 knot with a bite	DQ		
Failure to use two snap link's or one steel snap link	DQ		
Two snap links in transport knot are not opposed	15 SEC		
Near-side not secured w/round turn, 2 half hitches with or without quick release	30 SEC		
CROSSING			
Any Raider hooked up before near side or far side is complete	30 SEC		
Failure to face rope, mount onto rope w/snap link then rotate body under rope	30 SEC		
Dead zone violation (touching obstacle during loading/unloading, equipment loss)	30 SEC		
Crossing Raiders FEET or HANDS touch the dead zone to gain an advantage	30 SEC		
More than three (3) Raiders clipped into the bridge rope at any one time	30 SEC		
BREAKDOWN OF ROPE BRIDGE			
Breaking Down rope bridge before last cadet is off rope	30 SEC		
Near Side Raider not clipped in with snap link prior to entering dead zone	30 SEC		
Near Side Raider not belayed properly across the obstacle	30 SEC		
Near Side Raider bowline w/overhand safety or figure 8 incorrect while crossing	30 SEC		
Rope or any item left in the dead zone after time is called	30 SEC		
Knots left in the Rope after bridge break down and "TIME" is called	30 SEC		
ADDITIONAL PENALTIES AND NOTES	00020		
Improper markings on rope that are obviously an advantage	DQ		
Coaching from a non-team member	DQ		
Rope Bridge Failure	DQ		
Use of Speed Tighteners (do not twist snap-links)	1 minute	+	
LESS THAN 8 Raiders CROSS ON BRIDGE	DQ	1	
Sportsmanship violation (profanity, disrespecting judge, etc)	30 SEC /		
	Totals:		

Team Captains Name: _____

Team Captains Signature: _____

HMMWV Pull Scorecard

School Name:_____ MALE FEMALE MIXED

- Team must pull HMMWV from start point to end point. Then move all equipment from the equipment circle, around the base of the scoreboard, and back into the circle. The time will be a running time and stop when all equipment is back in the equipment circle.
- Read (Annex D) of the MOI for the briefing

Team's Pull Time:	
Penalty time :	
Overall Time with penalties included:	
Team Captains Name:	
Team Captains Signature:	

Mountain Top Rescue Scorecard

Team Name:_____ MALE FEMALE MIXED

- Read (Annex C) of the MOI for the briefing
- 1 Minute penalty for dropped Litter_____
- 10 Second penalty for any dropped items along route -Number of penalties for dropped items:_____
- 10 Second penalty for any thrown or dropped items at the finish

-Number of penalties for dropped items:_____

Team's Time:_____

Penalty Time :_____

Overall after including penalties Time:

Team Captains Name: _____

Team Captains Signature: _____

Beast Event Scorecard

School:_____ MALE FEMALE MIXED

• Read (Annex F) of the MOI for the briefing

<u>Team's Time:</u>_____

-Tire Flip Penalties_____

-Bear Crawl Penalties_____

-Crab Walk Penalties_____

-Water Can Relay Penalties_____

Total time of Penalties :_____

Overall Time after including penalties:



Team Captains Name: _____

Team Captains Signature: _____

RELEASE FORM LIABILITY

GENERAL RELEASE AND MEDICAL CARE AUTHORIZATION

I/W e, the undersigned, hereby grant permission for______ a legal dependent, to participate in the below listed activity of the Lumpkin County JROTC department.

Type of Activity: Mountain Raider Challenge Meet to be conducted 9 September, 2023 at the campus of Lumpkin County High School, Dahlonega, Ga.

I/W e do hereby agree to release, and otherwise hold harmless, all US Army retiree officers and noncommissioned officer instructors, advisors, US Army, school administrative officials, and the Lumpkin County Department of Education from any liability for personal injury, property or other type of loss which occurs as a result of the aforementioned activity, to me or any of the undersigned. I/W e understand and agree that .my signature hereunder constitutes a waiver of rights by myself or my estate to sue, for any personal injuries, death or property damage caused by, or a result of the activity of, the hereinabove named parties, and I/W e freely assume all risks, hazards, or losses which may result from said activity.

JROTC instructors, school, and Lumpkin County officials will make every reasonable effort to properly supervise, control, and render safe all training and activities related to this competition.

This _____ day of _____, 20 _____

Emergency Phone: _____

(Student's signature)

(Parent's signature)

INSURANCE INFORMATION

This is to certify that ______ is covered by insurance providing coverage for hospital and medical treatment.

Name of Insurance Company: _____

Policy/Certificate Number: _____

Printed Name of Parent/Guardian

Signature of Parent/Guardian and Date

MOUNTAIN RAIDER CHALLENGE REGISTRATION FORM

1. Our unit,_____ will attend the Mountain Raider Challenge held at Lumpkin County High School, Dahlonega, GA. on Saturday, 9 September, 2023.

2. We will be bringing _____ male _____mix team and _____ female teams. <u>(Limit</u> <u>one team per category)</u> Enclosed is a check (\$100.00 for the first team and \$25.00 for every other team). Registration without fees will not be considered as a valid registration.

3. Name of instructor who will accompany teams_____

4. Please *mail the registration form and check* to the following address;

Lumpkin County High School Army JROTC ATTN: MAJ Moran/CW3 Johnson 2001 Indian Drive Dahlonega, GA 30533

5. If you have any questions or concerns please contact MAJ Moran at <u>jeffrey.moran@lumpkinschools.com</u> or by phone at 706-864-6186 ext#20716.

Jeffrey W. Moran

JEFFREY W. MORAN MAJ(R), US Army Senior Army Instructor