



UNITED STATES MARINE CORPS
JUNIOR ROTC
RUTLAND HIGH SCHOOL
6250 SKIPPER RD
MACON, GA. 31216



04/26/23

SUBJECT: LETTER OF INSTRUCTION (LOI) FOR THE RUTLAND HIGH SCHOOL (RHS)
MIDDLE GEORGIA RAIDER CHALLENGE 02 SEPTEMBER 2023.

1. Purpose: This LOI announces the Fall Middle Georgia Raider Challenge to be held at Rutland High School, Macon, Ga. This competition is meant to give teams a centrally located, challenging meet to start the 2023/2024 Raider season.
2. Scope: The RHS Raider Challenge Competition is designed to:
 - a. Offer cadets a physically demanding competition
 - b. Promote a competitive spirit among the participants
 - c. Provide a physical fitness challenge
 - d. Develop respect and self-esteem among cadets
3. Specifics: Starting time will be at 0900 on 02 SEPTEMBER 2023. There will be a total of six events with a ten-person team competing.
 - a. TEAM RUN: 2-mile team run. Conducted on a mix of paved and trail surfaces, this will be the first event of the competition.
 - b. ONE ROPE BRIDGE: Ten Member Team must construct a one-rope bridge across a span of approx. sixty feet. You need to bring your own swiss seats, rope and snap links. A kern mantle or standard army issue nylon laid 120 ft rope may be used.
 - c. CROSS COUNTRY RESCUE: Ten Member Team will secure a weighted litter and ruck sacks, and then negotiate a 1-mile designated trail.
 - d. GAUNTLET: Ten Member Team will negotiate 1-mile designated trail over rough, hilly terrain consisting of the following obstacles: 6-Foot Wall, Low Crawl, Tire obstacle, and Rope Climb.
 - e. TIRE FLIP: Ten Member Teams will flip a large tire 50 meters, cross a mid-point line and flip the same tire back to the start/finish line. Team Captain will configure their Raider Team into two groups of five Raiders each for this event.
 - f. RAIDER FITNESS CHALLENGE (RFC). Ten Member Teams will navigate a series of obstacles on the football field to include Serpentine, Tire Dance, Equipment Carry, Canoe Drag, and Sled Push. Team Captain will configure their Raider Team in two groups of five.



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GENERAL INFORMATION

1. The competition will be held at Rutland High School located in Macon, Georgia.
2. Streamers will be awarded for First, Second, and Third Place in each event for Male, Mixed, and Female categories. Trophies will be awarded for First, Second, and Third Place overall in each team category.
3. Graders will be provided by recruiters from the Macon area. Team coaches may be asked to be graders if a need arises.
4. Team Composition.
 - a. Male and Mixed teams will consist of up to 12 members, but only 10 will be allowed to compete in any one event. Mix Teams must have a minimum of (4) four females. Schools may enter "A" and "B" teams if they choose.
 - b. **Female teams will consist of up to 12 members, but only 8 will be allowed to compete in any one event.**
 - c. Competing cadets will only be allowed to compete on one team only; meaning a cadet on the male team cannot be a substituted for a cadet on the mixed team.
5. ACU/OCP/MARPAT trousers, boots and tan or team T-shirt will be worn for all events except the team run. **Team run will be conducted in PT Shorts, team T-shirt, and running shoes.**
6. The teams will be assigned to one of six groups to negotiate the Team Run, Rope Bridge, CCR, Gauntlet, Tire Flip, and RFC.
7. The entrance fee for each team will be \$75.00 for the first team, and \$25 for each additional team. No more than two teams per category per school.
8. Each team should have a release from liability form for each cadet participating in the competition. This form will be maintained by team coaches.
9. Rope Bridge competition will be graded by selected coaches. Coaches may have to score other events if necessary.
10. Heads/Latrines are available on site. Meals will be the team's responsibility. There will be a concession stand open with standard concessions items. You may use a gas or charcoal grill but there will be no open campfires. There are several fast-food restaurants available within one to two miles away from the school.
11. Score sheets for the events will be provided in the school packets upon arrival and check-in.
Coaches Meeting will begin at 0800 with the Competition starting at or near 0900 hours.
12. Athletic Trainer will be on-site throughout the competition. Teams will treat minor injuries internally and in the event a higher level of care is needed, EMT will be contacted by event HQ.
12. If you have any questions. Contact MSgt Will Strohsahl at (910) 548-0042 or william.strohsahl@bcsdk12.net



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ANNEX A

TEAM RUN:

- a. The Team Run will be conducted on the RHS campus along a mix of paved and unimproved surface. The route distance is approximately 2 miles.
- b. Uniform for this event will be PT shorts or ACU pants, team T-shirt, and running shoes or boots (coaches' choice).
- c. THIS WILL BE THE FIRST EVENT FOR ALL TEAMS.
- d. Team Coaches will be responsible for keeping track of their team time.
- e. Teams will line up at the start line located at the bus ramp in their respective order. The order will be published with the final rotation schedule.
- f. Teams will be released on 1-minute intervals.
- g. All team members will start and end together. All members must be in the 10-meter box prior to crossing the finish line.
- h. A member dropping out of the run will result in a five-minute penalty assessed to the team. If more than one member drops out of the run the team will be disqualified.
- i. Trophies are awarded for the top three teams in each category.



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ANNEX B

ONE ROPE BRIDGE

1. One Rope Bridge

- a. Each ten-member team must construct a one-rope bridge spanning a sixty-foot distance for all-male, forty-five foot distance for mixed and female.
- b. Teams may use either a Nylon laid 120-foot rope or Kern mantle rope to construct the bridge.

2. The rope bridge will be graded in the following manner.

- a. Each team will start at a designated rope bridge point and on the command "go" build the rope bridge, cross the dead zone and disassemble the bridge. Time will stop when the team has crossed the bridge, the near side person has crossed the dead zone, all knots are out of the rope, and the team captain "States Time." Swiss seats need not be taken off before time is called. The seats will be checked on the far side for accuracy of knots FM 3.97.61(2). 30 second Penalties will be assessed for each seats not properly tied.
- b. The first and last man may wear sling ropes properly tied around the waist, Minimum two wraps around the waist secured with square knot and tied off with an overhand knot or half hitches on each side of the square knot.
- c. The rope does not have to be coiled in any special manner after torn down, but will be free of any knots at the finish line.
- d. The time will start and finish at the Rope Bridge Site.

3. Penalties will be assessed according to the rope bridge score sheet. (Annex H).

4. Uniform will be ACUs with boots and T-shirts. Any equipment dropped will result in a 10 second penalty.

5. All teams will use the same poles at this competition. There are two sets of poles and are approximately 12 inches in diameter, 60 feet apart, and are pressure treated. There is a penalty box at the base of each pole (stepping on or over the RED LINE will result in a 10 sec. penalty per



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occurrence). The dead zone area is approximately 50 feet in length.

6. A rope that fails or falls will result in that team being disqualified.
7. Trophies will be awarded to the top three teams in each category.

ANNEX C

CROSS COUNTRY RESCUE

1. Litter Rescue

- a. Each team will run a pre-determined course. The course will go through woods and has rough areas to pass through.
- b. Each team will carry a weighted stretcher, 4 rucks (male/mixed) / 2 rucks (female) weighing 35-40lbs, and (2) 5.56 ammo cans.
- d. All equipment must be carried throughout the event and cannot be dropped or thrown.
- e. Teams will be briefed on the route at the start point
- f. Uniform will be ACU/MARPAT trouser and boots.
- 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 will stop. Equipment cannot be thrown or dropped (30 sec. Penalty). Once a Cadet crosses the finish line he/she cannot cross back over line to help other team members.
- h. Trophies will be awarded to the top three teams in each category.



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ANNEX D

GAUNTLET

1. Gauntlet

a. Each team will traverse a rough terrain 3/4-mile course that includes natural and man-made obstacles the team must navigate.

b. Events: 6' Foot Wall, Low-crawl, Tire Obstacle, and Rope Climb.

c. Each team will 4 rucks (male) / 2 rucks (mixed and female) weighing 35-40lbs, and (2) Wooden Ammo Crates

2. Obstacles Grading

a. All ten/eight members of the team must complete the course. Once a team member has crossed the finish line, they cannot go back to assist the team.

b. If a member of the team is unable to complete the course, a 5-minute penalty will be assessed. If 2 or more are unable to complete the course, the team will be disqualified.

c. All team members are required to complete each obstacle.

d. The Rope Climb is 15ft. (4) separate Cadets are required to touch the tape at the top. Time will continue until cadets have completed the climb. There is a 5-minute time-limit to complete the climb.

e. Time stops once all members are across the finish line.

d. Trophies will be awarded to the top three teams in each category based on completed obstacles then overall time.

e. There will be a 25-minute time limit.

3. Uniform will be MARPAT/ACU's, boots and T-shirts. Gloves are authorized.



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ANNEX E

TIRE FLIP

- a. Team will flip a large tire a distance of 50 meters, cross a mid-point line and flip the same tire back to the start/finish line. Team captains will structure their Teams into 2 groups of 5 Raiders each. Time begins at the command of "Begin" and stop when the whole tire is completely across the Start/Finish line on the ground.
- b. The first group of 5 Raiders moves forward from a near side ready line then flips the tire 50 meters out, past the mid point line. The second 5 Raider section will move from the far side ready line and flip the tire back to and past the Finish Line. All 5 Raiders must have at least one hand on the tire at all times. The first 5 Raiders must flip the whole tire past the mid-point line and let it come to rest before the second 5 comes forward to begin flipping the whole tire past the Finish line. The tire cannot be allowed to twist or roll while being flipped. The tire must remain completely within the lane at all times while being flipped. If any portion of the tire comes in contact with the boundary line the team has committed a lane violation.
- c. Female Teams will split 4/4

PENALTIES:

- Allowing tire to roll in order to cover more ground: 60 sec.
- Allowing tire to twist in order to cover more ground: 60 sec.
- More than 5 Raiders with hands on the tire at one time: 60 sec.
- Cadets moving forward of the ready line before the tire comes to a rest: 60 sec.
- Lane violation: 60 sec.
- Sliding the tire to cover more ground: 60 sec



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ANNEX F

RAIDER FITNESS CHALLENGE (RFC)

1. The RFC will be conducted on the RHS Football field.
2. Uniform for the event will be ACU/MARPAT, team T-shirt, and boots.
3. General Scenario: The RFC is the team event designed to test the strength, strategy and endurance of a team of cadets over 400 yards through a variety of physical obstacles.
4. The team score is the time it takes to complete the tasks, put all items used back in their approximate starting positions, and finishes the course with all team members.
5. Time to complete the course will be kept and recorded for each team.
6. Judges and/or monitors will be stationed along the route to ensure compliance with all rules. A team may be removed from the course at the 8-minute mark for failure to progress. c. The team will be assembled behind a starting line. The grader will command, "Get Set, GO!" or similar. The GO command will start the clock. At that point, the team begins the course.
7. The course will consist of the following items in order
 - a. A 30- yard Water Can carry (15 cans) & 60lb. Ammo Can carry (5 cans).
 - b. Sled Push
 - c. Low Crawl
 - d. Tire Dance
 - e. 250lb. weighted, 30' flat bottom canoe
 - f. Agility maze
 - g. Turn Around Flag/Pole



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Event Layout / Diagram





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HOLD HARMLESS AGREEMENT

I/We, the undersigned, hereby grant permission for a legal dependant, to participate in the below listed activity of the RHS JROTC department.

I/We do hereby agree to release, and otherwise hold harmless all instructors, all school administrative officials, Rutland High School, and the Bibb County School District 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/We 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/We freely assume all risks, hazards, or losses which may result from said activity.

JROTC instructors, school, and RHS officials will make every reasonable effort to properly supervise, control, and render safe all training and activities related to this competition. This _____ day of _____, 2023.

Emergency Phone: _____

(Student signature)_____ (Parents signature)_____

INSURANCE INFORMATION

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

Printed Name of Parent/Guardian _____

Signature of Parent/Guardian _____ Date _____



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School Name: _____

POC: _____

Number of Teams: _____

Category of Teams: Male _____ Male/Mix _____ Female _____

Price is \$75.00 per team and \$25 for each additional team. (Limit two teams per category.)

Amount Enclosed: _____ (Make checks payable to Rutland High School MCJROTC)

Signature of POC: _____

Mail checks and forms to:
Rutland High School
Attn: MCJROTC
6250 Skipper Rd
Macon, Ga 31216

