

## 2024 Perry Panther Two Person Best Raider Competition Standard Operating Procedure (SOP)

SUBJECT: The Perry High School Raider Two Person Team Meet will be conducted on 27 April 2024 at Perry High School, Perry, GA.

### **GENERAL INFORMATION:**

1. This Meet will be limited to a maximum of 15 teams in each category. Maximum of teams 10 per school. (Adjustments may be necessary based on number of entries)
2. Entry Fees: \$15.00 per team. Mail in advance is the preferred method but payment on the day of the event will be accepted by checks or cash. Checks need to be made out to: Perry High School. Registration form attached to this SOP.
3. The coach's only meeting will take place under the covered pavilion located on the raider field 45 minutes prior to the first event start time. Only two Cadet per school will be allowed in this meeting. Competition will begin at 0930. The awards ceremony will be held on the Raider field shortly after the conclusion of the competition. (Depending on # of entries, ceremony will be moved to the football field)
4. Awards will be given to the top three in each category depending upon entry numbers in each event.
5. Latrines are located at the raider field behind the softball field concessions stands. Also near the Baseball Field benches. See attached maps
6. Locations for teams to set up their Tailgating "Base Camp" are identified on the enclosed maps. Please ensure you maintain 25 feet between teams and be considerate of other teams to allow sufficient space between camp set ups.
7. In the event of rain, all events will continue as planned. If severe weather happens during the event, the holding area will be the main gym of the school until lightning has departed. A weather call will be made by 1200 hrs the day prior to the event. If the event needs to be postponed/cancelled due to weather the instructors will be notified. There will be no plans this school year to reschedule.
8. Please park all cars in the parking anywhere on campus and come to the Raider Field. Equipment and buses with cadets and equipment can park in the area behind the softball field. Please look for guides when you arrive.
9. Instructors, please bring a stopwatch/cell phone for backup timing of events. We will need cooperation from coaches to keep this a smooth-running event.

10. Participating Cadets will wear wrist bands provided in the team packets

### **SPECIFIC INSTRUCTIONS:**

1. All coaches will receive a packet at the coaches meeting with the sequence of events, wrist bands for each team member. Score sheets will be at each event station.
2. Each team will consist of 2 members, they are the only competitors allowed to compete in each event. Competing cadets will be allowed to compete on one team only; meaning a cadet on the male team cannot be a substitute for a cadet on the mixed team.
3. **Teams are not authorized to “float” from event to event.** Groups will rotate to the next event once all events have reported they have completed that iteration. Teams who report to an event prior to their groups designated start time will be instructed to wait for their designated rotation with their assigned group. Simply put, don't let your team get ahead and don't let your team be late when we rotate.
4. Only the Raider team members will be allowed to be on the courses. Coaches, parents, or spectators must observe the events from the spectator's area or a safe distance without interfering with competitors. Coaches and parents are not allowed to coach teams once the event has started. Any coaching during the event will result in that team being disqualified from that event.
5. Judges will give a short briefing to each rotation before each event. Penalties will be clearly defined. After each event, the team commander will go to the judge for the time and notification of any penalties assessed. Do not argue with the Judge. Address all concerns Chief Spears or LtCol. Alford
6. If a team member is injured during the course of an event and cannot finish, the team will be disqualified from only that event. The team must leave one member with the injured Cadet and continue along the course and inform the judge of the injured Cadet. The event judge will notify the Event Organizer for medical assistance.
7. If a team or school decides not to compete in any event, they **MUST** inform the judges of that event and complete a score sheet stating they did not compete,
8. Unsportsmanlike conduct, such as profanity, will be subject to a 1-minute penalty each time a member of a team does not conduct themselves as a JROTC Cadet. Judges may disqualify a team for unsportsmanlike conduct, **to include actions of Team coaches and parents. Coaches, please ensure your parents know that sportsmanship and professionalism resides with them also.** If incidents occur, they will be instructed to depart the school property or be escorted out.

9. Coaches please instruct your Cadets about taking care of the equipment. **Do not drop any equipment before, during, or after each event. Dropping equipment before, during, or after an event can result in a 1-minute penalty.** This is to help preserve the equipment. Dropping of equipment is defined as uncontrolled contact with the ground from above the top of the Cadet's boots.
10. Team Commanders will sign all score cards. Judges will inform Team Commanders if there is a penalty and adjudicate on site. If it cannot be decided within a 2-minutes, Chief Spears to resolve the issue. Do not delay other teams.

## COMPETITION EVENTS:

The Raider Competition will consist of four events that are designed with minimal chance for penalty. Raider Team will rotate to each event together.

1. **Team Relay:** Team members will run individually  $\frac{1}{4}$  mile while wearing a 20-pound running vest. Each team will be provided two vests, no vest transition will be needed. At the completion of the event. Up to two teams may run at the same time. Cadets waiting to run will remain in designated areas and Cadets who have completed the run will move to a designated area once the vest is removed. At the designated transition point, the next runner will be standing by with vest already on and receive a baton from the runner before them and then run  $\frac{1}{4}$  mile. The clock will stop when the 2nd member crosses the finish line. Cadets can complete this event in running shoes or combat boots. This event will take place in the football stadium. **No Cadets will be allowed to run alongside the team-member competing.**

-Uniform will be team Team-shirt or uniform T-shirt, Tennis Shoes or Combat boots, ACU/OCP trousers. All team members must be in the same shirt.

2. **Raider Fitness Challenge:** The team run consists of 2 team members running together through the course to the turn-around point and returning along the same route. While running to the turn-around point, Cadets will encounter jerry cans (4 cans carried approximately 20 yards), Tire stack, (6 tires will be in two stacks of three. The team is required to move all 6 tires from one box to another and stack them in two stacks of three.) Sled pull (One team member must be in the sled while it is pulled 30 yards) tire flip. (approximately 20 yards) and litter carry (about 90 LBS carried from a marked box, around a cone and placed back in the marked box. about 30 yard carry total). For penalties, reference Judges Sheet attached. Time will stop as the **last Cadet**

**for the team returns along the course to the finish line** and all items are in the **“up-right”** position. Event held on the raider field.

-Uniform will be team Team-shirt or uniform T-shirt, boots, ACU/OCP trousers. All team members must be in the same shirt

3. **Obstacle Course** – Obstacles are: (Photos attached to SOP) Event held on the raider field.
  1. High Stepper: Each cadet will negotiate their way over each cross bar from start to finish. No cadet can run across the top of the obstacle for safety reasons. At least one part of a cadet's foot/feet must touch down between each timber.
  2. OVER UNDER: Each cadet will go over the first cross bar and under the second.
  3. Monkey Bars: Each cadet will negotiate the obstacle ensuring both hands touch the first and last bar.
  4. Balance Beam: Each Cadet will negotiate the balance beam from beginning to end. Painted White spots on beams must be touched by at least one foot from every Raider.
  5. Low Crawl. You will go over a 4-foot wall, crawl under at 15-foot section with two lanes. Then over another 4-foot wall and again under another 15-foot crawl. The low crawl is approximately 21 inches above the ground.
  6. 8-foot Wall: Each cadet will negotiate their way over the wall. It is ok to help one another, but once over, cadets must stay over to help.
  7. Suspended Inclined Tunnel Crawl. Each Cadet will crawl through the tunnel.
  8. Tire Dive: Both cadets must go through the suspended tire.
  9. “A FRAME” Cargo Net Climb: Both members of the team must traverse over the cargo net.
  10. Drainage Tubes: Each Cadet will climb to the top of the Drainage tubes where there are two holes to drop into. One is approximately 5 feet deep and the other is approximately 4 feet deep. Once down you simply crawl out one of the two ends. Which end chosen to crawl out is optional.

11. Rope Wall: Two lanes each with a rope. Use the ropes to assist in getting over the 10' wall, once over the wall, land on the deck and exit using the incline boarded steps.
12. Tire Dance: Each Cadet will negotiate the tires from one end to the other.
13. Tunnel Craw: Both cadets will crawl through a 24" drainage tube.

-Uniform will be team T-shirt or tan T-shirt, boots, ACU/OCP trousers and full finger gloves (Optional). All team members must be in the same shirt.

#### 4. Sandbag Carry

The sandbag carry consists of six (6) 25-pound bags to be carried from the first circle to a cone 25 yards out and 25 yards into the 2nd circle by the starting cadet, complete the process until all 6 bags are in the second circle. The cadet in the 2nd circle will begin to move the sandbags up and around the second cone into the 3rd circle as soon as the starting cadet moves the first set of bags into their circle. Repeat this whole process one more time. Event will take place on the Raider field.

1. This is 2 Cadet activity. Cadets 1 and 2 will move six, 25-pound sandbags from Circle A to circle E.
  - a. To start, Raider 1 will grab up to two sandbags from Circle A, carry them around a cone 25-yards away, and then carry the bags to Circle B where they will be set (not dropped or thrown) down. Raider 1 will then return to Circle A in the most direct manner possible to repeat this process until all six sandbags have been moved to Circle B. Raider 2 will carry any available bags from Circle B to Circle C by carrying them around a cone 25-yards away. As soon as there are any bags in circle C. Cadet 1 can begin to carry those bags in circle C around a cone 25-yards away and place them in Circle D. Cadet 2 will then repeat the same process moving all 6 bags into circle E to complete the event where time will stop.

-Uniform will be team Team-shirt or uniform T-shirt, boots, ACU/OCP trousers. All team members must be in the same shirt.

#### 5. Tire Flip

TASK: Each member of the team will flip a suitable one-person tire a distance of 25 yards, cross a end-point line, the 2<sup>nd</sup> member will flip the same tire back to the start/finish line. The team will be broken down into 1 on each side. Time begins at the command of "GO" and stops when the whole tire is completely across the start/finish line and is flat on the ground is given instructions to rescue a casualty.

An approximately 50 yards in total. The objective is to complete the course in the shortest time.

-Uniform will be team Team-shirt or uniform T-shirt, boots, ACU/OCP trousers. All team members must be in the same shirt.

**ADDITIONAL INFORMATION:**

**ANNEX A - COVENANT NOT TO SUE**

**These forms will be collected and turned in by the instructors/cadre from each school.**

**OFF-CAMPUS TRAINING AND PRACTICAL FIELD/HIGH –RISK TRAINING**

- 1. AUTHORITY:** Title 10, M.S. Code 2301. **2. PRINCIPLE PURPOSE(S):** To release The U.S. Government, the host institution, The Unified Government of Houston County Georgia and the state in which said institution is located from liability for injury, death, or damages while participating in voluntary off-campus training programs, practical field trips/exercises, drill meets, raider competition, and high risk training. **3. ROUTINE USES:** Normal personnel actions. Disclosures of information may be provided to proper authorities in actions regarding law enforcement, legal actions as a result in injury or death, and investigations of accidents resulting from such voluntary off-campus training, practical field trips/exercises, drill meets, raider competition, and high risk training. **4. MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT OF NOT PROVIDING INFORMATION:**

**FAILURE TO COMPLETE FORM WILL DISQUALIFY STUDENT FROM PARTICIPATING IN SPECIFIC VOLUNTARY TRAINING EXERCISES.**

I, \_\_\_\_\_,  
RESIDING AT: \_\_\_\_\_ (TYPE OR PRINT NAME OF STUDENT)  
(ADDRESS)

AGE OF STUDENT: \_\_\_\_\_ PERIOD COVERED: \_\_\_\_\_

**Do hereby agree that in consideration for being allowed to participate in the Perry High School (PHS) Raider Challenge Competition to be conducted at PHS, a supervised activity, and whereas I am doing so entirely on my own initiative, risk and responsibility: and being fully aware of the risk adhering to this type of training, hereby RELEASE AND DISCHARGE FOREVER, the United States Air Force, PHS, Houston County Board of Education, Georgia, and all its officers, agents, and employees, acting agents and otherwise, from any other claims, demands, actions, or causes of actions, on account of myself or on account of any injury to me which may occur from any cause during activity or continuances thereof, and I do further covenant and agree to hold the said Government of the United States, Paulding County Government, Georgia, SPHS and the State of Georgia blameless for any and all damages which I may cause either intentionally or through my negligence.**

\_\_\_\_\_  
**Type/Print Name of Parent/Guardian,**  
If Student is a Minor (below 18 years of age).

\_\_\_\_\_  
**Signature** of Parent/Guardian,  
If Student is a Minor (below 18 years of age).

\_\_\_\_\_  
Relationship to Student)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness)

\_\_\_\_\_  
**Signature of Student**

**PHS RAIDER MEET**  
**Registration Form: PHS JROTC Raider Challenge**

Information Needed	Please fill out boxes in this column
<b>Name of School</b>	
<b>School Phone Numbers</b>	
<b>Raider Coach Name/Rank</b>	
<b>Phone Numbers</b>	
<b>E-mail Address</b>	
<b>Estimated Date/Time of Arrival in Perry</b>	
<b>School Bus coming?</b>	<b>Yes or No</b>
<b>Will your team be staying overnight?</b>	<b>Yes or No</b>
<b>Total number of teams:</b>	<b>\$15.00 per Team, Maximum 10 teams</b>
<b># Male Teams: _____ # Female Teams: _____ # Mixed Teams: _____</b>	
<b>Estimated number of: Cadets + Adults = Total</b>	<b>_____ Cadets + _____ Adults = _____ Total</b>

<b>Check Number:</b>	<b>Amount Enclosed:</b>
<b>POC for Check:</b>	<b>Phone Number:</b>
<b>Mailing Address for Receipt</b>	

Checks can be mailed or brought to school on day of event:  
 Make checks out to PHS AFJROTC or cash is acceptable.  
 1307 North Avenue, Perry Ga 31069  
 Attn: Chief Spears: [robert.spearsjr@hcbe.net](mailto:robert.spearsjr@hcbe.net)  
 Cell (478-733-7442)



**PHS RAIDER MEET  
Obstacle Score Sheet**

School: \_\_\_\_\_

Male    Mix    Female

Team Commander: \_\_\_\_\_

**Penalties Assessed:**

<b>Penalty</b>	<b>Incidents</b>	<b>Incident Total Time</b>
Going back after finished, once obstacle is complete, must move to next (30 sec per incident)		
Profanity (1-minute per incident)		
Not Touching White Stripes on Balance Beam with 1 foot. (30 sec per incident)		
Touching tree while on balance beam: (30 sec per incident)		
Cadet failed to negotiate obstacle. 2 attempts max (1 minute per incident)		
Monkey Bars: Not touching both hands on first and last bar (30 seconds per incident)		
Drop Out, Non-Completion (DQ)		
	<b>Cumulative Penalty Time</b>	

**Event Time:** \_\_\_\_\_ **Event Distance (If pull not completed)** \_\_\_\_\_

+

**Penalty Time:** \_\_\_\_\_

**Total Time/Distance:** \_\_\_\_\_

**Head Judges Signature:** \_\_\_\_\_

**Commanders Signature:** \_\_\_\_\_

## Sand Bag Relay

School: \_\_\_\_\_

Male    Mix    Female

Team Commander: \_\_\_\_\_

**Penalties Assessed:**

Penalty	Incidents	Incident Total Time
Dropping Sand Bag during event. (30 seconds per)		
Profanity (1-minute per incident)		
Sand Bag no Place in circle (15 Seconds per)		
	<b>Cumulative Penalty Time</b>	

**Event Time:** \_\_\_\_\_

+

**Penalty Time:** \_\_\_\_\_

**Total Time/Distance:** \_\_\_\_\_

**Head Judges Signature:** \_\_\_\_\_

**Commanders Signature:** \_\_\_\_\_

School: \_\_\_\_\_

Male

Mix

Female

Team Commander: \_\_\_\_\_

**Penalties Assessed:**

<b>Penalty</b>	<b>Incidents</b>	<b>Incident Total</b>
Failure of any team member to go around the turn around point (DQ)		
Failure to pick up required equipment at each pick up point (DQ)		
Failure to complete the course (DQ)		
Profanity (1-Minute first incident / DQ on second violation)		
Failure to move any equipment proper distance (30 seconds per piece)		
Dropping equipment at any point on the course or miss a zig zag run mark (30 seconds per incident)		
	<b>Cumulative Penalty Time</b>	

**Event Time:** \_\_\_\_\_

+

**Penalty Time:** \_\_\_\_\_

**Total Time:** \_\_\_\_\_

**Head Judges Signature:** \_\_\_\_\_

**Commanders Signature:** \_\_\_\_\_

**PHS RAIDER MEET  
Team Relay Score Sheet**

School: \_\_\_\_\_ Male    Mix    Female

Team Commander: \_\_\_\_\_

**Penalties Assessed:**

<b>Penalty</b>	<b>Incidents</b>	<b>Incident Total</b>
Team drops the baton at any time (30 seconds per incident)		
Profanity (1-Minute first incident / DQ on second violation)		
Not completing Course (DQ)		
	<b>Cumulative Penalty Time</b>	

**Event Time:** \_\_\_\_\_

+

**Penalty Time:** \_\_\_\_\_

**Total Time:** \_\_\_\_\_

**Head Judges Signature:** \_\_\_\_\_

**Commanders Signature:** \_\_\_\_\_

**PHS RAIDER MEET  
Tire Flip Score Sheet**

School: \_\_\_\_\_ Male    Mix    Female

Team Commander: \_\_\_\_\_

**Penalties Assessed:**

<b>Penalty</b>	<b>Incidents</b>	<b>Incident Total</b>
Team does not finish DQ		
Profanity (1-Minute first incident / DQ on second violation)		
Tire completely go out of bounds. (15 Seconds)		
Tire is moved forward without flipping, (30 seconds)		
	<b>Cumulative Penalty Time</b>	

**Event Time:** \_\_\_\_\_

+

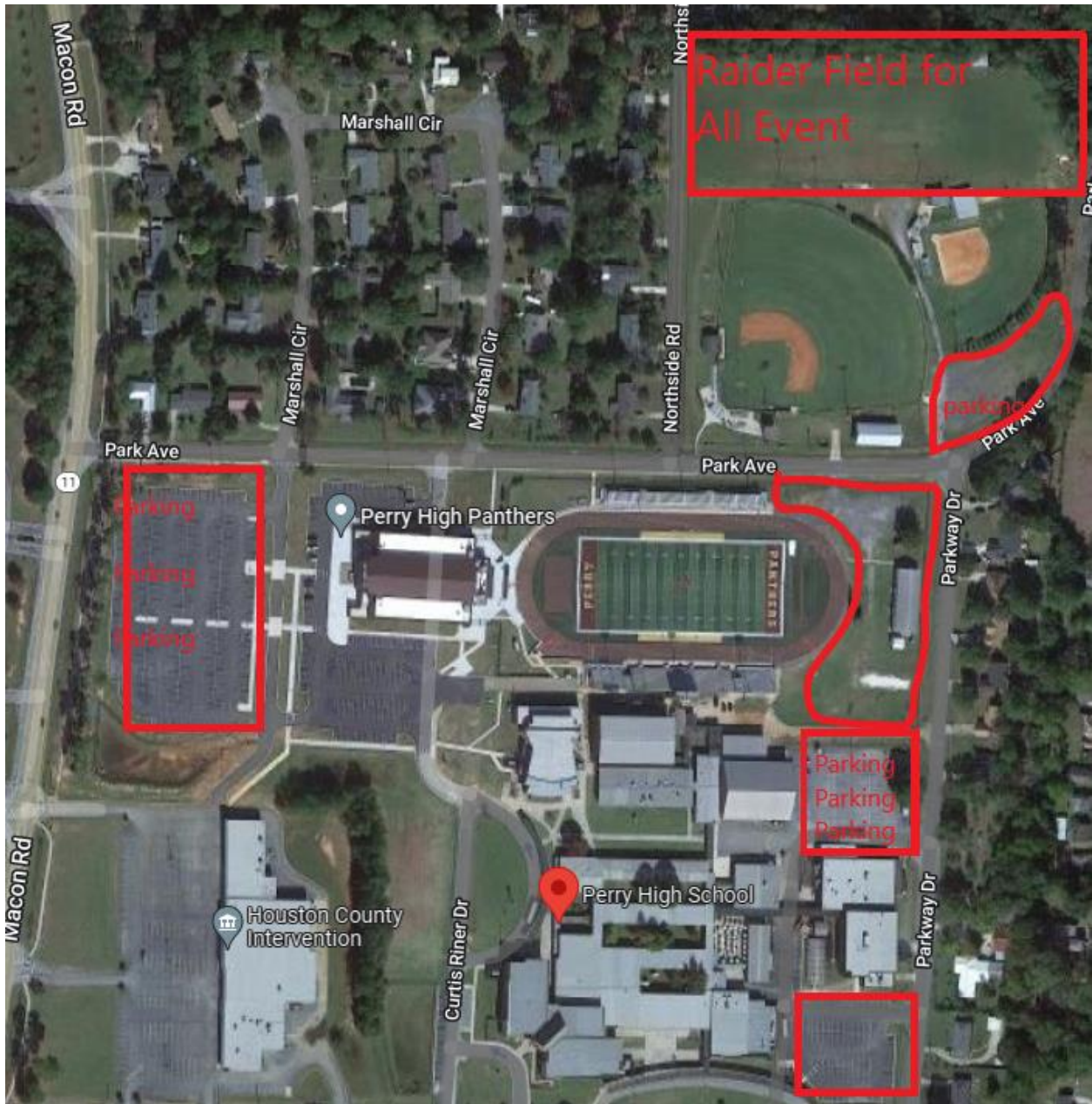
**Penalty Time:** \_\_\_\_\_

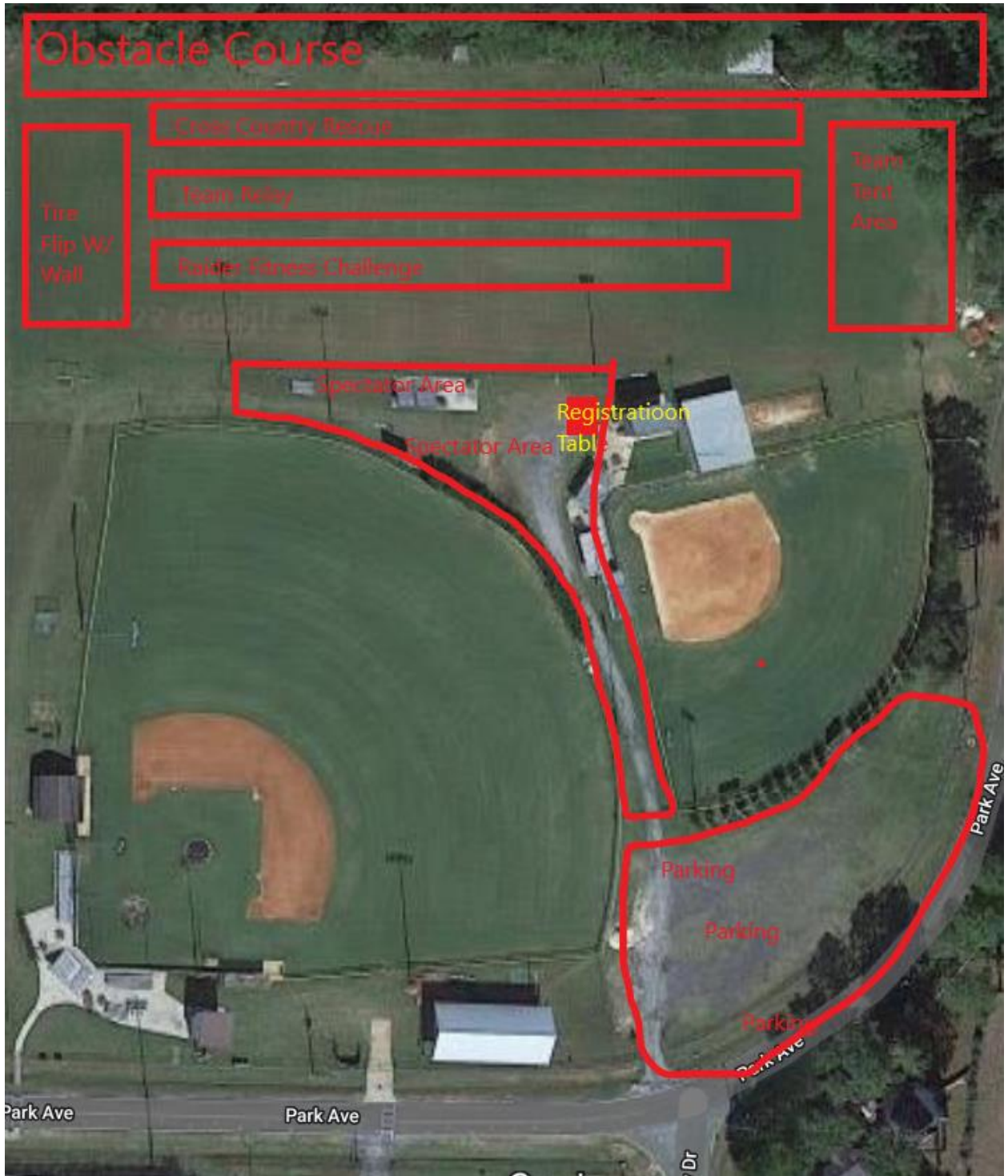
**Total Time:** \_\_\_\_\_

**Head Judges Signature:** \_\_\_\_\_

**Commanders Signature:** \_\_\_\_\_

# Events Site Photos





## Event Photos

### Steel Litter



### O Course "High Knees"





O Course “Belly Buster”

O Course “Monkey Bars”



O Course “Balance Beam”



O Course "8 foot Wall"



O Course “Incline Tunnel Crawl”

O Course “Drainage Tubes Entrance View”



O Course “Drainage Tubes Top View”

