



DEPARTMENT OF MILITARY SCIENCE
JUNIOR ROTC
DAWSON COUNTY HIGH SCHOOL
1665 PERIMETER ROAD
DAWSONVILLE, GA. 30534



03/01/2024

SUBJECT: Letter of Instruction (LOI) Dawson County High School Raider Challenge Competition.

1. Purpose: This LOI announces the Fall 2024 DCHS Raider Challenge Meet to be held at DCHS Dawsonville, GA.
2. Scope: The DCHS 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
 - e. Serve as an Area 11 State Qualifier
3. Specifies: Starting time will be at or near 0900 hours, on 28 Sep 2024. There will be a total of six events with an up to twelve-person team competing.
 - a. TEAM RUN: Quarter Mile Relay. Each Team Member will individually run a quarter mile around the DCHS track.
 - 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 designated course.
 - d. OBSTACLE COURSE: Ten Member Team will negotiate the obstacle course. The course consists of eight obstacles: Ten Foot Wall, Horizontal Ladder, High Hurdles, Low Crawl, Tire obstacle, Weaver (Bear Crawl), Balance Beam, and High Crawl Culvert.
 - e. SANDBAG RELAY: Ten Member Team lines-up. 1st Raider moves sandbags from circle "A" to circle "B" as quickly as possible (can carry up to 2 sandbags at a time. Sandbags will not be tied together). Once all bags are in circle "B" the 2nd Raider moves them back to circle "A" and so on until all Raiders have gone.
 - f. TIRE FLIP: Ten Member Teams 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 Captain will configure their Raider Team into two groups of five Raiders each for this event.

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GENERAL INFORMATION

1. The competition will be held at Dawson County High School located in Dawsonville, Georgia.
2. Awards will be provided for First, Second, and Third place in each event for Male, Mixed, and Female categories. We will also award trophies for First Place overall in each team category.
3. Graders will be provided by the Army National Guard, Army Recruiting personnel, and UGN Cadets. Team coaches may be asked to be graders if a need arises.
4. Each team may consist of (12) twelve members but only (10) ten will be allowed to compete in any one event. Coaches may substitute the two alternate cadets prior to any event start time. However, an alternate cadet will not be inserted while a team is in action competing in an event due to injury or fatigue of a competing cadet. **Competing cadets will only be allowed to compete on one team only.** “Meaning” cadet (A) on a male team cannot be substituted for a cadet on the mix team. Mix Teams must have a minimum of (4) four females. Schools may enter “A” and “B” teams if they choose.
5. ACU/OCP trousers, boots and tan or team T-shirt will be worn for all events (running shoes may be worn for Team Run: **(No PT Shorts, No Spikes)**).
6. The teams will be assigned to one of six groups to negotiate the Team Run, Rope Bridge, Litter Carry, Obstacle Course, Sandbag Relay and Tire Flip.
7. The entrance fee for each school will be \$100.00 (Hand carried payments day of are acceptable). No more than two teams per category per school. The cut-off date for registration and refunds is Sept. 15, 2023. Checks can be made out to “DCHS.”
8. Each team should have a signed Release From Liability form for each cadet participating in the competition. Forms can be maintained by the team coach.
9. Rope Bridge competition will be graded by selected coaches. All scoring equipment will be provided. Coaches may have to score other events if necessary.
10. Latrines are available on site. Meals will be the team's responsibility. There will be a concession stand open with standard concessions items (Pre-orders are welcome). You may use a gas or charcoal grill but there will be no open campfires. There are several fast-food restaurants available within five to six 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 0830 with the Competition starting at or near 0900 hours.
12. If you have any questions. Contact SFC Steve Pamplin: 706 429-7303,
spamplin@dawson.k12.ga.us

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ANNEX A

TEAM RUN:

- a. The Team Run will be conducted on the DCHS Track.

- b. ENTER THE TEAM RELAY AREA FROM THE STAIRCASE, ALONG THE SIDE OF THE STADIUM TO CHECK IN

- c. Up to Four Teams can run at one time. Keep your teams in your designated start area.
Track Protocol – Inside Lane

- d. Teams start in their respective area (Raiders lined up perpendicular to the direction of run. First 3 lanes are always open.

- e. Upon start, 1st Raider moves to inside lane and completes one lap. Raider Team Relay Exchange will consist of the Running Raider moving out of lane 1 as he/she approaches their team to lane 3 to make the “HAND OFF”. Upon the exchange, the next Raider breaks to inside lane to complete their lap. This continues until all 10 Raiders have completed their lap

- f. All Team members must complete one lap. Team will Start and Finish in the same spot.

- g. 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.

- h. Uniform is ACU pants, T-shirt, and running shoes or boots, (coaches choice) **NO PT Shorts, NO Spikes.**

- 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.
- 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 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. Awards will be provided to the top three teams in each category.

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ANNEX C

CROSS COUNTRY RESCUE

1. Litter Rescue

- a. Each ten-person team will run a pre-determined course (approx. .5 mile). The course will go through woods and has rough areas to pass through.
- b. Each team will carry a weighted stretcher and 4 backpacks weighing 35-40lbs.
- 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 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. Awards will be provided to the top three teams in each category.

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ANNEX D

OBSTACLE COURSE

1. Obstacle Course

a. Each ten-person team to compete in the obstacle course. The course consists of eight obstacles.

b. Events: 10' Wall, Horizontal Ladder, High Hurdles, Low Crawl, Tire Obstacle, Weaver (Bear Crawl up, Crab Walk down), Balance Obstacle, and Culvert/Tire Crawl.

2. Obstacles Grading

a. All ten members of the team must attempt all of the obstacles on the course. (Only one attempt at each obstacle).

b. All team members must successfully complete the obstacles in order for the Team to receive a rubber band. It is the responsibility of the Raider Team Captain to secure the rubber bands of all successfully completed obstacles. If a Raider Team Captain loses a rubber band, the Raider Team will not be given credited for completing an obstacle (Maximum of 8 Rubber Bands).

c. Teams will be scored on the number of rubber bands accumulated. Overall time will be used as tiebreaker.

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

e. There will be a 10 minute time limit.

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

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ANNEX E

SAND BAG RELAY

- a. The Raider Team will be scored on the amount of time it takes all 10 members to carry a designated number of sandbags (10 for males, 6 for females) from one point to another.
- b. **SAND BAG RELAY:** (“4” on your Map) I have attached a you tube video to assist in explaining this event. <https://www.youtube.com/watch?v=XgUcAciDjlw>
- c. * There are six circles, Circles A through F.
- d. * Each Circle is set up exactly five yards apart. .
- e. * The “run around “ Cones are 25 yards out..
- f. * Male Teams and Males on mixed teams will move Ten sand-bags
- g. *Female Teams and Females on mixed teams will move 6 sand bags.
- h. *below are some additional instructions for Mixed Teams:
 - i. For the mixed division, since girls only carry six bags, the four girls must be Raiders 4, 5, 6, and 7 in the lineup. To do it any other way will cause confusion moving the bags through the system. If you try it out, you'll see what I mean. Raider 3, a guy, moves bags from Circle C to Circle D. That means there are 10 bags at Circle D when Raider 3 is done. Here is where Raider 4, a girl, take six of those 10 bags and moves through from Circle D to Circle E, where Raider 5, a girl, takes those six bags to Circle F. Raider 6, a girl, then moves the six bags from F to E where 7, a girl, moves them from E to D where a male is waiting to begin the train of moving the ten bags back to A (through C and B). The Male at circle D must wait for the Female to place her first two sandbags in circle before he can begin the train moving again. He cannot move any of the four bags he has in circle D early.
 - j. If a mixed team has more than four females, each female above the fourth female must carry ten sandbags like the males.
- k. **I know this may sound complicated, but it won't be....I promise.**
- l. Regardless of the category of Team, all male Raiders will carry ten 30lbs sand bags and all female Raiders will carry six 30lbs. sandbags.
- m. Penalties: A 5 second penalty will be assessed for each occurrence of a sandbag being thrown.

1 minute penalty if the #6 Raider starts before (Males) all 10 sandbags (Females) all 6 sandbags are in the the circle.

1 minute penalty if the #8 Raider, on the mixed teams only, starts before the #7 Raider places their first 2 sandbag in the circle
- n. Awards will be provided to the Top three Teams in each category.

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ANNEX F

TIRE FLIP

a. 10 member Raider 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.

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

Type of Activity: Raider Challenge Meet to be conducted 23 Sep 2023 at the campus of DCHS Dawsonville, Ga.

I/We 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 Dawson 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/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 DCHS 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.

Name of Insurance Company: _____

Policy/Certificate Number: _____

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 _____

Entry fee is \$100.00 per school. (Limit two teams per category.)

Amount Enclosed: _____ (Make checks payable to Dawson County High School)

Signature of POC: _____

Mail checks and forms to:
Dawson County High School
Attn: JROTC Department,
1665 Perimeter Road,
Dawsonville, Ga. 30534

