



**Lamar County High School  
Army JROTC Trojan Battalion  
1 Trojan Way, Barnesville, Ga 30204**

May 17, 2024

MEMORANDUM FOR: Area 12 Raider Coaches and Raider Teams October 19, 2024

**1. Purpose:** To establish responsibilities and procedures for the conduct of the Area 12 JROTC Raider Challenge Meet.

**2. References:**

- a. FM 7-22, Physical Fitness Training.
- b. FM 3-97.61 and TC 90-6-1 Military Mountaineering/Rappelling

**3. Objectives:**

- a. To provide Area 12 JROTC Cadets a competitive program in **5 Raider Skill Events**. The supporting objectives include ethical values and good citizenship, effective communication and logical thinking, improved physical fitness, positive self-motivation, and the skills to work as a team.
- b. To provide JROTC Cadets the opportunity to practice and familiarize themselves with similar type Raider Challenge competitions held throughout the school year.

**4. Concept and Policy:**

1) This memorandum will outline the rules, requirements, events, and fees for the Raider Competition to be held on the school grounds behind Lamar County High School on Saturday October 19, 2024. The Coaches meeting will take place at 0830 hrs that day in the Obstacle Course Main Building, and the competition will begin at 0900 hrs. **The awards ceremony will be held onsite shortly after the conclusion of the competition (either on Raider field or at the gym, weather dependent).**

2) Signs will be posted directing participants/families. Buses will be parked in the parking lot near the soccer field. Parents/family and visitors parking may park in the gym parking lot of the school. Schools will be authorized to set up pop-up pavilion tents.



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b. Team Instructions.

3) Schools may bring up to **3 teams**. Categories are **Male, Female and Mixed**. Each team **will consist of (10) members and 2 Alternates (Coach decision of whether to have alternates)**. The Alternates may substitute at the beginning of any event **but not during the event** unless a team member is injured. If any team member is injured and an alternate must be used, the entire team will restart that event. Teams must compete in all events. Schools will list their cadets by name on their team rosters (Annex A). **Competing cadets will only be allowed to compete on one team**. Each event judge will have a list of team names and will verify those cadets in the holding area prior to starting the event. The Registration Form is Located at **Annex A** and the **Meet Fee is \$100 for the first and \$25 for each additional team not to exceed 3 teams and \$150 per school**.

4) Male Teams: 10 Males and 2 alternates competing at all times. Females can be on male teams; however they must compete as if they were a male and not as a female.

5) Mixed Teams: 10 members and 2 alternates. Teams must be composed of at least 4 female competitors at all times (even if alternates are used). Mixed teams may have more than the minimum females and no less than 2 males.

6) Female Teams: 10 members and 2 alternates competing at all times. No males can be substituted on a female team. (2 alternates)

**5. Competition Events:** The Trojan Raider Competition will consist of 5 events as follows: (1) the Team 2 Mile Run, (2) Ammo Can Relay, (3) the Tire Flip, (4) the Raider Obstacle Course, and (5) the 1-Rope Bridge. All schools will commence with the Team Run first, and then enter their own rotation through the remaining 4 events.

1) **Team Run (Annex B)**. This event consists of a timed distance run over a 2 mile course with varying slopes on improved roads. All team members must start, remain, and finish within 20 meters of each other. A 2-minute penalty will be added to a team's time if any member(s) is not within the 20-meter zone. **Time does not stop until the last team member crosses the finish line.** The uniform for the running event. /PT shorts, t-shirt and running shoes. (School designed shirts are authorized).

2) **Ammo Can Relay (Annex C)**. Timed event. Male Cadets will each carry ten 30LB Ammo Cans 30 yards. Female Cadets will carry six 25LB Ammo Cans 30 yards. The course will be laid out in a 30-yard straight line carry. Two lines of cadets will compete simultaneously. Two cadets will begin by carrying a maximum of two Ammo Cans 30 yards and setting them down without dropping. Dropping



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Cans will result in a penalty. Once Cans are set down, cadets will proceed back 30 yards, pick up two more Cans and carry them to the drop off point until the appropriate number of Cans are moved. Time will stop when the final cadet sets their last two Cans down. The uniform for this event is OCPs bottoms, T-shirt, and boots.

**Obstacle Course (Annex D).** This event consists of a timed course of approximately 300 meters on varying terrain. The team must traverse all 13 obstacles. The uniform for this event is OCPs bottoms, T-shirt, and boots.

4) **Rope Bridge (Annex E).** This event will consist of the timed completion of the standard 1-Rope Bridge IAW FM 3-97.61 and TC 90-6-1 (Military Mountaineering-2002). Rope length will be at least 120 feet. The distance between the near and far side points is 60 feet (Male & Mixed teams) and 45 feet (Female teams) with 28 feet of dead space. **Schools must bring their own rope, swiss seats, and snap links. No seat harnesses – all seats must be tied by cadets.** Ropes must be of low stretch type (Kernmantle). Uniform for this event is OCP bottoms, T-shirt, and boots. **Schools must rotate all of their teams to the Rope Bridge together. To speed the rotation schedule, each SCHOOL and all of their teams will receive one mass brief instead of briefing each team as they rotate through the event.**

5) **Tire Flip (Annex F).** This event consists of a timed event. Ten (10) member Raider Teams will flip a large tire a distance of 50 meters, across a mid-point line and flip the same tire back to the start / finish line. Team captains will structure their teams into 2 groups. The uniform for this event is OCPs bottoms, T-shirt, and boots.

## **6. Scoring and Timing of Events**

1) An official will be at each event to record all official times for each team. Time will start when the official commands “GO” and time will stop when the last cadet of a team crosses the finish line of a particular course, or the command of “STOP” is given at the 1-Rope Bridge.

2) The lowest point value will determine the teams’ placement for each event and placement for the overall championship in the Male and Mixed competition. Should a tie occur in any team event or overall event, the fastest time on the Team Run will be used as a tiebreaker to determine placement. In the event this does not break the tie, the Raider Fitness test results will be used.



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Example: A team earns the following placement in the 5 Team events.

<u>Events</u>	<u>Placement</u>
Tire Flip	2 <sup>nd</sup>
Team Run	3 <sup>rd</sup>
Litter Rescue	1 <sup>st</sup>
Rope Bridge	1 <sup>st</sup>
Raider Fitness	5 <sup>th</sup>
Team Total	12 Points

**7. Event Details:**

1) False Starts: all teams will require a clean start. A **5-second** penalty will be assessed for a false start and will be added to that team time. No restarts will be granted.

2) Coaches, Parents, and team support spectators will not be allowed to run the course with their team. Once the team is on the course or on the clock, all coaching will stop. However, you may be on the course to take pictures. This does not mean running along the entire course taking pictures or videoing. The team may be disqualified if these violations occur.

3) Teams and coaches may recon the courses prior to the morning of competition. However, once the competition starts, all teams must move out to start their first event. Coaches, parents and team members must stay off to the side of the course so the team competing will not be interfered with, such as slowing a team down or getting in their way. A coach cannot take his team through a walk-through of a course just before their team is about to compete.



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4) No team will leave any course to take a short cut while competing on a course. Teams or individuals of a team going outside the course area to gain an advantage will cause their team to be disqualified. If a team is off course and found to be accidental, a penalty will be estimated by the amount of seconds saved by going off course with a 30 second penalty.

5) Teams **will not** be on a time schedule for each event. **The Team Run will be the first event for ALL teams.** After this event, teams/schools will follow a given round-robin schedule. Example: School A follows these events in order: (2) Ammo Can Relay (3) Tire Flip (4) The Obstacle Course, (5) One Rope Bridge. School B follows these events in order: (3) The Tire Flip (4) The Obstacle Course One Rope Bridge (#5) Tire Flip, (#2) Raider Fitness Challenge.

6) Unsportsmanlike conduct will be subject to a 10 minute penalty each time a member of a team does not conduct themselves as a JROTC cadet. Teams can also be penalized or disqualified if a family member or coach interferes with the event judge or confronts a judge.

**8. Trophies:**

- 1) Male Team Trophies – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each team event.
- 2) Mixed Team Trophies - 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each team event.
- 3) Female Team Trophies- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each team event.
- 4) Overall Team Trophies – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each category of Male, Female and Mixed.

**5. Responsibilities:**

- 1) Lamar County SAI
  - a. Overall responsible for the conduct of the Raider Challenge Meet.
  - b. Provide payment for trophies and awards for the Raider Meet.
  - c. Coordinate for JROTC Cadre, SROTC Cadre/Cadet, and Army judges as required.



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2) SAI's/AI's:

- a. Prepare your respective teams for competition IAW the provisions of this MOI.
- b. Each Raider Team will provide the LCHS SAI (MAJ Stinson) with a list of all cadets participating on the provided registration form at Annex A.
- c. Ensure you have a parental permission letter for your cadets to compete in this event. We are not going to get into the weeds of having waivers, covenants not to sue, etc. but ensure you are covered on your end for cadets to participate.
- d. **If you have not already done so, it is HIGHLY recommended that all cadets participating in any Raider practice or event have a GHSA athletic physical on file at your school.**
- e. Ensure your team(s) follows the meet schedule and rotation plan.
- f. Supervise your Cadets at all times throughout the day.
- g. Ensure all cadres, parents, boosters, etc. REFRAIN FROM COACHING ONCE THE COMPETITION BEGINS – encouraging your team is welcomed but NO COACHING PLEASE! Let the Raider Team Commanders lead their teams and make leadership decisions.

**6. Safety:**

- 1). Cadre are responsible for conducting a continuous, rigorous safety program. Cadre must ensure that adequate provisions for safe physical standards are incorporated into all aspects of training
- 2) Water points will be provided at each station. Ensure your cadets have some means of resupply (water bottles, canteens, etc.) so they may refill their water throughout the day.
- 3) Weather: Hot Temperatures could be a major factor for this competition. Each team should bring their own water and ice. Ensure all cadets start hydrating 2 days prior to coming to competition. Have cadets report in to the event judge(s) to check in and then find shade in the local area.
- 4) Lightning: If lightning occurs, all coaches will have cadets move to cover at the JROTC Department. Once lightning stops and officials give the all clear, word will be put out to move cadets



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back to the event that they were at. Lightning or severe weather will stop the competition, however, if rain should take place throughout the competition day, the competition will continue with safety as our top priority. We will score only teams that have completed events. Awards will be given accordingly to teams that completed the competing events. If severe weather moves in and competition needs to be terminated, we will not be in position to reimburse schools due to the Inclement Weather. The Awards Ceremony will take place on the Raider Field once the competition is complete.

**7. Timeline:**

- 1) **DATE TBD:** SAI/Coaches submit FIRM number of team entries by type (male or mixed) via e-mail.
- 2) **DATE TBD:** Trophies ordered
- 3) **DATE TBD:** Final team registration forms submitted to MAJ Stinson or via email [pstinson@lamar.k12.ga.us](mailto:pstinson@lamar.k12.ga.us) or SFC Jones [tim.jones@lamar.k12.ga.us](mailto:tim.jones@lamar.k12.ga.us). *You can update this roster the morning of the event. so please give me a 90% solution on time in order to make a rotation plan.*
- 4) **DATE TBD:** In coordination with the Area 12 Coordinator, a final weather decision will be made at 1200 hours.

**DATE TBD:**

- 0730 – Grading cadre(s) arrive.
- 0815 – Schools / Teams arrive
- 0830 – Coaches Meeting (JROTC Drill Pad)
- 0900 – 0945 Raider Team Run (JROTC Parking Lot)
- 1000 – 1300 Shotgun start / round-robin of remaining events
- 1130 – 1200 Designated lunch time for scorers and teams



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1400 – Awards Ceremony at Raider Field

8. POC for this event is MAJ Stinson [pstinson@lamar.k12.ga.us](mailto:pstinson@lamar.k12.ga.us) or 1SG SFC Jones [tim.jones@lamar.k12.ga.us](mailto:tim.jones@lamar.k12.ga.us) /713-965-3768 Lamar County County High School.

Paul Stinson

MAJ(R), U.S. Army

Senior Army Instructor

Annexes:

A - Registration Form and Map

B - Team Run

C - Ammo Can Relay

D - Obstacle Course Layout0

E - 1-Rope Bridge

F – Tire Flip