



DEPARTMENT OF THE AIR FORCE
Air Force Junior Reserve Officer Training Corps
Carrollton High School
201 Trojan Dr, Carrollton, GA 30117
(770) 834-7726 Ext 5040
ryan.mclain@carrolltoncityschools.net



2024 Carrollton Trojans Annual Raider Challenge

LETTER OF INSTRUCTION

SUBJECT: The Carrollton Raider Meet will be conducted on 14 Sept 2024 at Carrollton High School (CHS), 201 Trojan Dr, Carrollton, GA 30117. Follow Ben L Scott Blvd to the left of CHS (as you are looking at the front) past the football stadium on the right, as the road curves park buses across the street from the baseball field at Carrollton Elementary School (pull all the way around the circle and park in a line beginning at the exit—one behind the other—not blocking drive).

Participating will be limited to a maximum of 20 schools or 50 teams.

GENERAL INFORMATION:

Schools can enter a maximum of three teams. The Raider Challenge is open to the first 20 schools or 50 teams that register. Entrance Fees: \$100.00 for up to 2 teams and \$25 for each additional team up to three teams. Mail in advance is the preferred method but payment on the day of the event will be accepted. Please arrive prior to 0800 hrs. for in-processing and paying registration fees. Checks need to be made out to:

Carrollton High School JROTC.

You may also use the following link to pay:

<https://carrolltonhs.revtrak.net/Activity-FeesDues-38/JROTC-DuesFees/#/v/jrotc-raider-competition>

1. The coaches and Judges meeting will take place on Saturday at 0800 and the competition will begin at 0845. The location of the coaches meeting is in the Student Activities Center (SAC)
2. The awards ceremony will be held at the football field shortly after the conclusion of the competition.
3. Schools will be assigned to four groups and will rotate to each event.
4. Awards will be given to the top three in each event and top three overall winners.
5. Camping will NOT be authorized at Carrollton High School.
6. Concession will be available.
7. Ice will be available upon request for FIRST AID purposes only.
8. Please let me know if you can provide/serve as a head judge
9. HOPEFULLY, we will be supported by the Army and National Guard, recruiters and ROTC cadets from Carrollton Militaryrecruiting services, and the Local National Guard.

SPECIFIC INSTRUCTIONS:

1. Each team will consist of 12 members but only 10 will be allowed to compete in any one event. Competing cadets will only be allowed to compete on one team only; For example, a cadet on the male team cannot be a substitute for a cadet on the mixed team etc...
2. Mixed teams must have a minimum of four females competing in each event and can have up to nine females competing.
3. Only the Raider team members will be allowed to be on the courses. Coaches, parents, or spectators will not be allowed on the course except for a designated team/school photographer. Parents and coaches will have plenty of areas and opportunities to view the event(s)
4. Teams will be assigned groups and must report, stay and compete with their respective group. An event will not start until all schools are present. Groups will be briefed together. **TEAMS MUST STAY WITH THEIR ASSIGNED GROUP!**
5. Uniform for all events will be ABU/ACU/OCP except for the team run which will be ACU/OCP pants with running shoes or boots. Teams may wear, pt, tan or team shirts, but the shirt must be the same. The running course is our X-Country course which consists of grass, gravel and dirt.

6. COMPETITION EVENTS:

- 1. 1.55 Mile Team Run**
- 2. Rope Bridge: Subsequent schools/teams will report with Swiss seats tied and will be given three minutes to prepare their rope (coiled, in a bag or back lay).**
- 3. Cross Country Rescue: 10 TEAM MEMBERS: The event will be cross country with the Raiders carrying 2 rucksacks. Male and Mixed 35 lbs and female 25lbs, and one litter maintaining an attached 120 pound weight for female teams and 150 pounds for male and mixed teams. It is approximately .6 mile. Yes, the stretchers are heavy, but they will NOT go with the team through each obstacle.**
- 4. Physical Team Test Obstacle course (PTT). 10 Raiders must complete a physical /stamina test.**

5. Tire Flip

The Raider Competition is designed with minimal chance for penalty. Schools will rotate in assigned groups to each event.

1.55 -MILE TEAM RUN

1. 1.55 Mile Team Run – Team run is located on the cross country course (refer to Raider Meet Map). Only the ten runners per team and coaches will be allowed in the course. Teams will report to the beginning of the course where they will be grouped and briefed. Please brief your other team members and visitors not to enter the course. They must remain outside of the marked off area until the completion of the run.
 - a. All ten members must start and finish the run together. On the command “GO” they will run the designated course on the CHS cross country trail. The course is not on level ground and has several upgrades on it
 - b. Each team must run together as a team in a column. There must not be more than a 10-meter gap between team members during the finish of the run. **FASTER TEAMS MUST BE ALLOWED TO PASS SLOWER TEAMS OR GARNER A PENALTY** If a team hinders a team from passing them the offending team will be assessed a 1-minute penalty per occurrence. Sportsmanship please
 - c. A ten-meter zone will be marked with cones. All team members must be within the cones to finish/stop time. Time stops when the last member crosses the line. **THERE WILL BE A 30 SECOND PENALTY FOR TEAMS CROSSING OUTSIDE THE 10- METER ZONE.**
 - d. Team members may not carry, pull or push any cadet.
 - e. A member dropping out of the run will result in a five-minute penalty per missing runner assessed to the team’s final time.
 - f. Uniform will be ACU/OCF trousers. T-shirt, and Running Shoes or boots. If team shirts are worn, they must be the same color. **NO SHORTS PLEASE.**
 - g. Awards: Top three teams in each category based on time.



Cross Country Rescue (CCR)

https://youtu.be/1tCKMLMLxes?si=CHtu_RuzH0Yd7oiR

Each 10 member team is given instructions to rescue a casualty. An approximately .6 mile obstacle course route over rough terrain will be used.

1. Task: 10-Member teams will be transporting a simulated casualty through our .6 mile obstacle course. The course consists of mulched paths, hills, and a dirt and blacktop path. There are 12 challenging obstacles in all. The objective is to complete the course in the shortest amount of time, with the fewest penalties, with all personnel and equipment.
2. CONDITIONS: The uniform for the Cross Country Rescue is ACU/OCP trousers, rigger belt, Team or tan t-shirt, boots.
3. Each Raider Team will be given a litter with a pre-tied container(s) weighing 120 pounds for female Teams and 150 pounds for mixed Teams and 150 pounds for the male Teams. Also, each Team will be given 2 rucksacks with 35 pounds (male and mixed, female 25lbs. There will be an approximately five-meter-long by three-meter-wide obstacle (low crawl) that all Team members and rucks must negotiate. The stretcher will not go through the low crawl.
4. Team must negotiate the obstacles on the course i.e. high stepper, four-foot wall, low crawl, 4-ft wall, eight-foot wall, and tires. They may assist with the rucks and litter. Safety; Do not jump over the 4- foot wall with the ruck. You may climb over and slide down or hand the ruck to a partner.
5. Failure to complete any obstacle will result in a 1-minute penalty per cadet. The penalty will be added to the total time.
6. STANDARDS: Complete the course in the fastest time possible negotiating all obstacles. The team captain must call time loud enough for the judge to hear when all 10 members and equipment is across the finish line.
 - a. All equipment and Raider Team members must be across the finish line before the time stops. Equipment will not be dragged, dropped or thrown. The rucksacks will not be carried on or attached to the litter in any manner.
 - b. Once a Raider Team member crosses the finish line, he or she cannot cross back over the finish line to aid their Raider Team in any capacity. Raiders may however place their equipment by the finish line without penalty before crossing it and may return to help their fellow Raider Team members.
 - c. IF ALL Raiders cross the finish line without ALL of their equipment they will be DISQUALIFIED.
 - d. The course will be marked with rope, caution tape, signs and will have guides positioned along the course.

7. Obstacles:

a. Trojan Horse

Instruction(s): Begin by climbing the 10 foot cargo net, traverse across the 4x4 beams, then climb the 20 ft ladder. You will complete the obstacle by climbing over the top and climbing down the cargo net. (the dangling rope may not be used)

Obstacle Penalty(ies): Not completing this event results in a 1 minute penalty.

Note(s): This obstacle is 30 ft high. Litter/Rucks will be placed in a designated area on this obstacle.



b. 8' Wall

Instruction(s): Traverse the 8 ft wall.

Obstacle Penalty(ies): Not completing this obstacle will result in a 30 second penalty per cadet. There is a 30-second penalty for dropped equipment.

Note(s): All Rucks must go over the wall.

The team will go over the wall in any manner they choose, pick up their ruck, and continue the course.

Rucks must be passed down to a cadet on the ground.

Litter will be placed in designated area on this obstacle



c. Creek Crossing

Instruction(s): Every cadet must cross the creek by going across the wooden poles.

Obstacle Penalty(ies): The cadet must start the obstacle over if they fall off of the crossing, which will result in time lost due to the re-start.

Note(s): Cadets may not assist each other on this obstacle.



d. Rope Swing

Instruction(s): Every cadet must swing from the first platform to the second platform, moving FORWARD off of the obstacle.

Obstacle Penalty(ies): A 30 second penalty is awarded after the second attempt.

Note(s): Falling backwards off of the second platform requires the cadet to restart the obstacle.



e. Weaver

Instruction(s): As the name suggests, cadets must weave in and out of the bars. Begin this obstacle by going over the first bar and then under the second. Weave through the obstacle until complete.

Obstacle Penalty(ies): Touching the ground, falling into the net, or not completing the obstacle once the cadet has begun the obstacle results in a 2 minute penalty.

Note(s): Begin the obstacle by going over the first bar and under the second bar. Repeat the sequence until the obstacle is completed.



f. Tarzan

Instruction(s): Traverse the uneven logs leading to monkey bars. Complete the monkey bars.

Obstacle Penalty(ies): falling off of the obstacle requires the cadet to restart the obstacle. After the second restart, a 45 second penalty will be assessed.

Note(s): Cadets **MUST** touch EVERY bar on the monkey bars.



g. Rope Climb

Instruction(s): Five cadets must climb the rope unassisted.

Obstacle Penalty(ies): Failure to climb the rope results in a 30 second penalty per cadet.

Note(s): Male teams will use the un-knotted rope

Female teams will use either rope

Male cadets on the mixed team must use the un-knotted rope

Female cadets on the mixed team may use either rope.

Litter/Rucks will be placed in designated area on this obstacle



h. Low Crawl

Instruction(s): All Raiders and rucks will navigate the low crawl.

Obstacle Penalty(ies): There are no penalties for touching the wire/rope, but 30 second penalty will be assessed if the wire is torn/pulled down.

Note(s): All raiders must go under the low crawl.

There is wire/rope on top of the low crawl.

Touching the top is not a penalty; however, snagging, pulling, or ripping the net will result in a penalty.

All equipment except the LITTER must go under the low crawl.

Litter will be placed in designated area on this obstacle



i. Suspended Tire

Instruction(s): Every cadet must go through the tire. Cadets may assist other cadets once through the tire.

Obstacle Penalty(ies): A 30 second penalty will be awarded to each cadet that fails to complete this obstacle. Cadets fail to place rucks through tire. Grabbing the top of the tire to swing through the obstacle.

Note(s): The first cadet must make it through the tire on his/her own. Once they do so, they are allowed to help the rest of the cadets get through. Litter will be placed in designated area on this obstacle



j. Island Hopper

Instruction(s): All cadets must begin at the first painted stump. Navigate through the obstacle by hopping from one stump to the next without touching the ground. Cadets will end this obstacle by touching the last painted stump.

Obstacle Penalty(ies): A 30 second penalty will be awarded to each cadet that fails to complete this obstacle.

Note(s): Litter will be placed in designated area on this obstacle



k. Reverse Climb

Instruction(s): Climb the incline (underside) of the obstacle. Once at the top, climb over and climb down the opposite side.

Penalty(ies): A 30 second penalty will be awarded to each cadet that fails to complete this obstacle.

Note(s): Litter/Rucks will be placed in designated area on this obstacle



I. Tunnel Climb

Instruction(s): Every cadet must climb up through the tunnels and jump OVER the anchor pole at the end.

Obstacle Penalty(ies): A 30 second penalty will be awarded to each cadet that fails to complete this obstacle.

Note(s): All equipment must come through the tunnel.

Once all cadets have completed this obstacle they will follow the designated path to finish the course.



ROPE BRIDGE

- a. Rope Bridge: This event will consist of 10 cadets. This is a telephone pole to tree course. It is over a creek (**WATER CROSSING**). Standard Raider rope bridge rules apply. Reference FM 3-97.61, and 6th BDE HQs Raider SOP dated 2018 for more information.

Raider Fitness Course (PTT)

RAIDER FITNESS CHALLENGE

Raider Team Fitness Challenge. **10 Cadets.** Equipment might change.

1. Task: Complete the Raider Fitness Challenge consisting of each Team member carrying designated equipment from one location to another. Team score is the total time it takes all Team members to complete the fitness challenge. 10 Raiders must negotiate various obstacles. Team captain must devise a plan to move equipment from point A to B and back to point A in the most efficient manner possible. Planning and teamwork will be the key to success.

2. Conditions: During daylight hours and under existing weather conditions, each member of the 10 member Raider Team will complete the Raider Fitness Challenge in the Raider Team uniform: boots, ACU/OCP trousers, and school t-shirt with sleeves or ACU t-shirts. Course will be on the practice football field. All 10 Raiders working as a team negotiate the course. Team can assist each other in any manner but cannot go back in the course after crossing the finish line.

3. Standards: The Team will be scored on the amount of time that it takes all 10 members to individually carry a designated number of equipment from one location to another and traverse the course. Time stops when the last Raider crosses the finish line.

4. Concept: TEAM PHYSICAL FITNESS TEST

4. Specific Details:

a) At the waiting area, the grader will then command, "Get Set...GO!" The GO command will start the clock. At that point, the team will begin the course.

b) Once a cadet raider crosses the finish line, that cadet raider cannot go back and help other team members or pickup any remaining equipment – ***their event is completed at that point.*** Violation of this rule will be a 30-Second Penalty PER OCCURRENCE. Time will stop when the last team member crosses the finish line.

//Signed, RCM, 7/17/2024//
RYAN C. MCLAIN, MSgt, USAF (ret)
Aerospace Science Instructor

ANNEX A: Registration Form

ANNEX B: Covenant Not to Sue

ANNEX C: Event Map

ANNEX A – CARROLLTON RAIDER CHALLENGE REGISTRATION FORM

First 20 schools will be accepted.

Email form to :ryan.mclain@carrolltoncityschools.net

One team: \$100.00 and each additional team \$25.00.

(Make checks payable to: **Carrollton** High School JROTC). You may mail the check or **bring it to the** meet.

Checks payable : **Carrollton** High School JROTC

Mail to:

Carrollton High School

Attn: **MSgt Ryan McLain**, JROTC Department

201 Trojan Dr, Carrollton, GA 30117

You may also use the following link to pay:

<https://carrolltonhs.revtrak.net/Activity-FeesDues-38/JROTC-DuesFees/#/v/jrotc-raider-competition>

AMOUNT OWED _____ (One or two teams: \$100.00 and each additional team \$25.00)

ANNEX A

Carrollton Raider Meet Registration Form

School Name _____

POC (Please Print) _____

POC Contact Number _____

Total number of teams (maximum of 3): _____

Teams per category: Male Teams _____ (limit 1)

Mixed Teams _____ (limit 1)

Female Teams _____ (limit 1)

Total Amount Due _____ \$125.00

Amount Enclosed: _____ (Make checks payable to: Carrollton High School (JROTC))

Signature of POC: _____

Mail checks and forms to: Carrollton High School

Attn: JROTC Department

201 Trojan Dr, Carrollton, GA 30117

Annex B

USE BLACK/BLUE INK ONLY

MUST HAVE ONE FORM PER CADET/PARTICIPANT ON FILE PRIOR TO UTILIZING CARROLLTON HIGH SCHOOL AF JROTC RAIDER COURSE

Print School Name: _____

Print Cadet Last Name: _____ Cadet First Name _____

ANY PERSON competing on, practicing on, or using the Carrollton High School AFJROTC Raider Obstacle course **MUST** complete this form.

2024 COVENANT NOT TO SUE

OFF/ON-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, 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, overnight camping, 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 of injury or death, and investigations of accidents resulting from such voluntary offcampus training, practical field trips/exercises, drill meets, raider competition, and high risk training. 4. **MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT OF NOT PROVIDING INFORMATION:** Voluntary.

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

I, _____
 (TYPE OR PRINT NAME OF STUDENT) RESIDING AT: _____

 (ADDRESS / CITY / STATE / ZIP) AGE OF STUDENT: _____ PERIOD COVERED: _____

Do hereby agree that in consideration for being allowed to participate in Carrollton AFJROTC Raider camps, practices and competitions, to be conducted at Carrollton High School, Carrollton, GA; 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 State of Georgia, any host schools, groups or individuals, 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 above entities 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

 Relationship to Participant

Date: _____

 Signature of Student

WITNESS SIGNATURE

I confirm that this document was signed by the individuals listed above whom I know personally OR I have verified their identity with a photo ID. I am accepting no responsibility except to verify that the signatures here are valid.

 Signature of Witness (must be over 18)

 Date

Must be signed by a witness (any adult)

Raider Challenge Map

