# EVENT BRIEF

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Glynn Academy High school Brunswick, Ga 26 April 2025

## <u>Timeline</u>

- 0700 Team setup open
- 0830 Coaches/Commanders brief
- 0900 Team Run Starts
- 1000 Rotation starts
- •1200 Ultimate Raider
- 1300 Awards Ceremony on football field

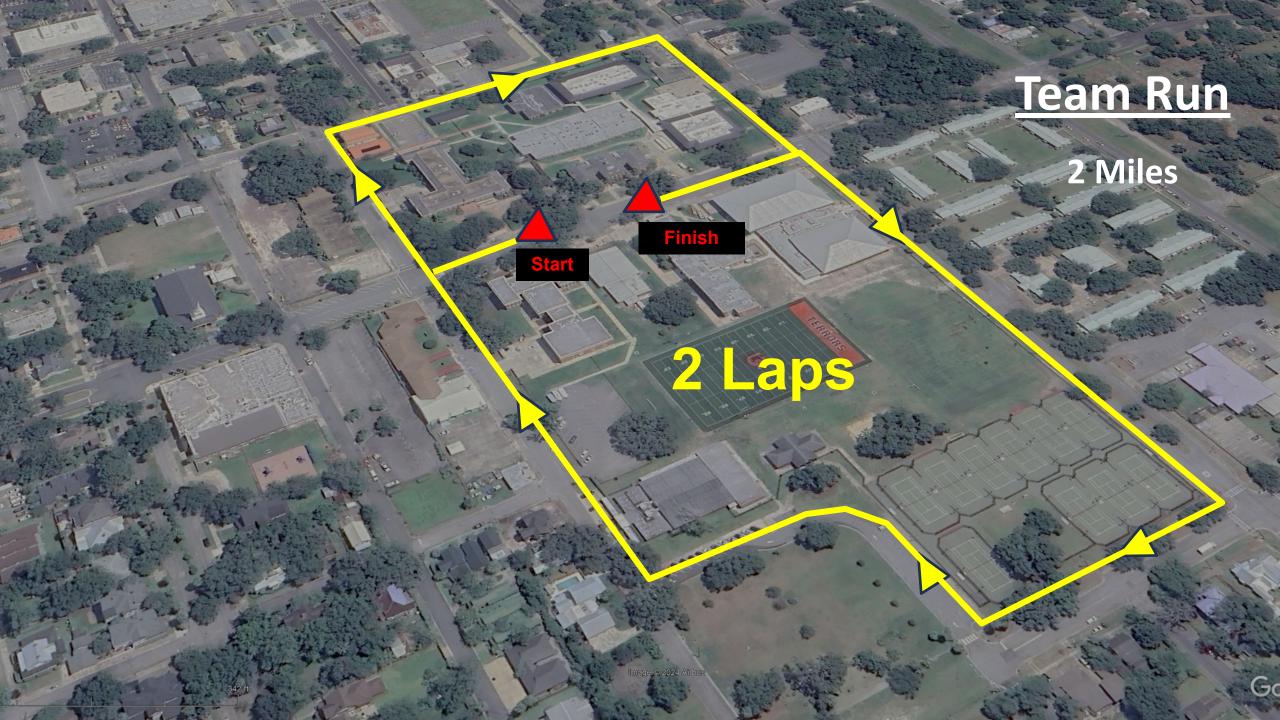
# **General info**

- Mansfield Street (on campus) will close at 0830 for team run.
- Team tent setup area is in the parking lot adjacent to the fence line next to the tennis courts. Loading zone is at the football field gate. Once unloaded, park busses in the student parking lot (Mansfield and Egmont)
- Concessions will be available at the stand near the football field gate
- In the event of rain, competition continues. If severe weather, all teams will move to the fieldhouse adjacent to the football field
- Athletic Trainer will be on-site throughout event. Teams should be prepared to treat minor injuries first, then send to medical tent. In the event there is a significant injury, EMS will be notified by the event HQ
- In the event there is a discrepancy with the scoring, notify HQ prior to signing scoresheet. Do not argue with the official. Any unsportsmanlike conduct from cadets, coaches, or parents may result in event DQ
- Restrooms are located at the field house



#### <u>Team Run</u>

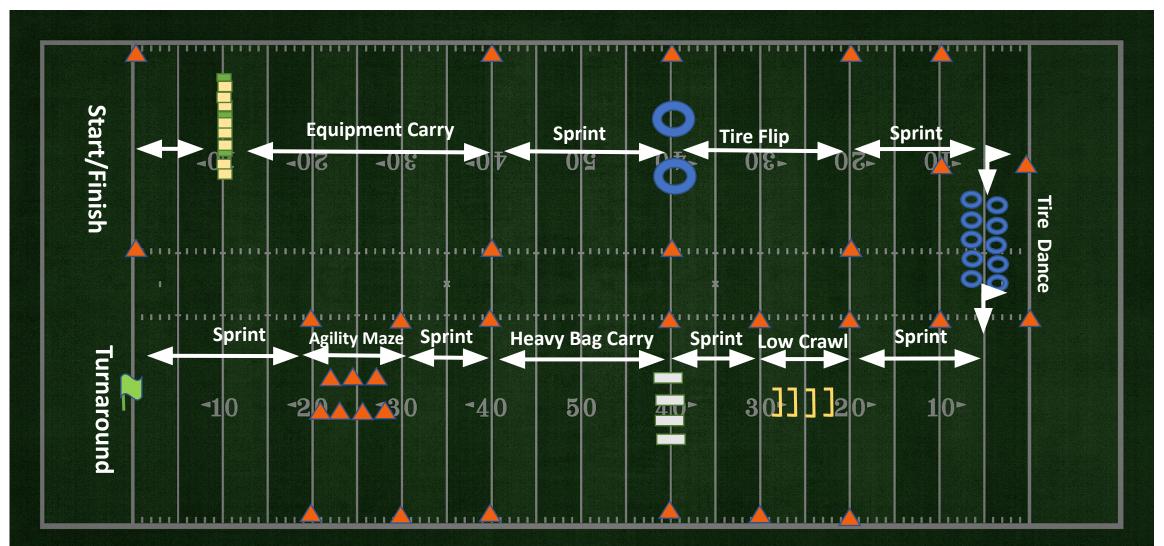
- 1<sup>st</sup> event for all teams
- Uniform is ACU trousers, team shirt, and running shoes or boots (not recommended)
- Male teams, Mixed, then Female per school
- Teams not required to stay together, however, 10-meter box at the end
- Sidewalk around perimeter
- Teams finishing with 9 = 5-minute penalty; 8 or less = DQ (7/6 for Females)
- No carrying teammates or profanity



#### **Raider Fitness Course**

- 400-meter event held on football field
- Team splits 5/5. First group runs course, second group resets
- Uniform is ACU/BDU/MARPAT trousers, team shirt, and boots
- Male teams, Mixed, then Female per school
- All gear must pass line and remain upright during equipment carry
- Tractor tires (x2) 1–2-person lift
- Raiders must attempt each tire in tire dance
- Heavy Bags (Crossfit Sandbags) roughly 30-50lbs per x4
- Single file in agility maze
- No dropping/throwing gear (30-second penalty per occurrence)

#### **Raider Fitness Challenge (RFC)**



#### **Cross-Country Rescue**

- 1-mile course over grass and pavement
- 4 rucks (35lbs), 1 stretcher (120lb/90lbs)
- Uniform is ACU/BDU/MARPAT trousers, team shirt, and boots
- Male teams, Mixed, then Female per school
- Teams not required to stay together; however, rally point 50 yards (at GA gate) from finish. Once all Raiders reach RP, the group can finish.
- No Obstacles
- No dropping/throwing gear 30-second penalty per occurrence

# Cross-Country Rescue

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### **Rope Bridge**

- Standard Rope Bridge IAW 6<sup>th</sup> Brigade SOP
- Telephone poles
  - 60ft Male
  - 45ft Mixed/Female
- Minimum Rope Length 120ft
- Steel locking or opposing gate for near side transport tightening system
- No more than (3) Raiders clipped on rope at a time
- Feet / hands/back cannot assist crossing

#### **Rope Bridge**



#### **Sandbag Relay**



# Questions?