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Early Eagle Raider Challenge Pre-Comp Brief

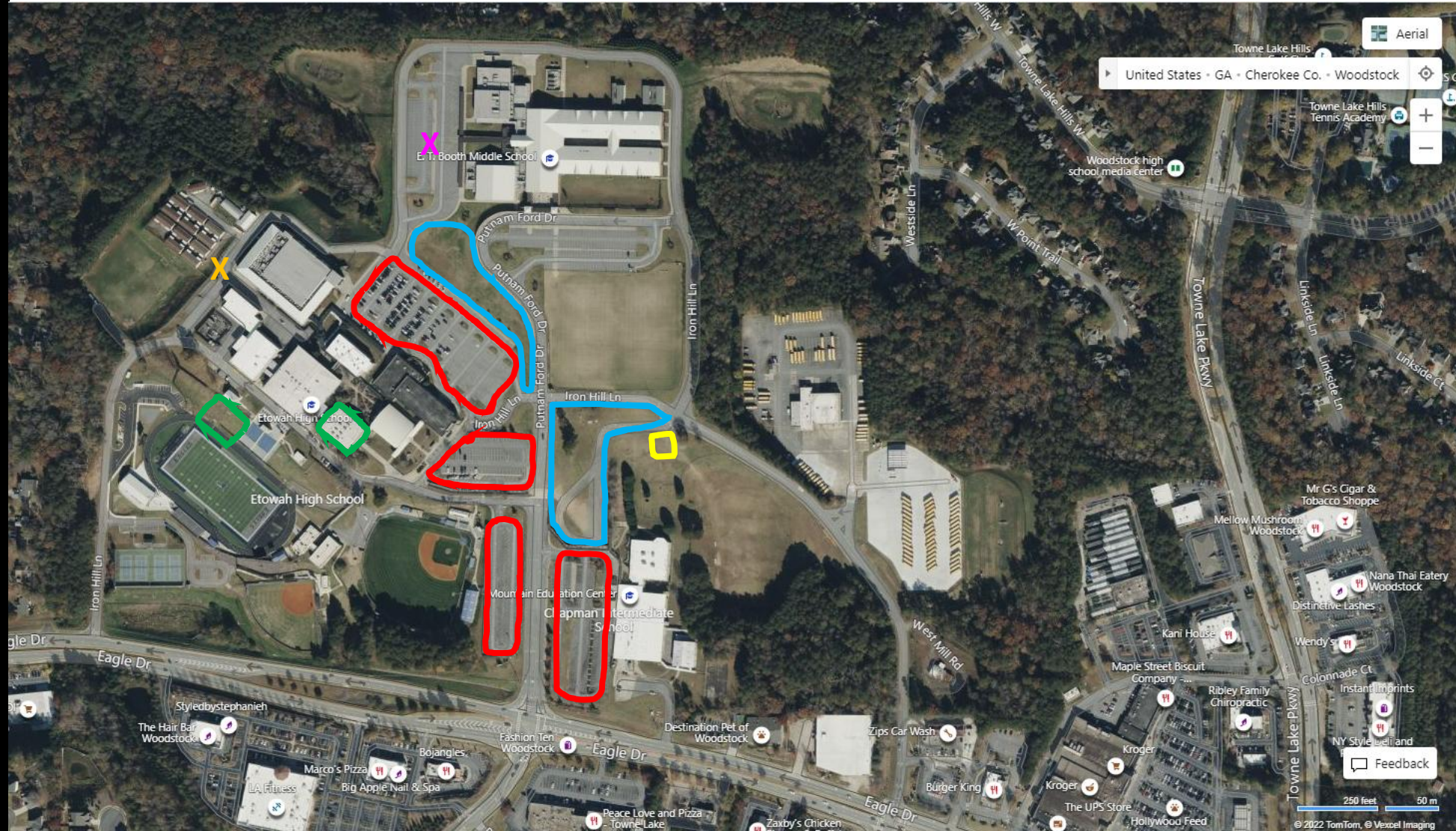
Saturday, August 30
Etowah High School
6565 Putnam Ford Drive
Woodstock, Georgia 30189

Administrative

- * Only park in (red) parking lots
- * Bus parking (magenta X)
- * Team tent areas (blue)
- * Registration, medic and comp headquarters (green)
- * Site of coaches and captains meeting (green)
- * Bathrooms (green)
- * Concessions and t-shirts (circle)
- * Dumpster (orange X)

Timeline

- 0600 Registration opens
- 0715 Coaches and captains mtg
- 0800 Team run
- 0915 Event 2
- 1030 Event 3
- 1145 Event 4
- 1300 Event 5
- 1430 Tug-o'-war challenge for fun
- 1600 Awards
- 1630 Dismissed



Bus Entrance and Parking

E. T. Booth Middle School

Cars

Cars

Cars

Cars

Bruster's Ice Cream
2905 Eagle Drive
Woodstock, GA 30189

Burger King

Aerial

United States • GA • Cherokee Co. • Woodstock

Towne Lake Hills

Towne Lake Hills Tennis Academy

Woodstock high school media center

Etowah High School

Etowah High School

Mountain Education Center

Chapman Intermediate School

Mr G's Cigar & Tobacco Shoppe

Mellow Mushroom Woodstock

Nana Thai Eatery Woodstock

Distinctive Lashes

Kani House

Maple Street Biscuit Company

Ribley Family Chiropractic

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Instant Imprints



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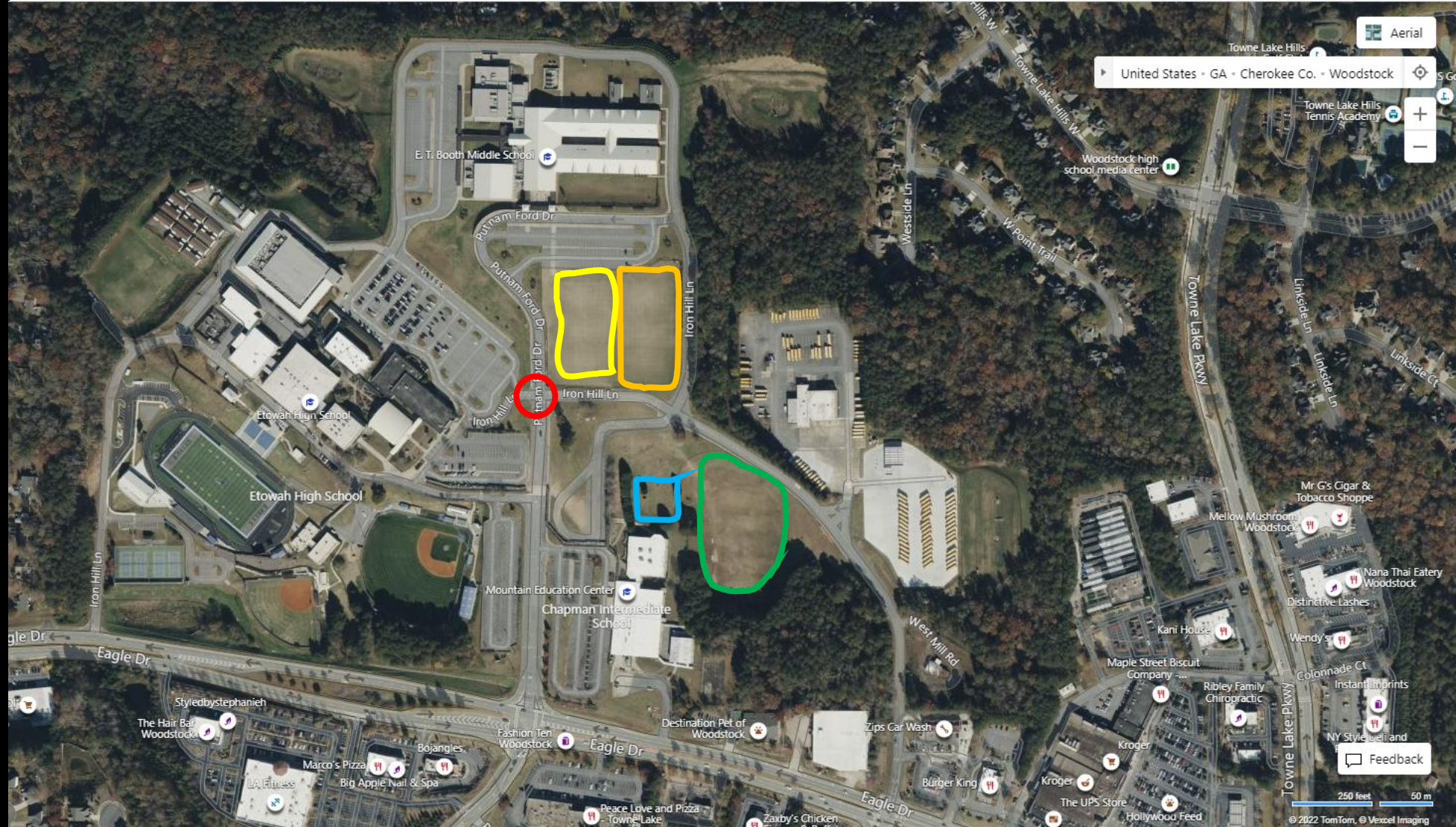
Feedback

250 feet 50 m



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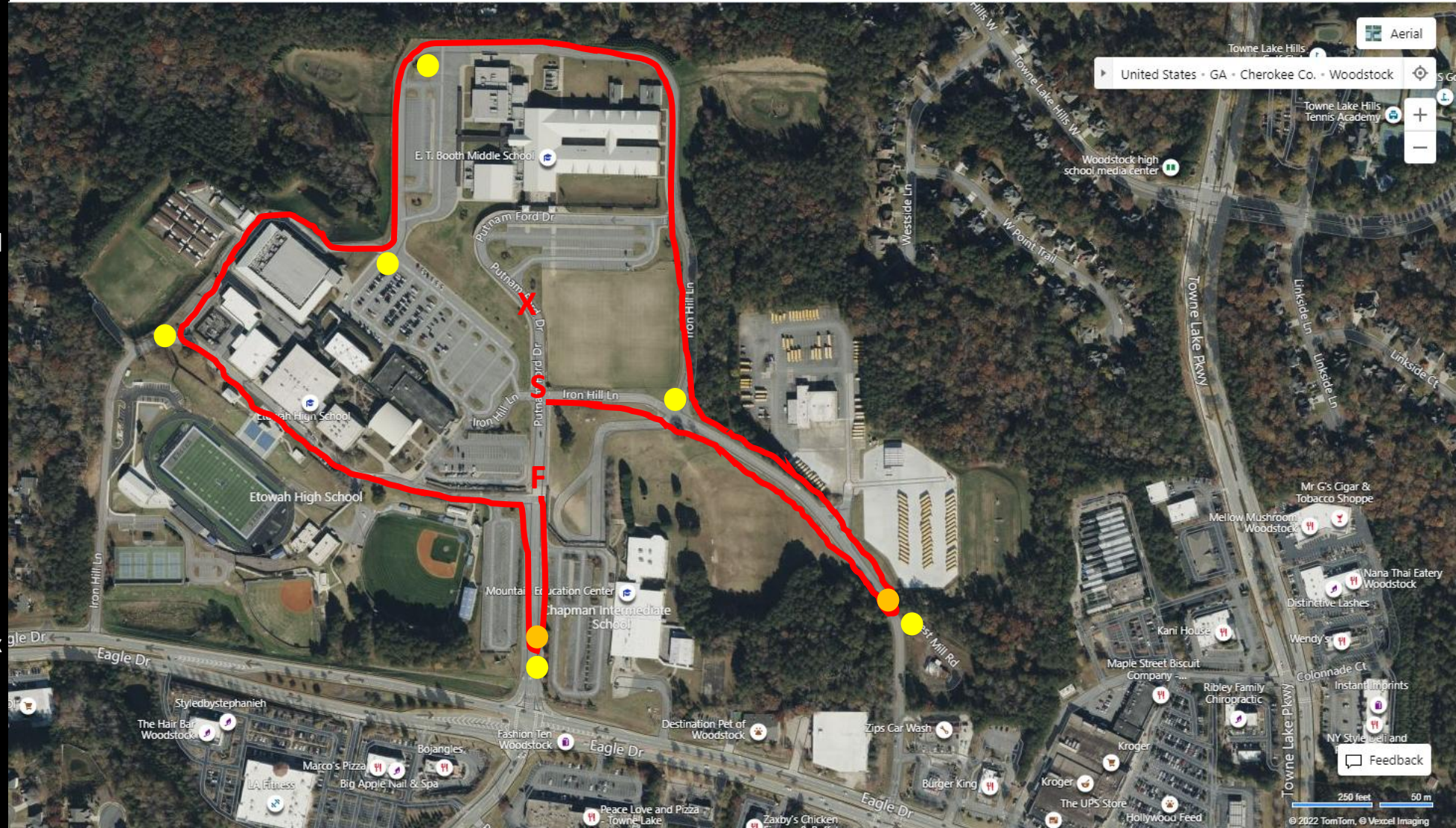
Event Locations

-  Team Run Start Line
-  Sandbag Relay
-  HUMVEE Tire Flip
-  Physical Trng Test
-  Rope Bridge



Team Run Overview

- * Course is just short of 1.6 miles
- * Only event of the day where shorts and running shoes are allowed
- * Campus closed to traffic from 0800 to 0900
- * Line-up, BY SCHOOL, in alphabetical order at **X** no later than 0755
- * Entire run is on a paved road
- * 60-second staggered start
- * Teams will start BY SCHOOL
- * Stay to the right, pass on the left
- * 10m finish box in effect
- * Turnaround cones (x2) 
- * Course marshals (x6) 
- * This is the tie-breaker event
- * Coaches to time their own teams, with their own timing devices, to to the hundredth of a second. A box to drop your signed timesheet will be at the finish line. If hundredth of a second is not provided, we will assume .99 before we assume .00

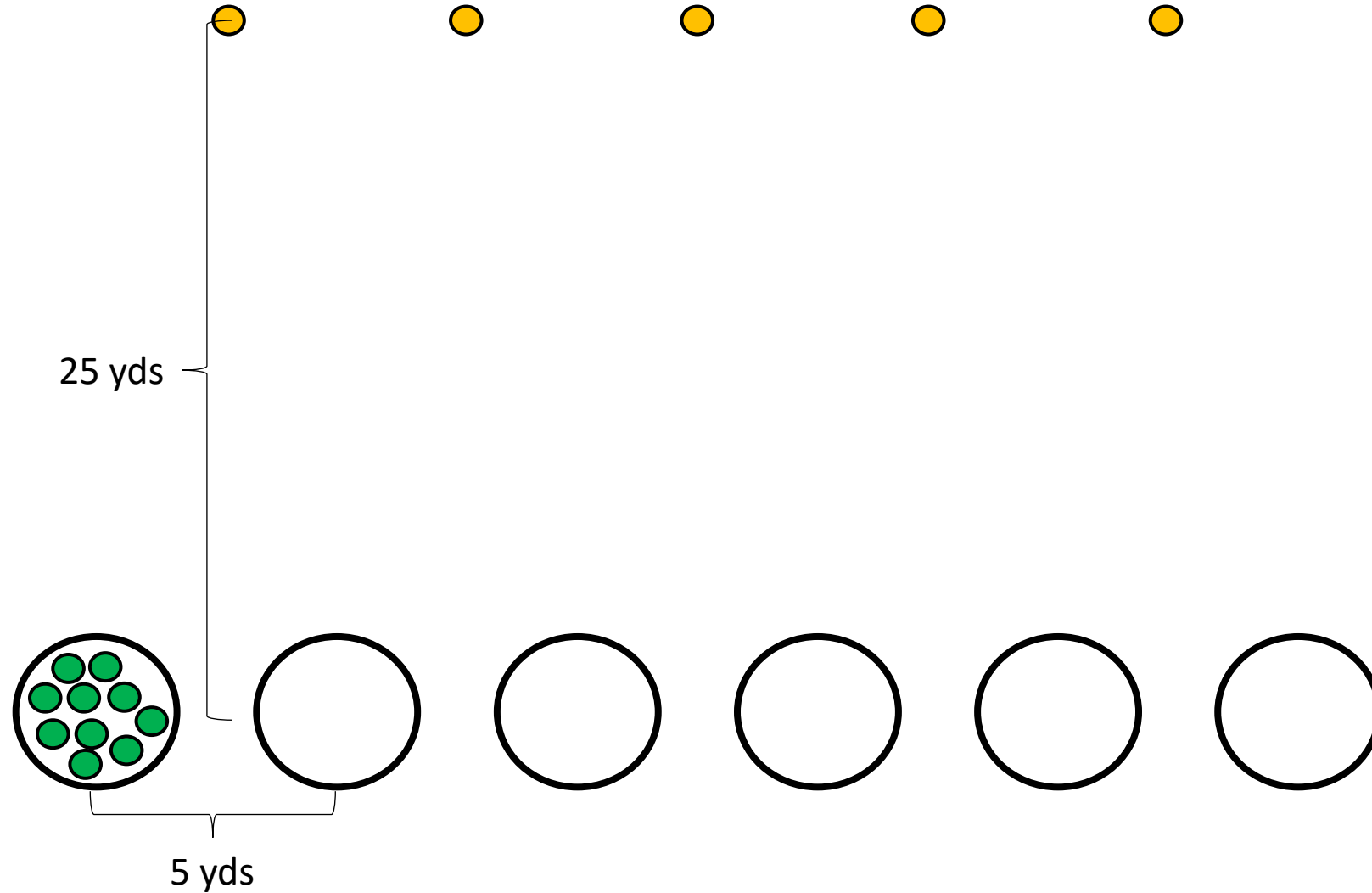


Sandbag Relay

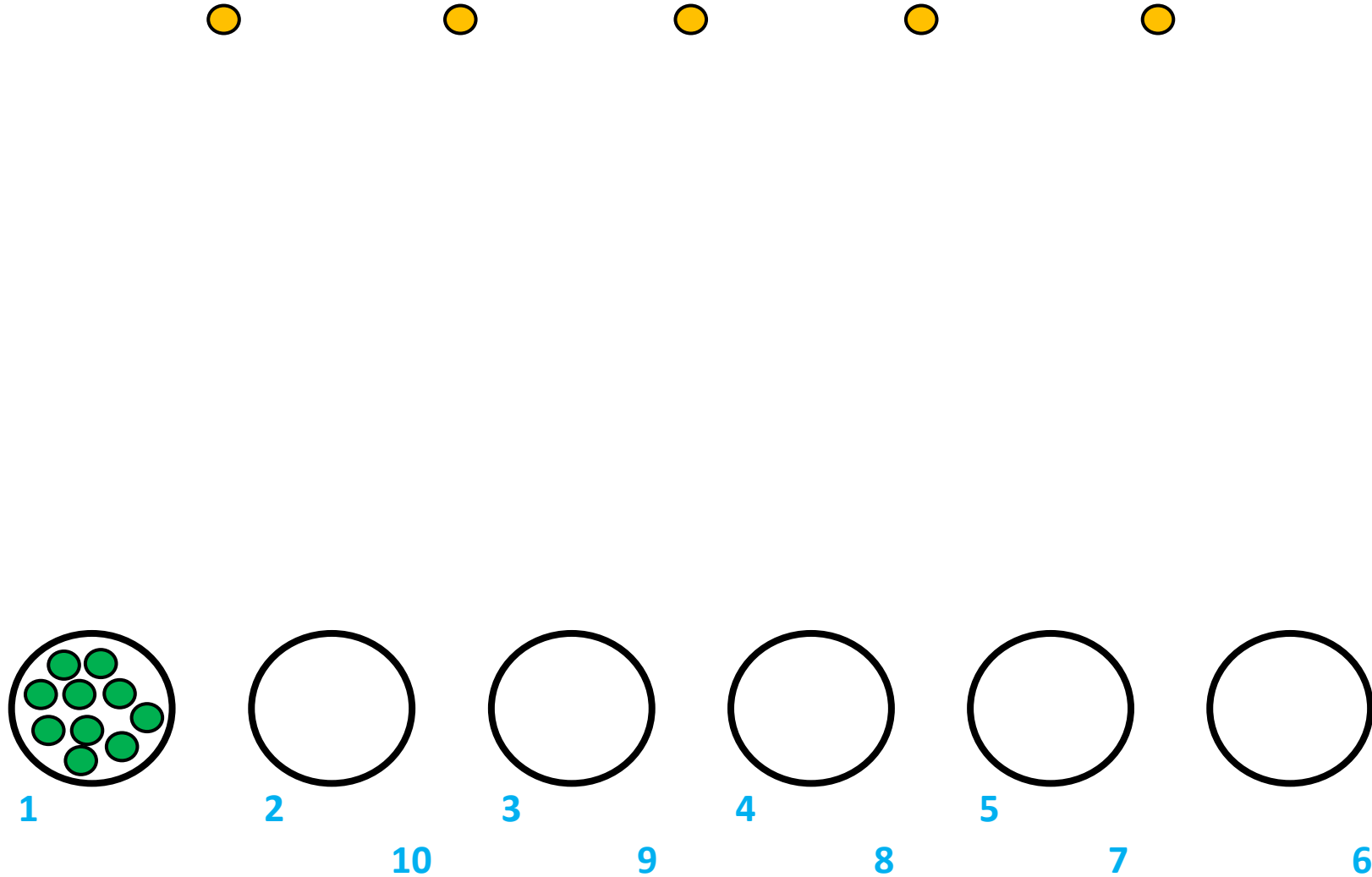
- * Ten, 30 lb sandbags (six for females)
- * Raider 1 moves 10 sandbags, up to two at a time, from Circle A to B
- * Raider 1 then goes directly back to Circle A to grab up to two more to Circle B and continues until all bags are at Circle B
- * As soon as the first bags arrive at Circle B, Raider 2 can start carrying to Circle C. This continues until all 10 bags have moved to Circle F
- * Raiders 6 through 10 reset course
- * Female Division only carries 6 bags
- * Mixed Division moves 6 bags from Circles D to E, E to F, F to E, and E to D. All other movements will have ten bags
- * Penalty for not placing bags inside circles
- * Penalty for dropping bags in an egregious manner (setting bags down protects the bags and is ok)



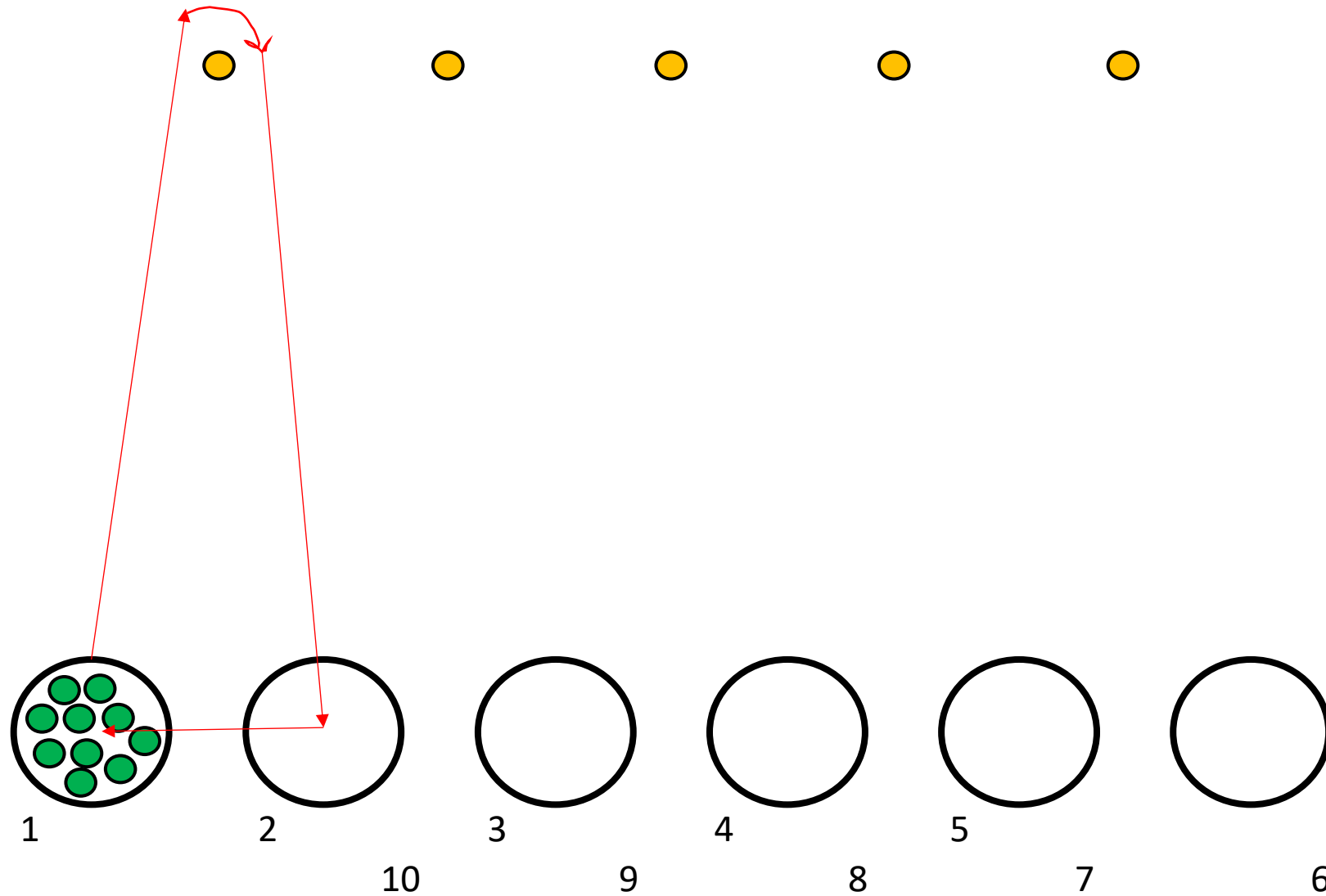
Sandbag Relay – Male Division



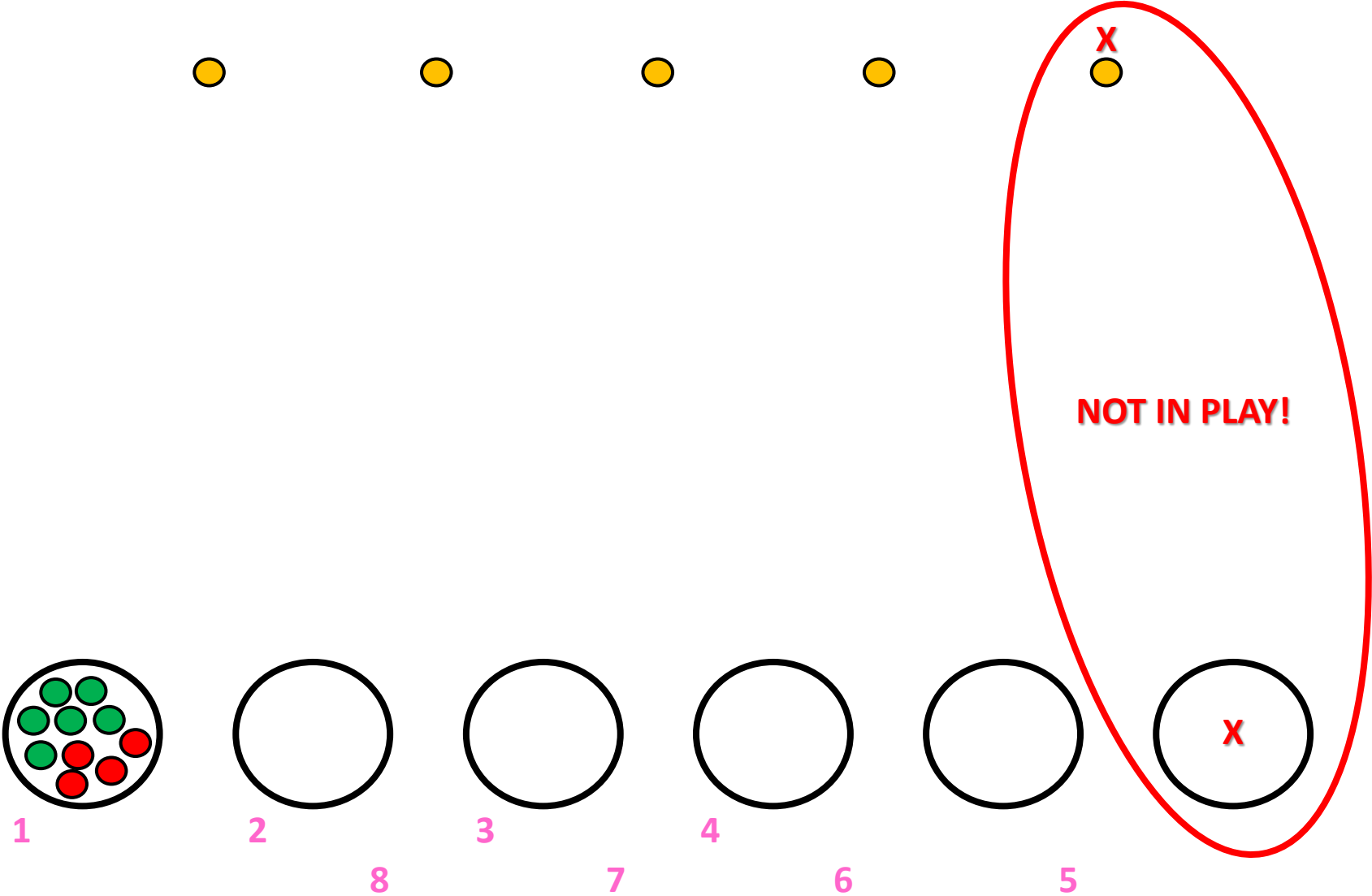
Sandbag Relay – Male Division



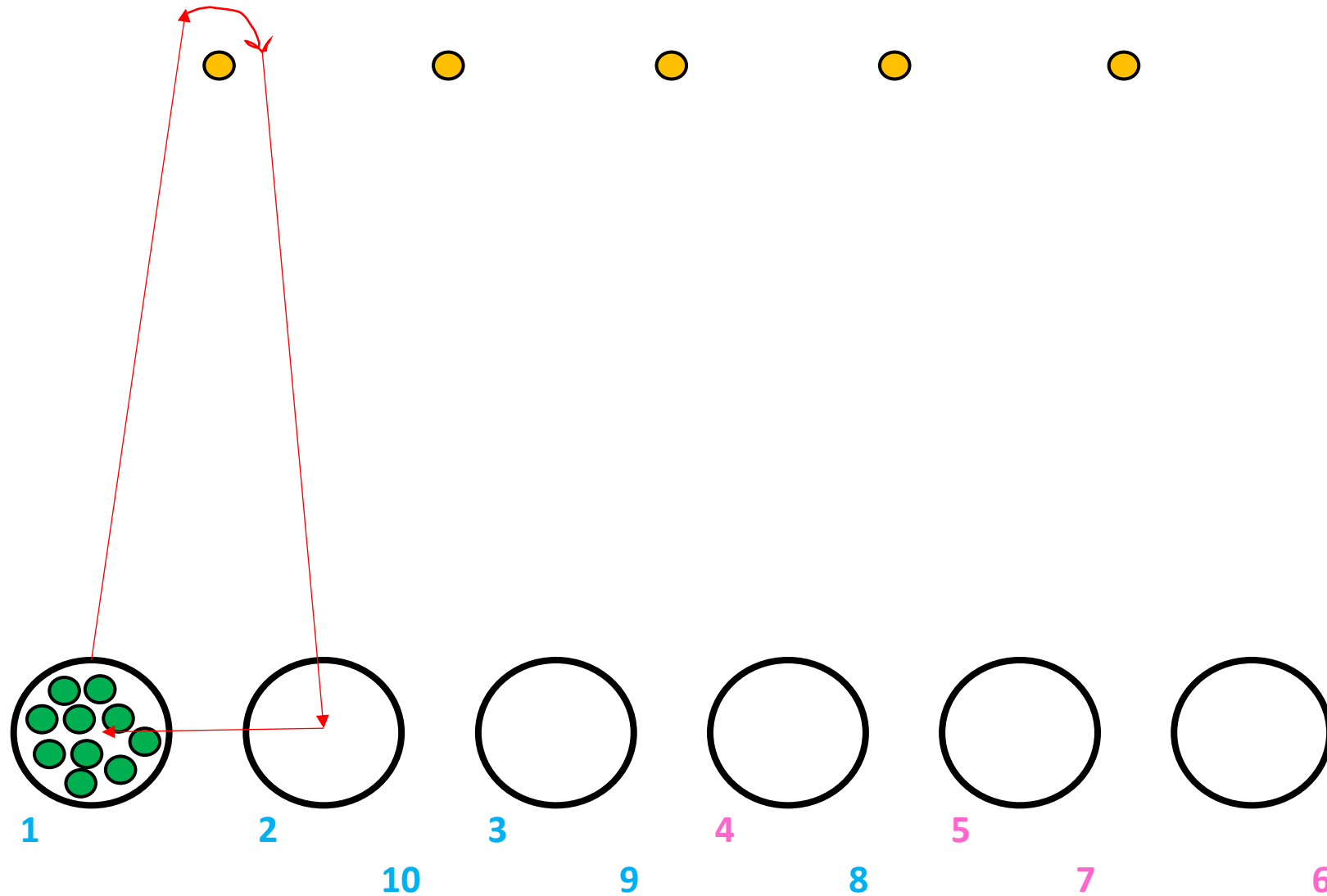
Sandbag Relay – Male Division



Sandbag Relay – Female Division



Sandbag Relay – Mixed Division



HUMVEE Tire Flip

- * Team starts with all members pulling a HUMVEE up to 30 yds
- * Team will then run to small tire station to carry 10 tires 50 yds
- * Team will then run onto the field and do an old-school tire flip, 50 yds out, around cone, 50 yds back
- * Team then leaves field, carries the 10 small tires 50 yds back to first tire station, then sprints to finish

Notes

- * After all pull HUMVEE, teams decide how to do the rest of the course
- * Big tire must have at least 3 on it
- * Any team member that crosses finish line early cannot re-enter
- * Time stops when last team member crosses the finish line
- * Penalty for rolling the large tire
- * Penalty for Raiders in front of large tire



Physical Training Test (Overview)

- * Course distance is ~0.34 miles
- * Tasks include things like:
 - * Jugs, ammo cans, kettle bells
 - * 4- or 6-foot wall
 - * Vault (body must touch)
 - * Agility maze
 - * Tire step
 - * At turnaround cone, reset course
- * Time stops when last team member crosses the finish line
- * Team members can finish early but cannot re-enter the course
- * Penalty for dropping equipment
- * Penalty for not completing a task



Physical Training Test (Male Division Teams)

- * Tasks will include, in order:
 - * 20 misc item carry for 20 yds
 - * 6-foot wall
 - * 240 lb canoe carry for 20 yds
 - * 8x tire dance (high knees)
 - * Culvert crawl
 - * Agility maze
 - * Turn around cone, reset course
- * No req for team to stay together
- * Time stops when last team member crosses the finish line
- * Team members can finish early but cannot re-enter the course
- * Penalty for dropping equipment
- * Penalty for not completing a task



Physical Training Test (Mixed and Female Division Teams)

- * Tasks will include, in order:
 - * 20 misc item carry for 20 yds
 - * Agility maze
 - * Vault (body part must touch top)
 - * 8x tire dance (high knees)
 - * 4-foot wall
 - * Turn around cone, reset course
- * No req for team to stay together
- * Time stops when last team member crosses the finish line
- * Team members can finish early but cannot re-enter the course
- * Penalty for dropping equipment
- * Penalty for not completing a task



Rope Bridge

- * Reference FM 3-97.61, TC 90-6-1
- * Telephone pole courses (x2)
- * 60-foot span b/w anchor points
- * Dead zone at 6 ½ feet from anchors
- * Can't step over dead zone boards
- * Penalties listed on scoresheet



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