

EMPOWER COLLEGE AND CAREER CENTER
JUNIOR RESERVE OFFICER TRAINING CORPS
1952 WINDER HWY JEFFERSON GA 30549

W1V5AT

10 Aug 2025

SUBJECT: Memorandum of Instruction (MOI) Empower College and Career Center (EmpowerC3)
Raider Meet SEP 27 2025

Empower C3 Raider Meet, GA. 1952 WINDER HWY JEFFERSON GA 30549

1. Scope: The EmpowerC3 Raider Meet is designed to:
 - a. Offer Raiders a physically demanding competition
 - b. Promote a competitive team spirit among the participants
 - c. Provide a physical fitness and teamwork challenge
 - d. Develop respect and self-esteem among Raiders
 - e. Serve as an Area 8 State Qualifier
2. Each Raider Team will Compete in the following (6) six events.
 - a. **TEAM RUN:** Each Raider team will run twice (2) around a 1-mile designated course around EmpowerC3. (The TEAM RUN is the tie breaker event)
 - b. **ONE ROPE BRIDGE:** Each Raider team must construct a one-rope bridge across a 45-foot span. Teams will need to bring their own Swiss seats, rope, and snap links. Poles are 60 feet apart.
 - c. **RAIDER CHALLENGE:** Each Raider team will transport a weighted litter, rucksacks, and additional items while negotiating a designated course.
 - d. **OBSTACLE COURSE:** Each Raider team will negotiate the obstacle course. The course consists of ten obstacles:
 - f. **TIRE FLIP:** Each Raider team will flip a large tractor tire a distance of 50 meters, across a mid-point line and flip the same tire 50 meters back to the start/finish line. The tire is a two-Raider flip and the team will perform the event in a "Double Ducks in a row" pattern.
 - g. **SURPRISE EVENT:** This event will not be used in overall placement. All team members and coaches can participate.
3. Thank you for participating in our Empower Raider Meet.

Billy Chau

MAJ BILLY CHAU
Senior Army Instructor
Empower College and Career Center

GENERAL INFORMATION

1. The meet will be held at EmpowerC3 in Jefferson, Georgia. Enter via the Winder Hwy (HWY 11) entrance.
2. Graders will be provided by local recruiters and ROTC programs. Please thank them for their support. Team coaches may be asked to help if needed.
3. The Leaders' Meeting is at 7:00 AM in the bottom of the GYM. The Run starts at 7:30 AM, followed by Block events at 8:30 AM.
4. To keep the event running smoothly after the run, teams must be on time and ready for their Block events.
5. Team Composition: All Teams may have up to 14 Raiders, Male and Mixed teams will have 10 compete in each event. Female teams will have 8 compete in each event. Coaches may substitute the alternates before the start of an event. Substitutions during an event are not allowed due to injury or fatigue. Raiders can only compete on one team. Mixed Teams must have at least four females participating in each event.
6. ACU/OCP trousers, boots, and a tan or school T-shirt are required for all events (running shoes are recommended for the Team Run). No PT shorts or spikes are allowed.
7. The entrance fee is \$75 for the first team and \$25 for each additional team. No more than two teams per category per school, with no more than 3 teams per school. The registration and refund deadline is Sep 20, 2025. Area 8 Schools hosting a Raider meet in the 2025/2025 school year are exempt from payment.
8. Each team must have a liability release form for each Raider. These forms should be kept at the team level. If needed, we can provide the form.
9. The Rope Bridge competition will be graded by selected coaches, with all scoring equipment provided. Coaches may also be asked to score other events if necessary.
10. Score sheets will be provided in the school packets at the Leaders' Meeting.
11. Latrines are available in the school buildings; there are no portajohns in the competition area. Water is available at each event. Teams are responsible for their meals and refreshments. A concession stand will be open (cash or card). Teams cooking onsite may use a gas or charcoal grill, but open campfires are not allowed.
12. Dog Tag Sets are available for pre-order for \$50 per team of 14. Custom dog tags will also be available on-site for \$5 each.
13. The Awards Ceremony is scheduled for 2:00 we will have trophies for 1st, 2nd, & 3rd places in each event and trophies and steamers for all three placements Male, Female, and Mixed.
14. If you have any questions, contact 1SG Andrew Keene at 770-823-4479 or akeene@jcss.us.



ANNEX A RAIDER TEAM REGISTRATION FORM

School Name: _____

Head Coach: _____

Cell Phone Number: _____

Email Address: _____

Total Number of Teams: _____

Category of Teams: Male _____ Mix _____ Female _____

Sets of TEAM Dog Tags @ \$50 x # _____ = \$ _____

The price is \$75.00 per team and \$25 for each additional team.

(Limit two teams per category)

Cash or Check can be turned in on meet day.

Make Checks Payable to

Empower College and Career Center JROTC

Email completed forms to 1SG Andrew Keene @ akeene@jcss.us

Forms must be received by COB on 19 September 2025



ANNEX B EVENT INFO

TEAM RUN

The uniform is OCP/ACU trousers w/belt and **RUNNING SHOES** (Boots are authorized but strongly discouraged) with a school or tan shirt. (No spikes or shorts)

1. Team Run:

- a. The Team Run will be a 2-mile run conducted around the Empower College and Career Center Campus. (Running the “Bolt”)
- b. Start and Finish will be located at the Empower JROTC Marksmanship Barn. (See enclosed Map)
- c. Teams will be separated by 1 Minute, we will start with Males, then Mixed then Females, Coaches will be responsible for their team's time.

2. Event:

- a. On the Command “GO” the Raider Team will begin their two laps of the 1 mile run around the school.

3. Scoring:

- a. Score is the time from “GO” to when the last Raider on the team crosses the finish line.
- b. The team with the fastest time will receive 1st place etc.

4. Penalties:

- a. 1 minute for unsportsmanlike behavior/Cussing

5. Disqualification:

- a. Deliberately cutting the course to save time.
- b. Fewer than 10/8 Raiders starting or finishing the event.
- c. Raiders not in the required uniform.
- d. The mixed team not having at least four females.



ANNEX B EVENT INFO

ONE ROPE BRIDGE

The uniform is OCP/ACU trousers w/belt and boots with a school or tan shirt.

1. The One Rope Bridge:

- a. Each team must construct a one-rope bridge spanning a forty-five-foot distance.
- b. Teams may use either a nylon-laid rope or Kern mantle rope to construct the bridge.
- c. All teams will use the same poles at this competition. There are two sets of poles that are approximately 12 inches in diameter, 60 feet apart, and are pressure-treated. The dead zone area is approximately 45 feet in length.
- d. Seats will be completed prior to beginning the timed one-rope bridge, and equipment will be laid out. **Ropes will be backfed into a duffle bag or similar bag.**

2. Event

- a. On the Command “GO” the 10/8 Raider team will start by building the one rope bridge, crossing the dead zone, and disassembling the one rope bridge. Time will stop when the entire team has crossed the bridge, all equipment and ropes are across, all knots are out of the rope, and the team captain **YELLS “Time”**. Swiss seats need not be taken off before time is called.
- b. The rope does not have to be coiled in any special manner after being torn down but will be free of any knots at the finish line.

3. Scoring:

- a. Score is the time from “GO” to “TIME” plus penalties.
- b. The team with the fastest time will receive 1st place etc.

4. Penalties:

- a. See the Scoring sheet, assigned by the 6th Brigade for the 2025 Raider Season

5. Disqualifications:

- a. A rope or harness that fails once Raiders start to cross the one rope bridge.
- b. Fewer than 10/8 Raiders starting or finishing the event.
- c. Raiders not in the required uniform.
- d. The mixed team not having at least four females.

ANNEX B EVENT INFO RAIDER CHALLENGE

The uniform is OCP/ACU trousers w/belt and boots with a school or tan shirt.

1. Raider Challenge:

- a. Teams will be briefed on the route prior to the start, allowing for questions.
- b. Each Raider team will run a pre-determined course.
- c. Each team will carry a weighted stretcher, rucksacks, ammo cans, water jugs, and other predetermined equipment.

2. Event:

- a. On the command "GO," the Raider team will start the designated course with a sprint, then the team will proceed to a low crawl section, following the low crawl, the team will pick up ammo cans, water jugs, and a litter/canoe. The team will carry all equipment down to a designated turnaround cone and back to the equipment pick-up points. Placing equipment down is ok, dropping or throwing is not.
- b. All personnel and equipment must cross the halfway point of the course.
- c. The team is required to carry all equipment throughout the entire course.
- d. Raiders are allowed to change who carries the equipment at any time during the course.
- f. Time stops when all Raiders cross the finish line.

3. Scoring:

- a. The score is the time from "GO" to the last Raider crosses the finish line plus penalties.
- b. The team with the fastest time will receive 1st place etc.

4. Penalties:

- a. 30 Seconds (each incident) will be added for dropping or throwing equipment.
- b. 30 Seconds (each incident) Equipment left outside of designated areas.
- c. 30 Seconds for PVC knocked down, 1 penalty per PVC Pipe
- d. 1 minute for unsportsmanlike behavior/Cussing

5. Disqualifications:

- a. Fewer than 10/8 Raiders starting or finishing the event.
- b. Raiders not in the required uniform.
- c. The mixed team not having at least four females.

ANNEX B EVENT INFO OBSTACLE COURSE

The uniform is OCP/ACU trousers w/belt and boots with a school or tan shirt.

1. Obstacle Course:

- a. Each Raider team will compete in the obstacle course. The course consists of ten (12) obstacle events.
- b. Teams will be briefed on the route prior to the start, allowing for questions.

2. Event:

Starting on the RED ROPE, on the Command “GO” the Raider team will negotiate the obstacle course. Event completion is more important than time.

3. Scoring:

- a. Rubber Bands will be given for Obstacle completion by a Raider in an Orange Vest, it is the responsibility of the Raider running the course to get the band.
- b. Teams with the most completed obstacles will receive 1st place.
- c. In case of a tie, time will be used as the tie-breaker.

4. Penalties:

- a. 1 minute for unsportsmanlike behavior/Cussing.

5. Disqualifications:

- a. Fewer than 10/8 Raiders starting or finishing the event.
- b. Raiders not in the required uniform.
- c. The mixed team not having at least four females.

ANNEX B EVENT INFO

TIRE FLIP

The uniform is OCP/ACU trousers w/belt and boots with a school or tan shirt.

1. Tire Flip:

Each Raider Team will flip a large tire 50 yards out and back.

2. Event:

- a. On the command "GO," the Raider team will flip a 250lb/200lb tire 50 meters out and 50 meters back.
- b. The tire must completely cross a mid-point line before being flipped back to the start/finish line.
- c. Team captains will organize their teams in a two-person duck-in-a-row formation.
- d. Time stops when the entire tire is across the start/finish line and on the ground, **completely still.**

3. Scoring

- a. The score is the time from "GO" to the tire completely crossing the finish line and completely still, plus penalties.
- b. The team with the fastest time will receive 1st place etc.

4. Penalties

- a. 30 seconds allowing the tire to roll to cover more ground.
- b. 30 seconds allowing the tire to twist to cover more ground.
- c. 30 seconds sliding the tire to cover more ground.
- d. 1 minute for unsportsmanlike behavior/Cussing.

5. Disqualifications

- a. Fewer than 10/8 Raiders starting or finishing the event.
- b. Raiders not in the required uniform.
- c. The mixed team not having at least four females.

Team Dog Tag Order Form: \$50 per Team Set



SCHOOL: _____

Raider 1: _Last_____First Initial, _____

Raider 2: _Last_____First Initial, _____

Raider 3: _Last_____First Initial, _____

Raider 4: _Last_____First Initial, _____

Raider 5: _Last_____First Initial, _____

Raider 6: _Last_____First Initial, _____

Raider 7: _Last_____First Initial, _____

Raider 8: _Last_____First Initial, _____

Raider 9: _Last_____First Initial, _____

Raider 10: _Last_____First Initial, _____

Raider 11: _Last_____First Initial, _____

Raider 12: _Last_____First Initial, _____

Raider 13: _Last_____First Initial, _____

Raider 14: _Last_____First Initial, _____

We will pay by CHECK_____ or Cash_____