



BENEDICTINE

MILITARY SCHOOL JROTC

FORWARD, ALWAYS FORWARD



6502 Seawright Drive, Savannah Ga 31406
(912) 644-7000

SUBJECT: Letter of Instruction (LOI) Benedictine Military School Raider Challenge Competition.

1. Purpose: This LOI sets out the tasks, conditions, and standards for the BC Raider Challenge competitions which will be held on Saturday, 18 October 2025, in Savannah, GA.
2. Scope: The Benedictine Raider Challenge Competition is designed to:
 - a. Offer cadets a physically demanding competition
 - b. Promote a competitive spirit among the participants
 - c. Provide a physical fitness challenge
 - d. Develop respect and self-esteem among cadets
 - e. Serve as an Area 1 State Qualifier

GENERAL INFORMATION:

1. Schools can have a maximum of three teams. The Cadet Raider Challenge Area Championship is open to any school within Area 1. Additional slots may be filled with other teams but they will not be able to compete for State slots.
2. Registration deadline: 3 October 2025.
3. Entry Fees: \$100. Checks can be made payable to Benedictine Military School. Fees can be mailed ahead of time with the registration form or turned in the day of the competition. (See Annex A)
4. Trophies will be awarded to the top three teams in each event in each category. Trophies will be awarded to the top two teams in each category.
5. This event will also serve as the Area 1 state qualifier.
6. Competition will consist of 5 events: Team Run, Cross Country Rescue (CCR), Raider Fitness Challenge (RFC), One Rope Bridge, and Raider Item Relay.
7. The coaches meeting will take place on Saturday at 0800 in the JROTC Classroom, Room C6 and the competition will begin at 0830. Only JROTC Instructors or an adult representative should be present during the briefing.
8. Please park in designated parking areas only. (Large Parking Lot. Buses on Back row).

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9. If your team would like to set up a canopy or tent, there will be a field located near the Rope Bridge area where they can be set up. It is grass and dirt, so the tents can be staked down. We will not be setting anything up on the concrete plaza this year.
10. There will be food trucks, to include a snowcone truck, on site in the afternoon for those that wish to purchase food. Instructors are responsible for providing meals for their teams.
11. Instructors please bring a stopwatch for backup timing in the team run event.

SPECIFIC INSTRUCTIONS:

1. When you arrive, instructors must check in at the registration room.
2. Each team will be given a packet with score sheets during sign in.
3. Each team can consist of 14 members but only 10 will be allowed to compete in any one event. Competing cadets will be allowed to compete on one team only; meaning a cadet on the male team cannot be a substituted for a cadet on the mixed team.
4. Mixed teams must have a minimum of four females competing in each event and can have up to nine females competing. Female teams will compete with 8 females in each event.
5. **Brief cadets on taking care of equipment.** Dropping rucks, litters, water cans, etc. can damage equipment and cause an event to get behind. Penalties will be awarded for neglecting equipment.
6. Because of the narrow trails, only the Raider team members will be allowed to be on the CCR and run courses. **Only the ten members of the team are allowed on the course, no “motivational run along allowed”.** There will be plenty of spectator areas for family and coaches near the start/finish line for every event. If your team has someone taking pictures they will be allowed to go on the course as long as they do not interfere with other teams or coach.
7. If a team member is injured during the course and cannot finish, the team must tell the Judge. Time will stop when the eighth Raider crosses and a **5-minute penalty** will be added to the team’s final time. Always leave a teammate with an injured Raider. Never leave them alone on the course.
8. Judges will brief teams clearly before each event. Penalties will be clearly defined. Each competition event will keep the same judge throughout the competition. After the completion of the event, the team commander will go to the judge for the time and notification of any penalties assessed. Do not argue with the judge. All concerns should be addressed to LTC Suhr.
9. Teams will be given a round robin schedule matrix to follow. Please follow the matrix you are given to prevent bottlenecking at longer events. If a team or school decides not to compete in an event please inform LTC Suhr in the scoring room to prevent a frantic search at the end of the day for a missing scoresheet.
10. Unsportsmanlike conduct, such as profanity, will be subject to a one-minute penalty each time a member of a team does not conduct themselves as a JROTC cadet. The judge also has the authority to disqualify

a team for unsportsmanlike conduct, to include the actions of team coaches and parents. Once again, if you have a concern contact LTC Suhr.

11. Teams must follow signs and/or trail guides to stay on the course. If a team leaves the designated course they will be disqualified. Part of each event is attention to detail. All courses will be CLEARLY marked so this should not be a problem.
12. Our school Head Athletic Trainer will be onsite. In the event of an injury notify a judge, instructor or any cadet in an orange or yellow vest and the Trainer will be dispatched to the site of the injured person. His number will also be provided at the coach's meeting. (See Annex G for medical evacuation plan)

WEATHER INFORMATION:

1. **Weather:** Hot Temperatures could be a factor for this competition. Each team should bring their own water and ice. There is not a lot of shaded areas around Benedictine Military School so it is recommended that schools bring their own shade tent.
2. **Lightning:** 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.
 - a. If lightning is determined to be within 10 miles of the meet, the host will sound an air horn to gain the attention of all participants and spectators. All attendees should immediately return to their POVs/busses, or the main school building to seek shelter.
 - b. Host will announce all clear to the attendees once the lightning storm is a safe distance away.

COMPETITION EVENTS:

See **Annex B – Event Map** for event locations. The Raider Competition will consist of five events that are designed with minimal chance for penalty. Teams may recon the sites prior to the start of the competition. We will try and have all school teams competing at the same location for the convenience of the coaches and school's guest support.

1. **Team Run:** The team run will be a distance of approximately 2.5 miles. (See Annex C for route) Uniform will be ACU/OCP with running shoes or boots.
 - a. It will be a staggered start and the course will be clearly marked. The teams will complete one lap of the trail.
 - b. The terrain will be over rough terrain on dirt and grassy trails. It is very narrow in some areas so nobody will be allowed to run with the team for cheering or encouragement.
 - c. Team scores will be based on total time it takes for the Team to finish the course. All Raider Team members must cross the finish line. Time will stop when the last member of the team crosses the finish line. Raider Team members cannot push, pull, hold hands or carry their teammates at any time during the Team Run Event. A (50) second violation will be added on to the run time. At No time will a coach, cadet, team member, parent, chaperone, or Cadre run along or "pace" a Raider Team. Any Raider Team caught violating this rule will be DISQUALIFIED. If for any reason a Raider Team member drops out of the Team Run Event after the run starts the Team will ensure the cadet is taken care of by getting medical help or

other help needed for that team member. Once help arrives, the rest of the team can finish the run if so desired. Teams will incur a five (5) minute penalty for each team member who drops out of the run.

2. **Cross County Rescue:** The course length is roughly 0.5 miles. The event will take place on uneven terrain with possible mud. Obstacles include a 9-foot wall and several hills with rough terrain. The mission is to get all ten team members and all equipment over the wall (except litter) and through the course as quickly as possible. Uniform will be ACU/OCP with boots. Gloves are optional.
 - a) Male teams will have 4 rucksacks and 1 litter. Mixed teams will have 3 rucks and one litter. Female teams will have 2 rucks and 1 litter. **The rucksacks will weigh 35 lbs. for male and mixed teams and 25 lbs. for female teams. The litter will weigh 135 pounds for male & mixed teams and 90 pounds for female teams.**
 - b) Teams must remain within line of sight on the course.
 - c) **Team will finish with all members and all equipment in the box. Time will stop when all equipment and team members are in the box.**
 - d) **Do not leave any equipment unattended anywhere on the course.** If you go back to help, you must leave your ruck with a teammate.
 - e) Should team leave equipment on course, the team will receive a **5-minute penalty** per each piece of equipment.
 - f) **Crossing the wall:** all cadets and rucks must go over the wall **or a 1 minute penalty will be assessed per occurrence.** The litter will not go over the wall, it will be located just past the wall and will be picked up once the Raiders have cleared the wall. **If a ruck is dropped or thrown from the top of the wall it will be a 1 minute penalty per occurrence.** Someone should be on the other side of the wall receiving the rucks and setting them down. (Please take care of equipment)
3. **Raider Fitness Challenge (RFC) see Annex D for diagram:** This event is approximately a 200 yard course. Raider teams will pair up into two equal teams. Uniform will be ACU/OCP Trousers with boots. The first team of five will take off from the start line and reach the following obstacles:
 - a. Low Crawl
 - b. A Frame / Dog House
 - c. Equipment Carry (water cans, ammo cans, etc.) (transport 30 yards)
 - d. Six foot wall (All Raiders must go over)
 - e. Zig Zag Maze
 - f. Sand bag pick up (male and mixed teams will pick up 6 sand bags, female teams will pick up 3 sand bags. (Sand bags weigh approximately 30bs) Sand bags will be carried and placed into the canoe. * Note: After carrying the canoe, Team Two will remove the sandbags from the canoe and return them to where Team One picked them up.

- g. Canoe Carry (transport 30 yards)
 - h. Once team one has placed the canoe past the line, they will sprint across the line where the other half of the team is waiting. Once team one crosses the line, Team two will reverse the course.
 - i. All equipment must be across the line when sat down and movement has stopped.
 - j. All team members must be touching the canoe before it can be moved.
 - k. Dropping or throwing equipment results in a penalty. If a water can falls over after you sit it down it is not a penalty.
4. **Raider Item Relay see Annex E for diagram:** Teams will carry items in a relay style, carrying items approximately 20 meters around a cone and place them in a designated area. Raiders will be broken down into two teams as shown in the diagram. Uniform will be ACU/OCF Trousers with boots.
- a. The first team member, Raider 1, will carry no more than two items from point A, approximately 20 meters around an obstacle to point B, where they will place (NOT THROW) the carried items. They will return to point A, in the most direct manner possible, and repeat the course until all items (10 for male and 6 for female) have been moved to point B. Once Raider 1 places two items at point B, Raider 2 can begin moving items to point C, and so on.
 - b. If a team member begins the event carrying two items, but in the course of moving between lines decides that it is too difficult to continue to carry two, they must ground the second item in place, continue to carry the one item to the next line, return to the grounded item by retracing their route, pick up the grounded item and carry it to the next point. Once the second item is placed in the designated area, the team member can travel via the most direct route to continue the carry.
 - c. Raider 6 cannot begin until all items are at point F. Once all items are at point F, Raiders 6 – 10 will begin the course in reverse order.
 - d. Mixed Team females must be Raider 7-10, since they will only be carrying six items. If mixed teams use five females in this event, the fifth female must carry the same number of items as a male raider.
 - e. Penalties will be assessed for throwing items, not placing the items in the designated area, or failure to go out around the cone.
 - f. Please see the following video which shows how to conduct the Raider Item Relay: (ignore the first person carrying 4 sandbags, you can only carry 2)
<https://youtu.be/1LHl8sjRyIQ?si=WBwaOew44pmK4SZP>

5. **Rope Bridge:** Reference FM 3-97.61 and TC 90-6-1 (Military Mountaineering-2002) for construction details. Follow this MOI and the attached score sheet (**Annex F**) for rope bridge competition penalties and details pertaining to the Cadet Raider Challenge. Below are some basic guidance for common conflicting methods for constructing a rope bridge. Please note the items in **bold**. These are in no particular order.
- a) Distance between poles is 60 feet for male teams and 45 feet for mixed and female teams. Dead space will begin 6-7 feet from both anchor points. All team members and equipment must start behind the nearside anchor point. **Rope will be coiled/placed in a bag. NO laying rope out flat.**
 - b) Teams will only get one shot at completing the Rope Bridge. No redo's.
 - c) If a Cadets back touches the ground while crossing, they **will not** be penalized. If their feet or hands touch they will be penalized **if the judge deems they are pushing off to gain an advantage.**
 - d) Aussie Seats and Swiss Seat refer to the FM and TC (square knot with overhand knots w/ 4" pig tails). Knots will only be inspected for safety.
 - e) The Far-Side Raider ties an end of the line bowline w/overhand knot or figure 8 and snaps in before crossing into the (dead zone) and is **belayed across the dead zone** (no figure 8 across the body). Belaying means someone is controlling the rope in both hands and watching the Raider cross.
 - f) **The near-side construction;** A wireman's knot or figure 8 slip knot on a bite is the only authorized transport Tightening System. Snap links or a stick can be used to aid in the disassembly of the knots. The snap-links or stick may not be used as speed tighteners. Be prepared to tie your near or far side knot after your rope bridge is complete should the judge request it.
 - g) Once the transport knot is complete it **must be connected back to the bridge rope with a steel snap link. Steel link must be locked.** If you don't have a steel snap link we can provide one.
 - h) **The far-side construction** must be secured **with two round turns and two half hitches** with or without a quick release or; a **tensionless anchor knot** minimum of 4 wraps around far-side anchor.
 - i) The transport tightening system is secured to the anchor using two round turns and two (2) half hitches with or without a quick release. Either way it must have a 4 inch pig tail. The half hitches do not have to pass around all ropes between the anchor point and the wireman's knot or figure 8 on a bite. No Raider can be snapped in to the one rope bridge until the construction is complete.
 - j) Near Side Raider disassembles the transport system on the near-side. He/she can tie a bowline w/overhand knot or a figure eight in the end of the bridge rope or use the existing Wireman's or Figure 8 loop and secures the snap-link on his/her waist harness. **The Near Side Raider is then belayed across the obstacle by Raiders on the far-side.**
 - k) As long as the Raider belaying has two hands on the rope and is looking at the near and far side raider cross the dead zone no penalties will be assessed.
 - l) **Refer to Rope Bridge Score sheet for additional guidance.**

ADDITIONAL INFORMATION:

1. Benedictine Military School is located at 6502 Seawright Drive, Savannah, Ga 31406.
2. POC for this memo is SFC Brooks, Leona (Ret.). For any question please email leona.brooks@bcsav.net or call 912-644-7000 ext. 6503.

Annex A – Registraion Form

School Name: _____

POC: _____

Number of Teams: _____

Category of Teams: Male _____ Male/Mix _____ Female _____

Entry fee is \$100.00 per school. (Limit two teams per category.)

Amount Enclosed: _____ (Make checks payable to
Benedictine Military School)

Signature of POC: _____

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**Mail checks and forms to:
Benedictine Military School
Attn: JROTC Department
6502 Seawright Dr
Savannah, GA 31406**

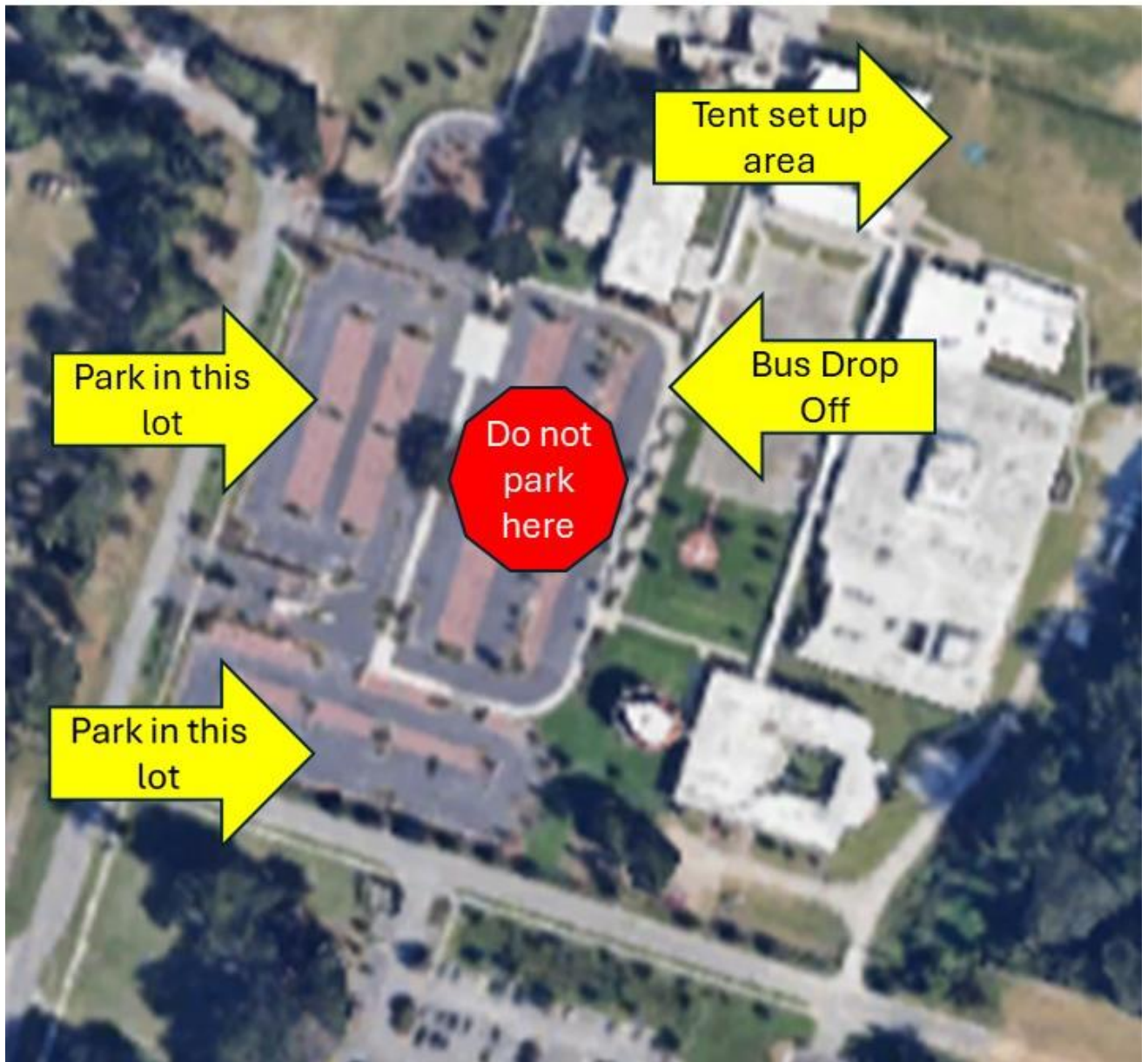
Annex B - EVENT MAP

PARKING INFORMATION:

Please park in lots marked by with the yellow areas.

Please do not park in the area labeled with the red stop sign as we will have an alumni event going on at the school.

Buses can pull up to drop off area to drop off teams and equipment before moving to parking area.

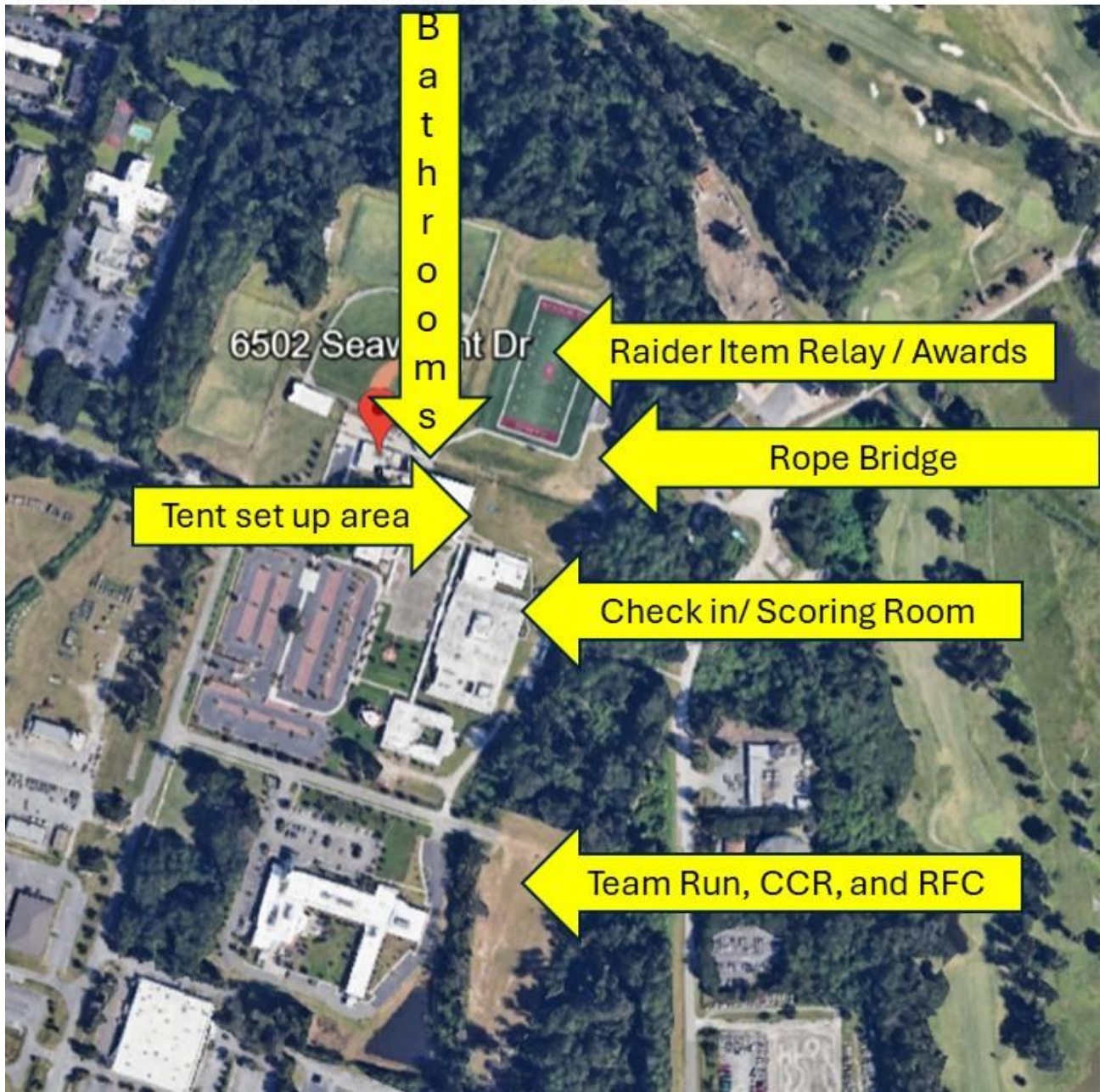


Check in located in Room C6, follow signs.

Team run, CCR, and RFC will all start on Parcel 4. Follow gravel road from tent set up area to field. (Follow signs)

Raider Item Relay and Awards will take place on the football field.

Rope Bridge is beside the football field.

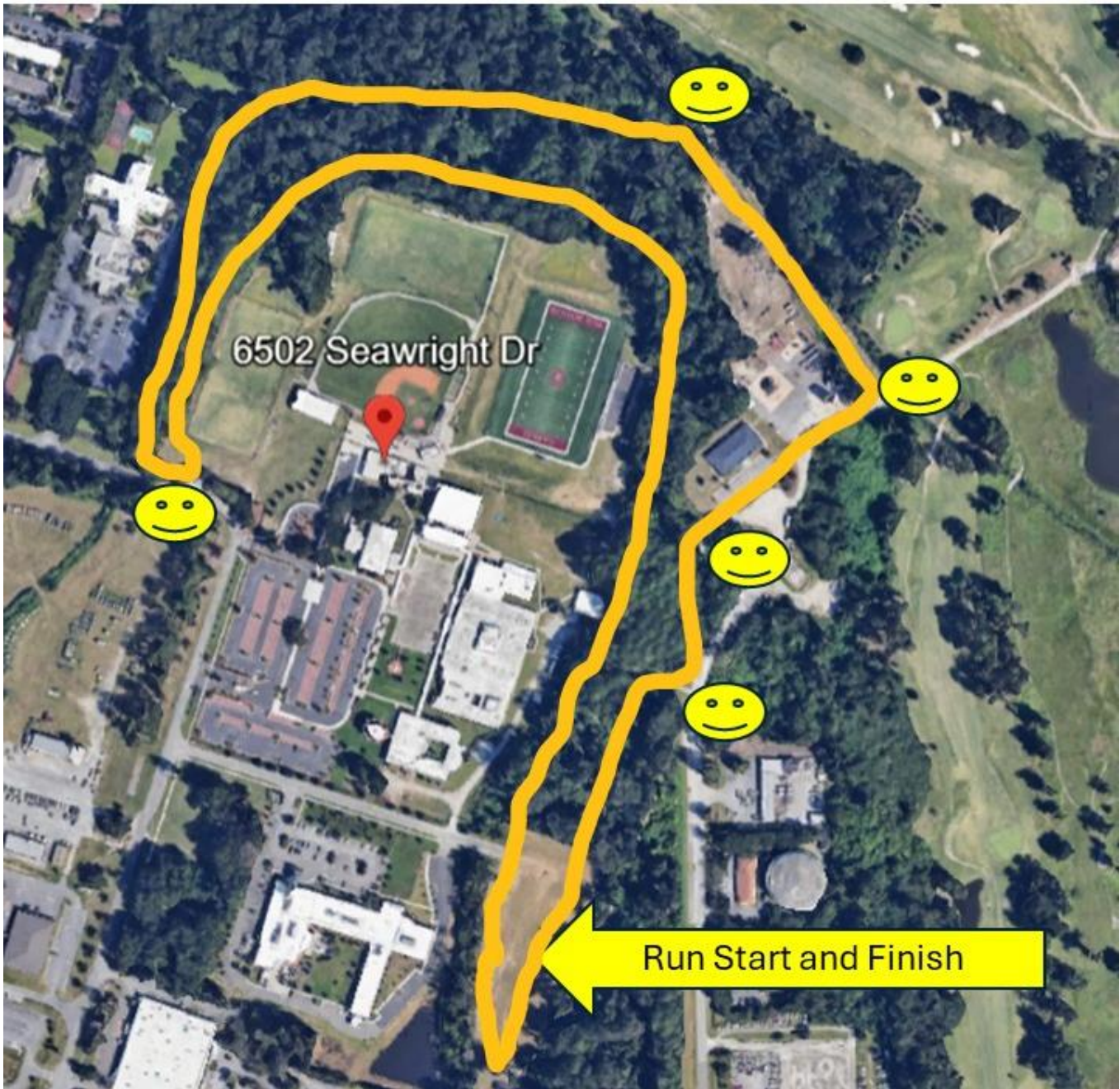


Annex C – Run Route

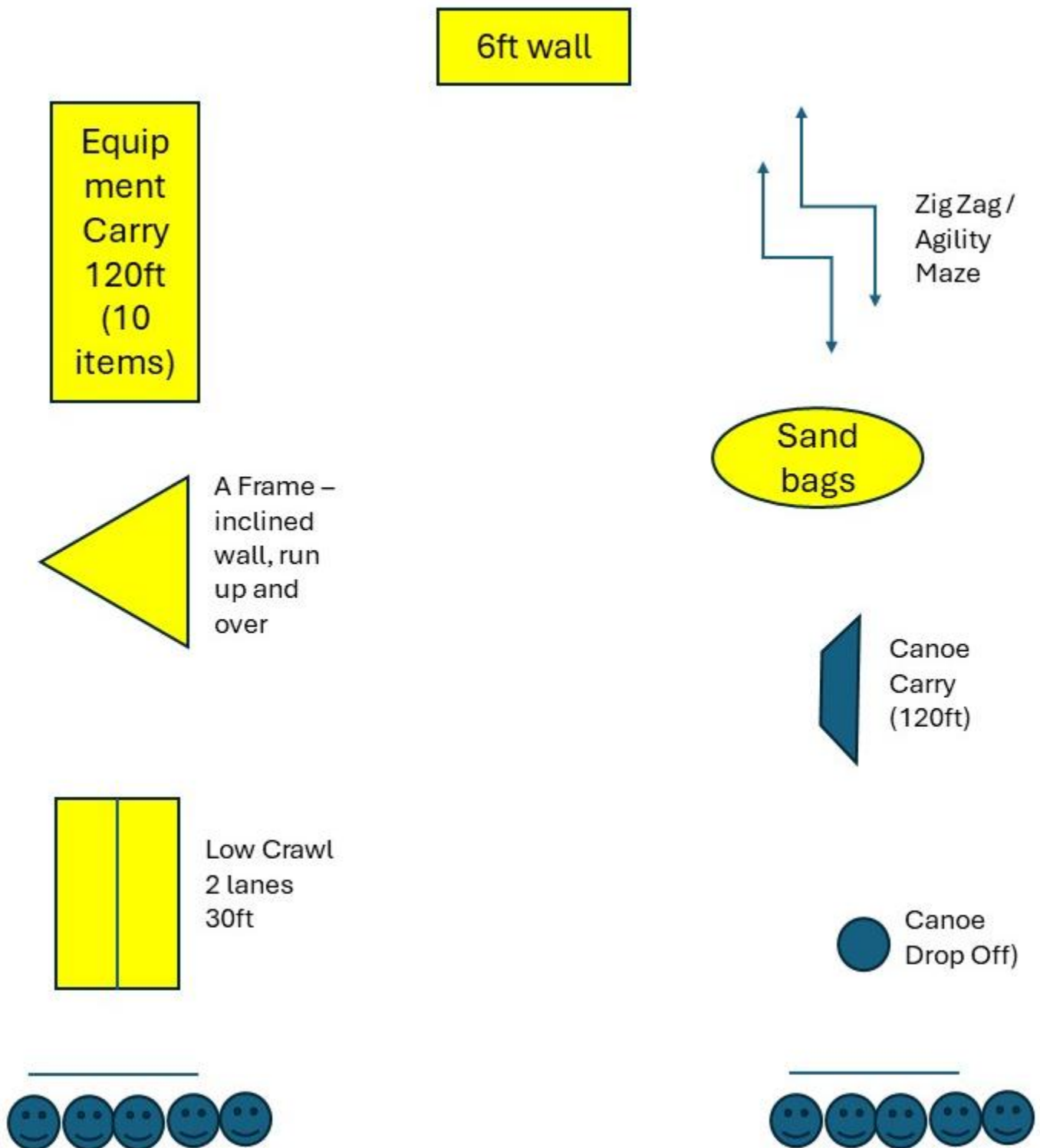
Run will start and finish on Parcel 4.

Route will be marked with engineer tape.

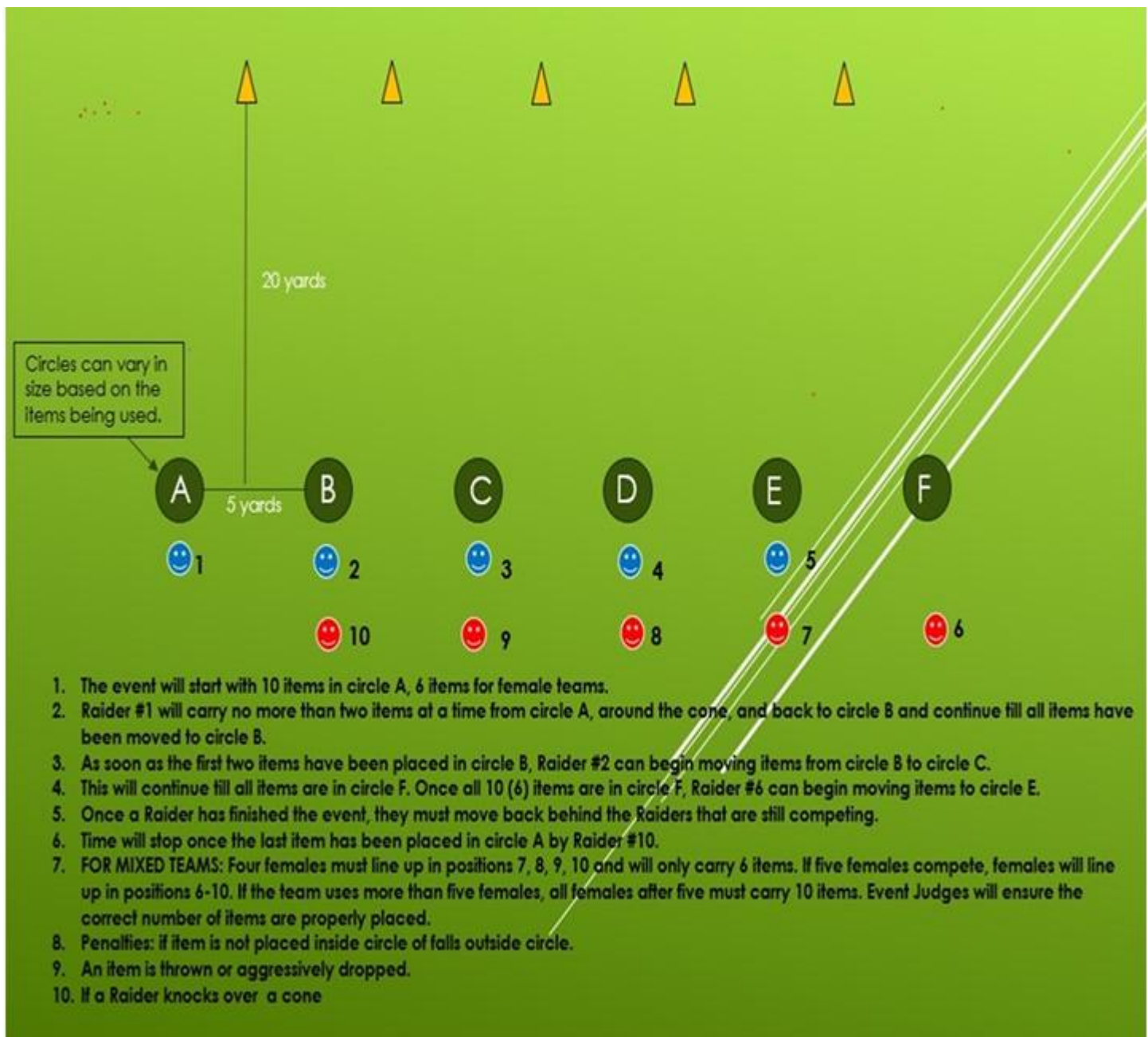
There will be a Cadet at all major turns on the course.



ANNEX D – Raider Fitness Challenge Diagram



Annex E – Raider Item Relay Diagram



Please see the following video which shows how to conduct the Raider Item Relay:
(ignore the first person carrying 4 sandbags, you can only carry 2)

<https://youtu.be/1LHl8sjRyIQ?si=WBwaOew44pmK4SZP>

Annex F: Rope Bridge Score sheet

SCHOOL:	MALE 1 2 3 FEMALE		
	MIXED 1 2		
ROPE BRIDGE SCORE SHEET	Time Per Penalty	# of Penalties	Total
EQUIPMENT/PREPARATION/INSPECTION: 5 MINUTES.			
Improper Aussie Seats on far and near side raiders. (on the spot fix)	NP		
Improper SWISS SEAT; Snap link must surround all ropes and when rotated to the "UP" position, gate opening is "away from Raider" (on the spot fix)	NP		
Rope improperly laid out. (Back laid in pile, coiled or IN A BAG) (fix before start)	NP		
CONSTRUCTION OF ROPE BRIDGE			
Far Side Raider –Improper Bowline w/bite or Figure 8 when crossing	30 SEC		
Far Side Raider not clipped in with snap link prior to entering dead zone (VERIFY)	30 SEC		
Far Side Raider not belayed properly across the dead zone	15 SEC		
Dead zone violation (touching obstacle during loading/unloading, equipment loss)	15 SEC		
Far Side anchor knot not two round turns w/2 half hitches or tensionless anchor	1 MIN		
Improper Transport Knot: wireman's knot or figure 8 knot with a bite	1 MIN		
Near-side not secured w/round turn, 2 half hitches with or without quick release	1 MIN		
Opening gates not opposite (if using two steel snap links)	15 SEC		
Two half hitches on near side knot are not between the anchor point and steel snap link	30 SEC		
CROSSING			
Any Raider hooked up before near side or far side is complete	15 SEC		
Failure to face rope, mount onto rope w/snap link <i>then</i> rotate body under rope	15 SEC		
Dead zone violation (touching obstacle during loading/unloading, equipment loss)	15 SEC		
Crossing Raiders FEET or HANDS touch the dead zone to gain an advantage	30 SEC		
More than three (3) Raiders clipped into the bridge rope at any one time	30 SEC		
BREAKDOWN OF ROPE BRIDGE			
Breaking down rope bridge before last cadet is off rope	30 SEC		
Near Side Raider not clipped in with snap link prior to entering dead zone	30 SEC		
Near Side Raider not belayed properly across the obstacle	15 SEC		
Near Side Raider bowline w/overhand safety or figure 8 incorrect while crossing	30 SEC		
Rope or any item left in the dead zone after time is called	15 SEC		
Knots or snap links left in the rope after bridge break down and "TIME" is called	30 SEC		
ADDITIONAL PENALTIES AND NOTES			
Improper markings on rope that are obviously an advantage (cheating)	DQ		
Coaching from a non-team member (warning before penalty)	1 Min		
Rope Bridge Failure	DQ		
Use of Speed Tighteners (do not twist snap-links)	30 SEC		
LESS THAN 8 Raiders CROSS ON BRIDGE	DQ		
Sportsmanship violation (profanity, disrespecting judge, etc)	30 SEC / DQ		

TIME	
PENALTIES	
FINAL TIME	

Judge Signature: _____

Annex G – Medical Evac Plan

1. BC will have two athletic trainers on site to provide first aid care to any injured Raiders.
 - a. Phone numbers will be issued at the coach's meeting.
 - b. Trainers can also be reached by talking to any lane grader. They will have radio contact with the trainers.
2. If there is a significant injury that requires more care than the trainers can provide, they will initiate a 911 call. If any instructor calls 911 for any reason, please notify the BC Cadre as soon as possible to provide a brief on the situation.
3. If someone requires assistance that requires transport to an urgent care facility, the instructor will coordinate the transfer.
4. The nearest medical center to BC is Candler Hospital located at 5353 Reynolds St, Savannah, GA 31405. It is approximately 6 minutes from the school.

