



DEPARTMENT OF THE ARMY
GRAYSON HIGH
SCHOOL 50 HOPE
HOLLOW
LOGANVILLE,
GEORGIA 30052



August 22, 2025

SUBJECT: Letter of Instruction (LOI) Grayson Ram Challenge Raider Competition, to be held on **October 4th, 2025**. Start time is **0830 hours**. Team Captains will draw for the Event Schedule

1. Purpose: This LOI announces the Annual Grayson Ram Challenge Raider Meet at Grayson High School in Loganville, Ga.
2. Scope: The Grayson Ram Challenge Raider Competition is designed to:
 - a. Provide a physically demanding competition that inspires TEAMWORK.
 - b. Promote a competitive spirit among the participants.
 - c. Provide a physical Fitness Challenge
 - d. Develop respect and self-esteem among cadets
3. Specifics: There will be a total of five events with a ten person Male and Mixed teams and an 8 person Female Team competing. Teams can consist of up to 14 cadets, but each cadet must remain in his/her group. Example: Male team cadet cannot compete in Mixed team event.
 - a. **Physical Team Test**: Each eight/ten person team will negotiate the course consisting of a low crawl, water can carry, bear crawl, canoe carry then change direction. On the return trip, cadets will do the inverted crawl instead of the bear crawl. The course will be on a level field. The team with the fastest score and the least penalties will be awarded the winner. Teams will be recognized for 1st, 2nd and 3rd place in each division. Mix teams must have at least four females in this event. (Annex A)
 - b. **5k Grayson Lap**: Male and Mixed teams will conduct a 5k Grayson Lap by executing two (2) Grayson Laps around the school, down Champions Way and Hope Hollow Road, along the football field, up the stairs, and finish with ten (10) personnel. Females will compete with eight (8) runners. Mixed teams will have at least four females on this run. (Annex B)
 - c. **One Rope Bridge**: Each eight/ten-person team must construct a one-rope bridge across a span of approx. **60 feet**. You need to bring your own Swiss seats, rope and Snap links. A kernmantle or standard Army issue nylon laid 120 ft. rope may be used. (Annex C)
 - d. **Cross Country Rescue**: The eight or ten-person team will carry an injured person (dummy) on a litter, and other items, then negotiate a designated course. This course will start with monkey bars and a 10 foot wall for all teams. Upon negotiating the wall, teams will pick up litter, rucks, and other equipment and

complete a series of three vaults and other low obstacles throughout the course. Males will carry the Litter and six (6) Rucks. Mixed will carry the Litter and five (5) Rucks. Females will carry the Litter and four (4) Rucks. Annex D. Rubber bands will be issued upon successful completion of each event.

- e. **Tire Flip:** 10 member Raider Teams will flip a large tire a distance of 30 - 50 meters, Cross a mid- point line and flip the same tire back to the start / finish line. Team Captains will structure their teams into 2 groups of 5 cadets each, 4 for females. Time begins at the Command of "Begin" and stops when the whole tire is completely across the start /finish line and on the ground. (Annex E)

GENERAL INFORMATION

1. The competition will be held at Grayson High School in Loganville, Georgia. **The coaches meeting will begin at 0745.**
2. Teams will be recognized for First, Second, and Third Place in each event for each category. We will also award trophies for First, Second, and Third Place overall.
3. Graders will be from the Army National Guard, Army, Marines, and available ROTC cadets.
4. Each team will consist of (10) ten (or 8 Female) members. A member may be substituted at the discretion of the team commander except during the actual competitive event. ***Substitution will only be made before the beginning of each event.*** The Schools may enter an all-male, mixed, or female team. Mixed teams must have at least four females competing. Schools may initially enter only ONE complete raider team into EACH of the three different competition events, providing that no individual cadet competes for more than one team. This rule allows any school to initially enter up to THREE complete teams, ***but does not allow individual cadets to compete on both the male (and female) and Mixed Team.*** Should spaces be available one week prior to the competition, schools MAY be allowed to enter a second team in the SAME category at the discretion of the event host (i.e., two male teams, etc.).
5. OCP uniform will be worn for all events. Boots recommended for all events but run.
6. The entrance fee for each team will be \$100.00 for the first team, \$25.00 for the second team and \$25.00 for the third. Limit 3 teams per school *unless previously approved for more.* The cutoff date for registration and refunds is September 19. There will be a limit of 50 teams; (Annex G). **Hosting schools within our Division are free.**
7. Each team will have a release from liability form for each school participating in the competition. This form will be on hand by team coaches at check in. (Annex F)
8. National Guard, Active Army and senior ROTC cadets will grade the events. All score equipment will be provided except stop watches. Bring your own stopwatches. Coaches may have to score other events if necessary.

Commented [1]: Confirm deadline and amount with colonel

9. Latrines are available on site. **There are no on campus camping or sleeping facilities.** Meals will be the team's responsibility; however, we will sell pizza, drinks and snacks. I am working with two vendors (Krispy Krunchy chicken and Johnnies pizza), to determine cost per meal so schools may be able to order for the entire team. Details out next week. You may use a gas or charcoal grill but there will be no open camp fires. Please contact 1SG Gaines if you have questions. There are a number of restaurants close to the school.

10. Score sheets for the different events will be provided with school packets upon arrival of the teams. A copy of all score sheets is attached with this LOI. Competition will start at or near 0830 hours on 4 OCTOBER 2025.

11. If you have any questions. Contact 1SG Gaines or COL Fracker by e-mail at phillip.gaines@gcpsk12.org or al.fracker@gcpsk12.org or call the JROTC Department, Grayson High School at 770-554-1087 (Fracker) or cell 770-841-4345 (Cell doesn't work in school).

ANNEX A

Physical Team Test (PTT)

1) General Scenario:

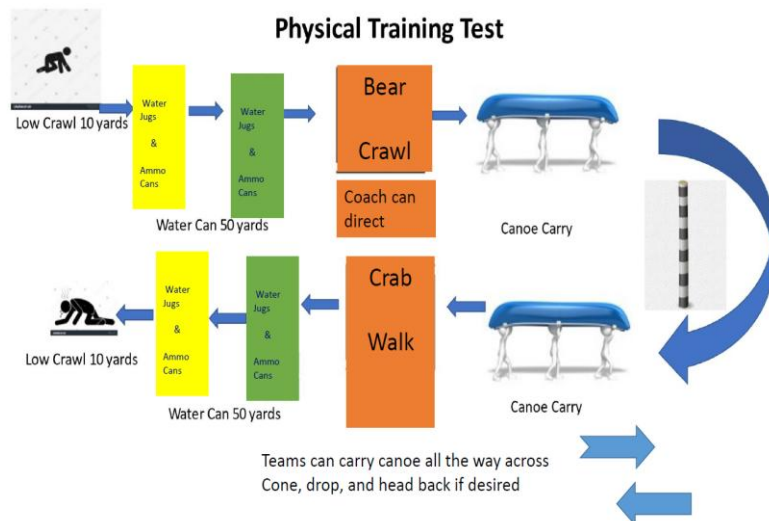
- a. The PTT is the team event designed to test the strength, balance, stamina, and endurance of a team of young cadets over a distance of under ½ mile total using a variety of physical obstacles. To complete this event well, cadets must use strategy, strength heart, and teamwork! The team score is the time it takes to complete the tasks and finish the course with all team members.
- b. Members of the National Guard, Active Army and Marine Recruiter personnel and senior ROTC cadets will evaluate and time the competitors during the PTT event.
- c. Teams will consist of 10 Male/Mixed and 8 Female cadets to negotiate the course. Once the last person of the team crosses the finish line, time will stop. All members must compete in the PTT. Time will be kept and recorded for each team. Judges will be stationed along the route to ensure compliance with all rules. Low crawl must not break the tape or knock over PVC pipe. (15 second penalty for each mishap).
- d. Instructors can follow and encourage team members.

2) 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. The course will consist of the following items in order over a roughly .35 mile course: *1. A 10-yard Low Crawl 2. A 50- yard weighted Water container carry (appx 40 lbs each) and Ammo Cans. 3. Bear Crawl; 4. Canoe Carry. Turn Around Pole or completely pass the cone and reverse. Teams do not have to conduct a U Turn. Team repeats the .35 mile course in reverse order but conduct Inverted Crawl when dropping Canoe instead of Bear Crawl.) Again, coaches can instruct cadets!*

- c. The uniform for this event: OCP pants, t-shirt & boots/tennis shoes. Jacket may be worn if weather dictates (team to decide). Athletic attire **MAY NOT** be worn for this event.
- d. A well prepared school of any gender should be able to complete the course in less than 5- 6 minutes. Any team will be removed from the course at the 10-minute mark for failure to progress. Teams will have course items that will be required to be carried by all members of each team! **EXAMPLE:** There will be 10 water jugs and 8 ammo cans for Male and 8 water jugs and 6 ammo cans for Mixed, and 6 water jugs and 6 ammo cans for Females.
- e. 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.*** However, a cadet can drop a water jug or ammo can in front of the finish line, go back and help, and put the items over the finish line when completed. Violation of this rule will be a 30-Second Penalty **PER OCCURENCE**. Time will stop when the last team member and equipment cross the finish line.
- f. Because this PTT event has nuances that teams may not have specifically trained on, Teams are **ALLOWED** and **ENCOURAGED** to walk the course, plan strategies and look for and mitigate hazards prior to the event.

ANNEX A



ANNEX B

5k GRAYSON LAP

- a. Each ten (10)/ eight (8) person team will be given the command “GO” at the speed limit sign and will proceed as a group. Each team must be in a two (2) by ten (10)/eight (8) person formation during the whole time of running. Each person must be within five feet from each other. Penalties will be assessed for incorrect distance.
- b. Each team must complete two (2) full Grayson Laps. Guides will assist in directions.
- c. A member dropping out of the run will result in disqualification.
- d. **Uniform will be OCP trousers, Team T-shirt or tan T-Shirt, and Tennis Shoes (no boots or bare feet).** Males must wear a shirt.
- e. Teams will be recognized for the top three teams in each category based on time.



ANNEX C

ONE ROPE BRIDGE

1. Each ten-member team must construct a one-rope bridge spanning a **60-foot** Distance.
Teams will get one attempt.
Teams may use either a Nylon laid 120-foot rope or Kernmantle rope to construct the bridge.
2. The rope bridge will be graded in the following manner.
 - a. Each team will start at a designated rope bridge point with their rope in a coil at the base of the near side anchor point. On the command “Go” the team will build the rope bridge. Time will stop when the team has crossed the bridge and the near side person has

crossed the dead zone, all knots are out of the rope and the team captain states “Time.” Swiss seats do not need to be taken off before time is called. The seats will be checked on the far side for accuracy of knots and may be tied prior to reporting to the site. (TC 90-6-1 para. 3-28 c. (2). Penalties **will not** be assessed for seats not properly tied. The 120 foot rope does not need to be re-coiled on the far side.

- b. The first and last man may wear sling ropes properly tied around the waist, minimum two wraps around the waist secured with square knot and tied off with an overhand knot or half hitches on each side of the square knot. The far side person may tie an end of line bowline or figure eight on a loop hooked in the snap link or over the head and shoulder when crossing the dead zone to the far side.
 - c. 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.
 - d. The time will start and finish at the Rope Bridge Site.
3. Penalties will be assessed according to the rope bridge score sheet attached.
4. Uniform will be OCP’s with boots and T-shirts. Any equipment dropped in the dead zone will result in a 30 second penalty.
5. All teams will use the same poles at this competition. There are two sets of poles and are approximately 10 inches in diameter, **70 feet apart**, and are pressure treated. There is a penalty box at the base of each pole. The dead zone area is approximately **60 feet** in length. The only authorized transport knots are *wire-mans* and *figure 8 slipknot*.
6. A rope that fails or falls will result in that team being disqualified.

ANNEX D

CROSS COUNTRY RESCUE (See Power Point Slide for details)

- a. Each ten-person team will run a pre-determined course. The course includes obstacles: 3 vaults, low crawl, and 10 ft wall for the team to negotiate. The course will go through woods and has a low area to be negotiated. Belts/Ropes can be used.
- b. There will be obstacles to negotiate on the course. **Coaches are allowed on course while team is running and can offer encouragement but cannot offer physical assistance.**
- c. Each team will negotiate the monkey bars, 10' foot wall, and belly buster, then pick up the stretcher with injured person (dummy), and six rucksacks (5 for Mixed, 4 for Female). The team can organize themselves any manner they want to negotiate the course but only the dummy may be carried on the litter. No ropes or belts etc. will be used to carry equipment.
- d. All equipment must be passed over the high obstacles and taken under the low obstacles; they cannot be dropped or thrown.
- e. Uniform will be OCP trousers and boots/tennis shoes.
- f. Scoring will be based first on number of Rubber Bands, then total time to negotiate the course by the team. All equipment must cross the finish line for the time to stop. Equipment cannot be thrown or dropped (30 sec Penalty).
- g. If the litter is dropped a 30 second penalty will be assessed.
- h. Teams will be recognized for the top three teams in each category.

ANNEX E

TIRE FLIP

- a. 10 / 8 member Raider Teams will flip a large tire a distance of 30 - 50 meters, cross a mid-point line and flip the same tire back to the start / finish line. Team captains will structure their teams into 2 groups of 5 / 4 cadets each. Time begins at the command of "Begin" and stops when the whole tire is completely across the start / finish line and on the ground.
- b. Event will be relay style for time. Uniform for this event is OCP shirt, OCP trousers, boots/tennis shoes, and gloves OPTIONAL. This event will take place in a grassy area / field marked in lanes approximately 50 meters long and a minimum of 3 meters wide. See Diagram below. Team captains will structure their teams into 2 groups of 4/5 cadets each. Each team type will flip the same size tire. If possible female teams, mixed teams and male teams will flip tires of progressive larger size. The Judge will command "Get Ready" then "Begin". Time stops when the entire tire comes to rest across the start / finish line.
- c. The first group of five / four moves forward to the ready line then flips the tire 30 - 50 meters out. The second 5 / 4 member section will move forward from a far side ready line and flips the tire back past the finish line. The members of the other section not flipping can follow and shout encouragement to the section doing the flipping, but they cannot physically assist. Time starts when the judge commands "Begin" and ends when the entire tire comes fully to rest past

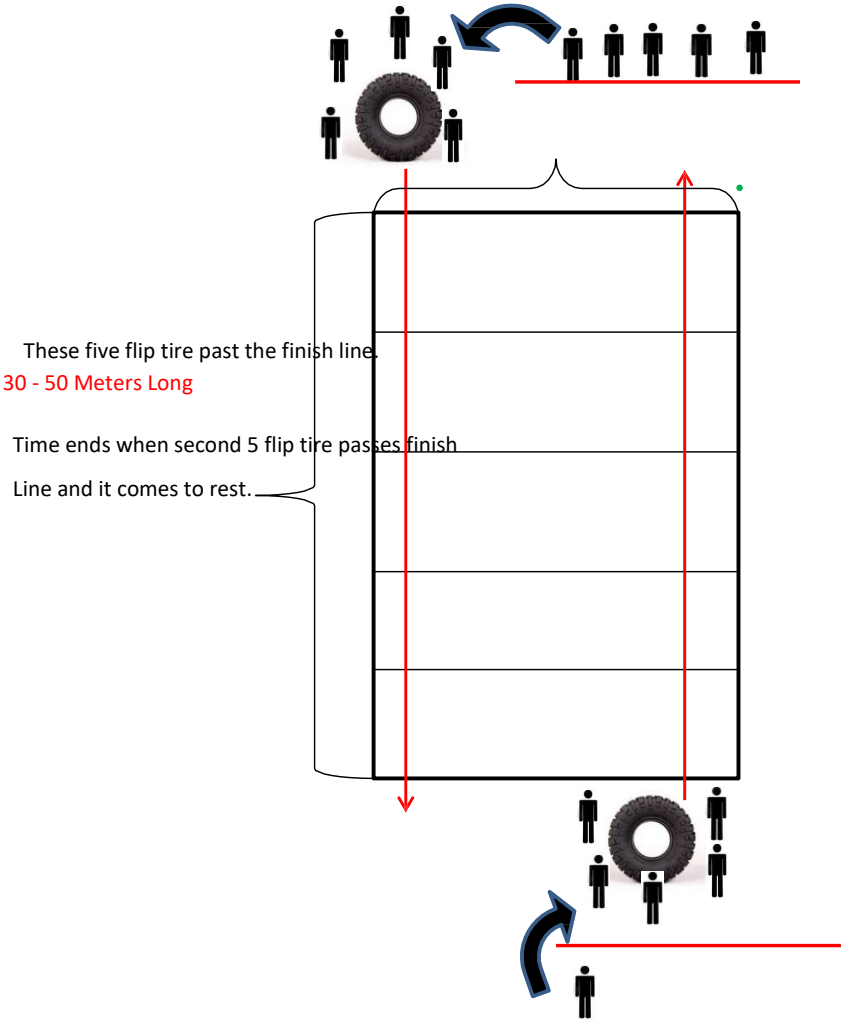
the start / finish line. In the interest of safety, all 5 / 4 team members must remain behind or to the side of the tire at all times. The first group of 5 / 4 must flip the entire tire past the 30 - 50 yard line and let it come to rest before the second group of 5 / 4 comes forward to begin flipping the entire tire past the start line. The lane judge will walk along with the 5 / 4 member teams as they traverse the approximately 30 - 50 meters course to observe and maintain a safe event execution. The tire cannot be allowed to twist or roll while being flipped. The tire must remain completely within the lane at all times while being flipped. If any portion of the tire comes in contact with the boundary line the team has committed a lane violation.

d. SAFETY: Team members cannot stand or move in front of the tire as it is being flipped.

e. PENALTIES:

1. Allowing tire to roll in order to cover more ground: **30 seconds**
2. Allowing tire to twist in order to cover more ground: **30 seconds**
3. Cadets moving forward from the ready line before tire comes to rest:
30 seconds
4. Lane violation: **30 seconds**
5. Intentional safety violation: Team is disqualified.
6. Sliding the tire to cover more ground: **30 seconds**
7. **Rolling tire disqualified.**

TIRE FLIP



ANNEX F

RELEASE FROM LIABILITY

DEPARTMENT OF THE ARMY

Hosted by Grayson HS JROTC
50 Hope Hollow Rd Loganville
Ga, 30052

**GENERAL RELEASE AND MEDICAL CARE
AUTHORIZATION**

I/We, the undersigned, hereby signify that all cadets have insurance and a viable physical.

Type of Activity: Raider Challenge Meet to be conducted 4 October 2025 at the campus of GHS in Loganville GA.

I/We do hereby agree to release, and otherwise hold harmless, all US Army retiree officers and non-commissioned officer instructors, advisors, US Army, school administrative officials, and the Gwinnett County School District from any liability for personal injury, property or other type of loss which occurs as a result of the afore mentioned activity, to me or any of the undersigned. I/We understand and agree that my signature here under constitutes a waiver of rights by myself or my estate to sue, for any personal injuries, death or property damage caused by, or a result of the activity of, the here in above named parties, and I/We freely assume all risks, hazards, or losses which may result from said activity.

JROTC instructors, school, and Gwinnett County officials will make every reasonable effort to properly supervise, control, and render safe all training and activities related to this competition. This _____ day of _____, 2025.

Emergency Phone: _____

(SAI/AI Name)

(SAI/AI signature)

ANNEX G

DEPARTMENT OF THE ARMY
GRAYSON HIGH SCHOOL
RAM BATTALION
LOGANVILLE, GA 30052

REGISTRATION FORM

From (School) _____

POC (Please Print) _____

SCHOOL ADDRESS: _____

Number of Teams: _____(Three team limit)

Name of Teams: 1 Team _____(\$100.00) (M/F/MIX)

2 Teams _____(\$25.00) (M/F/MIX) (\$125.00 total)

3 Teams _____(\$25.00) (ALL DIVISIONS) (\$150.00 total)

Amount Enclosed: _____(Make checks payable to: Grayson High School
JROTC) Signature of POC: _____

Mail checks and forms to: Grayson High School
ATTN: JROTC Department
50 Hope Hollow Rd
Loganville, Ga. 30052

Grayson Raider Competition

Physical Team Test

School Name:

Circle Division Male Male /Mix Female

Reason for Disqualification

___ Mixed team with less than four females, or team with less than 9 Raiders.

___ Interference with judges or other teams.

___ Switching out cadets while event is being timed.

___ Improper handling of equipment (dragged/thrown, etc)

___ Other (explain) _____

Penalties

___ # Occurrences of Cursing/Unsportsmanlike conduct (1 min each)

___ Cadets not crossing or negotiating obstacles (5 minute penalty each)

TEAM RAW TIME _____

TEAM FINAL TIME (after penalties) _____

JUDGE SIGNATURE _____

Grayson Raider Competition

Rope Bridge Score Sheet

School Name: _____ Circle

Division Male Male/ Mix Female

SWISS SEATS AND SWAMI BELT ARE SAFE

Disqualification Penalties:

- ___ Less than 10 cadets or less than four females and 2 males on a Mix Team
- ___ Walking/Running across obstacle vs. crossing on rope
- ___ Rope Bridge Failure
- ___ Use of Speed Tightener (twisting dowel/stick or the snap links in the knot.)
- ___ More than four Raiders snapped into the rope bridge at one time. Set- Up Penalties:
- ___ Only 9 competitors **50 second penalty**

Construction Penalties:

- ___ No Bowline w/safety, or Figure 8 not used for Far-Side Raider
- ___ Far-Side Raider not snapped in while in the dead zone
- ___ Far-Side Raider not belayed while crossing the dead zone
- Incorrect far-side knot anchor knot (round turn w/2 half hitches –or- tensionless anchor with a minimum of 4 wraps)
- ___ Near-Side fails to tie a proper wireman or figure 8 slip knot for the transport knot
- ___ Two snap links (if used instead of 1 single locking snap link) are not opposed with the gates forming an “X” when depressed
- ___ Incorrect near-side knot (must use a round turn w/2 half hitches)
- ___ Any Raider is snapped into the bridge rope prior to the near side knot being completed

Crossing Penalties:

- ___ Danger area violation(s) (1, 2, 3, 4, 5, 6, 7, 8) (circle “1” for 1st, “2” for 2nd, etc...)
- ___ More than 3 Raiders snapped in to the rope bridge at one time
- ___ Failure to bring all rope bridge equipment and gear not grounded in staging area across. (Duffle bag or container used to back feed the rope is not part of rope bridged equipment).

Deconstruction Penalties:

- ___ Near-Side or Far-Side knots untied prior to last Raider being removed from rope
- ___ Near-Side Raider not fully snapped into rope knot prior to entering danger area
- ___ Near-Side Raider not belayed across the danger area
- ___ All tied knots and snap links are not out/off rope prior to TL calling “time”
- ___ **Uniform penalties** CCR 145-2, paragraph 11-6, Personal Appearance and wear of the uniform. 10 second team penalty.

Sportsmanship Penalties:

- ___: 30 seconds can be disqualified for multiple violations.

TEAM RAW TIME _____

TEAM FINAL TIME (after penalties) _____

JUDGE SIGNATURE _____

Grayson Raider Competition

Cross Country Rescue

School Name:

Circle Division Male Male/ Mix Female

Reason for Disqualification

___ Failure to start event when called by meet official

___ Interference with another team

___ Less than 10 cadets competing

___ Mixed team with less than four females

___ Ruck Sacks being attached to or carried by litter

___ Switching out cadets while event is being timed

___ Other (explain) _____

Penalties

___ # Cadets crossing back over the line after completing event (30 sec penalty)

___ All Equipment not crossing finish line (5 min per piece of equipment)

___ # Cadets not successfully completing the event and crossing the finish line (5 min each)

___ Litter or Equipment thrown or dropped (30 sec penalty)

___ # Occurrences of Cursing/Unsportsmanlike conduct (1 min each)

___ Failure to negotiate an obstacle (30 sec penalty)

TEAM RAW TIME _____

TEAM FINAL TIME (after penalties) _____

JUDGE SIGNATURE _____

Grayson Raider Competition

TIRE FLIP SCORE CARD

School Name:

Circle Division Male Male/ Mix Female

Reason for Disqualification

___ Failure to start event when called by meet official

___ Intentionally rolling tire

___ Less than 10 cadets competing

___ Mixed team with less than four females

___ Switching out cadets while event is being timed

Penalties

- a. Allowing tire to roll in order to cover more ground: **30 seconds** per occurrence
- b. Allowing tire to twist in order to cover more ground: **30 seconds** per occurrence
- c. Cadets moving forward from the ready line before tire comes to rest: **30 seconds** per Occurrence
- d. Lane violation: **30 seconds** per occurrence
- e. Sliding the tire to cover more ground: **30 seconds** per occurrence

Penalties

___ Uniform penalties CCR 145-2, paragraph 10-6, Personal Appearance and wear of the uniform.
50 seconds

Sportsmanship Penalties:

___: **30 seconds** can be disqualified for multiple violations.

Total violations (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13) (circle "1" for 1st, "2" for 2nd, etc...)

TOTAL TIME . _____ Sec

TEAM RAW TIME _____

TEAM FINAL TIME (after penalties) _____

JUDGE SIGNATURE _____

