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# Adairsville High School JROTC

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**MEMORANDUM OF INSTRUCTION: Raider Rampage Raider Meet** hosted by Adairsville High School JROTC on 12 September 2026 at Adairsville High School.

## GENERAL INFORMATION:

1. Entrée Fee is **\$100 per school**. Schools can have a maximum of four teams not to exceed two teams per division. The Raider Rampage is open to the first 50 teams that register.
2. **I have been told that we will be going back to 10 females on female teams in 2026.**
3. Awards will be given to the top three in each event and top three overall.

## COMPETITION EVENTS:

The Raider Competition will consist of six 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 schools guest support.

1. **Cross County Rescue:** The course length is roughly 3/4 mile. The event will take place on uneven terrain with ankle to knee deep water and possible ankle-deep mud. Obstacles include an eight-foot wall and a **steep** hill descent. The mission is to get all ten team members and all equipment over the walls and through the course as quickly as possible. Uniform will be ACU/OCP trousers with boots.
  - a) Each team will start and finish with **six** rucksacks, two for female teams, and 1 litter. **The rucksacks will weigh 33 lbs. and the litter will weigh 120 pounds for male & mixed teams and 90 pounds for female teams.** Teams do not have to stay together on the course.
2. **Cross Country Team Run:** The course length is approximately 2 miles. The course will be wooded trails, ankle to knee deep water, possible ankle deep mud, and steep terrain. The mission is to get all ten team members through the course and through all obstacles quickly as possible. Uniform will be ACU/OCP trousers with boots.
  - a) Teams must remain together throughout the course with no more than 40 yards from first Raider to last Raider. Teams must finish together with no more than 20 yards from first to last Raider. The 20 yards will be marked and briefed by the event judge.

3. **Obstacle Course:** Raiders will negotiate 19 obstacles around a 500-meter course. Obstacles include steep hill descent, staggered tires, parallel bars, cargo net climb, ladder climb, suspended tire four feet above ground, low crawl, 12-foot wall (with ropes), incline / decline balance beam, 8-foot wall, 10-foot rope climb then a sloped descent, 8ft tire wall, sloped 20' bar climb (male teams only), and a 30" tunnel crawl. Uniform will be ACU/OCF Trousers and boots. Link to video of obstacle course: <https://www.youtube.com/watch?v=5xfUxJYCxY0> or search Adairsville Raiders Obstacle Course. **There will be a new obstacle added similar to the one on the attached link** <https://share.google/yCmuK7ybmfglobHP2>
  - a) The **Rope Climb** will have two slick ropes and two knotted rope. You will be given two opportunities at each obstacle, after that you must move on. **Penalty will be 30 seconds for each obstacle failure per Raider unless otherwise stated.**
4. **Physical Team Test (PTT): diagram to follow:** This will be a speed event approximately 200-400 yards.
5. **Raider Fitness Test (RFT): diagram to follow:** This will be a variation of the standard RFT (Kettle Bell/Sand Bag Carry) with additional push/pull components.
6. **Rope Bridge:** **There will be a new Rope Bridge site for 2026. We will follow the same SOP as the National Raider Competition and the State SOP.** Reference the 6<sup>th</sup> Brigade SOP and the NRC SOP.
  - a) **The new distance between poles is 100 feet for male teams and approximately 80 feet for mixed and female teams.** Dead space will begin 8-10 feet from both anchor points. All team members and equipment must start behind the nearside anchor point. Rope can only be back laid in a pile, coiled or placed in a bag. NO laying rope out flat. Teams will only get one shot at completing the Rope Bridge. No redo's.
  - b) **Helmets will be required. Recommend teams bring their own helmets**

#### **ADDITIONAL INFORMATION:**

1. Adairsville High School is located off I75 at exit 306 approximately 40 miles north of Marietta, GA and 50 miles south of Chattanooga, TN.
2. POC for this memo is 1SG Jerry K. Queen (Ret.). For any questions, please email [jerry.queen@bartow.k12.ga.us](mailto:jerry.queen@bartow.k12.ga.us) or call 770-606-5800 ext. 4147