



**DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY JUNIOR ROTC
CEDAR SHOALS HIGH SCHOOL
1300 CEDAR SHOALS DRIVE
ATHENS, GEORGIA 30502
(706)546-5375 ext 21461**



ATOA-HS-CSHS

9 January 2026

MEMORANDUM FOR RECORD

SUBJECT: Jaguar Brigade Ultimate Raider Competition

PURPOSE: The purpose of this memorandum is to inform participating JROTC Programs on the conduct of a safe, professional, and strenuous Ultimate Raider Competition. The event will be held at Cedar Shoals High School on **April 18, 2026**. The Coaches Meeting will be held **VIRTUALLY** and provided to participating JROTC Programs/Coaches NLT 1700 Thursday, 16 April 2026. The competition will begin at 0800 hrs. Team/school start times will be provided at the coaches' meeting. Tentatively, all teams should anticipate to arrive NLT 0700 hrs.

CONCEPT: The competition will consist of five events. Medallions will be awarded to the top 3 teams in each event, per division (Male, Mixed, Female). The team with the highest placement in all 5 events, combined, will be awarded the overall winner of the competition in their division. Trophies will be awarded to the **FIRST PLACE OVERALL** team in each division.

TEAMS: Each school can register up to **3 teams per division** (up to 18 cadets per school). Each team will consist of two cadet raiders. Each school must register their teams **NLT 10 April 2026**. We encourage coaches to hand-carry payment the day of the event. There is a **\$25.00** registration fee for each participating two cadet raider team.

UNIFORM: Competing cadets will compete in either the ACU or OCP uniform. Cadets will arrive in uniform and hand-carry running shoes. School t-shirts are authorized to be worn in lieu of tan shirts with ACU/OCP.

5 EVENTS:

Cross Country Rescue (CCR). Complete the CCR consisting of two-member team. Each Team Member will carry a (G0-Ruck) and male and mixed team will have to carry a 50 lb sandbag and female team will have to carry a 35 lb sandbag. The sandbags can be carried individually or together. If sandbags are dropped the team will receive a penalty. The half mile+ course will consist of two laps around the track with the first lap going up into the bleachers. Once both team members cross the

finish line and Go Rucks are placed on the ground with the sandbag the time will stop, equipment must be placed down not dropped. Teams will run by school to speed up the process.

TWO MILE TEAM RUN. Team run will begin at approximately 0830, by school (male, mixed and female teams) There will be a one-minute buffer between schools, this will be done in Alphabetical order. Team Coaches will keep the time for their respective school. The run will be a designated two-mile(+/-) course on trails and paved roads. This course is not on level ground and has several inclines/declines in it. Each team must begin together. The time will stop when the last of the two team members cross the finish line. Team members may assist each other (but not those on other teams). A member dropping out of the run will disqualify the team. Uniform will be ACU/OCP trousers, t-shirt, and running shoes. Competitors must wear a shirt. No shorts are authorized.

Kettlebell Relay: Each two-person team lines-up. The 1st Raider moves kettlebells by sprinting down 25 meters around the cone and back to the beginning. The Kettle bells must be past the start line, and set down, not dropped (if dropped penalty). The Raider will continue until all Kettlebells go around the cone and back to the beginning. The second Raider may organize the kettlebells in any order as long as they pass the line. Males and Mixed teams will move 8 kettlebells and Females will move 6. Time stops when the last two Kettlebells are placed on the ground.

PHYSICAL TEAM TEST (PTT): Two team members will participate in the PTT. Uniform will be t-shirt, ACU/OCP Trousers and boots. The course will consist of the following items in order over a roughly .25 mile course:

- * 15 meter Water Can Carry (4 cans, total 90 lbs)
- * 15 meter sand bag carry 25lbs, 1 per team, either member
- * 15 meter sand bag carry 30Lbs, 1 per team, either member.
- * Turn Around Pole (Team runs around the pole and repeats the course in reverse order)

Rules: At the waiting area, the grader will give the command, “Get Set....GO!” The GO command will start the clock. At that point, the team will begin the course. A well-prepared team of any gender should be able to complete the course in less than 4 minutes.

Once a raider crosses the finish line, that Cadet raider cannot go back and help the other team member or pick up any remaining equipment – their event is completed at that point. Time stops when the second raider crosses the finish line. 1 minute penalty will be incurred for items that do not cross the finish line.

SLED PUSH: Each two person teams line up behind the first cone. The first Raider will push the Rogue Sled 25 meters around the cone and back past the original cone, then the next Raider will do the same. Please note that Male teams will push sleds with an additional 35lbs, while Mixed and Female teams will just push the Rogue Sleds. Encourage your cadets to get low when pushing the sled.

Scoring: Each event will be scored on the point system and time. The team placement will be then used for the overall Ultimate Raiders. The team with the lowest point total at the end of the competition will be recognized and awarded as the Ultimate Raider Team, per division. **Score sheets are available in Annex A.**

Awards: Award Ceremony will be held immediately following the completion of all events. All schools participating in this competition are welcome to remain for the ceremony. Medallions will be awarded to the top three teams in each event and Trophies to the Overall Ultimate Raider Champion Teams in each division.

POC is MAJ Carlie Williams, williamsc2@clarke.k12.ga.us or 706-546-5375 ext 21461 or MSG David Croft, croftd@clarke.k12.ga.us

////////signed////////

CARLIE A. WILLIAMS JR

MAJ (R), MP

Senior Army Instructor

REGISTRATION FORM/ INVOICE (DUE 10 April 2026)

From (School): _____

POC (Please Print): _____

Email _____

Phone _____

<u>Male Division</u>	<u>Mixed Division</u>	<u>Female Division</u>
Per Team (25.00)	Per Team (25.00)	Per Team (25.00)
A. _____	A. _____	A. _____
_____	_____	_____
B. _____	B. _____	B. _____
_____	_____	_____
C. _____	C. _____	C. _____
_____	_____	_____

TOTAL COST : _____

Each school can bring up to three (3) teams per division. Each two-person team is \$25 per team.

Method of Payment:

1. Cash
2. Checks payable to Cedar Shoals High School JROTC

Hand carry or mail entry form:

Cedar Shoals High School

ATTN: JROTC

1300 Cedar Shoals Dr, Athens, GA 30605

PHYSICAL TEAM TEST SCORE SHEET

SCHOOL NAME: _____

TEAM NAME: _____ Male A/B – Female A/B– Mixed A/B

INSTRUCTOR NAME: _____

Raw Time	
Penalties	
Official Time	

Reasons for Disqualification:

_____ Interference with judges or other teams.

_____ Switching out cadets while the event is being timed.

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

Penalties

_____ Cadets did not carry equipment past the lines/ boundaries (1-minute penalty each)

_____ Unsportsmanlike conduct (1 minute each)

_____ Equipment dropped (30 seconds)

KETTLE BELL RELAY GRADE SHEET

SCHOOL NAME: _____

TEAM NAME: _____ Male A/B – Female A/B– Mixed A/B

INSTRUCTOR NAME: _____

The team run will be in ACUs, tee-shirts, and running shoes. ACU tops are optional. No shorts.

Penalties	
Official Time	
	Example 20:45:20

Reasons for Disqualification:

_____ Interference with judges or other teams

_____ Switching out cadets while the event is being timed.

Penalties

_____ Failure to place equipment in designated location (past line) (1 minute each)

_____ Failure to go around designated cone/turnaround point (1 minute each)

_____ Unsportsmanlike conduct (1 minute each)

_____ Equipment dropped/thrown (30 seconds each)

TEAM RUN GRADE SHEET

SCHOOL NAME: _____

TEAM NAME: _____ Male A/B – Female A/B– Mixed A/B

INSTRUCTOR NAME: _____

The team run will be in ACUs, tee-shirts, and running shoes. ACU tops are optional. No shorts.

Penalties	
Official Time	
	Example 20:45:20

Reasons for Disqualification:

_____ Interference with judges or other teams

_____ Switching out cadets while the event is being timed.

_____ Failure to complete the course (both runners must finish)

Penalties

_____ Unsportsmanlike conduct (1 minute each)

SLED PUSH GRADE SHEET

SCHOOL NAME: _____

TEAM NAME: _____ Male A/B – Female A/B– Mixed A/B

INSTRUCTOR NAME: _____

Penalties	
Raw Time	
Official Time	

Reasons for Disqualification:

_____ Any equipment being carried or thrown

_____ Instructor/Parents on the course impeding other teams

_____ Less than 2 Cadets competing.

Penalties:

_____ Sled not crossing over the turnaround point and finish line (5 minutes penalty)

_____ Impeding another team, moving equipment outside the boundaries

_____ Unsportsmanlike conduct (1 minute each)

CROSS COUNTRY RESCUE SCORE SHEET

SCHOOL NAME: _____

TEAM NAME: _____ Male A/B – Female A/B– Mixed A/B

INSTRUCTOR NAME: _____

Raw Time	
Penalties	
Official Time	

Reasons for Disqualification:

_____ Interference with judges or other teams.

_____ Switching out cadets while the event is being timed.

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

Penalties:

_____ Cadets not carrying sandbag pass the lines/ outside the boundaries (3-minute penalty each)

_____ Unsportsmanlike conduct (1 minute each)

_____ Equipment dropped (30 seconds each)