



DEPARTMENT OF THE ARMY
GROVETOWN HIGH SCHOOL JROTC DEPARTMENT
2010 WARRIOR WAY
GROVETOWN, GEORGIA 30813-8132
PHONE: (706) 447-2102 ext. 4490
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May 5, 2026

MEMORANDUM OF INSTRUCTION (MOI) TO: ALL JROTC Instructors

SUBJECT: Guidance for participation on **10 October 2026** Grovetown High School Raider Challenge

1. Purpose: This MOI announces the Annual *Grovetown Classic Raider Challenge* Competition in Grovetown, GA.

2. Scope: The *Grovetown Classic Raider Challenge* 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.

3. Please RSVP the number and type of teams you will bring NLT **3 October 2026** male, female, and mixed teams. Entry Fees are \$100 for the first team and \$25 per additional team(s). **Make checks payable to Grovetown High School JROTC "Raider"**. We will accept payment upon arrival at the event.

4. Concessions will be available. Restrooms will be available in the stadium on the home side only.

5. Team Rules & Events: Each event will consist of minimum of 10 cadets for Male and Mixed teams w/minimum of 4 females (Mixed team = 6 males and 4 females). The female team will consist of a minimum of 8 female cadets. All teams are allowed four alternate Cadets that can be used as needed as long as the same 10 or 8 cadets that began an event finish that event.

- a. Raider Fitness Challenge: Hand Release Pushup (1 min), Abdominal Row (1 min), Box Jumps (1 min), Deadlifts (1 min), and Burpees (1 min). Scoring will be compiled based on total number of completed repetitions per competitor.
- b. Rope Bridge: Standard one rope bridge according to TC 90-6-1 (Military Mountaineering). Rope length must be at least 120 feet, low stretch ropes (Kermantle) may be used.
- c. Cross Country Rescue: 10/8 Raider Team members will transport a simulated casualty over a ½ mile course. Male and Mixed teams will carry a weighted litter, 2 40lbs kettle bells, 8 10lb, and 2 35lb weighted vest. The Female teams will carry a weighted litter, 1 40lb kettle bell, and 8-10 10lb weighted vest. The objective is to complete the course in the shortest amount of time. Time will stop when the last team member crosses the finish line.

HOME OF THE "WARRIOR BATTALION"

1SG (USA, RET) CURTIS A. MARROW JR.
ARMY INSTRUCTOR
(706) 955-6083

- d. Team Run: 10 Raider Team members will run a 3-mile relay course on a ¼ track. All 10 members will participate. The objective is to complete the course in the shortest amount of time. Time will stop when the last team member crosses the finish line. 2 members of the Male and Mixed teams will have to run 2 laps, the teams designate who and when they run the second lap. Female teams of 8 members will complete 2 miles. That will be one lap per team member. Any Female team with more than 8 members will have to complete the 3 mile relay with the same requirements of the Male and Mixed teams.
- e. Obstacle Course: 10 Raider Team members will negotiate the Grovetown High School obstacle course. The objective is that all team members complete all 15 obstacles in the shortest amount of time. There will be a 30 second penalty for every competitor who does not complete each obstacle.

6. Schedule of events: There will be meetings with all graders at 0700 the day of the event and a coaches meeting for the event at 0730 in classroom 211 in Grovetown High School JROTC main classroom. Each school will start with the 3-mile team relay. A flow chart for the remaining events will be disseminated at the graders/coaches meeting the morning of the event.

7. Awards will be given to the 1st and 2nd place teams for each event in the Male, Female, and Mixed team categories. Trophies will be awarded to the 1st, 2nd, and 3rd place schools with the highest overall scores for the event.

8. Grading and Scoring: Grading/Evaluation will be conducted by disinterested military personnel. SFC (Ret) Anthony Williams will complete scoring with the assistance of disinterested personnel.

9. If you have any questions, contact 1SG(R) Curtis A. Marrow Jr. at (706) 955-6083.

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Curtis Marrow Jr.
1SG (Ret), USA
Army Instructor

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REGISTRATION FORM

Number of Teams: _____

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

Price is \$100.00 per school and \$25 for additional team(s). Limit two teams per category. Limit of 3 teams per school.

Amount Enclosed: _____ (Make checks payable to Grovetown High School “**JROTC RAIDER**”)

Name of POC: _____

POC Email: _____

POC Phone Number: _____

Signature of POC: _____

Mail checks and registration forms to:

Grovetown High School

Attn: JROTC Raider Team

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(Checks will also be accepted upon arrival)

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