

Coastal Georgia Raider Challenge 26



EVENT BRIEF

Jekyll Island, Ga

25 September 2026



Schedule

Thursday 24 Sept

- **1600 – 2000: Team arrival / billeting check-in**

Friday 25 Sept

- **0600 – 0730: Teams arrive / check-in at 4H center**
- **0730 – 0745: Team safety / event brief at 4H center**
- **0800 – 0900: Team 4K Beach run. Each 10-person team released at 1-minute intervals**
- **0900 – 1400: Team Rotation for 5K Ruck / Rope Bridge, Sandbag Relay (Soccer Field), and Raider Fitness Course (Soccer Field).**
- **1400 – 1500: Awards Ceremony / Photos**
- **1500 -1530: Teams Depart**

A wide-angle photograph of a beach at sunset or sunrise. The sky is filled with large, white, fluffy clouds, and the sun is low on the horizon, casting a warm, golden glow. The ocean is visible in the distance, with gentle waves washing onto the sandy beach. The foreground is dominated by the texture of the sand. On the right side, there are some dark, leafless trees or bushes. The word "Overview" is written in a large, white, sans-serif font across the center of the image.

Overview

Coastal Georgia Raider Invitational 2026

Event List

1. Team 4K Run
2. Rope Bridge
3. Team 3K Ruck
4. Raider Fitness Course
5. Sandbag Relay



Rope Bridge

Team 3K Ruck

Sandbag / RFC

Awards / HQ

Team Run

Image © 2026 Airbus

Google Earth

1152 ft



Restroom

Bus /
Trailer

HQ

Medical

Sandbag /
RFC

Team Tents

Awards

Concessions

Billeting

Restroom

Beach
Access

Facility Map

Event Admin

- Check-in
 - Thursday 1600-1900 at Camp HQ
 - Friday 0600-0730 at Camp HQ
 - Hold Harmless forms will be collected
- All-Hands Brief
 - 0730 in Auditorium (Camp HQ)
 - Safety and event brief for entire team
 - Uniform for all cadets will be PT gear (team run immediately following)
- Parking
 - Adjacent lot for buses / trailers
 - Spectator parking in soccer complex
 - Parking along road but cannot interfere with path

Camp Billeting

- 150 Total racks on first come basis
 - 100 Male / 50 Female
 - 20 Male / 10 Female Adult racks available
- Combining schools, separated by gender
- Schools bring own linen / sleeping bags
- Check-in
 - 1600-1900 Thursday, 24 September
 - Late arrivals need to coordinate with MSgt Strohsahl prior
- Checkout
 - 0730 Friday, 25 September
- **Reserve through registration form**
 - **Contact MSgt Strohsahl with estimate ASAP**
 - **Final count due September 1st**

Camp Facilities - Billeting



Billeting



Billeting



Cadet Racks (Pods of 4)



**Instructor Room - Male
Racks (x4)**



Instructor Head - Male



**Instructor Room - Female
Racks (x2)**

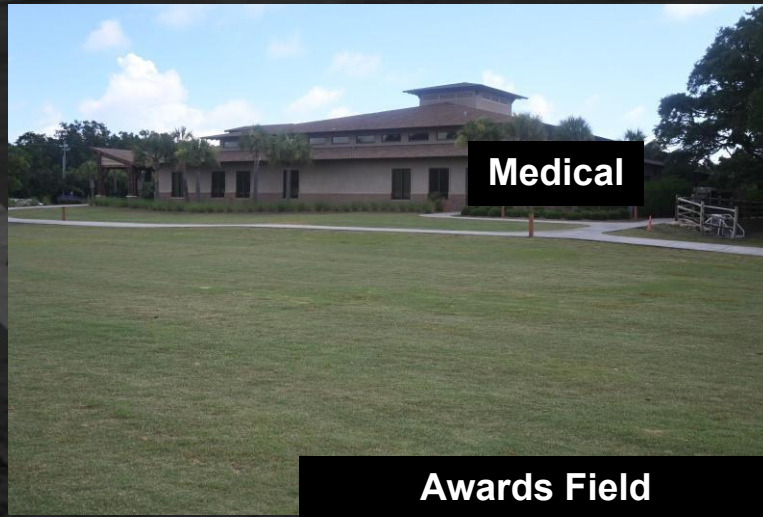
Medical

- Nurse will be on-site throughout event
- **EMS On-Site**
- Rapid Cooling tub will be on-site
 - Located outside of the Medical Station
 - Filled with water prior to start
 - Ice / Ice Packs in Medical
- Ice water / rapid cooling kits staged at Summer Waves
- Minor injuries will be handled by team
- Moderate / Major injuries will be handled through Operations Center
 - EMS / Nurse will dispatch to location

Team Tent Sites

- Teams will off-load trailers at the restroom/pavilion adjacent to the soccer field
- Once off-loaded, trailers will park in the bus/trailer parking area
- Team tents must be setup in the designated tent area
- **No open flames / Grills are allowed**
- Ice is available upon request at the dining facility, adjacent to the awards field
- Dumpsters are located behind dining facility

Camp Facilities – 4H Grounds



A wide-angle photograph of a beach at dusk or dawn. The sky is filled with soft, white and light blue clouds, with a warm, golden glow from the sun just below the horizon. The ocean is visible on the left, with gentle waves washing onto the sandy shore. On the right, there is a small cluster of dark, leafless trees and shrubs. The overall mood is serene and peaceful.

Events

Team Run

- Conducted on the beach to the east of the 4-H center. The route distance is approximately 2.5 miles (4 Kilometers).
- Conducted in PT Gear and Tennis Shoes or Boots (instructor discretion)
- One member of the team will wear a numbered penny jersey to identify the school to the timekeepers.
- Teams will line up alphabetically at the start point accessible via the walkway from the 4H center.
- Teams will be released on 1-minute intervals.



Team Ruck

- 3k total distance
- Uniform is utility trousers, team T-shirt, and boots
- Team will carry (4) Rucks for Male, (2) Rucks for Female and all bridging equipment
- The course will start at Summer Waves water park and end at 4H.
- This event is combined with the one-rope bridge. While the team will have a separate one-rope bridge time, the team ruck is the total time to complete the movement and crossing.
- Upon completion of the rope bridge, the team will retrieve all rucks and move to 4H
- The timer will stop when the last team member crosses the finish line.



Team Ruck



Start / Finish



Crossover Trail



Riverview Path



Summer Waves

One-Rope Bridge

- All Seats will be tied prior to entering corral and ready the rope at the near-side.
- Time will start when first person touches rope
- Time will stop when team captain states "Time"
- Upon completion of the rope bridge, the team will be given the all clear to start the ruck run
- **Teams have a maximum time of (8) minutes to construct the rope-bridge. If they are unable to meet the time, they will be stopped and receive a DQ for the rope-bridge**



Sandbag Relay

- Team will transport 10 sandbags from point A – F and then return to start
- Cones will form circle
 - No paint used
- Refer to SOP for detailed instructions

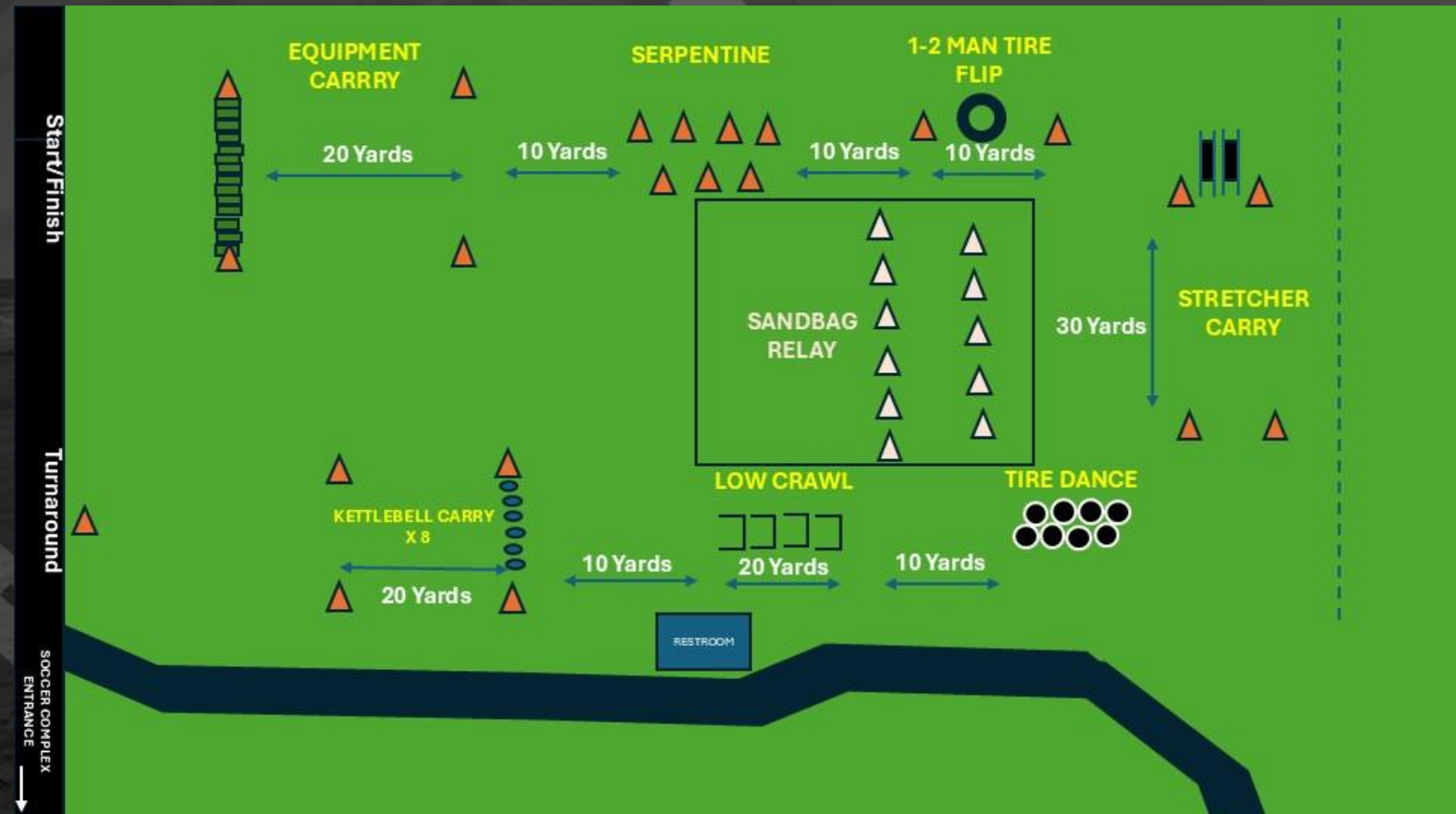


Raider Fitness Course (RFC)

The team score is the time it takes to complete the tasks, put all items used back in their approximate starting positions, and finishes the course with all team members.

The course will consist of the following items in order:

- A 30- yard Water Can carry (6 cans) & Ammo Can carry (14 cans).
- Agility maze
- Tire flip (1-2 Man Flip)
- Stretcher carry (2)
- Tire Dance
- Low Crawl
- Kettlebell Carry (8)
- Turn Around Flag/Pole



Points Of Contact

EVENT OIC

Major Clint Houchins

Senior Marine Instructor

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912-267-4210 ext 3311

EVENT SNCOIC

MSgt William Strohsahl

Marine Instructor

William.strohsahl@glynn.k12.ga.us

910-548-0042



A large, semi-transparent watermark of the Marine Corps JROTC Raiders logo is centered in the background. The logo consists of a circular emblem with a central figure, surrounded by the text "MARINE CORPS JROTC" at the top and "RAIDERS" at the bottom.

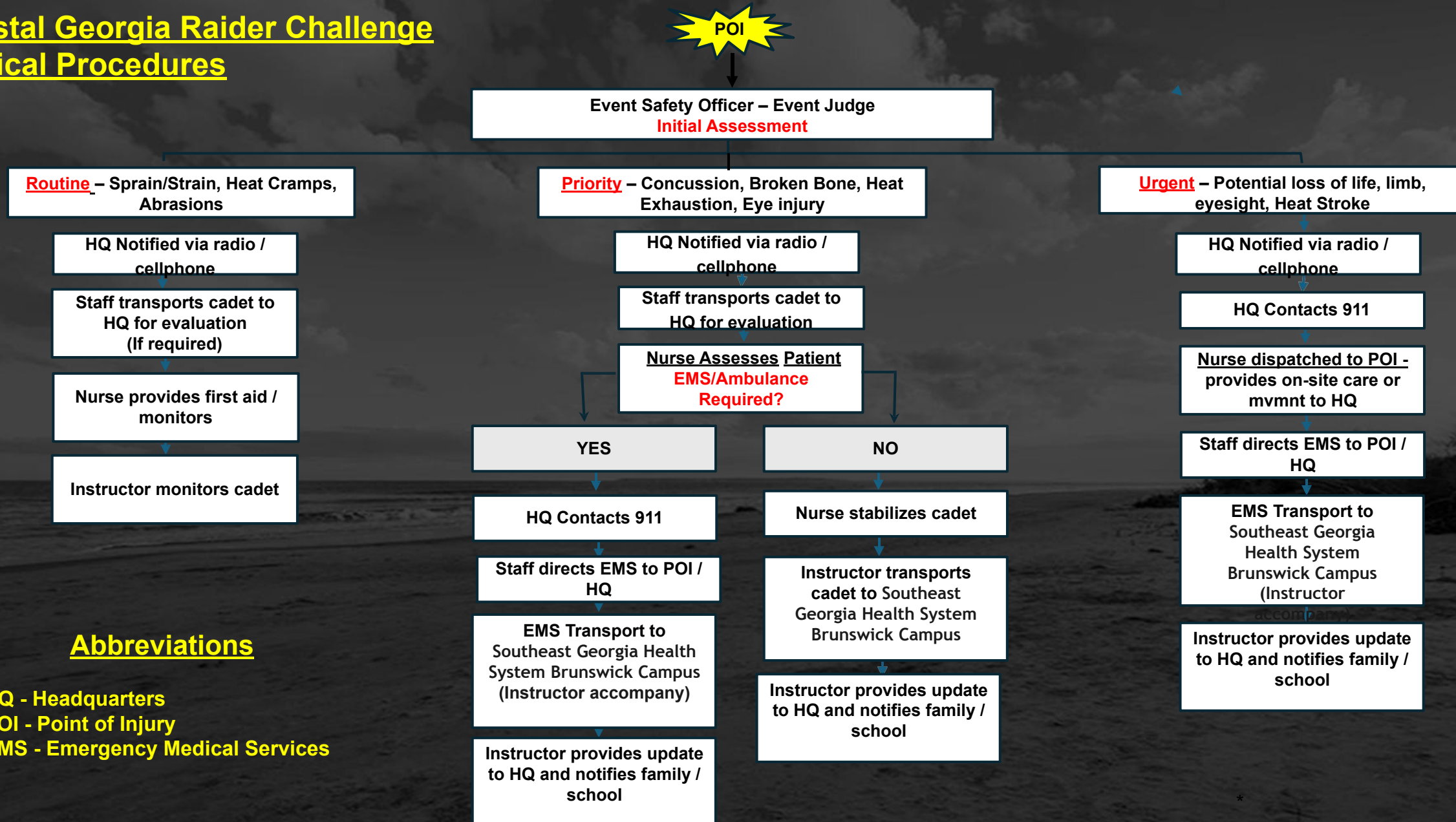
Questions



Amplifying Info

Medical / Operational Risk Management

Coastal Georgia Raider Challenge Medical Procedures



Abbreviations

- HQ - Headquarters
- POI - Point of Injury
- EMS - Emergency Medical Services

Step 1. Identify Hazards			Step 2. Assess Hazards	Step 3. Make Risk Decisions		Step 4. Implement Controls	Step 5. Supervise
Activity Phases	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise
Execution	Exertional heat stroke	Dehydration and unseasonable temps	A1	- Provide multiple water stations throughout camp -Hydrate prior to departure to competition -Wet Bulb Globe Test	C2	-Brief cadets to layer clothing properly -Ensure cadets are hydrating 3 days prior to event	-90 WBGT or higher, run is cancelled. -Instructor will ensure cadets are hydrating leading up to run
Execution	Dehydration	Cadets NOT drinking enough water before, during and after practice	C2	Inquire if Cadets have been hydrating and eating properly. Water and Ice will be available at start. All Cadets required to bring water bottles	C3	Cadets will be briefed on the importance of hydration during safety brief.	Instructor will ensure everyone drinks water before, during and after the run.
	Muscle Strains, Cramps and Sprains	Dehydration Not stretching	A1	Warm up and Stretch before event Hydrate between events Post Stretch end of run	C3	Conduct safety brief Practice good techniques	Instructor and Cadet Leadership
	Falling or Tripping	Uneven Terrain	B2	Inspect area prior to event Brief areas of concern at event	C3	Conduct safety brief Practice good techniques	Instructor and Cadet Leadership
		Slippery Surfaces	C3	Inspect area prior to event Brief areas of concern at event	C4	Advise Cadets of dew on ground and the effect on running and start/stops	Instructor and Cadet Leadership
		Debris and Holes	A3	Inspect area prior to event Brief areas of concern at event	C4	Conduct safety brief Advise Cadets to observe terrain while running	Instructor and Cadet Leadership

Accept Risks: **Yes** No

Step 1. Identify Hazards			Step 2. Assess Hazards	Step 3. Make Risk Decisions		Step 4. Implement Controls	Step 5. Supervise
Activity Phases	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise
	Rope Burn	Improper technique Inadequate PPE gear.	A2	<ul style="list-style-type: none"> Provide safety brief to cadets prior to event covering the proper execution of event Ensure teams have gloves and other proper PPE gear. 	C3	<ul style="list-style-type: none"> Event Safety Brief Teams are provided with gloves to utilize. 	<ul style="list-style-type: none"> Safety monitor ensures proper execution of obstacles Instructor
Execution	Falls from Rope	Improper technique	A1	<ul style="list-style-type: none"> Provide safety brief to cadets prior to event covering the proper execution of event Use of helmets 	C2	<ul style="list-style-type: none"> Coaches brief Event Safety brief Monitor execution of event 	<ul style="list-style-type: none"> Safety monitor ensures proper execution of crossing
	Injuries from rope / carabiners during breakdown	Improper technique	A1	<ul style="list-style-type: none"> Provide safety brief to cadets prior to event covering the proper execution of event 	C2	<ul style="list-style-type: none"> Coaches Brief Event Safety Brief Monitor execution of event 	<ul style="list-style-type: none"> Safety monitor ensures proper execution of breakdown
				Accept Risks: Yes No			

Step 1. Identify Hazards			Step 2. Assess Hazards	Step 3. Make Risk Decisions		Step 4. Implement Controls	Step 5. Supervise
Activity Phases	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise
Execution	Falls	Improper technique Inexperienced athletes	A1	<ul style="list-style-type: none"> - Provide safety brief to cadets prior to event covering the proper execution of event - Provide layout and pictures prior for teams to use as training tool - Safety monitor assigned to each team - Asses for ability of newer athletes - Terrain walk obstacle area 	C2	<ul style="list-style-type: none"> - Coaches brief - Event Safety brief - Monitor execution of event - Familiarize all athletes on obstacles that require scaling of any height. - Ensure athletes can negotiate the obstacle safely and correctly. - Instructor conducts a terrain walk of the obstacle area with teams. 	- Safety monitor ensures proper execution of obstacles
	Muscle Strains, Cramps and Sprains	Improper technique	A1	<ul style="list-style-type: none"> - Provide safety brief to cadets prior to event covering the proper execution of event - Provide layout and pictures prior for teams to use as training tool - Ensure athletes are properly warmed up prior to executing an event. 	C3	Conduct safety brief Practice good techniques	Instructor and Cadet Leadership
	Broken Arm/Leg	Dropping of equipment / Improper technique	A2	Inspect area prior to event Brief areas of concern at event	C3	Conduct safety brief Advise Cadets to observe terrain while running	Instructor and Cadet Leadership
		Slippery Surfaces	C3	Inspect area prior to event Brief areas of concern at event	C4	Advise Cadets of dew on ground and the effect on running and start/stops	Instructor and Cadet Leadership

Accept Risks: **Yes** No

Step 1. Identify Hazards			Step 2. Assess Hazards	Step 3. Make Risk Decisions		Step 4. Implement Controls	Step 5. Supervise
Activity Phases	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise
Execution	Falls	Improper technique Inexperienced athletes	A1	<ul style="list-style-type: none"> - Provide safety brief to cadets prior to event covering the proper execution of event - Provide layout and pictures prior for teams to use as training tool - Safety monitor assigned to each team - Asses for ability of newer athletes - Terrain walk obstacle area 	C2	<ul style="list-style-type: none"> - Coaches brief - Event Safety brief - Monitor execution of event - Familiarize all athletes on obstacles that require scaling of any height. - Ensure athletes can negotiate the obstacle safely and correctly. - Instructor conducts a terrain walk of the obstacle area with teams. 	- Safety monitor ensures proper execution of obstacles
	Muscle Strains, Cramps and Sprains	Improper technique	A1	<ul style="list-style-type: none"> - Provide safety brief to cadets prior to event covering the proper execution of event - Provide layout and pictures prior for teams to use as training tool - Ensure athletes are properly warmed up prior to executing an event. 	C3	Conduct safety brief Practice good techniques	Instructor and Cadet Leadership
		Slippery Surfaces	C3	Inspect area prior to event Brief areas of concern at event	C4	Advise Cadets of dew on ground and the effect on running and start/stops	Instructor and Cadet Leadership
				Accept Risks: Yes No			

Step 1. Identify Hazards		Step 2. Assess Hazards	Step 3. Make Risk Decisions		Step 4. Implement Controls	Step 5. Supervise	
Activity Phases	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise
Execution	Exertional heat stroke	Dehydration and unseasonable temps	A1	- Provide multiple water stations throughout camp -Hydrate prior to departure to competition -Wet Bulb Globe Test	C2	- 15 minutes before practice run WBGT to confirm index -Ensure cadets are hydrating 3 days prior to event	-90 WBGT or higher, run is postponed to the evening. -Instructor will ensure cadets are hydrating leading up to run
Execution	Dehydration	Cadets NOT drinking enough water before, during and after practice	C2	Inquire if Cadets have been hydrating and eating properly. Water and Ice will be available at start. All Cadets required to bring water bottles	C3	Cadets will be briefed on importance of hydration during safety brief.	Instructor will ensure everyone drinks water before, during and after run.
	Muscle Strains, Cramps and Sprains	Dehydration Not stretching	A1	Warm up and Stretch before event Hydrate between events Post Stretch end of run	C3	Conduct safety brief Practice good techniques	Instructor and Cadet Leadership
	Falling or Tripping	Uneven Terrain	B2	Inspect area prior to event Brief areas of concern at event Require Boots for event	C3	Conduct safety brief Practice good techniques	Instructor and Cadet Leadership
		Slippery Surfaces	C3	Inspect area prior to event Brief areas of concern at event	C4	Advise Cadets of dew on ground and the effect on running and start/stops	Instructor and Cadet Leadership
		Debris, Rocks and Holes	A3	Inspect area prior to event Brief areas of concern at event	C4	Conduct safety brief Advise Cadets to observe terrain while running	Instructor and Cadet Leadership
	Rope Burn	Improper technique	A2	Provide safety brief to cadets prior to event covering the proper execution of event	C3	Event Safety Brief	- Safety monitor ensures proper execution of obstacles
Execution	Vehicle accident	Improper safety guards	A1	- Provide safety brief to cadets prior to event covering the proper execution of event - Develop road guard plan for all crossings	C2	- Coaches brief -Event Safety brief -Post road guards at all intersections	- Instructor and Cadet Leadership
				Accept Risks: Yes No			