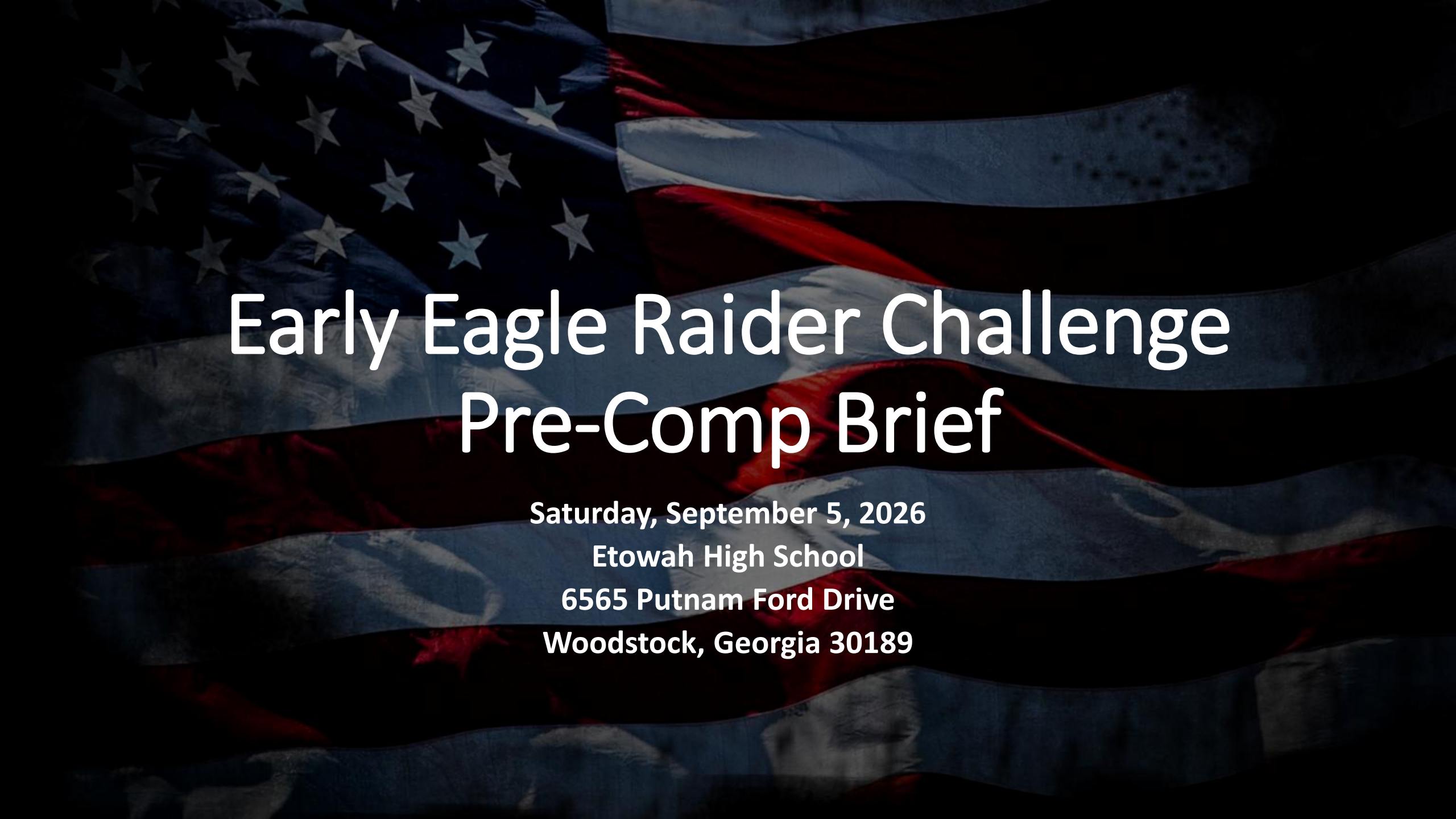


The background of the entire image is a close-up, slightly blurred view of the American flag. The stars and stripes are visible, with the blue field of stars on the left and the red and white stripes on the right. The flag appears to be waving or draped.

Early Eagle Raider Challenge Pre-Comp Brief

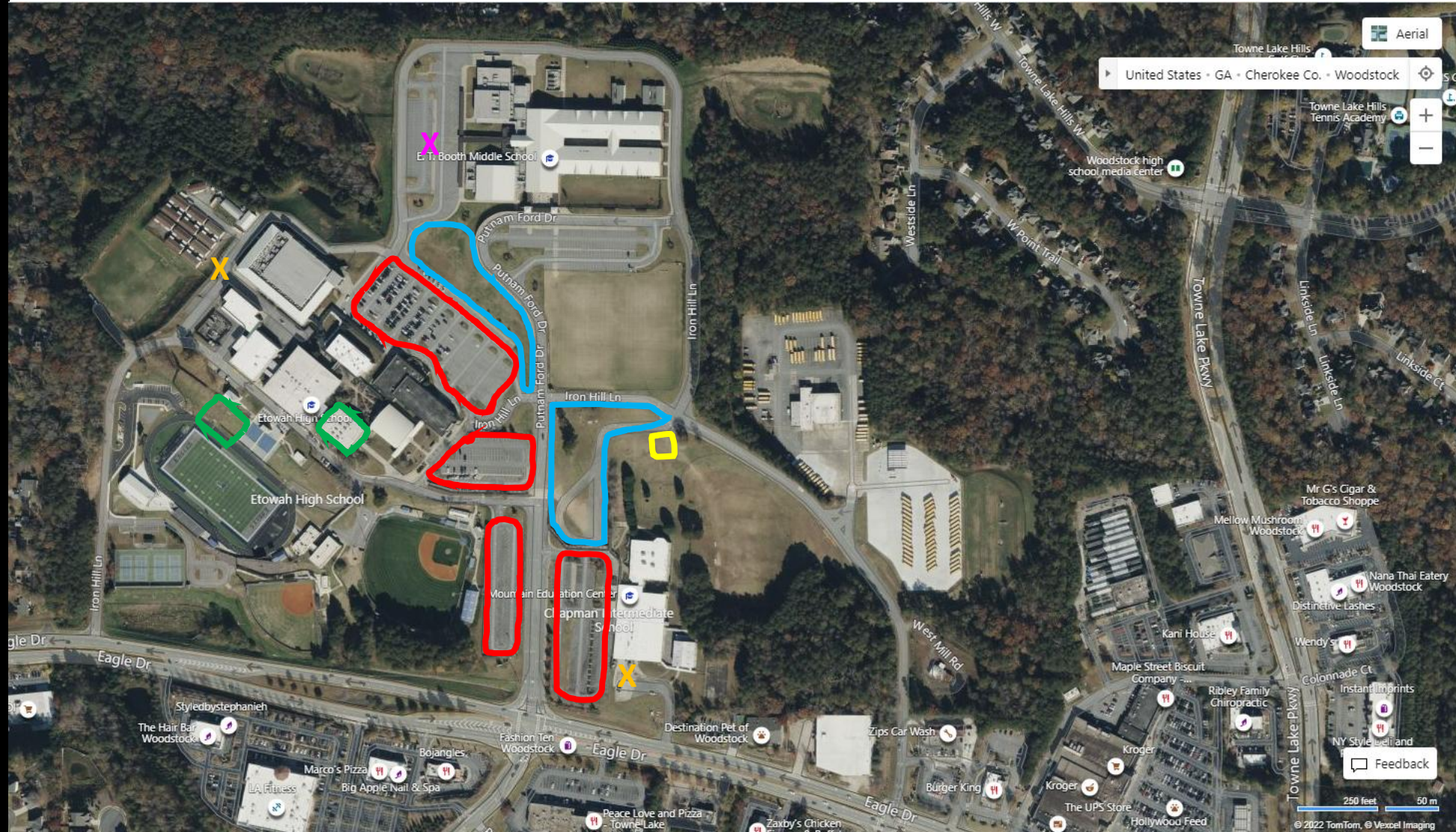
Saturday, September 5, 2026
Etowah High School
6565 Putnam Ford Drive
Woodstock, Georgia 30189

Administrative

- * Only park in (red) parking lots
- * Bus parking (magenta X)
- * Team tent areas (blue)
- * Registration, medic and comp headquarters (green)
- * Site of coaches and captains meeting (green)
- * Bathrooms (green)
- * Concessions and t-shirts (circle)
- * Dumpster (orange X)

Timeline

- 0600 Registration opens
- 0715 Coaches and captains mtg
- 0800 Team run
- 0915 Event 2
- 1030 Event 3
- 1145 Event 4
- 1300 Event 5
- 1530 Awards
- 1600 Dismissed



Bus Entrance and Parking

E. T. Booth Middle School

Cars

Cars

Cars

Cars

Bruster's Ice Cream
2905 Eagle Drive
Woodstock, GA 30189

Burger King

Aerial

United States • GA • Cherokee Co. • Woodstock

Towne Lake Hills

Towne Lake Hills
Tennis Academy

Woodstock high
school media center

Etowah High School

Etowah High School

Mountain Education Center

Chapman Intermediate
School

Mr G's Cigar &
Tobacco Shoppe

Mellow Mushroom
Woodstock

Nana Thai Eatery
Woodstock

Distinctive Lashes

Wendy's

Colonnade Ct

Instant Imprints

NY Style Deli and

Ribley Family
Chiropractic

Kroger

The UPS Store

Hollywood Feed

Destination Pet of
Woodstock

Zips Wash

Fashion Ten
Woodstock

Eagle Dr

Eagle Dr

Styledbystephanieh

The Hair Bar
Woodstock

Marco's Pizza

Big Apple Nail & Spa

Bojangles

Peace Love and Pizza
- Towne Lake

Zaxby's Chicken
Fingerz & Ruffz

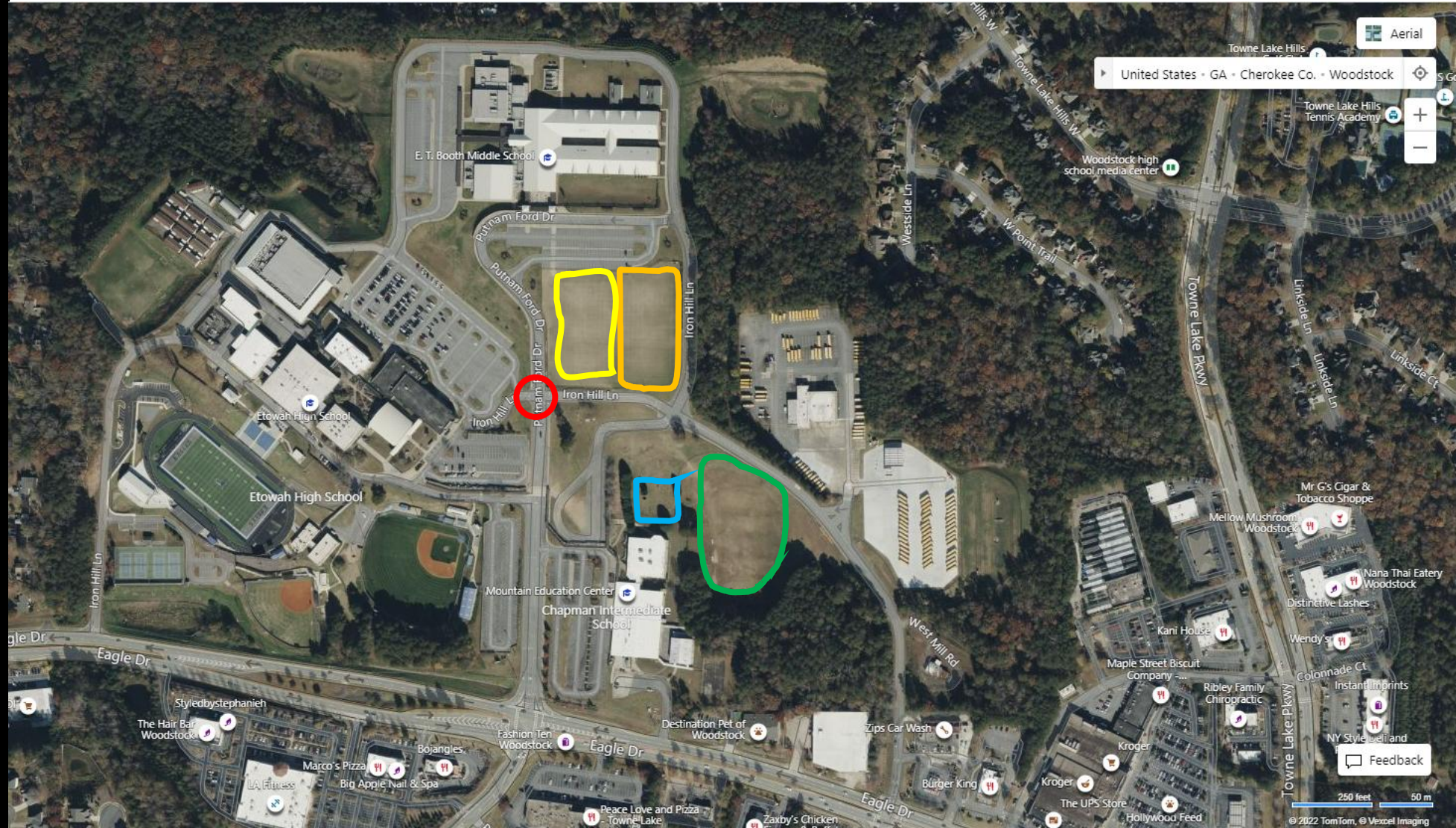
Feedback

250 feet 50 m

© 2022 TomTom, © Voxel Imaging

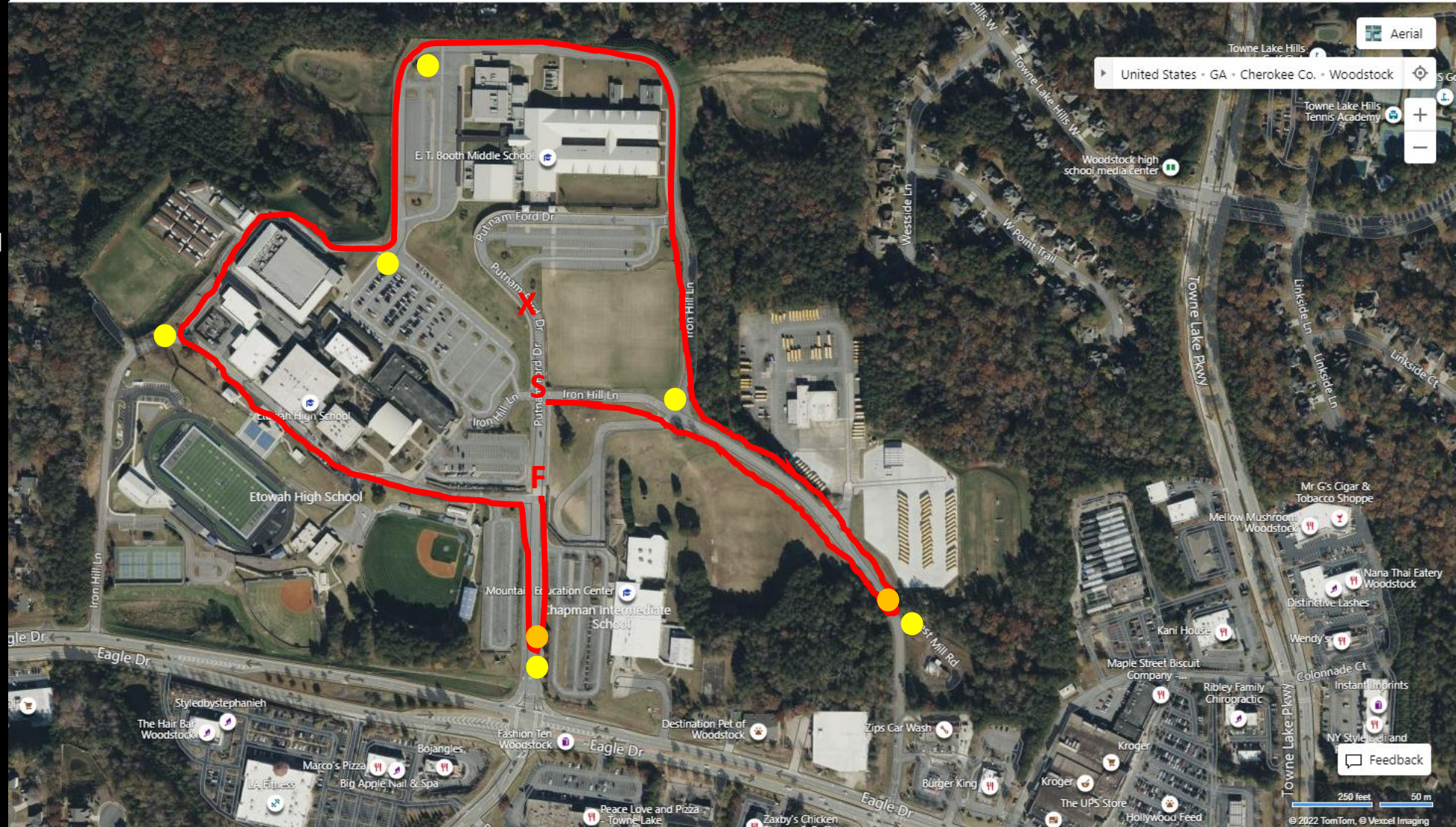
Event Locations

-  Team Run Start Line
-  Raider Fitness Test
-  HUMVEE Tire Flip
-  Physical Trng Test
-  Rope Bridge



Team Run Overview

- * Course is just short of 1.6 miles
- * Only event of the day where shorts and running shoes are allowed
- * Campus closed to traffic from 0800 to 0900
- * Line-up, BY SCHOOL, in alphabetical order at **X** no later than 0755
- * Entire run is on a paved road
- * 60-second staggered start
- * Teams will start BY SCHOOL
- * Stay to the right, pass on the left
- * 10m finish box in effect
- * Turnaround cones (x2) ●
- * Course marshals (x6) ●
- * This is the tie-breaker event
- * Coaches to time their own teams, with their own timing devices, to the hundredth of a second. A box to drop your signed timesheet will be at the finish line. If hundredth of a second is not provided, we will assume .99 before we assume .00

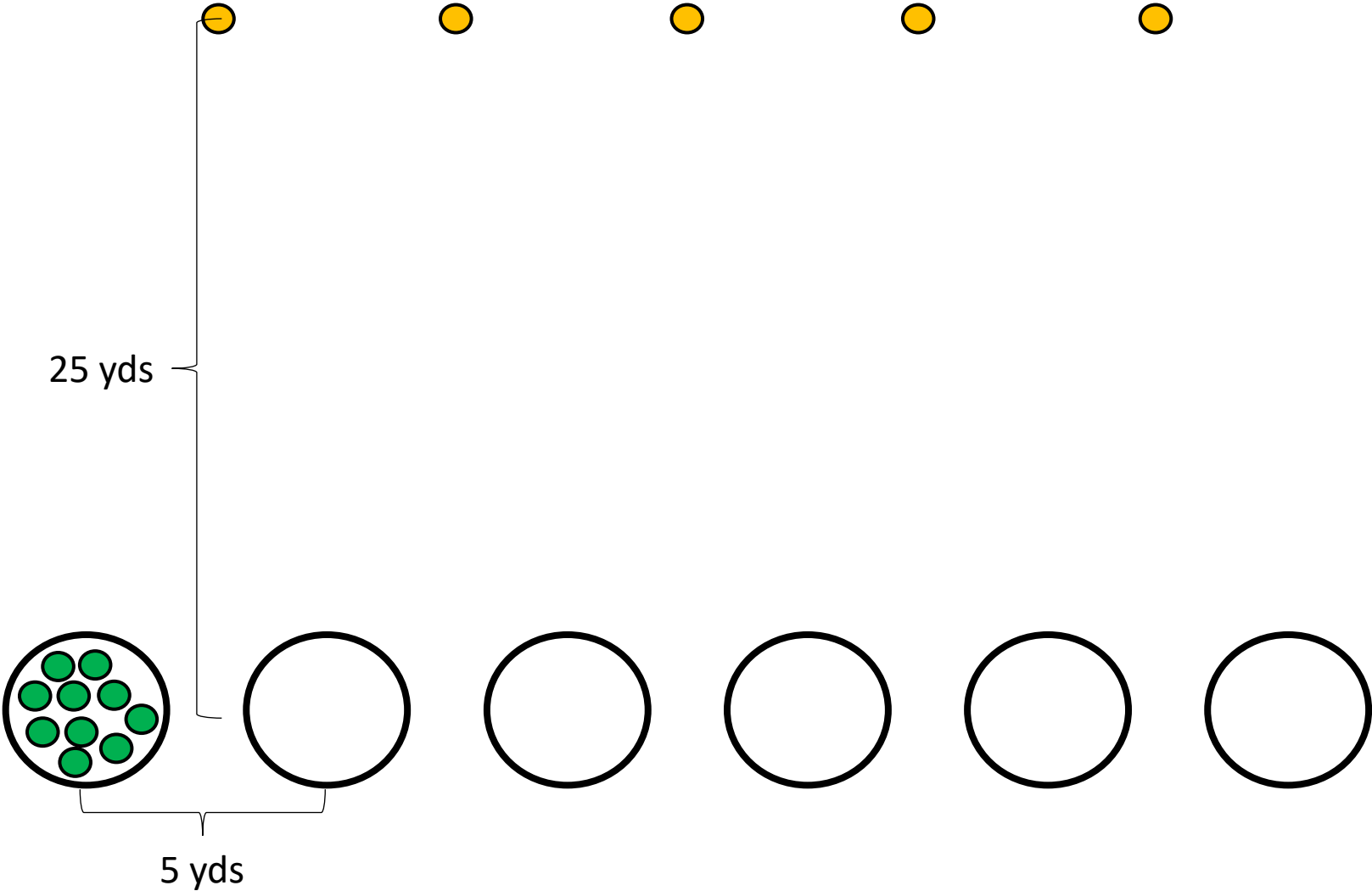


Raider Fitness Test

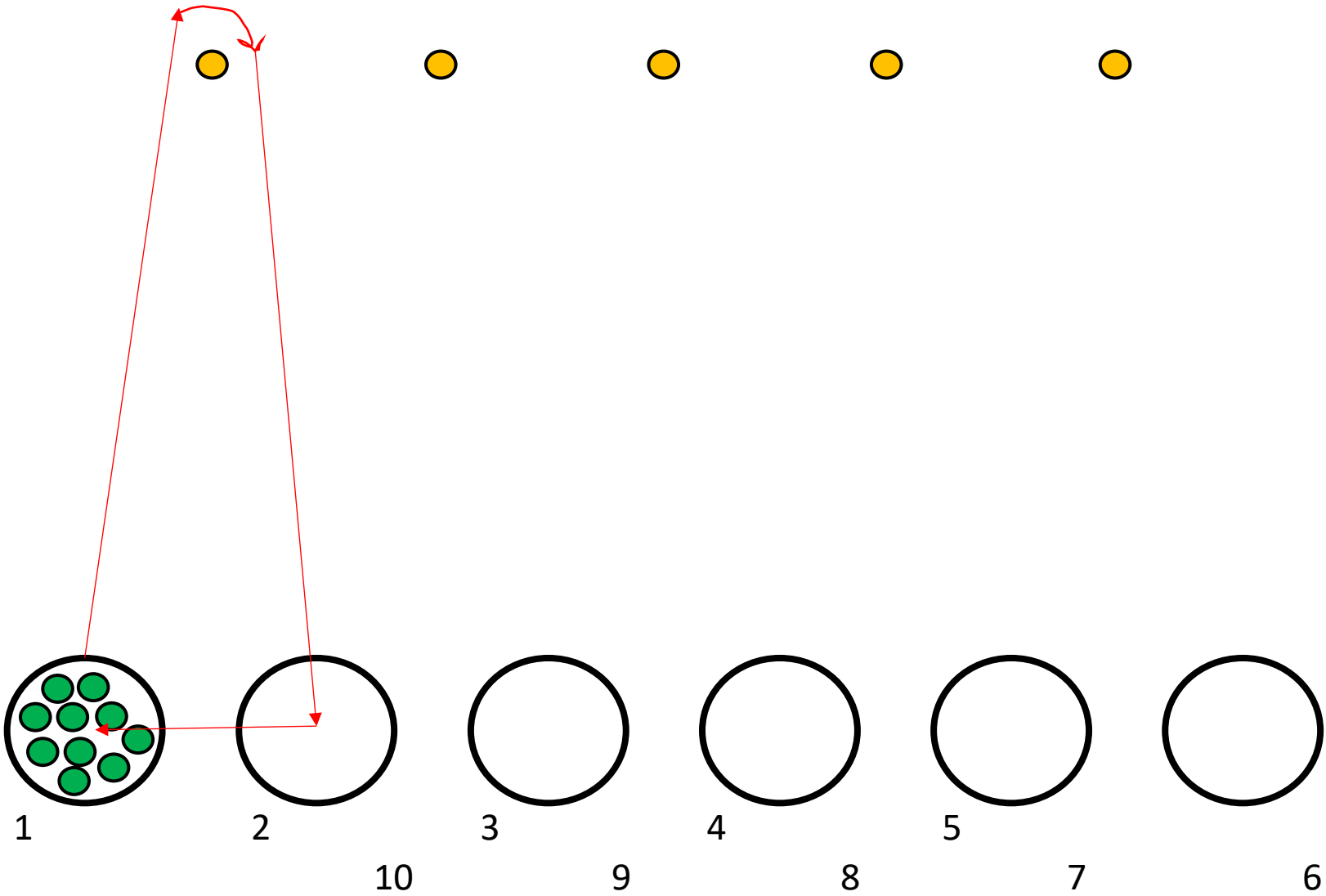
- * Ten, 30 lb bells (six for females)
- * Raider 1 moves 10 bells, up to two at a time, from Circle A to B
- * Raider 1 then goes directly back to Circle A to grab up to two more to Circle B and continues until all bells are at Circle B
- * As soon as the first bells arrive at Circle B, Raider 2 can start carrying to Circle C. This continues until all 10 bells have moved to Circle F
- * Raiders 6 through 10 reset course
- * Female Division only carries 6 bells
- * Mixed Division moves 6 bells from Circles D to E, E to F, F to E, and E to D. All other movements will have ten bells
- * Penalty for not placing bells inside circles
- * Penalty for dropping bells in an egregious manner (setting bells down protects the bells and is ok)



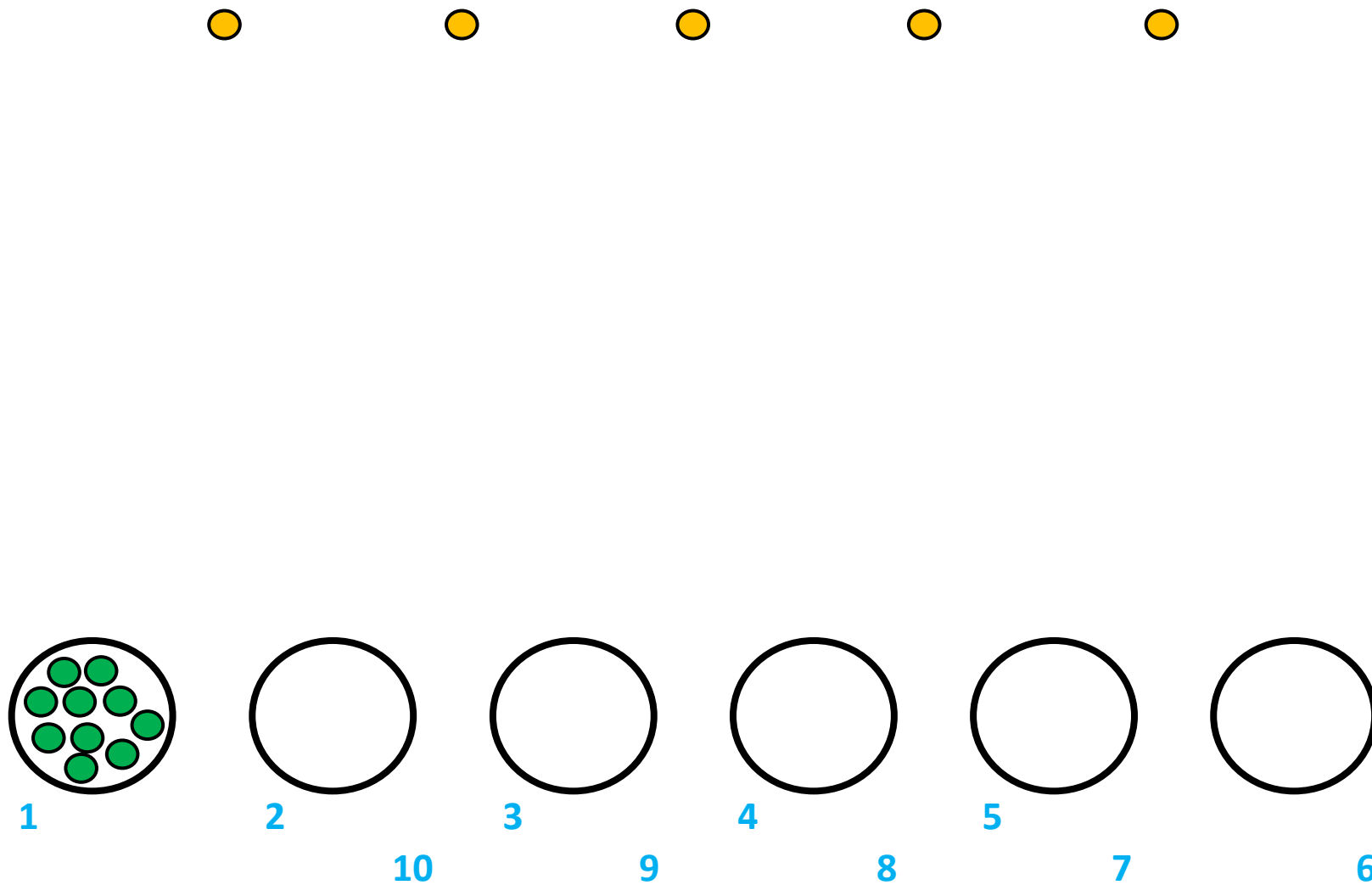
Raider Fitness Test – Course Setup



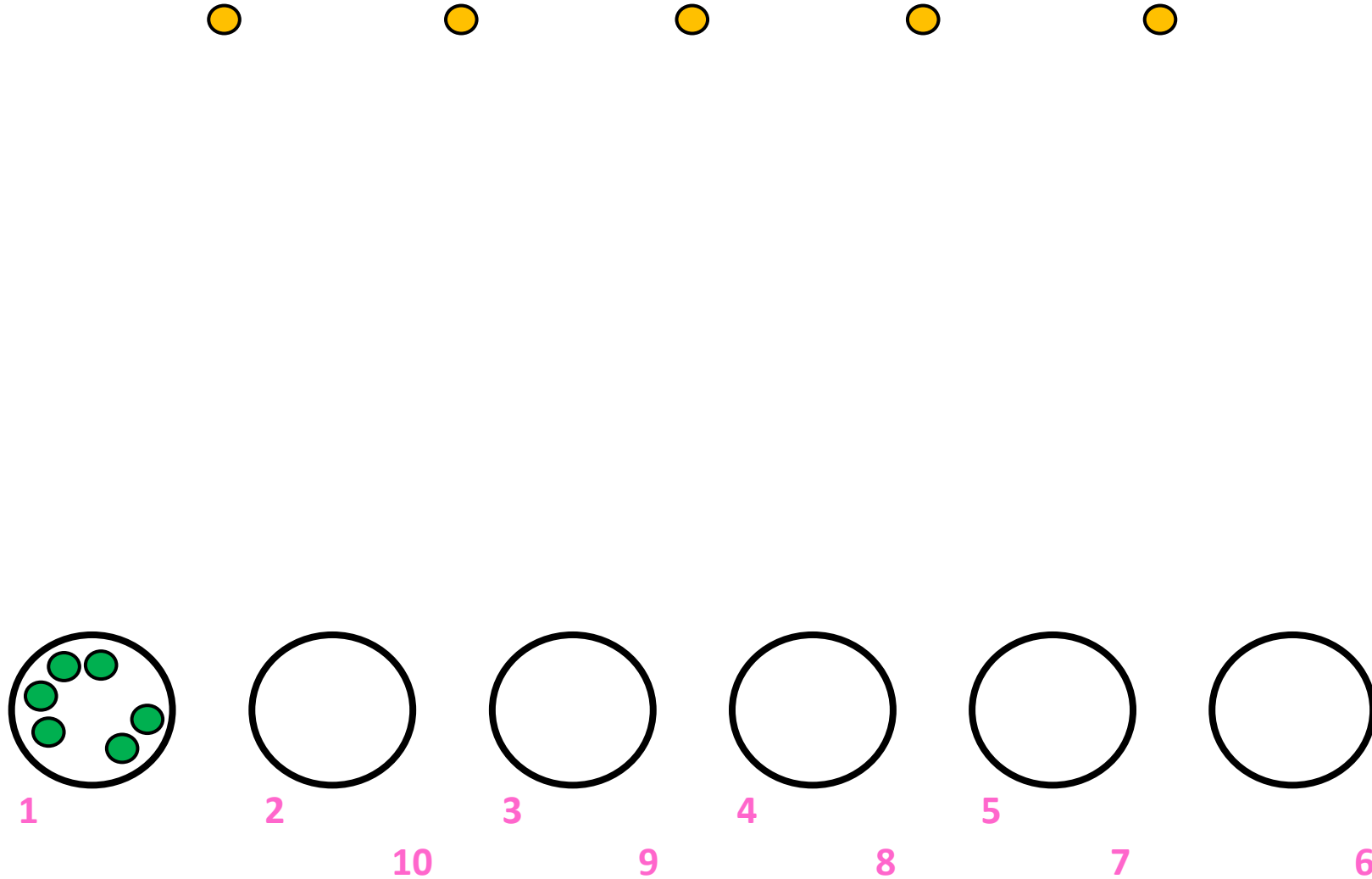
Raider Fitness Test – Proper Course Movement



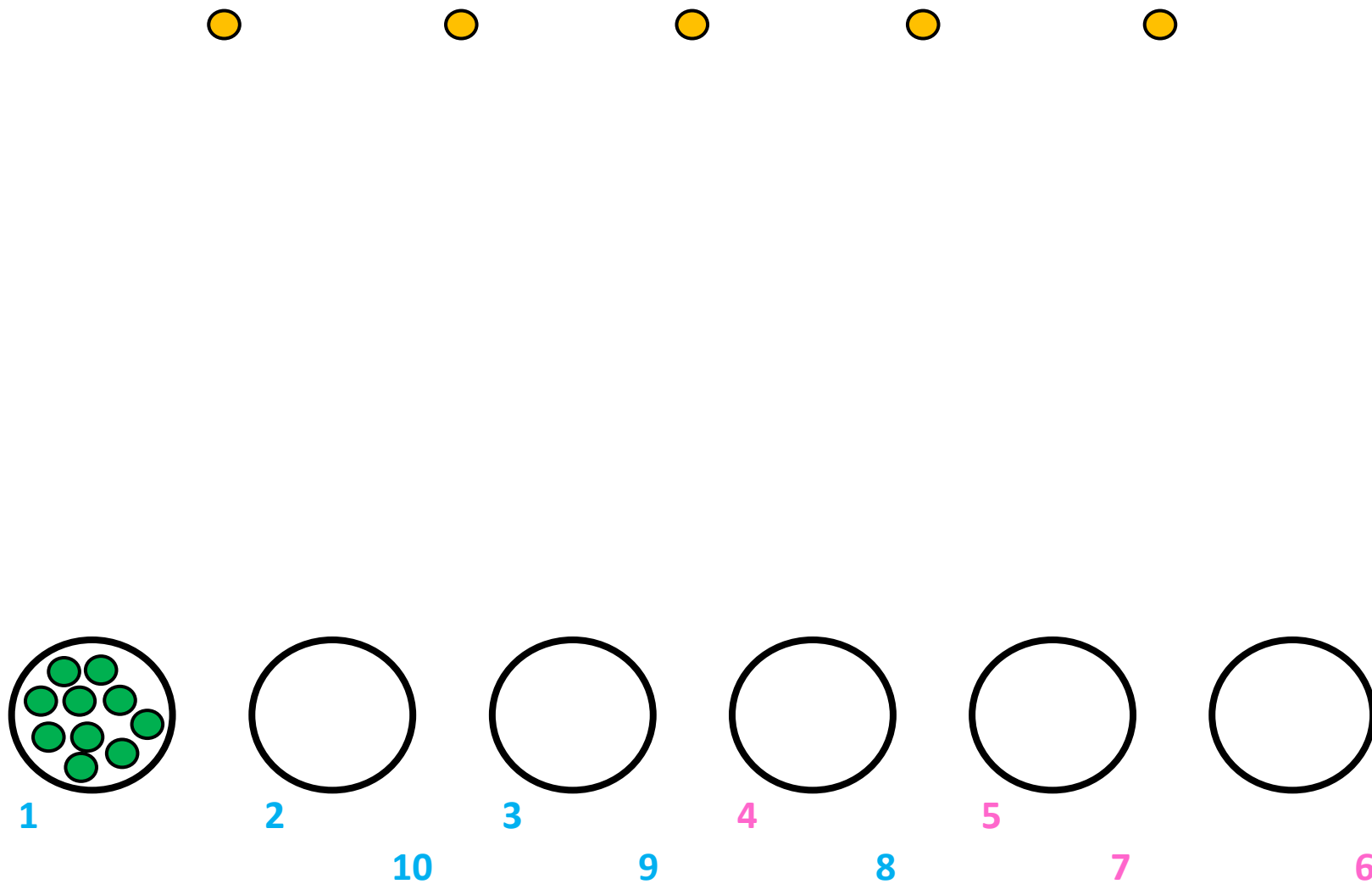
Raider Fitness Test – Male Division



Raider Fitness Test – Female Division



Kettle Bell Relay – Mixed Division

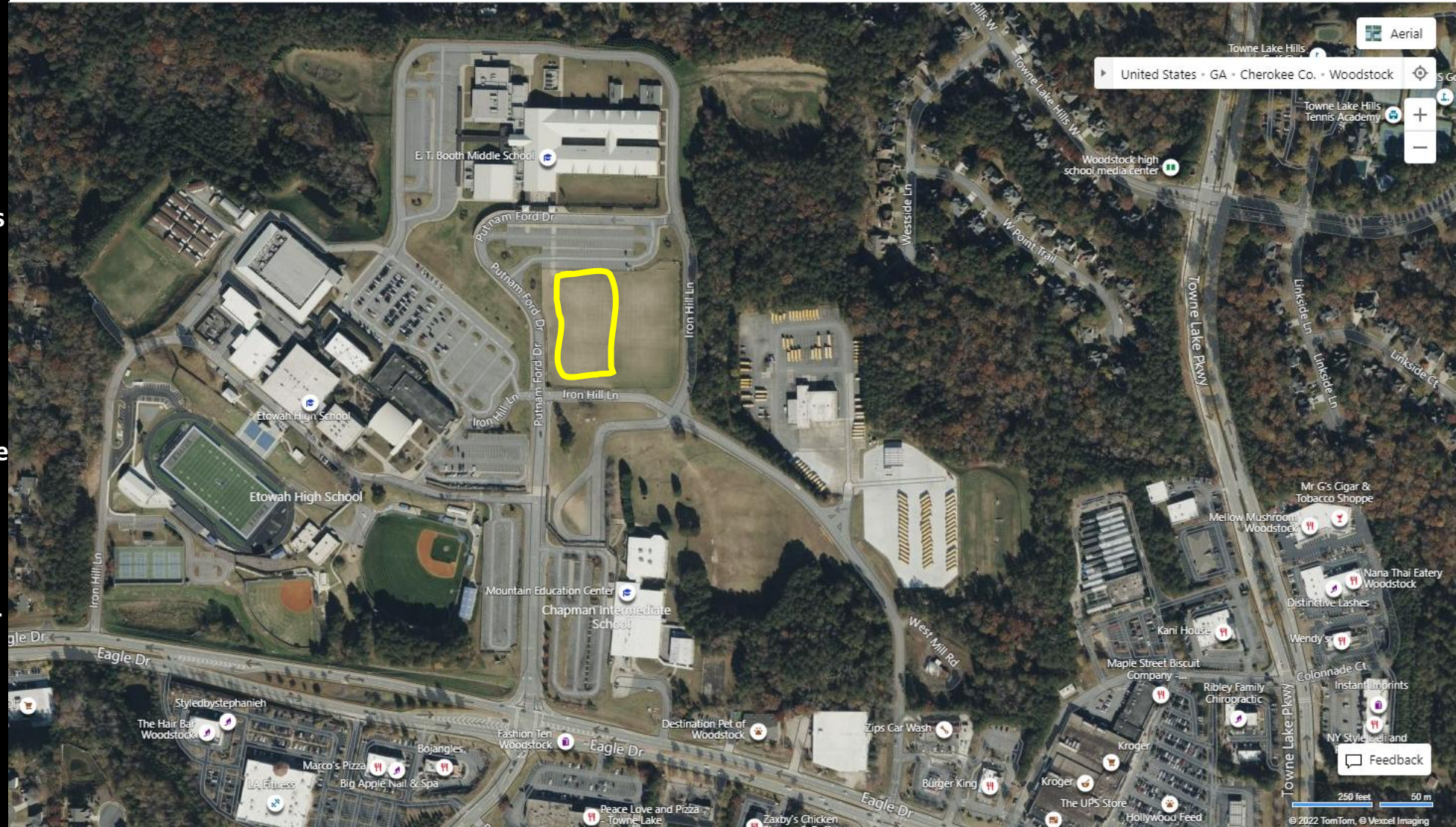


HUMVEE Tire Flip

- * Team starts with all members pulling a HUMVEE up to 30 yds
- * Team will then run to small tire station to carry 10 tires 50 yds
- * Team will then run onto the field and do an old-school tire flip, 50 yds out, around cone, 50 yds back
- * Team then leaves field, carries the 10 small tires 50 yds back to first tire station, then sprints to finish

Notes

- * After all pull HUMVEE, teams decide how to do the rest of the course
- * Big tire must have 3-5 flipping it
- * Any team member that crosses finish line early cannot re-enter
- * Time stops when last team member crosses the finish line
- * Penalty for rolling the large tire
- * Penalty for Raiders in front of large tire



Physical Training Test (Overview)

- * Course distance is ~0.34 miles
- * Tasks include things like:
 - * Jugs, ammo cans, kettle bells
 - * 4- or 6-foot wall
 - * Vault (body must touch)
 - * Agility maze
 - * Tire step
 - * At turnaround cone, reset course
- * Time stops when last team member crosses the finish line
- * Team members can finish early but cannot re-enter the course
- * Penalty for dropping equipment
- * Penalty for not completing a task



Physical Training Test (Male Division Teams)

- * Tasks will include, in order:
 - * 20 misc item carry for 20 yds
 - * 6-foot wall
 - * 240 lb canoe carry for 20 yds
 - * 8x tire dance (high knees)
 - * Culvert crawl
 - * Agility maze
 - * Turn around cone, reset course
- * No req for team to stay together
- * Time stops when last team member crosses the finish line
- * Team members can finish early but cannot re-enter the course
- * Penalty for dropping equipment
- * Penalty for not completing a task



Physical Training Test (Mixed and Female Division Teams)

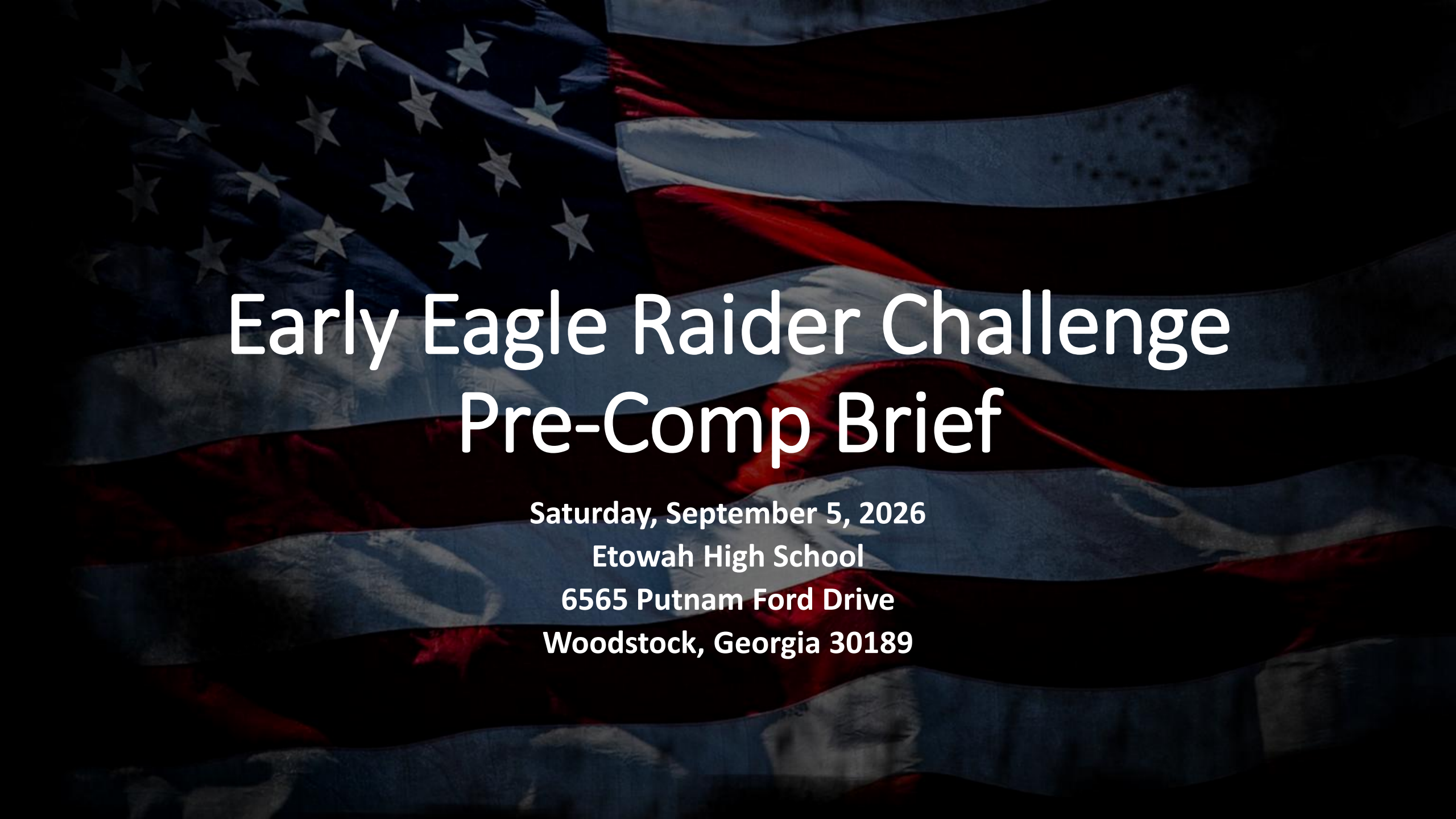
- * Tasks will include, in order:
 - * 20 misc item carry for 20 yds
 - * Agility maze
 - * Vault (body part must touch top)
 - * 8x tire dance (high knees)
 - * 4-foot wall
 - * Turn around cone, reset course
- * No req for team to stay together
- * Time stops when last team member crosses the finish line
- * Team members can finish early but cannot re-enter the course
- * Penalty for dropping equipment
- * Penalty for not completing a task



Rope Bridge

- * Reference FM 3-97.61, TC 90-6-1
- * Telephone pole courses (x2)
- * 60-foot span b/w anchor points
- * Dead zone at 6 ½ feet from anchors
- * Can't step over dead zone boards
- * Penalties listed on scoresheet



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