



**Lamar County High School
Army JROTC Trojan Battalion
1 Trojan Way, Barnesville, Ga 30204**

May 15, 2026

MEMORANDUM FOR: Area 12 Raider Coaches and Raider Teams September 26, 2025

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1. Purpose: To establish responsibilities and procedures for the conduct of Lamar County HS, Area 12, JROTC Raider Challenge Meet.

2. References:

- a. FM 7-22, Physical Fitness Training.
- b. FM 3-97.61 and TC 90-6-1 Military Mountaineering/Rappelling

3. Objectives:

- a. To provide Area 12 JROTC Cadets a competitive program in **5 Raider Skill Events**. The supporting objectives include ethical values and good citizenship, effective communication and logical thinking, improved physical fitness, positive self-motivation, and the skills to work as a team.
- b. To provide JROTC Cadets the opportunity to practice and familiarize themselves with similar type Raider Challenge competitions held throughout the school year.

4. Concept and Policy:

1) This memorandum will outline the rules, requirements, events, and fees for the Raider Competition to be held on the school grounds behind Lamar County High School on Saturday September 30, 2025. The Coaches meeting will take place at 0800 hrs that day in the Obstacle Course Main Building, and the competition will begin at 0830 hrs. **The awards ceremony will be held onsite shortly after the conclusion of the competition (either on Raider field or at the gym, weather dependent).**

2) Signs will be posted directing participants/families. Buses will be parked in the parking lot near the soccer field/ Old gymnasium. Parents/family and visitors parking may park in the gym parking lot of the school. Schools will be authorized to set up pop-up pavilion tents on the field opposite the obstacle course.

- b. Team Instructions.

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3) Schools may bring up to **3 teams**. Categories are Male, Female and Mixed. Each team **will consist of (10) members and 2 Alternates (Coach Decision of whether to have alternates)**. The Alternates may substitute at the beginning of any event **but not during the event** unless a team member is injured. If any team member is injured and an alternate must be used, the entire team will restart that event. Teams must compete in all events. Schools will list their cadets by name on their team rosters (Annex A). **Competing cadets will only be allowed to compete on one team**. Each event judge will have a list of team names and will verify those cadets in the holding area prior to starting the event. The Registration Form is Located at **Annex A** and the **Meet Fee is \$100 for the first and \$25 for each additional team not to exceed 3 teams and \$150 per school.**

4) Male Teams: 10 Males and 4 alternates competing at all times. Females can be on male teams; however they must compete as if they were a male and not as a female.

5) Mixed Teams: 10 members and 4 alternates. Teams must be composed of at least 4 female competitors at all times (even if alternates are used). Mixed teams may have more than the minimum females and no less than 2 males.

6) Female Teams: 8 members and 4 alternates competing at all times. No males can be substituted on a female team.

5. Competition Events: The Trojan Raider Competition will consist of 5 events as follows: (1) the Team 2 Mile Run, (2) Ammo Can Relay, (3) the Tire Flip, (4) the Raider Obstacle Course, and (5) the 1-Rope Bridge. All schools will commence with the Team Run first, and then enter their own rotation through the remaining 4 events.

1) **Team Run (Annex B).** This event consists of a timed distance run over a 2 mile course with varying slopes on improved roads. All team members must start, remain, and finish within 20 meters of each other. A 2-minute penalty will be added to a team's time if any member(s) is not within the 20-meter zone. **Time does not stop until the last team member crosses the finish line.** The uniform for the running event will be OCP, t-shirt, and running/tennis shoes (School t-shirts are authorized).

2) **Ammo Can Relay (Annex C).** Timed event. Male Cadets will each carry ten 30LB Ammo Cans 30 yards. Female Cadets will carry six 25LB Ammo Cans 30 yards. The course will be laid out in a 30-yard straight line carry. Two lines of cadets will compete simultaneously. Two cadets will begin by carrying a maximum of two Ammo Cans 30 yards and setting them down without dropping. Dropping Cans will result in a 30 sec penalty. Once Cans are set down, cadets will proceed back 30 yards, pick up two more Cans and carry them to the drop off point until the appropriate number of Cans are moved. Time

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will stop when the final cadet sets their last two Cans down. The uniform for this event is OCPs bottoms, T-shirt, and boots.

Obstacle Course (Annex D). This event consists of a timed course of approximately 300 meters on varying terrain. The team must traverse all 13 obstacles. The uniform for this event is OCPs bottoms, T-shirt, and boots.

4) Rope Bridge (Annex E). This event will consist of the timed completion of the standard 1-Rope Bridge IAW FM 3-97.61 and TC 90-6-1 (Military Mountaineering-2002). Rope length will be at least 120 feet. The distance between the near and far side points is 60 feet (Male & Mixed teams) and 45 feet (Female teams) with 28 feet of dead space. **Schools must bring their own rope, Swiss seats, and snap links. No seat harnesses – all seats must be tied by cadets.** Ropes must be of low stretch type (Kernmantle). Uniform for this event is OCP bottoms, T-shirt, and boots. **Schools must rotate all of their teams to the Rope Bridge together. To speed the rotation schedule, each SCHOOL and all of their teams will receive one mass brief instead of briefing each team as they rotate through the event.**

5) Tire Flip (Annex F). This event consists of a timed event. Ten (10) members (10 member male and mixed team 8 member female team) Raider Teams will flip a large tire a distance of 30 meters, across a mid-point line and flip the same tire back to the start / finish line. Team captains will structure their teams into 2 groups. The uniform for this event is OCPs bottoms, T-shirt, and boots.

6. Scoring and Timing of Events

1) An official will be at each event to record all official times for each team. Time will start when the official commands “GO” and time will stop when the last cadet of a team crosses the finish line of a particular course, or the command of “STOP” is given at the 1-Rope Bridge.

2) The lowest point value will determine the teams’ placement for each event and placement for the overall championship in the Male and Mixed competition. Should a tie occur in any team event or overall event, the fastest time on the Team Run will be used as a tiebreaker to determine placement. In the event this does not break the tie, the Raider Fitness test results will be used.

Example: A team earns the following placement in the 5 Team events.

<u>Events</u>	<u>Placement</u>
Tire Flip	2 nd
Team Run	3 rd

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Litter Rescue	1 st
Rope Bridge	1 st
Raider Fitness	<u>5th</u>
Team Total	12 Points

7. Event Details:

1) False Starts: all teams will require a clean start. A **5-second** penalty will be assessed for a false start and will be added to that team time. No restarts will be granted.

2) Coaches, Parents, and team support spectators will not be allowed to run the course with their team. Once the team is on the course or on the clock, all coaching will stop. However, you may be on the course to take pictures or have a designated representative take pictures. This does not mean running along the entire course taking pictures or videoing. The team may be disqualified if these violations occur.

3) Teams and coaches may recon the courses prior to the morning of competition. However, once the competition starts, all teams must move out to start their first event. Coaches, parents and team members must stay off to the side of the course so the team competing will not be interfered with, such as slowing a team down or getting in their way. A coach cannot take his team through a walk-through of a course just before their team is about to compete.

4) No team will leave any course to take a short cut while competing on a course. Teams or individuals of a team going outside the course area to gain an advantage will cause their team to be disqualified. If a team is off course and found to be accidental, a penalty will be estimated by the amount of seconds saved by going off course with a 30 second penalty.

5) Teams **will not** be on a time schedule for each event. **The Team Run will be the first event for ALL teams.** After this event, teams/schools will follow a given round-robin schedule. Example: School A follows these events in order: (2) Ammo Can Relay (3) Tire Flip (4) The Obstacle Course, (5) One Rope Bridge. School B follows these events in order: (3) The Tire Flip (4) The Obstacle Course (5) One Rope Bridge (2) Ammo Can Relay.

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6) Unsportsmanlike conduct will be subject to a 10 minute penalty each time a member of a team does not conduct themselves as a JROTC cadet. Teams can also be penalized or disqualified if a family member or coach interferes with the event judge or confronts a judge.

8. Trophies:

- 1) Male Team Trophies – 1st, 2nd, and 3rd place in each team event.
- 2) Mixed Team Trophies - 1st, 2nd, and 3rd place in each team event.
- 3) Female Team Trophies- 1st, 2nd, and 3rd place in each team event.
- 4) Overall Team Trophies – 1st, 2nd, and 3rd place in each category of Male, Female and Mixed.

5. Responsibilities:

1) Lamar County SAI

- a. Overall responsible for the conduct of the Raider Challenge Meet.
- b. Provide payment for trophies and awards for the Raider Meet.
- c. Coordinate for JROTC Cadre, SROTC Cadre/Cadet, and Army judges as required.

2) SAI's/AI's:

- a. Prepare your respective teams for competition IAW the provisions of this MOI.
- b. Each Raider Team will provide the LCHS SAI (MAJ Stinson) with a list of all cadets participating on the provided registration form at Annex A.
- c. Ensure you have a parental permission letter for your cadets to compete in this event. We are not going to get into the weeds of having waivers, covenants not to sue, etc. but ensure you are covered on your end for cadets to participate.
- d. **If you have not already done so, it is HIGHLY recommended that all cadets participating in any Raider practice or event have a GHSA athletic physical on file at your school.**
- e. Ensure your team(s) follows the meet schedule and rotation plan.

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f. Supervise your Cadets at all times throughout the day.

g. Ensure all cadres, parents, boosters, etc. **REFRAIN FROM COACHING ONCE THE COMPETITION BEGINS** – encouraging your team is welcomed but **NO COACHING PLEASE!** Let the Raider Team Commanders lead their teams and make leadership decisions.

6. Safety:

1). Cadre are responsible for conducting a continuous, rigorous safety program. Cadre must ensure that adequate provisions for safe physical standards are incorporated into all aspects of training

2) Water points will be provided at each station. Ensure your cadets have some means of resupply (water bottles, canteens, etc.) so they may refill their water throughout the day.

3) Weather: Hot temperatures could be a major factor for this competition. Each team should bring their own water and ice. Ensure all cadets start hydrating 2 days prior to coming to competition. Have cadets report in to the event judge(s) to check in and then find shade in the local area.

4) Lightning: If lightning occurs, all coaches will have cadets move to cover at the JROTC Department. Once lightning stops and officials give the all clear, word will be put out to move cadets back to the event that they were at. Lightning or severe weather will stop the competition, however, if rain should take place throughout the competition day, the competition will continue with safety as our top priority. We will score only teams that have completed events. Awards will be given accordingly to teams that completed the competing events. If severe weather moves in and competition needs to be terminated, we will not be in position to reimburse schools due to the Inclement Weather. The Awards Ceremony will take place on the Raider Field once the competition is complete.

7. Timeline:

1) **DATE 7 August 2026:** SAI/Coaches submit FIRM number of team entries by type (male or mixed) via e- tim.jones@lamar.k12.ga.us

2) **DATE 08 August 2026:** Trophies ordered

3) **DATE 22 August 2026:** Final team registration forms submitted to MAJ Stinson or via email pstinson@lamar.k12.ga.us or SFC Jones tim.jones@lamar.k12.ga.us. *You can update this roster the morning of the event. So please give me a 90% solution on time in order to make a rotation plan.*

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4) **DATE 24 September 2026:** In coordination with the Area 12 Coordinator, a final weather decision will be made at 1200 hours.

DATE 26 September 2026:

0730 – Grading cadre(s) arrive.

0815 – Schools / Teams arrive

0830 – Coaches Meeting (JROTC Drill Pad)

0900 – 0945 Raider Team Run (JROTC Parking Lot)

0945 – 1300 Shotgun start / round-robin of remaining events

1130 – 1200 Designated lunch time for scorers and teams

1400 – Awards Ceremony at Raider Field

8. **POC** for this event is MAJ Stinson pstinson@lamar.k12.ga.us or 1SG SFC Jones tim.jones@lamar.k12.ga.us /713-965-3768 Lamar County High School.

Paul Stinson

MAJ(R), U.S. Army

Senior Army Instructor

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Annexes:

A - Registration Form and Map

B - Team Run

C - Ammo Can Relay

D - Obstacle Course Layout

E - 1-Rope Bridge

F – Tire Flip

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ANNEX A: REGISTRATION FORM

SCHOOL NAME: _____

POC (Please Print) _____

POC Contact number _____

Total number of teams (maximum 4): _____

Teams per category: Male Teams _____ (limit 2)

Mixed Teams _____ (limit 2)

Female Teams _____ (limit 2)

Total Amount Due: _____ (\$100)

Amount enclosed: _____ (Make checks payable to LCHS AJROTC Raiders)

Signature of POC: _____

Mail Checks and forms to: Lamar County High School AJROTC

1 Trojan Way, Barnesville, Ga 30204

Or

Scan and email to tim.jones@lamar.k12.ga.us

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ANNEX B TEAM RUN

The team run will be in ACU bottoms/T-shirts and running shoes. ACU tops are optional but the team must be uniform. On the command “GO”, the team will run a designated 2 mile course (2 laps around the designated campus pathway). This course has curbs and grades and has several inclines/declines. There is no requirement to run as a team. Team members must maintain a 20 meter distance from the first to the last cadet on the team or a 60 second penalty will be assessed per infraction. Team members may not push, pull, hold, or carry team members. 60 second penalty for improper assistance. If a team member drops out of the race, the team is disqualified from the event.

Start Time 0:00

End Time

Penalties

Official Time

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ANNEX C AMMO CAN RELAY

AMMO CAN RELAY

****MIX TEAMS MUST HAVE 4 FEMALES****

SCHOOL NAME _____

SCORERS SIGNATURE _____

30 sec penalties for

Dropping ammo cans _____

Not placing can behind start lines _____

Only two cans will be carried at a time _____

Profanity (1 Min each time) _____

TOTAL TIME _____

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ANNEX D OBSTACLE COURSE LAYOUT

1. TASK: 10 member Raider Teams will organize at the starting line for the Obstacle Course. The 10 members will navigate the following obstacles
2. CONDITIONS: Uniform for this event is ACU shirt, ACU trousers, and boots with gloves optional. This event will take place on the marked obstacle course at Camp Stinson.
3. STANDARDS: Safely navigate the obstacle course. Each cadet must complete each obstacle in the desired fashion. If any cadet improperly navigate an obstacle a penalty will be assessed.
 - Obstacle 1- The elevate balancer beam. Each cadet must touch (step on) the painted area. There will be a 10 sec penalty for each cadet that does not step on the painted area.
 - Obstacle 2- The jump over. Each cadet must hop over each beam alternating direction for each beam. There will be a 10 penalty for each jump that is not alternating.
 - Obstacle 3- The Swing Over. Each cadet must cross the beam on the far end of the obstacle, without assistance from any member of the team. Each cadet gets 2 attempts to navigate the obstacle. There will be a 30 sec penalty for all cadets that fell to cross the beam unassisted.
 - Obstacle 4- 6 Foot Wall. Each cadet must cross the wall either assisted or unassisted. There will be a 20 sec penalty for all cadets that do not cross the wall.
 - Obstacle 5- 6 foot inverted wall. Each cadet must cross the wall either assisted or unassisted. There will be a 20 sec penalty for all cadets that do not cross the wall.
 - Obstacle 6- The Tarzan. 5 team members (for the male and mixed teams), and 4 team members (for the female teams) must navigate the Tarzan with the other team members acting as spotted for the active teammates. Each member navigating the obstacle must touch the first and the last monkey bar with both hands. There will be a 5 Sec penalty for not touching the first and/or last bar on the monkey bars and a 20 sec penalty for not completing the obstacle.
 - Obstacle 7- The Belly Buster. Each cadet must cross over the obstacle with or without assistance. There will be a 20 sec penalty for all cadets that do not cross the obstacle.
 - Obstacle 8- The Inverted ladder. Each cadet must climb up one side, cross underneath the top bar and down the opposite. Each cadet must step on the bottom rung (the painted bar) of both sides of the ladder. There will be a 20 sec penalty assessed for any cadet that does not touch the bottom rung or who does not go underneath the top rung of the ladder.
 - Obstacle 9- The Intimidator. Each cadet must climb up the near side and down the far side of the obstacle. Female cadets must go at least to the 5th bar and males must go at least to the 7th bar before

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crossing over to the far side of the obstacle. There is a maximum of four competitors on the obstacle at a time with no more than two cadets on the same side. Must maintain 3 points of contact (Safety) at all times. There will be no jumping from the obstacle or a 30 sec penalty will be assessed. Must touch the bottom rung of the obstacle with both hands on both sides of the obstacle. There will be a 30 sec penalty assessed for cadets not touching the bottom rung of the obstacle on both sides.

- Obstacle 10- The step through- Each cadet must navigate through the obstacle by placing their hands on their head and stepping through the obstacle without touching any portion of the obstacle. There will be a 20 sec penalty assessed for any cadet touching any portion of the obstacle.
- Obstacle 11- the High Step Over. Each cadet must step over each bar of the obstacle without their hands placed on their head. The use of hands will cost the team a 20 sec penalty for each instance. There will be no touching the obstacle.
- Obstacle 12- The balance beam. 5 team members (for the male and mixed teams), and 4 team members (for the female teams) must navigate the balance beam with the other team members acting as spotted for the active teammates. No touching the obstacle will be allowed by the team members that are navigating the obstacle. Limited assistance by the team members that are acting as spotters (Example; spotters cannot hold hands with the team member that is actively engaged with the obstacle. The spotter must walk alone side of their team member as a safety precaution. Each cadet that is engaging the obstacle will have a maximum of two attempts to complete the obstacle. There will be a 30 sec penalty assessed for any team member that does not complete the obstacle within 2 attempts. There will be a 30 sec penalty assessed to any spotted that is holding hands or who is helping their teammate navigate the obstacle (Example: bracing the balance beams during the navigation of the obstacle).
- Obstacle 13- The low crawl. Each team member must crawl underneath the wire from beginning to end of the obstacle. There will be a 30 sec penalty assessed for any cadet that does not complete the obstacle (Example: skips the obstacle).
- Finally return to the start line

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ANNEX F TIRE FLIP

1. TASK: 10 member Raider Teams will organize into two 5 member groups. Then, the first 5 member group will flip the appropriate tire a distance of 30 meters and cross a mid-point line. The other 5 member group will then flip the same tire back past to the start / finish line. The time will stop when the tire fully crosses the start/finish line and comes to a rest.
2. CONDITIONS: Uniform for this event is ACU shirt, ACU trousers, and boots with gloves optional. This event will take place on our soccer field marked in lanes 50 meters long by 10 meters wide. Team captains will structure their teams into 2 groups of 5 Cadets each for male and mixed teams 4 Cadets.
3. STANDARDS: Safely flip the tire down and back within the lane. The tire must remain completely within the lane at all times while being flipped. If any portion of the tire comes in contact with the boundary line the team has committed a lane violation.
4. SAFETY: Team members cannot stand or move in front of the tire as it is being flipped.
5. PENALTIES:
 - a. Allowing tire to roll in order to cover more ground: 60 seconds
 - b. Allowing tire to twist in order to cover more ground: 60 seconds
 - c. Cadets moving forward from the ready line before tire comes to rest: 60 seconds
 - d. Lane violation: 60 seconds
 - e. Intentional safety violation: Team is disqualified.

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