



Riverside Preparatory Academy

Army JROTC Department

2001 Riverside Dr. Gainesville, Georgia 30501

Phone: (770) 532-6251

MEMORANDUM FOR Raider Coaches, Area 11

30 July 2026

SUBJECT: Memorandum of Instruction (MOI) Riverside Raider Meet – 29 August 2026

1. General Information. This is an invitational-only meet for Area 11 Army JROTC Programs. It is a State Qualifier.

2. Venue. Riverside Preparatory Academy will host its Raider Meet Saturday 29 Aug 2026 on the campus of Riverside Prep, 2001 Riverside Dr, Gainesville, Ga. 30501. There are five events: **Team Run, Obstacle Course, PTT, Rope Bridge and CCR.** Awards are provided for each event for the 1st, 2nd, and 3rd place winners in each Division (Male, Mixed, Female). Additionally, an Overall award will be given to 1st, 2nd and 3rd place, in each Division (Male, Mixed, Female).. **The competition will start at 0830 and end NLT 1500. Coaches Meeting 0800 at the Family Pavilion.**

3. Teams. Male Teams will consist of no more than 14 males, with any 10 competing in an event. Female Teams will consist of no more than 14 females, with any 10 competing in an event. Mixed teams consist of 14 cadets with 10 competing and must have at least four females competing on each event. Male teams may include males or females. Coaches cannot substitute cadets from one team to another team. Once out, cadets are no longer eligible to compete. If any team drops below the required 10 cadets while on an event, the team may continue, but without eligibility for awards on those stations.

4. Weather. Plan for temperatures ranging from cool to hot and some possible rain. Light rain will not cancel the competition, but safety is priority. If weather is severe enough we will stop the competition and move to safety. We will resume as soon as weather allows. Cadre will escort students and visitors to the buildings if bad weather dictates. A series of three blasts on vehicle horns or air horns will signal to stop training and to move indoors quickly. Schools will account for their personnel and notify the meet OIC/NCOIC accordingly. A signal blast of TWO Long Whistle blasts indicates an “all-clear” and continuation of training. Teams should then return to their previous location when training was halted.

5. Uniforms and Equipment. Schools must provide all of their own OCP uniforms and Rope Bridge equipment, and are responsible for their own damaged or lost equipment.

6. Areas / Meals. Each school is responsible for the conduct of their personnel and cleanliness of areas used. Port-o-potties will be on site. Several indoor restroom locations will be available. Recommend you bring extra toilet paper, wipes, and trash bags. As there is limited space, no grilling and cooking is allowed on Riverside campus. Riverside will operate a concession stand and sell hamburgers and hot dogs etc. Once the competition begins, it will not be halted for an official lunch. Schools can bring their own food, water/beverages, and ice for your teams.

7. Vehicles and Parking. Bus and car parking will be at the Maginnis Football Field parking lot. Buses will unload and park there. Teams will walk back across the street to get back to the main campus for the competition. A cadet and signs will direct you to the parking area.

8. Medical/Emergencies.

a. Dangers. Even though we are mitigating risk during this meet, the course has the potential for insects, snakes, poisonous vegetation, inclement weather, and more. School cadre please brief your cadets and all other attending personnel about the dangers identified with the Risk Management Work Sheet (RMWS). Each participating Raider Team, IAW their own school policies, is responsible to assume their own risk, plan for medical insurance/payments, and secure applicable waivers for their own cadets while traveling to/from and while participating in the meet. Riverside will not be responsible for medical bills or payments. The attached Liability Release Form must be turned-in the morning of the competition, for all cadets.

b. Problems and Reporting. Report all treated injuries/problems and anyone leaving Riverside due to medical conditions to the Riverside OIC/NCOIC. Serious Incident Reports (SIRS) will be submitted through the Riverside SAI and through the participating schools' cadre. For minor injuries, each school will be responsible for treating cadets. A nurse and trainer will be on-site during the competition. In case of a major injury, training will cease at that location. The Judges/Cadre will immediately call Riverside OIC/NCOIC, who will call 911. A visiting school adult representative must ride in an ambulance to NE Ga. Med. Ctr, if one is needed.

c. Medical Center. Urgent Care, Thompson Bridge Road, is an immediate care facility located minutes from Riverside. NE Georgia Medical Center Hospital, Gainesville, will be utilized in the event of a major injury, and is 10 minutes away.

9. Registration. Payment is due before your team competes. You can bring payment the morning of the competition or mail it in advance to: **Riverside Preparatory Academy, ATTN: JROTC Dept, 2001 Riverside Dr, Gainesville, Ga. 30501.** Schools may enter multiple teams, **one** per Division(No B-Teams). Cost is \$100.00 for the first team, and \$25.00 for each additional team. **Make checks payable to: Riverside JROTC.** RSVP your slots for your teams by email to 1SG Anderson at ganderson@riversideprep.org with subjectline: **"2025 Riverside Raider Meet Registration"**. Include a completed registration form.

10. Timeline Matrix.

Dates / Times	Event	Notes
01 AUG – 26 AUG	Registration: Teams e-mail registration forms to ganderson@riversideprep.org	Mail checks payable to "Riverside JROTC". Verify your registration.
29 AUG 0730	Judges/Cadre/Team Briefing/Q&A/Draw Starts	Pavilion Area
29 AUG 0830	All events begin	Rotate on your own after 1 st event
29 AUG 1430	All events conclude	Final Scoring
29 AUG 1500	Award Ceremony	Commandant's Field

11. Event Plan.

a. General Information. All events, except the team run, require cadets to wear OCP trousers, boots, and t-shirts. Team Run is in OCP trousers, running shoes, and t-shirts. Teams will be assessed time penalties or disqualifications for deviation from course routes, dropped equipment, team members not completing portions of the event, bad language, poor attitude, instructor or cadet assistance/coaching, spectator interference, etc.

b. Judges and Support. Judges will consist of JROTC Instructors, Military Recruiters, college ROTC Cadets, Staff and Faculty. Do not argue with judges. Contact Riverside OIC/NCOIC if you have a dispute. The Judge will annotate on scoresheet if there is a dispute, to ensure it gets resolved.

c. Watching vs Coaching During Event. Watching and cheering your teams is encouraged. No outside adult or cadet instruction or coaching on how to negotiate an event is allowed during events. Team coaches/photographers may follow teams thru the event. Questions about grading should be addressed to the event OIC/NCOIC. Spectators are welcome in designated areas around the competition areas. Interference will result in penalties.

d. Use of Tobacco, Drugs, and Alcohol, etc. Riverside Prep does not allow any tobacco, drugs or alcohol use on the Riverside campus. School cadre is responsible for the conduct of their personnel, including parents. Please tell parents in advance.

e. Uniforms. All Team members must be in the same uniform. All events require OCP trousers and t-shirts. Team Run requires wearing running shoes; all other events are in boots. No headgear is needed. No camel backs or pistol belts allowed on obstacle course.

f. Scoring. Composite score sheets will be used at each event and turned in to the Score-room. The overall scoring results will be emailed out Monday following the competition. Each Division, Male, Female, Mixed, will have separate color-coded scoresheets.

g. Events. There are five events: Team run, CCR, PTT, Rope Bridge, Obstacle Course. At the coaches meeting, team captains will draw for their first event. After completing your first event, rotate to all events on your own. The competition closes at 1430 hrs, so make sure you have competed all events by then.

1) Team Run The team run is conducted on asphalt and gravel road for a distance of about 2 miles. Carrying team members is not allowed. All team members must stay together, within arms distance of another team member, during the run. Penalties will be assessed for each team member not within arms reach of another team member. **All team members must finish the run together as a group.** Judges will add one minute to your time for each team member out of reach of another cadet when crossing the finish line, so running ahead or lagging behind is discouraged. **Uniform is OCP trousers, running shoes, and t-shirts. Teams must change back into boots for all other events.**

2) Obstacle Course is a timed event where teams complete 6 obstacles while running a designated 1 / 3 mile course. Team members are not allowed to run ahead of the team; all 10 cadets must run to the next obstacle **only** when the last Raider has completed the previous obstacle. This is a team event. Teams must remain together before moving on to the next obstacle. Teams will earn one rubberband if their entire team correctly completes each obstacle. A team with all 6 rubber bands and a slower time beats a team with 5 rubberbands and a faster time. The time will end when all members of the team are across the finish line. The team with the most rubberbands and fastest time wins this event.

3) One-Rope Bridge We have two rope bridge stations to conduct two bridges simultaneously, one for Male teams, one for Mixed and Female teams. Each team is responsible for providing a rope

and associated equipment for their use. Each team will report to the holding area and **Teams will put on their swiss seats in the ready area.** Time starts when Nearside commands “GO”, and stops when Farside commands “STOP”. All knots and carabineers must be out of the rope before commanding “STOP”. Leaving carabineers and knots in the rope, loss of equipment in the deadzone or using feet to propel against the ground in the deadzone, and not abiding by 6th Bde scoresheet will incur scoring penalties.

4) CCR (Cross Country Rescue) is a timed event consisting of a litter carry with approximately 80-150 lbs on the litter and (6) ruck sacks (25 lbs female & mixed, 35 lbs male). Female Teams will have four rucksacks. Each team will navigate a course approximately 1/3 mile long and will run the course bringing back all equipment and cadets. Time will stop when all members and equipment are across the finish line. A Raider may place equipment down before the finish line and go back to help others. A Raider cannot cross the finish line and go back to help others. Penalties will be assessed for dropping or throwing equipment, crossing the finish line and going back to assist others, foul language.

5) PTT (Physical Team Test) is an athletic, equipment re-setting sprint, carry, and agility test. Five Raiders will line up on one side of the field, and the other five Raiders line up on the opposite end of the field. On the command “GO”, the first five Raiders simultaneously sprint through their individual lanes, carrying items, flip tire, crabwalk, bearcrawl, etc, until they reach the end, then tag the other five Raiders who sprint back thru the course in reverse order and bearcrawl, crabwalk, flip tire, and carry items back to their original starting position and return to the original starting line. Raiders run as fast as they can and don’t have to wait for one another. Time stops when the final Raider crosses the Start/Finish line. Time penalties are added for water cans/ammo cans that fail to remain upright, wrong placement of equipment, and foul language.

h. Award Ceremony. The Award Ceremony will begin shortly after the final event, no later than 1500 hrs., on the Commandant’s Field. Each of the five events will be announced and 3rd, 2nd, and 1st place winners in the Male, Female, and Mixed divisions will be called. Afterward, the top 3 Male, Female, and Mixed OVERALL winners will be announced.

i. Concession Stand. Riverside will operate a concession stand for food and drink sales. A menu of food and drink items will be sent out soon. Teams may bring their own food and drinks.

j. Tie-Breaker: PTT time will used. If a 2nd tie-breaker is needed, Team Run will be used.

12. Additional Information. Included in this document are: registration form, medical emergency locations, explanation of each of the five events, scoresheets and map.

Contact the SAI undersigned at ganderson@riversideprep.org, if you have questions.

Greg A. Anderson

1SG(Ret) Greg A. Anderson
Army JROTC Senior Instructor
Riverside Preparatory Academy
678.517.2087

Registration Form: Riverside Raider Meet 2025

Information Needed	Please fill out boxes in this column
Name of School	
Instructor Phone Number	
Raider Coach Name/Rank	
E-mail Address	
Male Team	Yes No
Female Team	Yes No
Mixed Team	Yes No
Total number of teams:	1 Team = \$100, Addt'l Teams \$25 ea
# Male Teams: _____ # Female Teams: _____ # Mixed Teams: _____	

Check Number:	Amount Enclosed:
POC for Check:	Phone Number:
Mailing Address for Receipt	

Copy and email or mail this form and payment to:
Riverside Prep, ATTN: JROTC Dept., 2001 Riverside Dr. Gainesville, GA 30501

ANNEX A
ONE ROPE BRIDGE

1. Each team has **ONE ATTEMPT** to construct a one-rope bridge during this event. A 120 ft rope will be needed for this event. Swiss seats must be used for all team members crossing the bridge. An over the shoulder figure 8 or bowline will be used for those team members not crossing the bridge. If a bridge is deemed unsafe by a grader the team will have the opportunity to fix the bridge without any penalties. Bridge will be built IAW FM 3-97.61 Military Mountaineering (AUG 2002).
2. There will be no pre-tied knots used on the bridge
3. A briefing will be given at the start point on the route.
4. Uniform will be OCP uniform and boots.
5. Scoring will be based on total time to complete the bridge by the team.

EXECUTION: TEAMS WILL NOT RECEIVE INSTRUCTION ON KNOT TYING NOR CONSTRUCTION OF THE ONE-ROPE BRIDGE,

1. NO PRE-TIED KNOTS IN THE MAIN ROPE
2. FIRST AND LAST TEAM MEMBERS ARE NOT REQUIRED TO WEAR RAPPEL SEATS WHEN THEY CROSS BUT MUST HAVE THE ROPE ATTACHED TO THEIR BODIES.
3. ALL OTHER MEMBERS MUST USE RAPPEL SEATS AND SNAP LINK.
4. SCORES WILL BE BASED UPON THE EVENT COMPLETION TIME PLUS PENALTIES ASSESSED AS DESCRIBED FURTHER IN THIS BRIEFING.
5. ALL KNOTS USED IN CONSTRUCTING THE BRIDGE MUST BE APPROVED BY FM 3-97.61, MILITARY MOUNTAINEERING.
6. TIME WILL START WHEN THE CPT SAYS “GO” AND WILL STOP WHEN THE TEAM LEADER YELLS “STOP”. AT THAT TIME ALL KNOTS/CARABINERS MUST BE CLEARED OF THE ROPE AND ALL EQUIPMENT AND PERSONNEL SHOULD BE ON THE FAR SIDE TO AVOID PENALTY.
7. **Penalties:** (see all penalties below on scoresheet)
 - a. 60 SECOND PENALTY: FOR EACH CADET WHO KICKS OFF THE DEAD ZONE GROUND WITH HIS/HER FEET TO PROPEL. Same penalty if more than 3 CADETS are CLIPPED ON THE ROPE.
 - b. 30 SEC PENALTY: FOR EACH KNOT OR CARABINER LEFT ON ROPE WHEN COMPLETED
 - c. 20 SEC PENALTY: FOR FAILURE OF THE FIRST OR LAST CADET TO SECURE THE MAIN ROPE (OVERHAND LOOP OVER SHOULDER OR SEAT AND SNAP LINK METHOD IS ACCEPTABLE).
 - d. 10 SEC PENALTY: FOR EACH PIECE OF EQUIPMENT LOST IN CROSSING.

ONE ROPE BRIDGE SCORE SHEET

SCHOOL: _____ Team CDR NAME: _____

Male Female Mix

		PENALTIES	TIME	TOTAL
1	Back-coil rope into a bag, rope end hanging out above ground		30 SEC	
2	Pre-tied knots		30 SEC	
3	No end of the line bowline or figure 8 far side man		10 SEC	
4	Rope not snapped into far side man, or over the shoulder bowline		10 SEC	
5	Failure to temporarily secure rope to far side		10 SEC	
6	Failure to secure far side		30 SEC	
7	Failure to secure near side		30 SEC	
8	Hooking up before 2 nd half hitch is tied on near side		30 SEC	
9	Improper transport knot		30 SEC	
10	Failure to hook into the rope during crossing		10 SEC	
11	Violation of dead zone (per occurrence)		10 SEC	
12	Failure to keep points of contact on the rope while crossing		10 SEC	
13	Breaking bridge down before last raider is off of rope		30 SEC	
14	Knots, carabiners in the rope after time/stop is called		45/20 SEC	
15	Equipment left behind or dropped in the obstacle		10 SEC	
16	Violation of more than (3) on the rope at one time		30 SEC	

TIME BEFORE PENALTIES: _____ TOTAL PENALTIES TIME: _____

OFFICIAL TIME: _____

NO GOS: WALKING IN OBSTACLE, SPEED TIGHTENERS, ROPE BRIDGE FAILURE

SCORER'S PRINTED NAME: _____

One Rope Bridge Briefing

1. Your Team gets one attempt to build a rope bridge and cross it.
2. ~~You must backcoil your rope into a bag, and rope can hang out as much as you want without touching the ground.~~
3. Your time starts when you command “GO”. Time stops when you command “STOP” or “TIME”
4. Touching the ground with your body or dragging on the ground is not a penalty.

Here are your Penalties:

1. Clipping first Raider on before both sides are constructed.
2. Kicking or pushing off the ground with your feet to assist yourself.
3. More than 3 Raiders clipped on the rope at a time.
4. Leaving a knot or carabiner in the rope after calling “STOP”.
5. Dropping equipment into the deadzone
6. Touching the deadzone with your feet while building your bridge.
7. You will not take the back-coil bag across with you.
8. All stopwatch times will include 1/10th of a second to prevent ties.
9. When finished – depart the area immediately with your gear and remove your swiss seats elsewhere.

ANNEX B

OBSTACLE COURSE GRADE SHEET

This is a team oriented obstacle course. Team must stay together the entire time. Running ahead is not allowed. Every monkey bar rung must be used. Must use ladder, cannot jump from wall.
Must finish as a group, arms distance or less apart.

Score Sheet

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM

MIXED TEAM

NOT FINISHING TOGETHER # of Violations _____ x 2 Min _____

DROP OUT/
NON COMPLETION # of Violations _____ x 5 Min _____

COURSE TIME _____

OF RUBBERBANDS _____

Obstacle Course Briefing

1. Your Team will negotiate 6 obstacles while running 1/3 of a mile.
2. You must stay as a team, cannot run ahead of the team.
3. You will receive a rubberband for each obstacle you complete correctly
4. The most rubber bands with the fastest time wins. A team with 6 rubberbands, but a slower time than a team with 5 rubberbands, wins
5. You can use one OCP belt only for the first wall.
6. You must use every rung on the ladder when climbing down from a wall with a ladder on the backside.
7. You can use both sides of the low crawl sand pit at the same time.
8. You can use both sides of the tunnel crawl at the same time.
9. Monkey Bars: Every Raider must attempt or no rubberband. You must use each bar, cannot skip bars. If you drop, you are required to try again at least one time before the next raider starts.

Here are your Penalties:

1. Two minute penalty at the finish line if you are not together
2. You must use every rung on the descent ladder of high walls. If you don't, your team will stop while you climb the ladder and descend again.
3. You must hang-and-drop from the short wall. If you jump off, your team will stop while you go around and do it again the right way.
4. Monkey Bars – No rubberband if any Raiders drop.

ANNEX C

Team Run

Score Sheet

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM

MIXED TEAM

ONE ARM REACH RULE # of Violations _____ x 1 Min _____

DROP OUT # of Violations _____ x 5 Min _____

CONDUCT VIOLATION # of Violations _____ x 5 Min _____

COURSE TIME _____

PENALTY TIME _____

TOTAL TIME _____

Team Run Briefing

1. Your Team will run approximately 2 ½ miles.
2. You must stay as a group the entire time, which means one arm distance from any other team member.
3. If you interfere with another team on the route, you will be disqualified.
4. You will go to the left at the turn around point and follow the gravel trail and return on the same route back to this starting point.
5. Run carefully and watch for holes, ditches, loose rocks, etc.

Here are your Penalties:

1. Not finishing as a group # _____ Violations X 5 mins _____
2. DROP OUT # of Violations _____ x 5 Min _____
3. Interfering with another team: DQ

ANNEX D

CROSS COUNTRY RESCUE

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM

MIXED TEAM

DROP OUT # of Violations _____ x 5 Min _____

DROP EQUIPMENT # of Violations _____ x 30 Sec _____

FINISH LINE VIOLATION # of Violations _____ x 30 Sec _____

CONDUCT VIOLATION # of Violations _____ x 5 Min _____

COURSE TIME _____

PENALTY TIME _____

TOTAL TIME _____

Cross Country Rescue Briefing

1. Your team will carry a litter and rucksacks along a 1/3 mile rough terrain course and return to the starting line. The Start line is the finish line.
2. You cannot carry rucksacks on the litter.
3. You may run ahead of one another.
4. You can come to the finish line and ground your ruck and run back to help others ONLY if you don't place your ruck OVER the finish line.
5. If you place your ruck OVER the finish line, you cannot return to your team to assist.
6. You do not have to cross the finish line as a group....but once you cross the line, you CANNOT go back.
7. Time stops when the last Raider crosses the finish line, not when you set the litter down. Set the litter down gently, or there is a penalty.

Here are your Penalties:

DROP EQUIPMENT 30 Sec

FINISH LINE VIOLATION 30 Sec

RAIDER DROPPING OUT 5 Min

CONDUCT VIOLATION 5 Min (Interfering with another team)

ANNEX E

PTT / PHYSICAL TEAM TEST

This is a sprint/equipment carry/ bearcrawl course. Five Raiders negotiate to the other side of the field and 5 other Raiders sprint back and re-set equipment.

Score Sheet

SCHOOL NAME _____

MALE TEAM

FEMALE TEAM MIXED TEAM

WATER CANS LEFT
TIPPED OVER

of Violations _____ x 30 sec _____

EQ NOT PLACED ON LINE

of Violations _____ x 30 sec _____

IMPROPER LOW-CRAWL
Or BEAR-CRAWL

of Violations _____ x 30 sec _____

DROP OUT/
NON COMPLETION

of Violations _____ x 5 Min _____

COURSE TIME

PENALTY TIME

TOTAL TIME

PTT Briefing

1. You will divide your team in half. Five will start on this side and five will go to the end of the course.
2. On the command “GO” five Raiders sprint/carry watercans, sand bags and ammo cans/flip tires/bearcrawl/crabwalk all the way to the end.
3. The Raiders on the far side must stay behind the line until they are tagged by the first Raider, then they sprint back and re-set the equipment and bearcrawl/crabwalk/flip tires back to the first starting line.
4. You do not have to run together. Go as fast as you can.
5. Time stops when your last Raider crosses the finish line.

Here are your Penalties:

1. WATER CANS LEFT 30 sec each
TIPPED OVER
2. EQUIPMENT NOT PLACED ON THE LINE 30 sec each
3. STANDING UP TOO EARLY ON BEARCRAWL OR CRABWALK 30 Sec each
4. FAR SIDE RAIDERS LEAVING EARLY 60 sec each
5. DROP OUT/ 5 Min each
NON COMPLETION

ANNEX F

Release From Liability

General Release and Medical Care Authorization

I / We, the undersigned, hereby grant permission for _____, a legal dependent, to participate in the below listed activity of the Riverside Preparatory Academy JROTC Department.

Type of Activity: Raider Challenge Meet to be conducted 20 September 2025 at Riverside Preparatory Academy, Gainesville, GA.

I/We do hereby agree to release, and otherwise hold harmless, all US Army retired officer and noncommissioned officer instructors, advisors, US Army personnel, Riverside Prep officials and affiliates from any liability for personal injury, property or other type of loss which occurs as a direct result of the aforementioned activity, to me or any of the undersigned.

I / We understand and agree that my signature hereunder constitutes a waiver of rights by myself or my estate to sue, for any personal injuries, death, or property damage caused by, or a result of the activity of, the hereinabove named parties, and I / We freely assume all risks, hazards, or losses which may result from said activity.

JROTC Instructors and Riverside Prep officials will make every reasonable effort to properly supervise, control, and render safe all training activities related to this competition.

This the _____ day of _____, 2024.

Emergency Contact Phone Number: _____

Student Signature: _____

Parent / Guardian Signature: _____

This is to certify that (Cadet) _____ is covered by insurance providing coverage for hospital and medical treatment.

Name of Insurance Company: _____

Policy / Certificate Number: _____

Printed Name of Parent / Guardian: _____

Signature of Parent / Guardian: _____