



**DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY JUNIOR ROTC
CEDAR SHOALS HIGH SCHOOL
1300 CEDAR SHOALS DRIVE
ATHENS, GEORGIA 30502
(706)546-5375 ext 21461**



ATOA-HS-CSHS

28 Aug 2023

SUBJECT: Memorandum of Instruction (MOI) Classic City Raider Challenge Competition, to be held on September 30th, 2023. Starting time will be 0830 hours.

1. Purpose: This MOI announces the Annual Classic City Raider Challenge Meet at Cedar Shoals High School in Athens, GA.
2. Scope: The Classic City Raider Challenge Competition is designed to:
 - a. Conduct a competition season with 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. Specifies: There will be a total of six events with a ten person team competing.
 - a. Team Physical Test: The entire team will compete in this event consisting of a low crawl, water can carry, three vaults, change direction, and a 200 lb canoe. (Annex A)
 - b. Two Mile Team Run: The 10 member team will run this 2.2 mile course as a group. In ACU pants with running shoes, **NO SHORTS**. (Annex B)
 - c. One Rope Bridge: Each ten-person team must construct a one-rope bridge across a span of approx. Forty-five feet. You need to bring your own Swiss seats, rope and Snap links. A kernmantle or standard Army issue nylon laid 120 ft. rope may be used. (Annex C). You must use a steel carabiner in your transport tightening system.
 - d. Cross Country Rescue: The ten-person team will carry a simulated injured person (dummy) on a litter, and six rucksacks, then negotiate a designated course. This course will have an 8 ft. wall to negotiate. The litter will not go over the wall. (Annex D)
 - e. Obstacle Course: Each ten-person team will complete the obstacle course consisting of 14 obstacles, they are: low crawl, vault, 8ft wall, belly robber, zig-zag balance beams, 12 ft. wall, low vault, high vault, culverts, high stepper, easy balancer, 10 ft. vertical cargo net, monkey bars, and tires. (Annex E)
 - f. Sandbag/Kettlebell Carry: Each ten-person team lines-up. 1st Raider moves sandbags from circle "A" to circle "B" as quickly as possible (can carry up to 2 sandbags at a time. Sandbags will not be tied together). Once all bags are in circle "B" the 2nd Raider moves them back to circle "A" and so on until all Raiders have gone.

GENERAL INFORMATION

1. COVID PRECAUTIONS
 - a. All coaches will screen their teams/personnel prior to arrival to ensure no personnel are exhibiting covid symptoms
 - b. Although all events will be conducted outside, it is recommended that personnel maintain adequate spacing (3'-6') from personnel not with their specific group/team.
 - c. Parents/Spectators are authorized to attend but must stay off all courses so as to not impede participants. While masks are not required, they are encouraged.

2. The competition will be held at Cedar Shoals High School in Athens, Georgia. The coaches meeting will begin at 0800.

- 3.. Trophies will be awarded for First, Second, and Third Place in each event for each category. We will also award trophies for First, Second, and Third Place overall. (Trophy places may change depending upon participation.)

4. Graders will be from the Army National Guard and Army recruiting personnel or UGA Cadets. Coaches will grade the team run. ***Please bring stopwatches.***

5. Each team will consist of (12) twelve members, however only 10 will compete in each event. The team captains will substitute competitors prior to the individual event start at their discretion (No substitutions during actual event). Substitutions may only be made from within the same team. Mixed teams must have at least four females competing.

6. ACU/OCP uniform with boots will be worn for all events except for the Team Run. Team Run is ***ACU/OCP trousers with running shoes.***

7. The Team Run will be in three relays. Group A (male teams) will run at 0830, Group B (male and mixed teams) will run at 0900 and Group C (mixed and female teams) will run at 0930. All other events will be completed in rotation.

8. The entrance fee for each team will be **\$75.00** for the first team. A fee of **\$35.00** will be charged for additional teams. The cutoff date for registration and refunds is on 18 September 23. **There will be a limit of 60 teams;** Trophies will be awarded to the best team regardless of level i.e. A/B teams.

9. Each team should have a release from liability form for each Cadet participating in the competition. This form will be maintained by each team coach and provided upon request. (Annex F)

10. Military Recruiters will grade the events if available. They will score all events except the Rope Bridge competition, selected or volunteer coaches will score this event. All score equipment will be provided (except stopwatches for team run). Bring your own stopwatches. Coaches may have to score other events if necessary.

11. Latrines are available on site. Schools can arrive early i.e. Friday night, Sep 29th. We will have space in our JROTC building for sleeping, i.e. gym floor. You will need to bring your own sleeping gear. Please contact MSG Croft at croftd@clarke.k12.ga.us if you plan to spend the night.

12. Concessions will be available beginning Saturday morning and throughout the competition.

13. Score sheets for different events will be provided with school packets upon arrival of the teams. Competition will start at or near 0830 hours on 30 Sep 23.

14. All teams will be expected to complete the six events within their rotation. If there is a long line teams are authorized to move to an event that has a smaller or no wait. The objective is to complete the competition as safely and quickly as possible. Teams that fail to show for an event after multiple (2) requests will be disqualified.

15. If you have any questions. Contact MSG Croft by phone at (404)274-7754 or email at croftd@clarke.k12.ga.us or MAJ Williams at (706) 308-5819 or email at williamsc2@clarke.k12.ga.us .

ANNEX A

PHYSICAL TEAM TEST (PTT)

1. Ten team members' will participate in the PTT.
2. Uniform will be t-shirt, ACU Trousers with boots.
3. The course will consist of the following items in order over a roughly .3 mile course:
 - a) *A 10-yard Low Crawl*
 - b) *A 50- yard Water Can Carry (3 cans, total 90 lbs.)*
 - c) *3 varied heights up to 42" Team Vault*
 - d) *Speed agility Maze*
 - e) *200 lb. Canoe carry*
 - f) *Turn Around Pole (Team runs around the pole and repeats the .3 mile course in reverse order)*

4. **Specific Details:**

a) At the waiting area, the grader will then command, "Get Set....GO!" The GO command will start the clock. At that point, the team will begin the course. A well-prepared team of any gender should be able to complete the course in less than 4 minutes. Any team will be removed from the course at the 8-minute mark for failure to progress. Teams will have course items that will be required to be carried by both members of each team! EXAMPLE: There will be fifteen 30 lb. Water Cans, each 2 person team will carry 3 cans the 50 yards). Team members may assist each other with this task.

b) Once a Cadet raider crosses the finish line, that Cadet raider cannot go back and help other team members or pick up any remaining equipment – ***their event is completed at that point***. Violation of this rule will be a 30-Second Penalty PER OCCURRENCE. Time will stop when the last team member crosses the finish line.

5. Trophies will be awarded to the top three teams in this event. Male, Mixed and Female teams will be awarded first, second and third place trophies based on number of teams registered.

ANNEX B

TWO MILE TEAM RUN

1. All ten members run. Group A (male teams) will run at 0830, Group B (male and mixed teams) will run at 0900 and Group C (mixed and female teams) will run at 9300. All other events will be completed in rotation. On the command “GO” they will run a designated two-mile course on trails and paved roads. **This course is not on level ground and has several inclines/declines in it.**

a. Each team must begin together. The time will stop when the last team member has crossed the finish line. There is no requirement to run/finish together. Teams will determine the best run method for their specific team. Once a team member passes the finish line they may NOT go back to assist team members.

b. Team members may assist other members but may not carry/drag them. (Dragging is defined as when the assisted team member is no longer taking actual steps but being drug along with feet/body dragging behind)

c. A member dropping out of the run will disqualify the team.

d. **Uniform will be ACU trousers**, t-shirt, and running shoes. Competitors must wear a shirt. **No running shorts.**

e. Trophies will be awarded to the top three teams in each category based on time.

ANNEX C

ONE ROPE BRIDGE

1. Each ten-member team must construct a one-rope bridge spanning a forty five foot Distance. **Teams will get one attempt.**
 - a. Teams may use either a Nylon laid 120-foot rope or Kernmantle rope to construct the bridge.
 - b. The only equipment authorized to assist in the transport knot is two steel snap links.
2. The rope bridge will be graded in the following manner.
 - a. **Each team will start at a designated rope bridge point with their rope in a coil at the base of the near side anchor point. On the command “Go” the team will build the rope bridge. Time will stop when the team has crossed the bridge and the nearside person has crossed the dead zone, all knots are out of the rope and the team captain states “Time.” Swiss seats do not need to be taken off before time is called. The seats will be checked on the far side for accuracy of knots and may be tied prior to reporting to the site. Penalties will be assessed for seats not properly tied. The 120 foot rope does not need to be re-coiled on the far side. . No more than three Cadets are allowed on the rope at any one time. If you decide to use two snaps links in the transport knots they must have opposing gates.**
 - b. The first and last raider may wear sling ropes properly tied around the waist, minimum two wraps around the waist secured with square knot and tied off with an overhand knot or half hitches on each side of the square knot. The far side person may tie an end of line bowline or figure eight on a loop hooked in the snap link or over the shoulder when crossing the dead zone to the far side.
 - c. The rope does not have to be coiled in any special manner after being torn down, but will be free of any knots and equipment once “time” is called.
 - d. The time will start and finish at the Rope Bridge Site.
3. Penalties will be assessed according to the rope bridge score sheet.
4. Uniform will be ACUs with boots and T-shirts. Any equipment dropped in the dead zone will result in a 30 second penalty.
5. All teams will use the same poles at this competition. There are three sets of poles and are approximately 10 inches in diameter, 45 feet apart, and are pressure treated. The dead zone area is approximately 33 feet in length.
6. A rope that fails or falls will result in that team being disqualified.

ANNEX D

CROSS COUNTRY RESCUE

1. Each ten-person team will run a predetermined course. The course includes uneven terrain, hills and 8 ft. wall) for the team to negotiate. The course will go through woods and has rough areas to pass through.

a. There will be obstacles to negotiate on the course. **No coaches will be allowed on the course while their teams are running it.**

b. Each team will carry a stretcher with injured person (simulated), and six 30 pound rucks. The team can organize themselves in any manner they want to negotiate the course but nothing may be carried on or attached to the litter. No ropes or belts etc. will be used to carry equipment, only muscle.

c. All equipment must be passed over all obstacles, they cannot be dropped or thrown. The exception is that the litter will not go over the 8 ft. wall.

d. Uniform will be ACU/OCP trousers and boots.

e. Scoring will be based on total time to negotiate the course by the team. All equipment must cross the finish line for the time to stop. Equipment cannot be thrown or dropped (30 sec. Penalty). If the litter is dropped a 1 minute penalty will be assessed.

f. Trophies will be awarded to the top three teams in each category.

ANNEX E

OBSTACLE COURSE

1. Ten team members will compete in the obstacle course. Time will start on the command “GO” and will stop when the last team member steps out of the last tire. Cadets are allowed no more than 2 attempts per obstacle.

a. The obstacles are in order; low crawl, vault, 8ft wall, belly robber, zig-zag balance beams, 12 ft. wall, low crawl vault, high vault, 12 ft. culverts, high stepper, easy balancer, 10 ft. vertical cargo net, monkey bars, and tires. The obstacle course is constructed in two lanes and team members can assist each other as necessary (assistance on balance obstacles can only be provided by cadets on top of the obstacle - not by personnel standing on the ground).

b. Trophies will be awarded to 1st, 2nd and 3rd place teams in each category.

1. The Raider Team will be scored on the amount of time it takes all 10 members to carry a designated number of sandbags (10 for males, 6 for females) from one point to another.
2. There are six circles, Circles A through F. Each Circle is set up five yards apart and the cones are 25 yards out.
3. Males will move ten sandbags Females will move 6 sandbags
4. For Mixed teams since females carry 6 sandbags, the four females must be Raiders 4,5,6, and 7 in the lineup. This will minimize the confusion during the lineup. Raider 3, a male, moves bags from Circle C to Circle D. That means there are 10 bags at Circle D when Raider 3 is done. Here is where Raider 4, a female, takes six of those 10 bags and moves through from Circle D to Circle E, where Raider 5, a female, takes those six bags to Circle F. Raider 6, a female, then moves the six bags from F to E where 7, a female, moves them from E to D where a male is waiting to begin the train of moving the ten bags back to A (through C and B). The Male at circle D must wait for the Female to place her first two sandbags in the circle before he can begin the train moving again. He cannot move any of the four bags he has in circle D early. If a mixed team has more than four females, each female above the fourth female must carry ten sandbags like the males.
5. Regardless of the category of team, all male Raiders will carry ten sand bags and all female Raiders will carry six sandbags.
6. **Penalties:**
 - a. A 5 second penalty will be assessed for each occurrence of a sandbag being thrown.
 - b. A 1 minute penalty if the #6 Raider starts before (Males) all 10 sandbags (Females) all 6 sandbags are in the circle.
 - c. A 1 minute penalty if the #8 Raider, on the mixed teams only, starts before the #7 Raider places their first 2 sandbag in the circle
- n. Trophies will be awarded to the Top three Teams in each category.

ANNEX G

RELEASE FROM LIABILITY

DEPARTMENT OF THE ARMY
CEDAR SHOALS HIGH SCHOOL
JAGUAR BATTALION
ATHENS, GA 30605

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 Cedar Shoals High School
JROTC department.

Type of Activity: Raider Challenge Meet to be conducted September 30th, 2023 at the campus
of Cedar Shoals High School, Athens, GA.

I/We do hereby agree to release, and otherwise hold harmless, all US Army retired officers
and non-commissioned officer instructors, advisors, US Army, school administrative officials,
and the Clarke County School District from any liability for personal injury, property or other
type of loss which occurs as a 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 here in above named parties, and I/We freely
assume all risks, hazards, or losses which may result from said activity.

JROTC instructors, school, and Clarke County officials will make every reasonable effort to
properly supervise, control, and render safe all training and activities related to this
competition.

This _____ day of _____, 20 _____.

Emergency Phone: _____

(Student signature) (Parent /guardian signature)

INSURANCE INFORMATION

This is to certify that _____ 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 Date

ANNEX H

DEPARTMENT OF THE ARMY
CEDAR SHOALS HIGH SCHOOL
JAGUAR BATTALION
1300 CEDAR SHOALS DR
ATHENS, GA 30605

REGISTRATION FORM

From (School) _____

POC (Please Print) _____

SCHOOL ADDRESS: _____

Number of Teams: _____ (Three team limit)

Name of Teams: Team 1 (male/mixed/female) (\$75.00)

(Circle which one)

Team 2 (male/mixed/female) (\$35.00)

Team3 (male/mixed/female) (\$35.00)

Amount Enclosed: _____ (Make checks payable to: Cedar Shoals High School)

Signature of POC: _____

**** No refunds will be returned after 18 September 2021.

Mail checks and forms to: Cedar Shoals High School
Attn: JROTC
1300 Cedar Shoals Dr.
Athens, GA 30605