



DEPARTMENT OF THE ARMY
US ARMY WESTERN REGION JUNIOR PROGRAM
LEAVENWORTH SENIOR HIGH SCHOOL
2012 10TH AVENUE
LEAVENWORTH, KANSAS 66048
(913) 684-1550 Ext 175

Primus in Patria - Oldest JROTC In The Nation 1917

REPLY TO
ATTENTION OF:

ATOD-JKS-LE

11 MAY 2010

MEMORANDUM FOR: Faculty, Advisers and JROTC Commanders

SUBJECT: Memorandum of Instruction (MOI) for the 3rd Annual Leavenworth High School "*First in the Nation, Pioneer Raider Challenge*"

1. Leavenworth High School Army JROTC will host the 2nd Annual "*First in the Nation, Pioneer Raider Challenge*" on 30 April 2011. This event will consist of 7 events and will take place at Fort Leavenworth, Kansas.

- a. Army Physical Fitness Test (Annex A)
- b. Poncho Raft Swim (Annex B)
- c. 10K Road March (Annex C)
- d. One-Rope Bridge (Annex D)
- e. Land Navigation Course (Annex E)
- f. Cross Country Litter Carry (Annex F)
- g. Surprise Event (Annex G)

2. OBJECTIVES:

- a. To host a **safe, fair, and challenging** competition that will test the physical and mental limits of all competitors. Our ethos for this competition is "Fairness is second only to Safety!"
- b. To allow Raider Teams to compete against each other in a Raider Challenge competition.
- c. To instill pride, teamwork, esprit de corps and self-confidence among JROTC cadets.
- a. To test a Raider Team both physically and mentally. The Raider Challenge is designed to be a thorough evaluation of a Raider Team's physical fitness level and technical competency in field tasks and teamwork. The competition is designed to be physically and mentally strenuous.

3. EXECUTION

- a. REGISTRATION: All schools wishing to participate are required to complete and submit the pre-registration form for each team. This form is attached as Annex I and is also available from 1SG Wayne Cogdill (wayne.cogdill@usd453.org) or 913-684-1550 ext 183. Email is the preferred method of form submission. The **suspense for pre-registration is NLT 1 February, 2011**. Final registration forms must be submitted NLT 01 April 2011.
- b. This year we are limiting the total number of team submissions to 15. Additional teams may be added at the discretion of LHS Cadre if it is determined that the addition will not hinder the overall execution and quality of the event.

- c. Arrival / In processing will be at *Harney Gym and Indoor Pool* on Fort Leavenworth, beginning at 1000 hours on 29 April 2011. See map at Annex H.
- d. A "fly-in" on Blackhawk helicopters is scheduled for all teams arriving and registered on Friday. The timeline will follow for the orientation flight but we expect to conduct the flights fairly early (1300). This event is very tentative at the moment due to aviation unit deployments and other commitments. If this event is a "GO" additional requests for information for manifesting will follow at a later date.
- e. A free open swim session for all will begin on Friday evening for two hours. Times will be published later but we expect this session to be from 1800-2100 hours.
- f. Additionally one person from each team will be asked to participate in the post retreat ceremony. Teams will identify one person to represent their team during the retreat ceremony and will assist and take part in lowering and folding the flag. All teams present are requested to attend the ceremony. Uniform will be ACU or service duty uniform. This event is tentative and still pending approval from Garrison Leavenworth.
- g. On Saturday morning, the competition day will begin at 0500 with registration for those teams that did not register on Friday. The commanders meeting will take place at 0530.
- h. The competition will begin at 0600 with the Army Physical Fitness Test (APFT). The APFT uniform is ACU/BDU bottoms, t-shirt and running shoes. See Annex A for Task, Conditions and Standards. APFT Standards WILL NOT be read before each event. It is the team coach/advisor's responsibility to ensure that team members know the rules and requirements of the APFT. Grading will be to standard and evaluated by Active Duty Senior NCO's and Field Grade Officers from Fort Leavenworth.
- i. APFT push-ups and sit-ups will be conducted in Harney Gym and the run will be conducted adjacent to Harney Gym on the PT Track. The PT Track is a standard, oval track (8 laps = 2 miles) with rubberized surface. Teams will not proceed to the track until they are linked up with their evaluator inside Harney Gym.
- j. The poncho raft swim will be at the indoor pool at Harney Gym immediately following the APFT. The pool is large enough to accommodate 4 lanes (teams) at once.
- k. Note that the event timeline is not standard. The order of events is somewhat different than most Raider meets. Two events are scheduled prior to breakfast to facilitate ease of movement and expeditious completion of all events. The APFT will be executed first, followed by the poncho raft swim.
- l. Teams will execute breakfast immediately after the poncho raft swim. It is imperative that team commanders and team coaches stress that breakfast is not a social gathering. Get it, eat it, and move out!
- m. The 10K road march is executed immediately following breakfast. First come, first to start. See map at Annex H. Schools are responsible to transport your teams to the 10K start point. Bus parking is available in the vicinity of Camp Conestoga, just west of the rope bridging site (See Map). ALL TEAMS WILL BE transported by vehicle to start point. In order to ensure fairness it is imperative that no teams walk the 1.5 miles to the start point.
- n. All other events will be conducted on Fort Leavenworth at or near Camp Miles (. See map at Annex H. Additional Maps will be available for distribution at CDR's meeting).
- o. When teams cross the 10K finish line they will be instructed where to go for their next event.

- p. In the event of a tie for any event or an overall award, the tie breaker event will be the 10K Road March time. If an additional tie breaker is necessary the team APFT average will be used.

q. FRIDAY, 29 April 2011

Timeline for teams that arrive on 8 May and desire to fly in the Blackhawk:
These times are all tentative. Timeline is dependent upon the supporting unit.

Arrival/In Process	1000 – UTC – Move to Air Field
Flight Briefing	1130
First Sortie	1200/1300
Additional Sorties as required	
Flag Detail Practice	1545-1600
Formation/Move to Flag	1630-1645
Retreat Ceremony	1640-1705
Dinner	1730-UTC
Open Swim	1830-2100

r. SATURDAY, 30 April 2011

Late Registration	0500
Team Commander Meeting	0530
APFT Begins	0600
Poncho Raft Swim	Immediately following APFT
Breakfast	Immediately following Poncho Raft Swim
10K Road March	Immediately following Breakfast
All other events	After 10K Road March as designated by event agenda
Awards Ceremony	1600 (Target time)

4. ELIGIBILITY. To be eligible to enter the competition, cadets must be:

- a. Full time high school students
- b. Enrolled in JROTC, any service, at the time of the competition.
- c. Permission and liability forms complete and signed.

5. SAFETY.

- a. Safety is our paramount concern. Team commanders and advisers should ensure that safe practices and safe physical standards are incorporated throughout the competition. Simple preventive measures such as hydration should continually be emphasized.
- b. Report any accidents or incidents to the Team Guide or an evaluator at any event station.
- c. A *Statement of Physical Condition* (Annex I), and a *Covenant Not to Sue* are mandatory for every participating cadet. Team advisers MUST turn in all release forms, properly completed, prior to the start of the competition. Leavenworth High School and/or Fort Leavenworth will not be responsible for accidents or injuries.

6. TEAM COMPOSITION AND ALTERNATES.

- a. Each team must consist of 8 competing members and one alternate. Teams may consist of a mix of genders.

- b. The one alternate can be utilized as a “pinch hitter” prior to the start of any event. An alternate may be utilized for any event as many times as the team desires so long as the 8 team members that start an event complete the event. No substitutions are allowed after an event begins. Alternate substitution must be declared verbally to the Team Guide or evaluator prior to the start of the event in which a substitution occurs.
- c. In the case where a team does not complete an event with ALL 8 team members that started the event the team will forfeit that event. The event time and scores will not be computed for the overall team scores. It is the Team Commander’s responsibility to declare forfeiture for his or her team.
- d. Any team found to have substituted an alternate AFTER an event begins or does not declare forfeiture when it applies will be disqualified entirely from the competition.

7. UNIFORMS.

- a. Instructor/Cadre uniform is ACU with patrol cap. For services other than the Army the prescribed duty utility uniform shall be worn.
- b. Evaluator uniform is ACU with patrol cap or beret. The evaluator may choose. Other than Army Services and Foreign officers wear appropriate duty utility uniform.
- c. Cadet uniform:
- d. The uniform for the APFT is ACU bottoms, t-shirt, and running shoes.
- e. The male uniform for the poncho raft swim is normal length swimsuit – no speed-o-s. The uniform for females is a ONE-PIECE swimsuit. All cadets will wear a personal flotation device during the poncho raft swim – provided by Harney Indoor Pool.
- f. For all other events the uniform is complete ACU/BDU with patrol cap, canteen or a personal hydration system. Team T-shirts are authorized in lieu of the Tan ACU T-shirt or the brown BDU T-shirt, as long as the entire team is in the same shirt.
- g. Teams are required to carry one rucksack with all bridge building equipment throughout the entire course. If the team prefers, each team member may carry their own seat building rope and snap links or equipment can be distributed amongst team members so long as all equipment is carried.
- h. Non-competing cadets are required to wear appropriate attire and can watch from a fair distance as long as non-competing cadets don’t get mixed up with the competing team. This applies to the alternate as well. Alternates cannot negotiate a course event with the team, but they can watch.

8. AWARDS.

- a. Overall Team Trophy: 1st, 2nd, 3rd Place Trophies
- b. Army Physical Fitness Team Trophy: 1st, 2nd, 3rd Place Trophies
- c. 10K Road March Trophy: 1st, 2nd, 3rd Place Trophies
- d. One-Rope Bridge Trophy: 1st, 2nd, 3rd Place Trophies
- e. Poncho Raft Swim Trophy: 1st, 2nd, 3rd Place Trophies
- f. Land Navigation Trophy: 1st, 2nd, 3rd Place Trophies
- g. Cross Country Litter Carry Trophy: 1st, 2nd, 3rd Place Trophies
- h. Surprise Event: 1st, 2nd, 3rd Place Trophies
- i. Highest 3 male APFT Scores 1st, 2nd, 3rd Place Trophies
- j. Highest 3 female APFT Scores 1st, 2nd, 3rd Place Trophies
- k. All competing cadets will receive a participation certificate.

9. ENTRY FEES.

- a. A fee of \$100.00 per team is required. Payment may be made with pre-registration submission or during registration on arrival. Payment in person on arrival is the preferred method.
- b. Checks must be made payable to Leavenworth High School JROTC, or LHS JROTC.
- c. This basic entry fee includes the entrance fee, facility usage, meals, and awards.

10. BILLETING AND MEALS.

- a. Cadet billeting will be available on Friday night, 29 April, in Harney Gym. The gymnasium is an open area so separate sleeping accommodations are not available for male and female cadets.
- b. Instructors and Chaperones will ensure that all cadets dress and act appropriately in the designated sleeping areas.
- c. Cadets/Schools must provide their own sleeping bags and cots. We are unable to secure cots for those teams that do not have them. Gymnastic mats are available for those schools that do not have or bring cots.
- d. Male and Female locker rooms with showers are available.
- e. This year Friday dinner meals and the Saturday breakfast meals for ALL are provided free, this includes cadets, instructors, chaperones, parents and spectators, for no additional charge. We request a very accurate headcount for Friday dinner and Saturday breakfast two weeks out to minimize waste. If you plan on taking your team out to eat at another location, or plan on not partaking in breakfast then please advise us early so that we do not purchase too much food.
- f. A hot dog, hamburger, cheeseburger dinner is provided on the evening of Friday, 29 April.
- g. Hot breakfast is provided on Saturday, 30 April, consisting of scrambled eggs, fruit, cereals, juices, bread.
- h. Lunch for competing cadets and coaches on Saturday is MRE and is provided by LHS JROTC. No lunch is provided for chaperones and spectators. Lunch will be consumed as allowed and at the discretion of team commanders during the competition. Lunch should not slow or hinder the progress of the meet. Sub sandwiches, drinks and chips will be provided to evaluators.

11. CADET LIABILITY.

- a. SAIs/AIs must ensure that each cadet participating in the Pioneer Raider Competition understands the requirements for medical coverage.
- b. Raider competitions are a physically and mentally challenging event. Instructors should ensure that their cadets are physically capable of competing in this event.

12. Direct any questions, issues or comments to 1SG Wayne Cogdill (wayne.cogdill@usd453.org) or LTC David Black (david.black@usd453.org) or phone (913)684-1550 Ext 183/182, respectively.

\\\\\\\\\\\\SIGNED\\\\\\\\\\\\\\\\\\\\\\
DAVID L. BLACK
LTC (Ret), US Army
Senior Army Instructor

Enclosures

- a. Army Physical Fitness Test (Annex A)
- b. Poncho Raft Swim (Annex B)
- c. 10K Road March (Annex C)
- d. One-Rope Bridge (Annex D)
- e. Land Navigation (Annex E)
- f. Cross Country Litter Carry (Annex F)
- g. Surprise Event (Annex G)
- h. Installation Maps (Annex H)
- i. Pre-registration Form (Annex I)
- j. Registration Form (Annex J)
- k. Covenant Not to Sue (Annex K)
- l. Statement of Physical Condition (Annex L)

ANNEX A

ARMY PHYSICAL FITNESS TEST

TASK:

Each team member will be evaluated physically by taking the Army Physical Fitness Test (APFT).

CONDITIONS:

1. Scored Task:
 - a. Push-Ups
 - b. Sit-Ups
 - c. 2-Mile Run
2. Uniform:
 - I. ACU/BDU bottoms, T-Shirt, running shoes. Belt is optional.

STANDARDS:

1. The standards and instructions in FM 21-20 will be adhered to.
2. The event supervisor is the timer. For Push-Ups and Sit-ups, the supervisor will call out the time remaining every 30 seconds and every second for the last 10 seconds of the two minutes. He ends the event after two minutes by the command "Halt" or "Stop"!
3. SAI's/AI's may assist scorers in identifying team members during the APFT 2 mile run.
4. Scoring will be used on the 17-21 year old age group. Extended Scale will be used for individual scores only. The standard scale will be used to determine team averages.
5. Trophies will be awarded to the top three males and top three females overall in the APFT score.
6. It is the team advisor's responsibility to ensure that all team members are familiar with and understand the standards for this event. Abbreviated instructions will be given at the event. If a non-Army team needs a copy of the standards and instructions contained within FM 21-20 then email paul.lewis@usd453.org for a copy.

ANNEX B

Poncho Raft Swim

TASK:

This is a timed event; teams will swim the width/length of the pool with a raft that the team constructs out of two ponchos while attempting to keep the articles of clothing inside dry.

CONDITIONS:

1. Uniform:
 - a. Swimsuit (Females are **required** to wear a one-piece swimsuit)
 - b. All participants WILL wear personal flotation devices, provided at the pool.
2. Equipment:
 - a. Two ponchos
 - b. Parachute (5-50) cord
 - c. 8 complete sets of ACUs or BDUs (tops and bottoms). Team provided.
3. Teams will use their own ACUs or BDUs, and they must be the ones that they will be wearing the remainder of the day.

STANDARDS:

1. Teams will assemble at the neutral ends of the pool. The equipment will be located at the deep end of the pool. Poncho raft assembly will take place at this end of the pool.
2. On the lane grader's command of "GO", time will start and teams will construct a raft out of ponchos and secure articles of clothing in/on the raft. Upon completion of construction one team of four will proceed to the opposite side of the pool while the team with the poncho enters the pool with their raft and begins their swim.
3. The four members must have contact at all times with the raft when swimming.
4. The second set of team members can already be in the pool when the raft team begins its move. But, all four team members must have contact with the side of the pool at all times while awaiting arrival of the raft. Team members may not break contact with the side of the pool until they make contact with the raft. Hand-off and ferrying of the raft may be accomplished while all team members

are still in the pool. Bottom Line – While a team member is in the pool he/she must have contact with either the raft or the side of the pool. Flagrant violations will be assessed a penalty of 30 seconds.

5. Time will stop when the second set of team members swims with the raft to the other side of the pool and ALL team members are out of the pool.
6. A thirty (30) second penalty will be assessed for every article of clothing that is deemed “wet” by the evaluators. Wet should be considered to be more than damp; a person should be able to wring water from the fabric for it to be considered “wet”.

ANNEX C

10 KILOMETER ROAD MARCH

TASK:

Each team must complete the 10K Road March with all team members. This is a timed event.

CONDITIONS:

1. Uniform:
 - a. ACU/BDU Uniform (Blouse, Bottoms, Boots)
 - b. Pistol Belt and Canteen completely full of water. Hydration systems are authorized for use as long as the entire team uses the same equipment. Either all are using canteens or hydration systems.
2. Equipment:
 - a. One rucksack containing the team's rope bridge equipment (Team provided)

STANDARDS:

1. Each team will start within the vicinity of the entrance to Camp Miles.
2. All eight team members must finish together within a 10 meter mark on the ground.
3. A five (5) minute penalty will be assessed for every team member outside the 10 meter mark.
4. If any team member is unable to finish, the team will be disqualified from that event only.
5. Team will supply and carry one rucksack. The rucksack must include all the team's rope bridging equipment. Team members have the option of carrying their individual Swiss/Aussie seats and distributing the contents of the rucksack amongst team members..

NOTE: SAIs/AIs/Chaperones and non-competing cadets are NOT allowed on the course. It is recommended that one member of the team carries a cellular phone in case of an emergency. Emergency contacts will be announced during the Team Commander Meeting.

ANNEX D

ONE-ROPE BRIDGE

TASK:

A team must move from point A to point B by constructing and deconstructing a one-rope bridge across a simulated river using proper knots and equipment.

CONDITIONS:

1. Uniform:

- a. ACU/BDU Uniform (Blouse, Bottoms, Boots)
- b. Pistol Belt and Canteen

2. Equipment:

- a. 120 foot Rope
- b. 8 sections of rope for the Swiss/Aussie seats.
- c. 10 snap links
- d. One rucksack (Team Provided)
- e. Each team is **required** to bring their rope bridge equipment

STANDARDS:

1. Time will begin when the command "GO" is given. Time will end when all knots are untied and all team members are across. Seats DO NOT have to be removed.
2. Cadets will arrive at the rope bridging site with their seats already tied and in place. Teams are ready for seat inspection when the commander reports to the head evaluators. DO NOT report to the evaluator until the team is prepared to negotiate this event. Evaluators will inspect team members and assess penalties for incorrectly tied knots.
3. After the evaluators inspect and correct seats the team will be given a one minute preparation time to lay out rope. No knots in the rope are allowed during prep and no snap links can be on the rope. Hint – come to the bridge site with your rope out of the rucksack.

4. The near side anchor must have a wireman's knot, or other suitable, safe anchor, with a minimum of one snap link and a minimum of two round turns and two half-hitches.
5. The far-side anchor must have a minimum of two round turns and two half-hitches.
6. Both near side and far side anchor personnel must construct and wear an Aussie seat with a snap link. The other six bridging team members must construct and wear a Swiss-seat with a snap link. The Swiss-seat must have a square knot with two safety knots on both sides. The square knot can be on the left or right side.
7. A boundary line will be marked on the near side and far side ground. The area between and on the boundary lines is considered restricted to touch. For each object or member that touches the ground between or on the line, a penalty will be assessed (with the exception of the near and far side anchor crossing the boundary to construct and deconstruct the one-rope bridge).
8. One team member must cross with the rucksack.
9. The team constructing a one-rope bridge, moving across the bridge, and removing the bridge in the fastest time, including penalties, will be the winner.
10. There is no limit to the number of members connected to the rope, as long as the rope can handle it and the evaluator considers it safe.

Penalties:

1. A thirty (30) second penalty will be assessed for every piece of equipment and/or team member that touches on or between the boundary lines. Rucksack straps hitting the "water" do not receive a penalty.
2. A thirty (30) second penalty will be assessed for every knot improperly tied.
3. A thirty (30) second penalty will be assessed for every piece of equipment that drops into the simulated river while negotiating the obstacle.

NOTE: Each team is required to carry its own rope bridge equipment throughout the entire competition. All field packs are the responsibility of each school.

ANNEX E

LAND NAVIGATION

TASK:

All eight team members will navigate and locate 8 points using the map, protractor, and compass provided; teams must answer an 8 question test that is also part of the timed event. The course must be completed within one hour.

CONDITIONS:

1. Uniform:
 - I. ACU/BDU Uniform (Blouse, Bottoms, Boots)
 - II. Pistol Belt and Canteen
2. Given a scorecard, 8 questions test, map, protractor, compass, starting point and a list of azimuths and distances.

STANDARDS:

1. Teams will complete the course as quickly and accurately as possible.
2. From the starting point, teams will locate their first point given the azimuth and distance.
3. From the first point, teams will locate their second point. This process will continue until all 8 points are located.
4. At each point, teams will find a two digit alpha-numeric code on a marker. Teams must record the marker code.
5. Teams must also complete the 8 question test during the course. This is part of the timed event. This can be accomplished while the team is moving or stationary, as long as the team stays together.
6. Teams will be scored by using the overall completion time. Penalties are assessed for each incorrect test answer and each incorrect point found.
7. Teams will be assessed a 2 minute penalty for each incorrect point or a point not located.
8. Teams will also be assessed a 30 second penalty for each incorrect answer on test questions.

ANNEX F

CROSS COUNTRY LITTER CARRY RAIDER CHALLENGE

TASK:

Teams must negotiate obstacles and stations that will test their endurance, knowledge, accuracy, and physical fitness.

CONDITIONS:

1. Uniform:
 - a. ACU/BDU Uniform
 - b. Pistol Belt and Canteen
2. Equipment:
 - a. Four 15-20 pound rucksacks (One team provided; three meet provided)
 - b. Litter, with weight.
3. Upon the command of "Go", time will begin and teams will move out on the course carrying assigned equipment with them, to include a litter weighted with approximately a 100+ pound load, and four rucksacks weighing approximately 15 pounds each. Three loaded, weighted rucksacks will be provided, and the fourth rucksack will be the team-provided rucksack with bridging material.
4. Teams can use ingenuity and all resources available to carry equipment and navigate obstacles throughout the course as long as it is safe and does not damage equipment.
5. Throughout the course, teams will encounter stations and obstacles where they will have to perform skills of strength, endurance, accuracy, and knowledge. Penalties will be assessed and added to course run time according to performance of team at each station/obstacle. Some obstacles are not evaluated for a formal score but penalty points will be assessed for the inability or improper navigation; i.e. rope climb, static rope bridge.

ALL OBSTACLES WILL BE NATURAL OBSTACLES AND EMPLACED TO IMPEDED AND SLOW DOWN COURSE NAVIGATION. OVERCOMING THESE OBSTACLES WITH SPEED, AGILITY, AND STRENGTH IS THE KEY.

6. Formally evaluated stations will include:

Litter Carry
Knot Tying
First Aid
Rope Climb
Pipe Drills

7. Time will end when all team members cross the finish line with all equipment. Teams must finish together, within 10 meters apart.

STANDARDS:

Placing: The team with the lowest time after penalties and time deductions have been assessed will be placed accordingly on the placement list.

LITTER CARRY

1. The litter will have sandbags weighing 100+ pd. Teams must negotiate all obstacles with the litter.
2. A one minute penalty will be assessed for every time the litter is dropped. Sandbags will be taped to litter and no penalty is given if sandbag comes off of litter but the team must replace the sandbag on the litter and continue.
3. Teams that do not finish with the litter will be disqualified from the entire Cross Country Litter Carry Course.

KNOT TYING

1. Upon arrival, each team member will tie one of the following knots:

Clove Hitch
Butterfly
Square
Figure Eight Slipknot
Bowline
Double Fisherman's
Prusik
Double Sheet Bend

2. The team commander will be given 8 cards, each with the name of a knot. The team commander will assign knots to team members. Tying the knot will be the responsibility of each individual. Team members cannot receive any help (i.e. talking) from other team members.
3. A 2 minute penalty will be assessed for every incorrectly tied knot on to the total score.

4. **Integrity violations** - If cheating occurs (example; team members assisting others with knot tying) the team will be disqualified from the entire Drill Meet.

FIRST AID

1. Teams will evaluate a live casualty and will be graded on proper first aid techniques. THIS IS A TEAM EVENT. This is not a timed event, but there is a maximum time allowed of 5 minutes to complete these tasks. Any tasks not completed will be scored a NO-GO.
2. The following tasks will be evaluated on a GO/NO-GO basis. Penalty seconds are assessed for each NO-GO as indicated below. In order to ensure this event stays within the time standards allowed, evaluators will select two tasks, in addition to Evaluate a Casualty. All teams will be evaluated on the same tasks to ensure fairness. Evaluate a Casualty WILL BE one of the three evaluated tasks.

<u>Task Name</u>	<u>Penalty Seconds</u>
Evaluate Casualty	2 Minutes
Perform Mouth-to-Mouth Resuscitation/CPR	2 Minutes
Treat Bleeding	2 Minutes
Prevent Shock	2 Minutes
Splint Suspected Fracture	2 Minutes
Treat Burns	2 Minutes
Treat for Head Injury	2 Minutes

3. Evaluation will be based on performance measures outlined in FM 4-25.11 (FM 21-11).
4. Scoring: Assessed penalty time will be ADDED to the overall completion time of the cross country litter carry.
5. Team members can work together to perform all the outlined tasks.

Note: First Aid material will be provided.

ROPE CLIMB

1. At this station all 8 members must ascend the 25-foot rope, touch the marker located at the top, descend, and tag the next member.
2. Team members can assist one another in ascending the rope in any safe manner they desire. Innovation and ingenuity is encouraged. Use the equipment you have available.
3. A two minute penalty will be assessed to the total score for each team member who fails to ascend the rope and touch the designated marker.

PIPE DRILLS

1. At this station two 10-foot pipes filled with sand will be provided to 2 groups of four.
2. One set of four members will be performing sit-ups. In order for a repetition to be counted, the pipe must touch each member's chest and go completely up and down. The second set of four members will be performing bench-presses. In order for a repetition to be counted, the member's arms must be fully extended when completely up and go completely down.
3. When the team is ready, the command of "GO" will be given and each group will simultaneously begin their repetitions of pipe bench-presses and sit-ups. Lane graders will count the repetitions.
4. The team will have one minute to complete as many repetitions as possible. At the end of the one minute, teams will halt and move on to the next station.
5. For each repetition, THREE seconds will be deducted from overall Cross Country Litter Carry time.

MILITARY VEHICLE RELOCATION

1. All eight team members must relocate a military style vehicle approximately 100 meters.
2. Ropes will be attached in the front of the vehicle and made available to teams.
3. The litter will be positioned, by the team, on the back of the vehicle.
4. If the stretcher falls off, a 5 minute penalty will be assessed to the team's overall time.
5. If the team fails to relocate the vehicle the required distance, a 5 minute penalty will be assessed to the team's overall time.
6. Teams can relocate the vehicle by pushing, pulling or a combination of the two.
7. If the front rope is utilized team members are REQUIRED to hold the rope in front of the caution tape placed on the rope. At NO TIME will a cadet pull or be between the caution tape and the front of the vehicle.

ANNEX G

SURPRISE EVENT

TASK:

Given upon arrival at the station.

CONDITIONS:

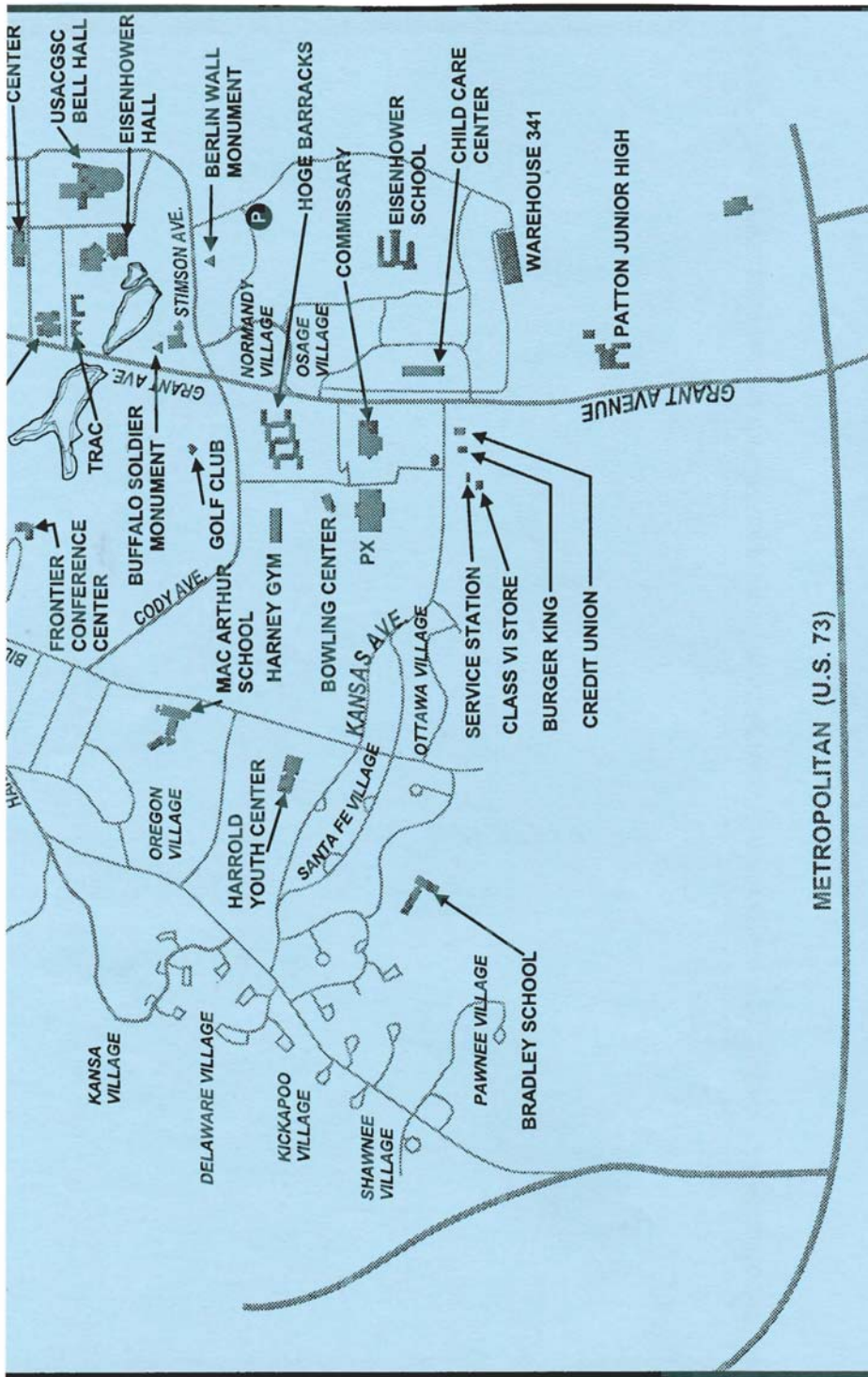
1. Uniform:
 1. ACU/BDU Uniform
 2. Pistol Belt and Canteen

STANDARDS:

1. Penalties:
 - I. Penalties will be briefed upon explanation of the task on site.
2. The team that accomplishes the given task in the shortest amount of time after penalties are assessed will be declared the winner of the event.

More instructions and details of this event will be given upon arrival at the station.

Annex H – Installation Map



Entry to Fort Leavenworth is through the Main/Front gate.

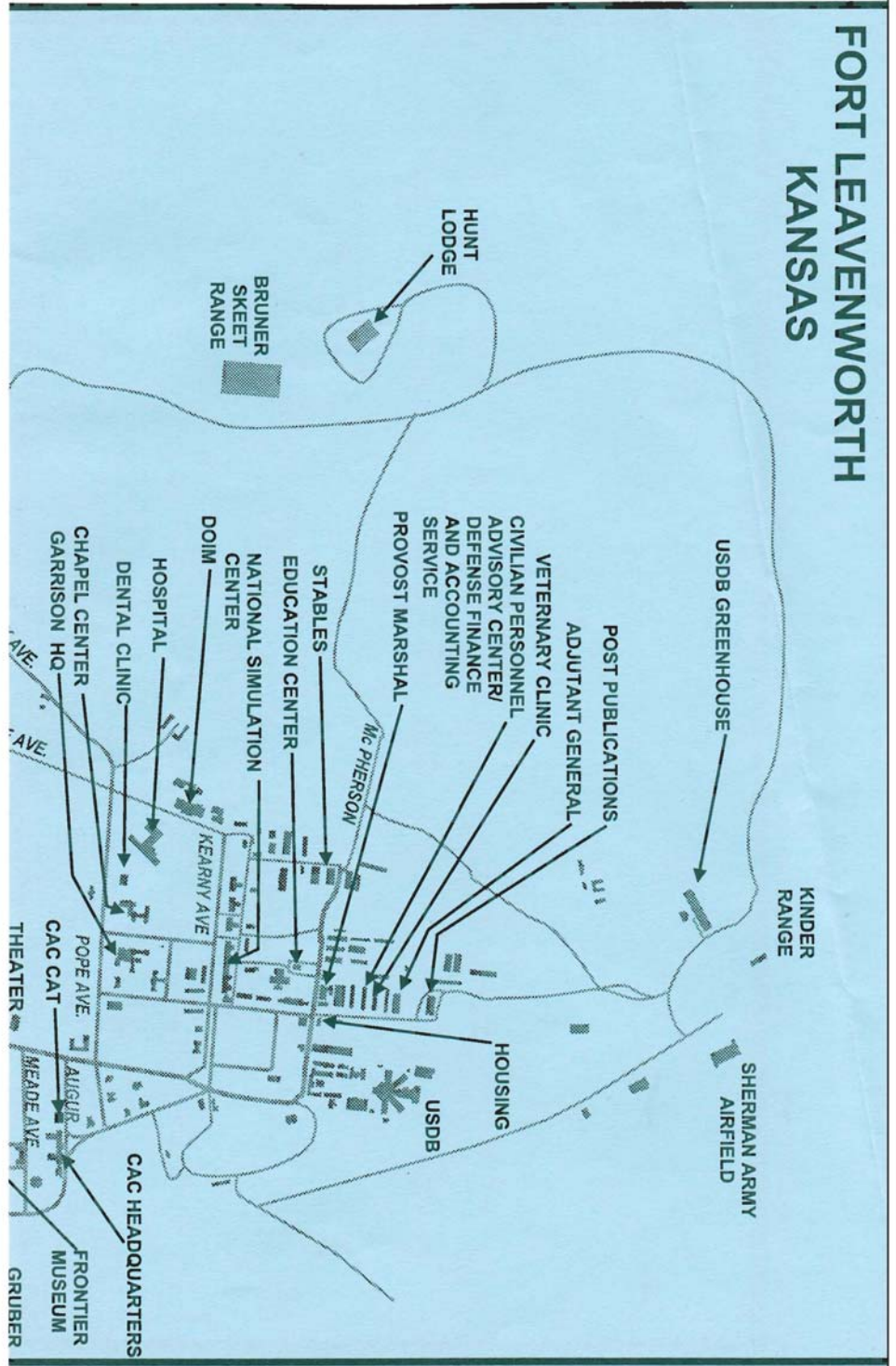
If you are in a vehicle that DOES NOT have a DoD Decal, you MUST use the right lane – inspection lane.

Enter the front gate, proceed straight through the first traffic light.

Turn left on Iowa, directly behind the Commissary.


Proceed to the first four-way intersection and turn right..

Harney gym will be the large building on your left just past the bowling alley.

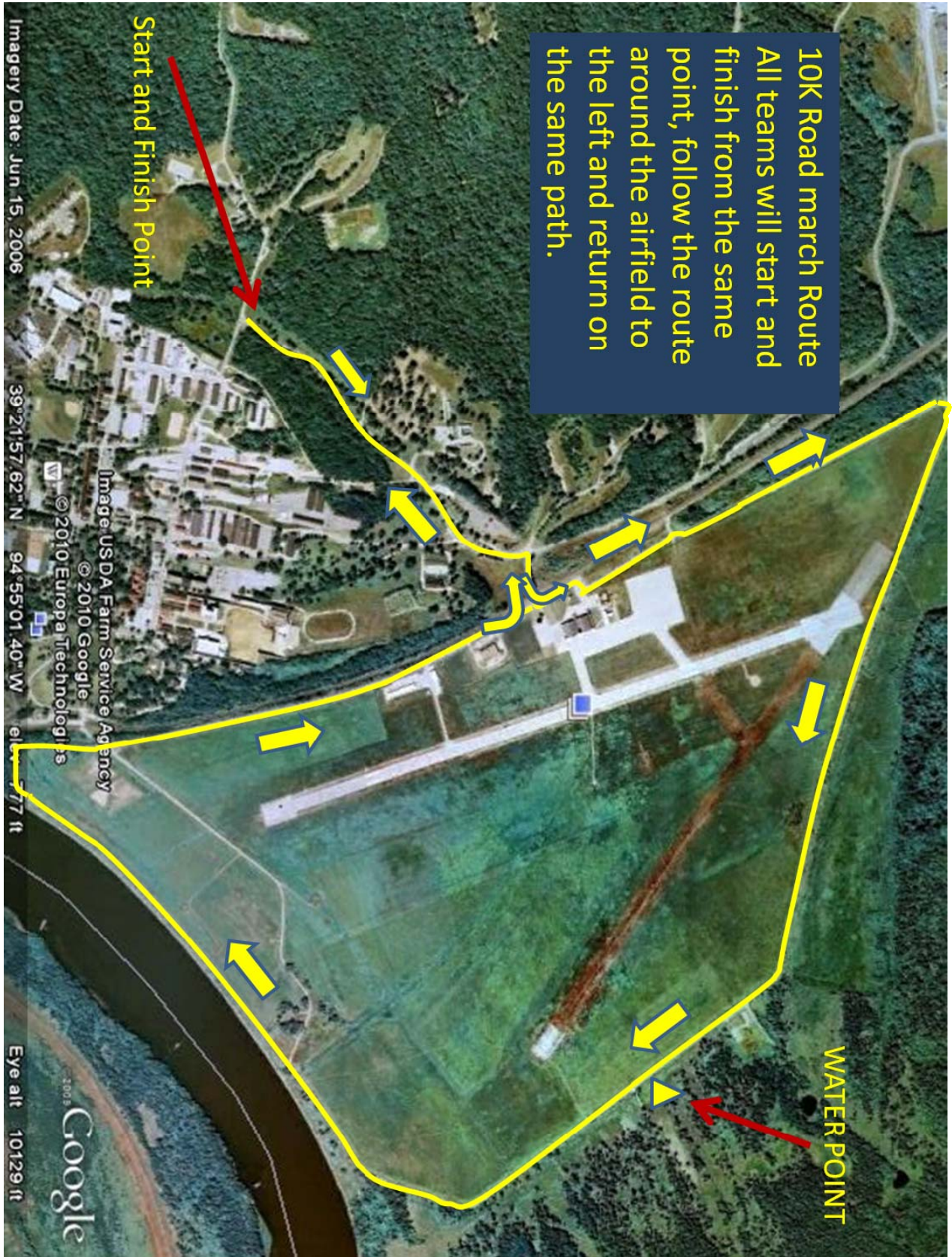


Annex H – Event Map



- | | | | |
|---|---|---|--|
|  | Routes for team guides to follow. | E | <i>Land Navigation.</i> |
| A | 10K Road March starting/ending point. Rotation Card will be provided upon completion to show the order of stations. | F | <i>Surprise Event Entrance. Teams must stay on the gravel road and <u>are not</u> allowed to enter the trail, until an instructor tells you otherwise.</i> |
| B | <i>Cross Country Litter Carry Entrance.</i> | | |
| C | <i>Cross Country Litter Carry Ending Point.</i> | | |
| D | <i>One- Rope Bridge.</i> | | |

Annex H – 10K Road March Route Map



Annex I – Pre-registration Form



**DEPARTMENT OF THE ARMY
 US ARMY WESTERN REGION JUNIOR PROGRAM
 LEAVENWORTH SENIOR HIGH SCHOOL
 2012 10TH AVENUE
 LEAVENWORTH, KANSAS 66048
 (913) 684 - 1550 Ext 182**

Primus in Patria - Oldest JROTC In The Nation 1917

REPLY TO
 ATTENTION OF:

ATOD-JKS-LE

11 May 2011

MEMORANDUM FOR: JROTC SAI's, Instructors, and Raider Team Advisers

SUBJECT: Pre-Registration form for 3rd Annual Leavenworth High School "*First in the Nation, Pioneer Raider Challenge*"

SUSPENSE: Please return AS SOON AS POSSIBLE.

Please complete this form and return by email to wayne.cogdill@usd453.org. Email is the preferred method but in the event that you need to fax, please fax to: ATTN: JROTC (913) 684-1555.

NAME OF SCHOOL					
Number of Teams you would like to compete					
Raider Adviser/Coach Name and Rank					
Phone		E-Mail			
NAME OF SAI					
Phone		E-Mail			
How many meals do you foresee as a requirement? Cadets, Cadre, Chaperones		Cadets	Cadre	Chaperones	
Will your team arrive on Friday, 29 April and stay overnight?		Will you participate in the Fly In on Blackhawks? (if offered)			
Any other requirements or special requests?					
Name and Rank of Person Completing this Form					

ANNEX J – REGISTRATION FORM – One form must be completed for each team.

Leavenworth High School JROTC
3RD Annual, *“First in the Nation” Raider Challenge*

SCHOOL: _____

TEAM NAME: _____

ADDRESS: _____

PHONE: _____ FAX: _____ E-MAIL: _____

INSTRUCTOR: _____

CELL PHONE NUMBER THAT YOU WILL HAVE AT THE MEET _____

TEAM MEMBERS

NAME (LAST, FIRST MI)	AGE	GENDER	SSN if flying on Blackhawks
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

Please submit NLT 23 April 2010. Make checks payable to LHS JROTC. Email to registration form to wayne.cogdill@usd453.org , or fax 913-684-1555, or mail to: LHS JROTC, 2012 10th Ave, Leavenworth, KS 66048.

Fees can be paid at time of registration.

**COVENANT NOT TO SUE
OFF CAMPUS TRAINING AND PRACTICAL
FIELD/HIGH RISK TRAINING**

DATA REQUEST FOR ACT OF 1974

1. Authority: Title U.S. code 3201. 2. PRINCIPAL PURPOSE (S): To release the U.S. Government, the host institution and the state in which said institution is located from liability and injury, death, or damages for JROTC cadets participating in voluntary off-campus training programs, practical field and high risk training. 3. ROUTINE USES: normal personnel actions. Disclosures of information may be provided to proper authorities in actions regarding law enforcement, legal actions as a result of injury or death, and investigations of accidents resulting from such voluntary off-campus training, practical field, and high risk training. 4. MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failure to complete form will disqualify JROTC cadet from participating in specific voluntary training exercises.

I, _____, residing at _____
(Type or Print full name) (Address)

(City) (State)

do hereby agree that in consideration for being allowed to participate in the Leavenworth High School Raider Challenge conducted by LHS JROTC Instructors and cadre and members of the US Army, Fort Leavenworth on 29 and 30 April ,2011, an Army supervised activity, and whereas I am doing so entirely on my own initiative, risk and responsibility; and being fully aware of the risks adhering to this type of training, I do hereby RELEASE AND DISCHARGE FOREVER, the United States Army, the State of Kansas and Leavenworth High School and all of its officers, agents, and employees, acting officially or otherwise, from any and all claims, demands, actions or causes of action, on account of myself or on account of any injury to me which may occur from any cause during said activity or continuances thereof, and I do Further covenant and agree to hold the said Government of the United States, State of Kansas and Leavenworth High School blameless for any and all damages I may cause either intentionally or through my negligence.

Typed/Printed Name of Parent or Guardian if Participant is a Minor Signature of Parent or Guardian if is Participant is a Minor

Relationship to Cadet Date

WITNESSED BY:

Age/Period Covered

Signature of Cadet

Annex L – Statement of Physical Condition

“First In The Nation” Raider Challenge
Fort Leavenworth, KS
29-30 April 2011

STATEMENT OF PHYSICAL CONDITION

Cadet’s Name: _____

School: _____

Team: _____

To the best of my knowledge, my son/daughter/ward is in good physical condition. Participation in the *“First in the Nation”* Raider Challenge Course, in my opinion, will not have an adverse effect on his/her health and well being. I will inform his/her JROTC Instructor of any changes.

OR My son/daughter/ward has a history of: (please list or if none, so state)

Heart problems, Asthma, Overweight, Sinus, Rheumatic Fever, Ear Infections,
Headaches, Stomach Problems,

or other ailments, and is on _____ medication.

He/she is allergic to _____
medication.

NOTE: Students that are found to have previous history of any type of illness, past injury, and/or symptoms of suspected medical ailment, will be returned home if treatment is needed or desired.

(Signature of Parent/Guardian)

(Signature of Senior Army Instructor)