



DEPARTMENT OF THE ARMY
EIGHTH BRIGADE, US ARMY CADET COMMAND
DIMOND HIGH SCHOOL JROTC
2909 WEST 88TH AVENUE
ANCHORAGE, ALASKA 99502-5363



24 August 2016

MEMORANDUM OF INSTRUCTION

SUBJECT: 2016-17 Raider Decathlon

GENERAL INFO:

The Raider Cup is a JROTC physical fitness competition comprised of 10 events. This year it will be contested on a single day on 24 September vicinity of the Cp. Carroll Confidence Course. There will be no events vicinity of Buckner PFC.

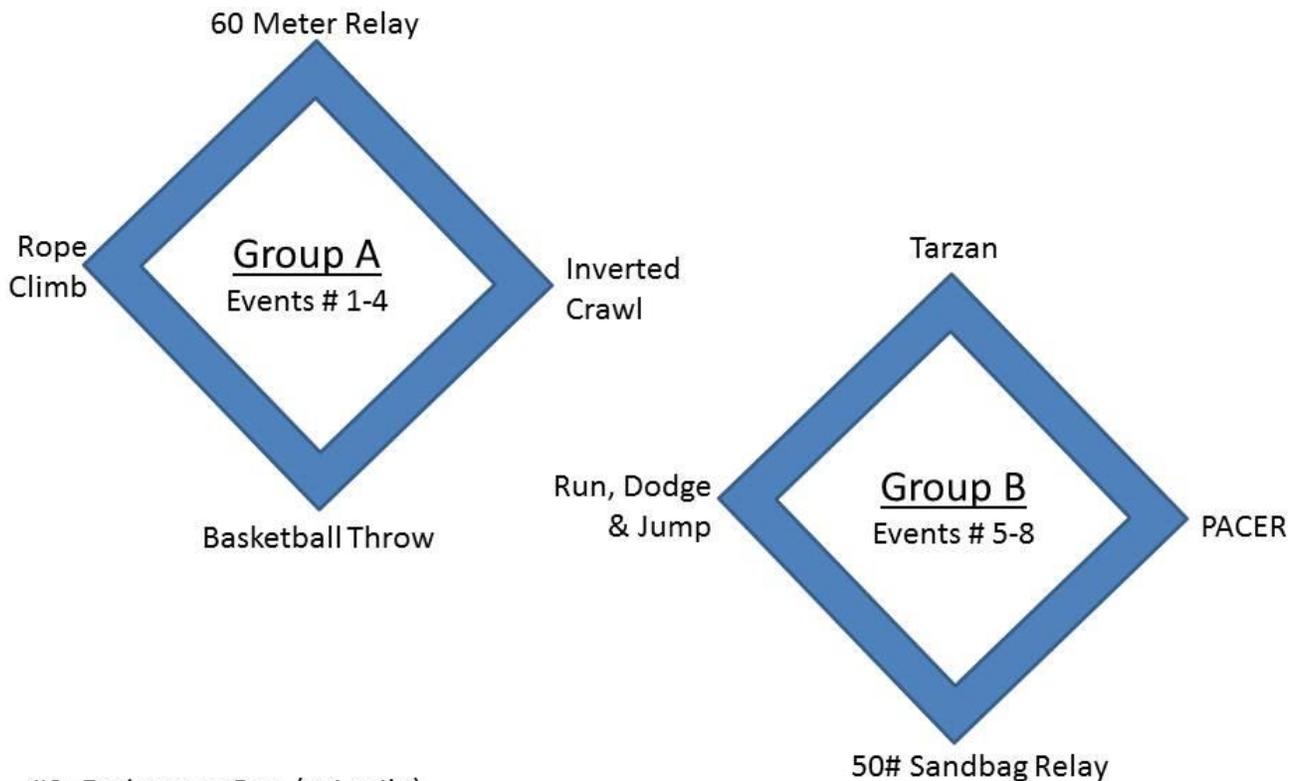
COORDINATING INSTRUCTIONS:

1. Each team will consist of 12 cadets, but only 10 cadets will participate in each event. This will allow you to shuffle your rosters to field your strongest members in any given event. It also provides a safety margin if you have cadets with a physical limitation that would preclude them from a specific event (e.g. someone with bad asthma from the 1 mile run). The team composition of the 12 cadets is 6 males and 6 females. At present there will be no limit to the number teams in the competition. However schools who want JV teams should let MSG Shelley know ASAP.
2. The PAO office has advised me that the current policies for gaining access to JBER allows an ID card carrying "Trusted Agent" driver to vouch for all passengers in their car. But be advised that this must be the driver, so a bus will still require an Event Worksheet to be in place. The timeline for submitting this paperwork for 10 to 50 guests is 5 days prior to the event.
3. This year JBER will again require a waiver of liability on each cadet. A copy was attached to the initial email sent out with this MOI. Please have them filled out, signed, and on hand when you report to the Commander's Meeting on 24 Sep.
4. This event is spectator friendly for the cadet's families. Any relatives with base access, or those which you wish to add to your Event Worksheet, are welcome to attend and watch.
5. MEALS: What you have for lunch is a school choice. The cost of Saturday's Lunch IS NOT included in each team's registration fee. If you want food from the DFAC then payment will be made to them by each school.
6. COST: A final bill will be set out once the total number of teams is known, but it should be ballpark of \$40.00 per team. Here are the currently known costs.
 - \$100 for the U-Haul rental
 - \$128 for trophies
 - \$25 Certificates
 - \$??? Misc Supplies (e.g. orange spray paint, ink for printing)

TIME LINE

24 Sep 16

- 0930 Commanders Meeting vicinity of Obstacle #1 – The Tarzan of the Camp Carroll Obstacle Course
- 1000 Competition begins. Up to 8 varsity teams will be broken down into “Group A” and “Group B.” Each group will contest four events - then flip-flop with the other group – and contest four more events. Once all varsity teams have completed these eight events, they will perform the Endurance Run in one group. The final event will be the Tug-O-War. Refer to the figure below.
- JV teams will be placed into the rotation with the varsity teams as space allows; the overflow will form their own rotations. They will be allowed to compete, but will only be scored against other JV teams and not against the varsity teams.
- TBD Lunch
- ASAP Awards presentation



#9. Endurance Run (~ 1 mile)

#10. Tug-O-War

UNIFORM: Each school will determine their own “uniform,” but it must meet some general guidelines. You will probably want to have long sleeve as well as short sleeve t-shirts to choose from depending on events or weather. Also, if the weather turns cool, you may want a hoodie. Shoes will be normal running type shoes. No cleats or spikes will be allowed. Cadets will be allowed to dress in shorts if desired, so it might be wise to wear them under BDU or sweat pants to allow dressing for specific events. No gloves will be allowed for any event. Reflective belts will be worn for the Endurance Run.

GROUP "A" EVENTS

60 Meter Relay

Each team is assembled in a single file on the starting line. On the signal, the first man of each team runs to the turn-around-line 30 meters away, then runs back and touches the next man in line waiting at the starting line. The winning team is the first team to get its last man across the finish line. If a man starts before being touched by the preceding runner, the team will be penalized. If a team does not have all 10 members run, they will be disqualified.



The 20 Meter Inverted Crawl

On the command *READY*, the cadet will take a seat on the ground to the rear of the Start/Finish line.



On the command *GET SET*, assume the starting position by supporting his/her body with both hands and both feet, facing skyward, toes behind the Start/Finish line. The arms should be straight and the legs should be extended to the line.



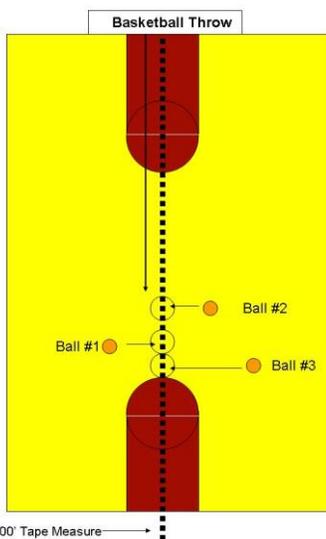
On the command *GO*, begin crawling or moving forward with your feet leading. Negotiate the 20 Meter length of the course and touch the end line with one or the other foot and then return to the starting line with your hands leading. If you fall to the ground, you must return to the starting position before advancing down the course. No backward rolls or other breaks in form will be allowed. You will be finished when both feet have cleared the Start/Finish line.

Cadets will run through the course individually, and their times (e.g. 26.3) will be totaled to determine the team's cumulative score.



Basketball Toss

This event is taken from the PFT utilized by the Service Academies. It measures the ability to generate shoulder girdle power and total coordination/ balance in a stationary position. The candidate takes a throwing position, on both knees, close to and directly behind the Throwing Line. The candidate's knees must remain parallel to the Throwing Line.



Three legal overhand throws are allowed from this kneeling position to attain as great a distance as possible. A candidate may use the non-throwing hand to steady the ball in preparation for the throw. The candidate cannot touch the floor or mat with either hand during or after any throw. The examiner must measure all throws to the center of the impact position of the ball. Three fair trials are allowed. A ball landing to one side will be measured by an imaginary straight line perpendicular to the center line of the court and extended to the point of impact. Any ball that hits the ceiling or a side wall will not be scored and will be re-thrown. The candidate's score will be the longest throw of the three proper attempts, and will be recorded to the nearest half foot. All individual scores will then be added together to determine the Team's score.

The Grunt



Cadets will begin by standing flat-footed next to their rope with one hand on the rope. On the command, GO they will begin climbing the rope until they are high enough to slap the horizontal log at the top. At this point their time will stop, and the descent will be untimed.

GROUP “B” EVENTS

The Tarzan

Teams can arrange themselves in any order that they wish. Cadets can begin with their hands on the obstacle, but both feet must be on the ground. On the command, “GO,” each cadet will individually mount the lowest beam and walk the length of it. The cadet will then mount each successive higher beam, and balance-walk them until reaching the horizontal ladder. If the cadet falls off any of the balance beams, their event will be terminated. Once reaching the horizontal ladder the cadet will grasp the first rung of the ladder and swing themselves into air and negotiate the length of the ladder by releasing one hand at a time and swinging forward, grasping a more distant rung each time. Once the cadet has reached the last rung and have suspended their full weight from it, the cadet will drop to the ground to end their time.

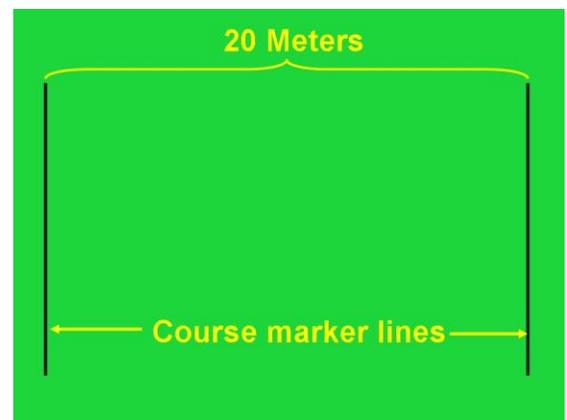
- Only one cadet will be allowed on the obstacle at a time. The next cadet in line will not be allowed to mount the low beam until told to begin by the scorer.
- For scoring purposes, the obstacle is divided into four “zones.” They are: the low beam; the middle beam; the high beam; and the horizontal ladder. The goal is for teams to successfully complete as many “zones” as they can, as fast as they can.
- Teams will first be ranked first by how many “zones” they successfully completed, and secondly by their cumulative time.



20 Meter PACER (Progressive Aerobic Cardiovascular Endurance Run):

This event tests aerobic conditioning using progressively more intense stages. The PACER is a multi-stage fitness test adapted from the 20-meter shuttle run. The test is progressive in intensity in that it is easy in the beginning and gets harder toward the end. There are 21 levels (1 level per minute for 21 minutes). During the first minute, the test allows 9 seconds to run the distance. The lap time decreases by approximately one-half second at each successive level.

The PACER is conducted using a pre-marked 20 meter course (20M = 65' 7"). At the sound of a tone, cadets will run the length of the course and touch on or beyond the line with their foot before the next tone sounds. That next tone is also the signal to turn around and run back to the other end of the course. If cadets get to the line before the tone, they must wait for the tone before running the other direction. “Jumping the gun” and leaving before the tone sounds will result in terminating the event at the judge’s discretion.

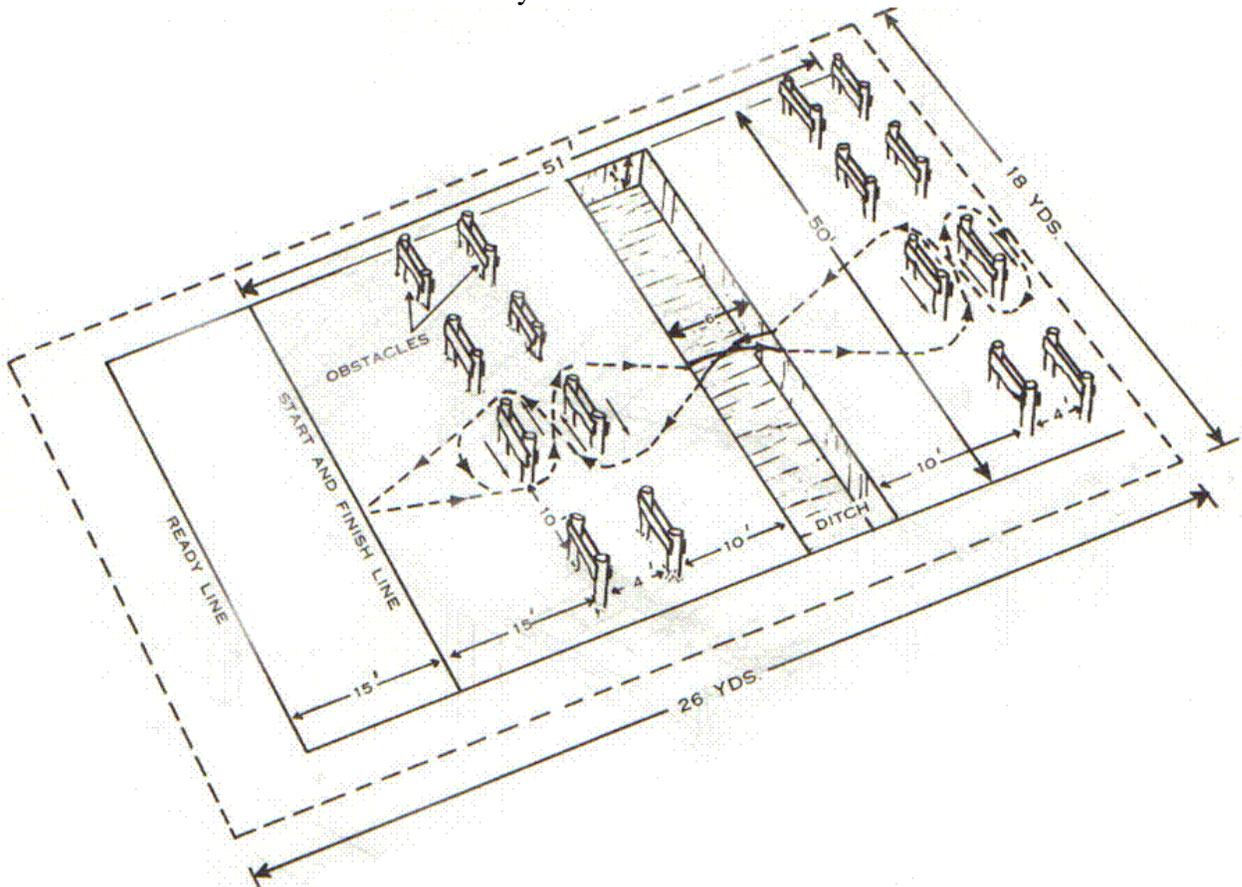


The first time a cadet does not reach the line by the tone, the cadet will be stopped and their event terminated. Scorers will record the total number of laps completed by the cadets. This count will only reflect the number lengths successfully completed and not include the final, failed length.

Run, Dodge & Jump

The Run Dodge & Jump is a test of agility and coordination in making rapid changes of direction while running, and as a measure of jumping ability. The course consists of lanes of four wooden obstacles each and a shallow ditch across the center of all lanes. Per the route arrows below, a proper run will involve jumping the ditch 4 times.

Each cadet will be given two separate runs to record their fastest possible time. On the command “GO,” cadets will negotiate the course in accordance with the diagram below. The scorer will record each cadet’s time to the hundredth of a second as they cross the finish line.



Layout Of The Run Dodge & Jump Course

If a cadet fails to negotiate the course IAW the diagram above, fails to clear the ditch, or touches an obstacle in any way that gains them an advantage (e.g. to steady themselves from falling or propel themselves forward) they will be told to stop and receive a No Score for that attempt. Inadvertent / unintentional touching of the obstacles that does not result in gaining an advantage will not be penalized. If an obstacle is knocked over due to inadvertent/unintentional touching, the run will be stopped and the cadet will be placed in the back of the line and allowed to redo that run.

50 Pound Sandbag Relay

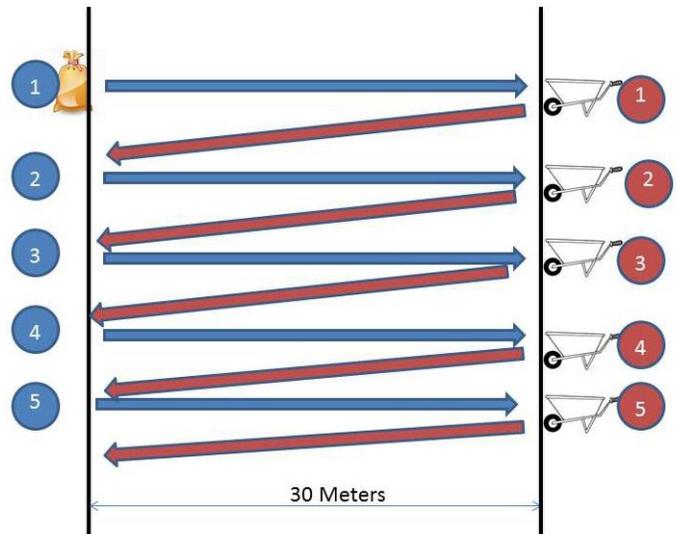
Teams will arrange themselves into two groups: “Carriers” (shown in blue) and “Pushers” (shown in red). This is not done by sex and the 5 males and 5 females can be arranged in any manner. Each group will stand behind their respective lines which are spaced 30 meters apart.

On the command, “GO” the first “Carrier” will take the 50 pound sandbag and run the 30 meters to the other line and place it in the wheelbarrow. The first “Pusher” will then push the loaded wheelbarrow the 30 meters back to the “Carrier’s” line. The second “Carrier” will take



the sandbag out of the wheelbarrow and run the 30 meters to the other line and place it in the wheelbarrow of the second “Pusher.” Continue this sequence until all 10 cadets have moved the sandbag the required distance of 30 meters.

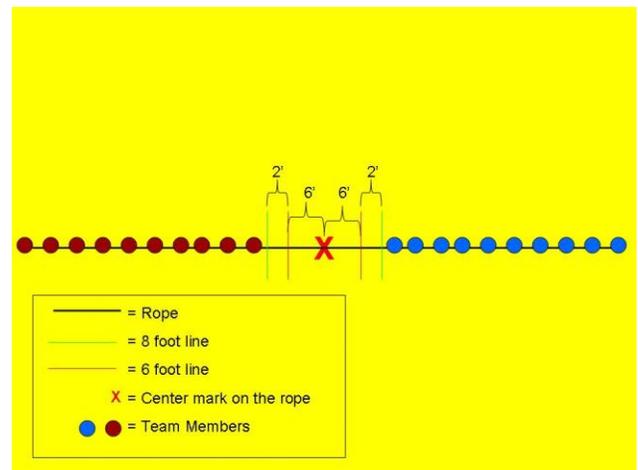
Each cadet must move the sandbag on their own – no assistance can be given to another. For example, if a “Pusher” dumps their wheelbarrow over, they must set it upright and reload the sandbag on their own and then resume pushing until they get across the “Carrier’s” line. Or a “Carrier” who is struggling may stop and rest, but must cover the 30 meters alone and not be aided by another cadet. Graders will start each team’s time on the command, “GO” and end it when the fifth “Pusher” crosses the finish line.



Tug-O-War

Teams will be placed by random draw into a double-elimination bracket (with a true 2nd place finish). When competing, teams line up facing the center along the rope. A handkerchief or piece of adhesive tape will be securely wrapped around middle of the rope to mark its center, and well defined line will be marked parallel to starting line and 6 feet from it on either side. The rope will be laid on the ground with the middle tape on the starting line.

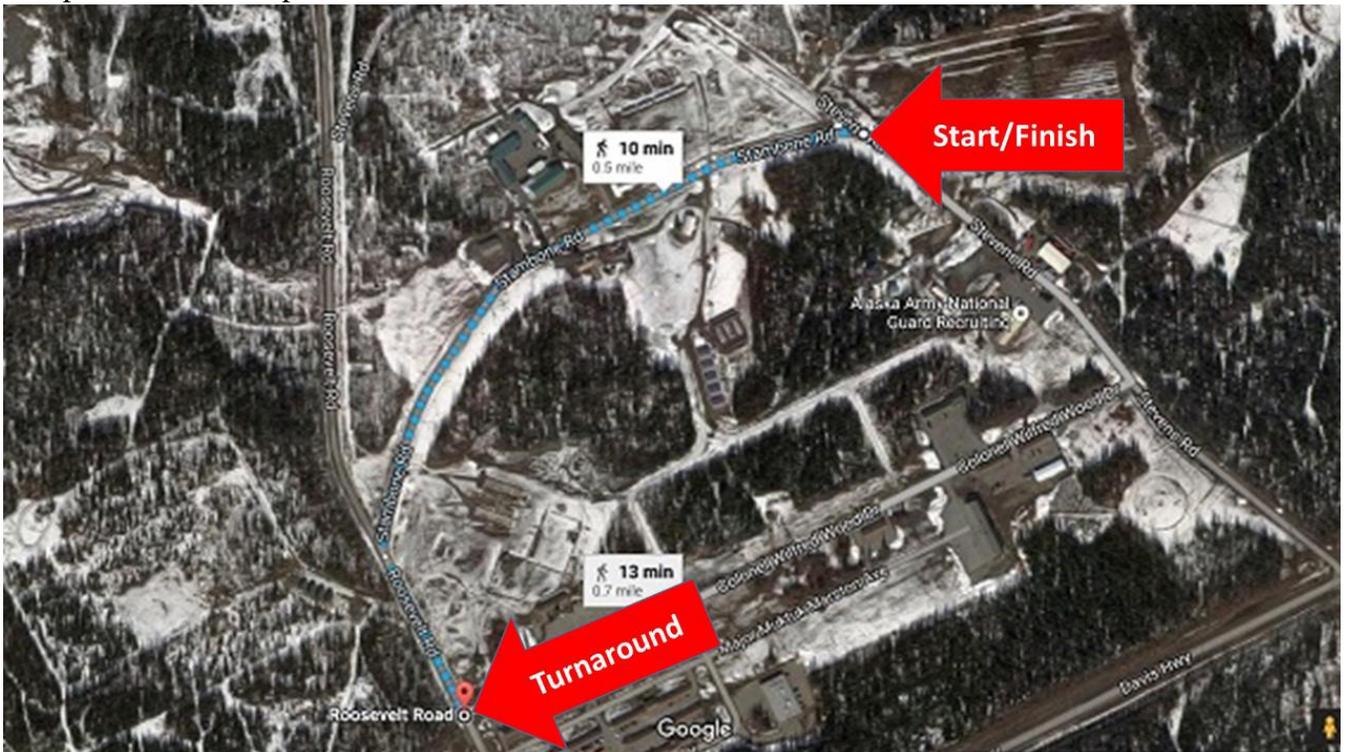
All contestants stand erect along the rope, not nearer than 8 feet to center tape, with hands raised over their heads, thumbs locked. At the starting signal, the cadets pick up rope and pull. The team pulling the middle of rope over its own 6-foot line wins. If neither team has pulled the middle of the rope over its 6-foot line after 2 minutes, the team having the middle of the rope on its side of starting line wins. No knots or loops may be made in the rope excepting that the anchor (end man) on either team may wrap the rope around his body. Holes may not be dug in ground with feet or otherwise until after the starting signal is given. Only normal running type shoes may be worn – no cleats are allowed. No gloves are allowed.



Endurance Run (~ 1 mile)

At the start, all cadets will line up behind the starting line. On the command “GO” the clock will start. Cadets will begin running at their own pace and negotiate a course ~ 1 mile long as individuals as quickly as possible.

Cadets must complete the run without any help. If they desire to run in groups that is fine as long as there is no physical assistance rendered to anyone. If a cadet is physically helped in any way (for example, pulled, pushed, picked up and/or carried) or leaves the designated running course for any reason, they will be disqualified. It is legal to pace a cadet during the run as long as there is no physical contact with the paced cadet and it does not physically hinder other cadets running the course. The practice of running ahead of, alongside or, or behind the competing cadet while serving as a pacer is permitted. Cheering or calling out the elapsed time is also permitted.



2016-17 Routes

The route for this year’s Raider Decathlon is depicted above. A high school cross-country “chute” type finish will be utilized to minimize confusion and maximize accuracy in the finish area. Racers will be told to continue walking into a marked chute and to maintain their order of finish so that the correct finish times can be assigned to each cadet. Failure to keep moving in the chute and maintain the original order of finish will result in the cadet skewing the results.

Address questions to the undersigned at 742-7010

///Original Signed///
MSG Thomas V. Shelley
Dimond JROTC SAI