



**DEPARTMENT OF THE ARMY
ARMY JROTC BATTALION
NORTH BRUNSWICK HIGH SCHOOL
114 SCORPION DRIVE
LELAND, NC 28451-2080**

October 17, 2011

Telephone (910) 251-6264 Ext 1129, 1140
FAX (910) 371-6354
E-Mail WILG1@BCSWAN.net

MEMORANDUM FOR: 10th Annual North Brunswick High School Drill/Rifle/Raider Meet participants.

SUBJECT: North Brunswick High School Drill/Rifle/Raider Meet Registration Form

1. Complete this form and return it with the \$170.00 registration fee. The rifle team registration fee is \$35.00. Raider team registration fee is \$35.00. The Drill team registration fee is \$100.00. Circle events in which you will participate.

School _____

Address _____

City _____, State _____ Zip Code _____

E-mail address _____

Name(s) of Instructor(s) Command _____

Phone Numbers: Work _____ Home _____

Branch of service: _____

Number of personnel coming: _____

Total Amount Paid: _____

2. Events: Circle events in which your unit will participate. (One team per unit)

Regulation Drill

- A. Color Guard with arms – one team per unit
- B. Element/squad with arms – one team per unit
- C. Element/squad without arms – one team per unit
- D. Flight/platoon with arms – one team per unit
- E. Flight/platoon without arms – one team per unit

Exhibition Drill

- A. Element/squad with arms – one team per unit
- B. Element /squad without arms – one team per unit
- C. Flight/platoon with arms – one team per unit
- D. Flight/platoon without arms – one team per unit
- E. Duet with arms-one team per unit

Rifle Team - one team per unit (call after 18 January if you want to enter an additional team). Schools that enter additional Rifle or Raider teams should send the additional payment before the date of the competition.

Raider Team - one team per unit (call after 18 January if you want to enter an additional team). Schools that enter additional Rifle or Raider teams should send the additional payment before the date of the competition.

- 3. Return this sheet to North Brunswick High School no later than 18 January 2012.
- 4. Complete packets will be mailed and/or emailed to entrants when registration is received.
- 5. Contact the numbers listed above if you have questions.

LeeRoy P. Hanna, Jr.
LeeRoy P. Hanna, Jr.
LTC, US Army (Ret.)
Senior Army Instructor



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25 AUGUST 2011

SUBJECT: 10th Annual North Brunswick High School Drill/Rifle/Raider
Meet on 25 February 2012.

1. GENERAL:

- a. Purpose: The purpose of this MOI is to set forth rules and procedures governing the conduct of the 10th Annual North Brunswick High School Drill Meet. The provisions set forth in this document with all succeeding revisions and changes are binding on all meet participants. Entry into the meet by JROTC units indicates acceptance of the MOI and constitutes their willingness for their entries to be governed, scored, and awarded recognition by provisions of the said MOI. It is the responsibility of each unit commander to ensure that each member of his/her unit is familiar with the information contained within this MOI.
- b. Scope: This document is applicable to all participants. Institutional SAI/AI's will ensure their cadets are familiar with its contents. Questions concerning the administration or conduct of the drill meet should be directed to LTC LeeRoy Hanna, 1SG George Williams, or SFC Timothy Washington, phone: (910) 251-6264, EXT:1129, 1140, or 1141 or FAX: (910) 371-6354.

ADMINISTRATION

- c. Schedule of events: See annex A
- b. Commanders' Caucus: A commanders' caucus will be held at 0800 25 February 2012, JROTC Department building.
- c. Eligibility:
 - (1) Units: Open to all JROTC Units
 - (2) Members: All members of a drill unit must be presently enrolled in the high school or preparatory school he/she is representing.
- d. Individual, Team, Overall Awards:
 - (1) Awards will be given for first, second, and third place in each of the drill events. All awards will be presented at the conclusion of the meet. The

top three teams, in each event, are determined on the basis of the highest score.

- (2) The overall trophy will be awarded to the school gathering the highest number of quality points. Quality points are awarded as follows:

First place.....6 points
Second place.....5 points
Third place.....4 points
Fourth place.....3 Points
Fifth place.....2 points
Participant.....1 point

(See Annex B for overall trophy criteria)

e. Registration:

- (1) Formal registration will be done on the day of the meet. This period is designed to insure accuracy of registration information as received by mail, to allow for meet participants to receive their schedules, and passing out final instructions. To avoid congestion during registration, only the SAI/AI and the designated JROTC cadet commander will perform the final registration. (see Annex A)

- f. Meals: Messing facilities are not available; however, a concession stand will be available on site to provide food service on a pay-as-you-go basis. Fast-food facilities are also located within a five minute ride from the drill site.
- g. Medical support: Recommend participants bring a signed medical release form should it become necessary to take anyone to a medical facility.
- h. Weather: If the weather is determined to be completely prohibitive, the meet will be canceled and tentatively rescheduled for the earliest possible date.
- i. Weapons: There are no restrictions on the type of weapon which can be used in the armed events. Unit commanders may be armed with an appropriate side arm or saber in lieu of a weapon. No bayonets!!
- j. Uniforms: The only uniforms authorized for wear during regulation drill is the prescribed class A uniform IAW 145-8-3 and appropriate regulation for other services. The uniform worn for exhibition drill will be at the particular school's discretion; however, neatness and uniformity will be maintained. Distinctive items such as berets, scarves, etc. may also be worn.

Judging of events: Judging of all events will be done by Citadel Cadets, Reserve Army Drill Instructors, and Army National Guardsmen. Regulation events will not be inspected prior to conducting the event. It is the responsibility of the SAI/AI's to ensure that cadets are in proper uniform. Although fancy individuals

will not be formally inspected, appearance and military bearing will be taken into account by the judges.

- k. Scoring: Judges will score each event separately. There will be two scorers (if available) for each event area. Score sheets will be turned into the Official's Post for computation and posting.
 - l. Scoring ties: In the event of a tie in the event:
 - 1. The lowest score of the tied teams will be dropped and the new total will determine the winner.
 - 2. Drop the next lowest score.
 - 3. Go to judges' scores, high score wins.
 - 4. Drill off.
 - m. Meet OIC/Official's Post: Once the meet begins, in case of a question or problem, the matter will be taken up between the Senior Military Instructor and the meet OIC. Ruling of the Drill Meet OIC is final and binding.
2. OPERATION
- a. Sequence of events: There will be several different drill areas functioning at the same time. Regulation events will occur first followed by fancy events (Annex B).
 - b. Procedures: It is the responsibility of each school to monitor the progress of competition so as to be ready to report to the event ready area as soon as it is vacated by the preceding school.
 - c. Time Limits: There will be no time limits applied to any regulation drill event. However, there will be a time limit of 2 to 4 minutes for fancy duet, 3 to 5 minutes for fancy squad, and 5 to 7 minutes for fancy platoon. The event time begins when the team enters the drill field and ends when the team exits the field.
 - d. Each squad will consist of 7 to 11 personnel and each platoon will consist of 13 to 41 personnel.
 - e. Events Procedures:
 - (1) Regulation Drill

Overall Regulation Drill

 - a. The commander for all squad and platoon events must commit the sequence and appropriate commands to memory. **CADENCE** is a matter of precision

and may not be verbalized in order to prevent confusion with other teams.

- b. Entry and exit points will be a point designated by the team commander. There will not be any inspection prior to events. The head judge will then position himself accordingly. Unit commanders or an individual competitor when instructed by the head judge, will enter the drill area and halt one step inside the boundary in front of and centered on the judge.
- c. When reporting in, the individual or unit commander will report by rendering a hand salute and stating “Sir, Sergeant or Drill Sergeant, (Name of school) is prepared for competition.” The head judge will return the salute and judging will commence.
- d. Color Guard: The head judge will signal the color guard commander when to move his team into the drill area. The color guard command sequence must be followed. Color Guard will not report out. (See Annex) In order to maintain proper Military courtesy and flag etiquette around the campus there will be a designated prep. area next to the Color Guard drill pad. This will allow units to uncase/case their colors near the competition area. Uncasing and casing colors are not part of the competition.

(2) FANCY DRILL

- a. This competition is limited to the ingenuity of the participants. No special effects are authorized. Evaluation of fancy drill will be based on originality, general effect, difficulty, and precision. Music and loud speakers will not be used for any events. **(Teams are reminded that this is a drill competition and not a dance contest.)**

LeeRoy P. Hanna, Jr.
LeeRoy P. Hanna, Jr.
LTC, US Army (Ret)
Senior Army Instructor

Annex A

DRILL MEET SEQUENCE

DATE	TIME	ACTIVITY	LOCATION
25 February 2012	0745-0815	Final Registration	JROTC Department
	0730-0800	Judges Briefing	JROTC Department
	0800-0830	Cdr.s' Caucus	JROTC Department
	0900-1500	Competition	Drill Area
	1600-1630	Awards Ceremony	JROTC Department

NOTE:

- (1) The time of the awards ceremony is only an estimated time since the actual time will depend on the number of participating units, as well as other uncontrollable factors.
- (2) The drill meet officer may alter the schedule matrix in order to facilitate a more efficient and/or earlier competition of the drill meet should any unforeseen problems arise.

Annex B

CRITERIA FOR OVERALL TROPHIES

Overall Drill

1. Must compete in three regulation drill events.
2. Must compete in two fancy drill events.

Overall Raider

1. Must compete in three raider events.

Overall Drill/Rifle/Raider Meet Trophy

1. Only the teams that qualify for both Drill categories above.
2. Must compete in three raider events.
3. Must compete in rifle event.

Annex C

PENALTIES

<u>PENALTY</u>	<u>POINTS ASSESSED</u>
a. Late arrival at the ready area	5 points
b. Deviation from prescribed drill	5 points per occurrence
c. Time limits	1 point for each 5 seconds
d. Extraneous person	5 points per person
e. Crossing boundary line during performance	5 points
f. Coaching from outside of the drill area	50% of event score
g. Calling cadence during regulation event	5 points per occurrence
h. Unsportsmanlike conduct	10% of total score
i. Any school advisor, instructor, or cadet approaching a judge 100% of the points with intent to influence a score, protest, or operation of drill meet.	

Annex D

SCORE SHEETS AND EXPLANATION OF GRADING

1. Color Guard: The color guard report in. Grading begins and ends when the color guard crosses the boundaries. Grading will be in accordance with the respective score sheet.
2. Regulation Platoon: The unit commander will report in centered on the head judge. Grading will begin when the unit commander reports in and will end when the team exits the drill area. Grading is in the accordance with the respective score sheet.
3. Regulation Squad: The unit commander will report in centered on the head judge. Grading will begin when the squad leader reports in and will end when the squad exits. Grading is in accordance with the respective score sheet.
4. Exhibition Events: Commence their sequence upon command. Timing and grading will begin and end when the individual/team crosses the boundary lines respectively. Grading will be in accordance with the respective score sheet.
5. Judging and Scoring: There will be two judges (if available) using the score sheets in Annex E and the penalty sheet in Annex C. All the score sheets will be added for the teams' final score in that event.

DRILL AREA

EXHIBITON DUET.....	75 X 100
COLOR GUARD.....	75 X 100
REGULATION PLATOON.....	80 X 100
REGULATION SQUAD.....	75 X 75
EXHIBITION SQUAD.....	75 X 75

Score sheet-Color Guard with Arms

MAX POINTS-160

School: _____

1. Present Arms						
2. Color Guard CDR Report to Judge.....	0	1	2	3	4	5
3. General Appearance.....	0	1	2	3	4	5
4. Military Bearing.....	0	1	2	3	4	5
5. Colors Reverse March.....	0	1	2	3	4	5
6. Forward March.....	0	1	2	3	4	5
7. Left Wheel March.....	0	1	2	3	4	5
8. Colors Reverse March.....	0	1	2	3	4	5
9. Forward March.....	0	1	2	3	4	5
10. Color Halt.....	0	1	2	3	4	5
11. Order Arms/Colors.....	0	1	2	3	4	5
12. Parade Rest.....	0	1	2	3	4	5
13. Colors Attention.....	0	1	2	3	4	5
14. Carry Colors.....	0	1	2	3	4	5
15. Forward March.....	0	1	2	3	4	5
16. Right Wheel March.....	0	1	2	3	4	5
17. Forward March.....	0	1	2	3	4	5
18. Right Wheel March.....	0	1	2	3	4	5
19. Forward March.....	0	1	2	3	4	5
20. Colors Reverse March.....	0	1	2	3	4	5
21. Forward March.....	0	1	2	3	4	5
22. Eyes Right.....	0	1	2	3	4	5
23. Ready Front.....	0	1	2	3	4	5
24. Left Wheel March.....	0	1	2	3	4	5
25. Forward March.....	0	1	2	3	4	5
26. Left Wheel March.....	0	1	2	3	4	5
27. Forward March.....	0	1	2	3	4	5
28. Left Wheel March.....	0	1	2	3	4	5
29. Forward March.....	0	1	2	3	4	5
30. Colors Halt.....	0	1	2	3	4	5
31. Present Arms.....	0	1	2	3	4	5
32. Order Arms.....	0	1	2	3	4	5
33. Forward March.....	0	1	2	3	4	5
33. Depart drill area (it is not necessary to report out)						

PENALITIES

Late Start (1-15 min)	-20_____	SUBTOTAL_____
Incorrect Sequence	-5 per_____	(-) PENALTIES_____
Crossing Line	-5 per_____	
Non-Standard Weapon	-10_____	TOTAL SCORE_____

Judge's Initials_____

Appendix 1

REGULATION DRILL SCORE SHEET – SQUAD WITHOUT ARMS

SCHOOL: _____ **EVENT SCORE:** _____

Report In (Present Arms)	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Parade Rest	0	2	4	6	8	10
Attention	0	2	4	6	8	10
Dress Right Dress	0	2	4	6	8	10
Ready Front	0	2	4	6	8	10
Right Face	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Right Flank March	0	2	4	6	8	10
Left Flank March	0	2	4	6	8	10
Column Left March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Column Left March	0	2	4	6	8	10
Half Step March	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Left Face	0	2	4	6	8	10
Present Arms	0	2	4	6	8	10
Report Out	0	2	4	6	8	10

Overall Appearance	0	5	10	15
Commander's Voice	0	5	10	15

Minus (-) 5 points for each incorrect answer to questions asked by inspectors

POINTS AWARDED _____

PENALTIES (SEE REVERSE) _____

TOTAL _____

JUDGE'S NAME: _____

REGULATION DRILL SCORE SHEET – SQUAD WITH ARMS

SCHOOL: _____ **EVENT SCORE:** _____

Inspection Arms	0	2	4	6	8	10
Port Arms	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Report In (Present Arms)	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Parade Rest	0	2	4	6	8	10
Attention	0	2	4	6	8	10
Dress Right Dress	0	2	4	6	8	10
Ready, Front	0	2	4	6	8	10
Right Shoulder Arms	0	2	4	6	8	10
Left Shoulder Arms	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Right Face	0	2	4	6	8	10
Right Shoulder Arms	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Right Flank March	0	2	4	6	8	10
Left Flank March	0	2	4	6	8	10
Column Left March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Column Left March	0	2	4	6	8	10
Half Step March	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Left Face	0	2	4	6	8	10
Present Arms	0	2	4	6	8	10
Report Out	0	2	4	6	8	10
Overall Appearance	0	5	10	15		
Commander's Voice	0	5	10	15		

Minus (-) 5 points for each incorrect answer to answer to question asked by inspectors

POINTS AWARDED _____

PENALTIES (SEE REVERSE) _____

TOTAL _____

JUDGE'S NAME: _____

Appendix 3

REGULATION DRILL SCORE SHEET – PLATOON WITHOUT ARMS

SCHOOL: _____ **EVENT SCORE:** _____

Report In (Present Arms)	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Parade Rest	0	2	4	6	8	10
Attention	0	2	4	6	8	10
Open Ranks	0	2	4	6	8	10
Dress Right Dress	0	2	4	6	8	10
Ready Front	0	2	4	6	8	10
Close Ranks	0	2	4	6	8	10
Right Face	0	2	4	6	8	10
Left Face	0	2	4	6	8	10
About Face	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Left Flank March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Half Step March	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Left Face	0	2	4	6	8	10
Present Arms	0	2	4	6	8	10
Report Out	0	2	4	6	8	10
Overall Appearance	0	5	10	15		
Commander's Voice	0	5	10	15		

Minus (-) 5 points for each incorrect answer to answer to question asked by inspectors

POINTS AWARDED _____

PENALTIES (SEE REVERSE) _____

TOTAL _____

JUDGE'S NAME: _____

REGULATION DRILL SCORE SHEET – PLATOON WITH ARMS

SCHOOL: _____ **EVENT SCORE:** _____

Inspection Arms	0	2	4	6	8	10
Port Arms	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Report In (Present Arms)	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Parade Rest	0	2	4	6	8	10
Attention	0	2	4	6	8	10
Right Face	0	2	4	6	8	10
Left Face	0	2	4	6	8	10
Left Shoulder Arms	0	2	4	6	8	10
Right Shoulder Arms	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
About Face	0	2	4	6	8	10
Right Shoulder Arms	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Left Flank March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Rear March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Half Step March	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Forward March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Column Right March	0	2	4	6	8	10
Left Shoulder Arms	0	2	4	6	8	10
Halt	0	2	4	6	8	10
Order Arms	0	2	4	6	8	10
Left Face	0	2	4	6	8	10
Present Arms	0	2	4	6	8	10
Report Out	0	2	4	6	8	10
Overall Appearance	0	5	10	15		
Commander's Voice	0	5	10	15		

Minus (-) 5 points for each incorrect answer to answer to question asked by inspectors

POINTS AWARDED _____

PENALTIES (SEE REVERSE) _____

TOTAL _____

JUDGE'S NAME: _____

EXHIBITION DRILL SCORE SHEET – SQUAD WITHOUT ARMS

SCHOOL: _____ **EVENT SCORE:** _____

GRADED ITEMS	POINT SCALE	POINTS
<u>PRECISION:</u> Exactness of movement or maneuver and uniformity throughout routine. Sharpness, symmetry, togetherness. Dress, alignment, cover, rifle and hand position, etc.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>OVERALL IMPRESSION:</u> Appearance and military bearing of members. Design, organization, flow and appeal of routine. Smoothness of all movements and transitions. Discipline of unit, including demeanor at height of routine or when recovering from error. Unity of team and involvement of leader. Synchronization.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>DIFFICULTY:</u> Relates to difficulty of movements and maneuvers performed, both singly and as a team. Silence, variation of routine. Degree of consistent involvement of rifles.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>ORIGINALITY:</u> Pertains to uniqueness of routine. Stresses areas of novelty and innovation. Credit for movements not normally seen as compared to other routines viewed. Scenario involves entire team without individual attention. Sensible, not dangerous.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>AREA COVERAGE:</u> Degree to which drill area is covered or employed in total routine.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

	TOTAL POINTS	_____
	PENALTIES	_____
	EVENT SCORE	_____

JUDGE'S NAME: _____

EXHIBITION DRILL SCORE SHEET – SQUAD WITH ARMS

SCHOOL: _____ **EVENT SCORE:** _____

GRADED ITEMS	POINT SCALE	POINTS
<u>PRECISION:</u> Exactness of movement or maneuver and uniformity throughout routine. Sharpness, symmetry, togetherness. Dress, alignment, cover, rifle and hand position, etc.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>OVERALL IMPRESSION:</u> Appearance and military bearing of members. Design, organization, flow and appeal of routine. Smoothness of all movements and transitions. Discipline of unit, including demeanor at height of routine or when recovering from error. Unity of team and involvement of leader. Synchronization.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>DIFFICULTY:</u> Relates to difficulty of movements and maneuvers performed, both singly and as a team. Silence, variation of routine. Degree of consistent involvement of rifles.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>ORIGINALITY:</u> Pertains to uniqueness of routine. Stresses areas of novelty and innovation. Credit for movements not normally seen as compared to other routines viewed. Scenario involves entire team without individual attention. Sensible, not dangerous.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

<u>AREA COVERAGE:</u> Degree to which drill area is covered or employed in total routine.	Below Average	0-15
	Average	16-30
	Above Average	31-45
	Excellent	46-60

	TOTAL POINTS	_____
	PENALTIES	_____
	EVENT SCORE	_____

EXHIBITION DRILL SCORE SHEET – PLATOON WITHOUT ARMS

SCHOOL: _____ **EVENT SCORE:** _____

GRADED ITEMS	POINT SCALE	POINTS
<u>PRECISION:</u> Exactness of movement or maneuver and uniformity of due throughout routine. Sharpness, symmetry, togetherness. Dress, alignment, cover, rifle and hand position, etc.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

<u>OVERALL IMPRESSION:</u> Appearance and military bearing of members. Design, organization, flow and appeal of routine. Smoothness of all movements and transitions. Discipline of unit, including demeanor at height of routine or when recovering from error. Unity of team and involvement of leader. Synchronization.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

<u>DIFFICULTY:</u> Relates to difficulty of movements and maneuvers performed, both singly and as a team. Silence, variation of routine. Degree of consistent involvement of rifles.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

<u>ORIGINALITY:</u> Pertains to uniqueness of routine. Stresses areas of novelty and innovation. Credit for movements not normally seen as compared to other routines viewed. Scenario involves entire team without individual attention. Sensible, not = dangerous.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	30-40

<u>AREA COVERAGE:</u> Degree to which drill area is covered or employed in total routine.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

	TOTAL POINTS	_____
	PENALTIES	_____
	EVENT SCORE	_____

EXHIBITION DRILL SCORE SHEET – PLATOON WITH ARMS

SCHOOL: _____ EVENT SCORE: _____

GRADED ITEMS	POINT SCALE	POINTS
<u>PRECISION:</u> Exactness of movement or maneuver and uniformity of due throughout routine. Sharpness, symmetry, togetherness. Dress, alignment, cover, rifle and hand position, etc.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

<u>OVERALL IMPRESSION:</u> Appearance and military bearing of members. Design, organization, flow and appeal of routine. Smoothness of all movements and transitions. Discipline of unit, including demeanor at height of routine or when recovering from error. Unity of team and involvement of leader. Synchronization.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

<u>DIFFICULTY:</u> Relates to difficulty of movements and maneuvers performed, both singly and as a team. Silence, variation of routine. Degree of consistent involvement of rifles.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

<u>ORIGINALITY:</u> Pertains to uniqueness of routine. Stresses areas of novelty and innovation. Credit for movements not normally seen as compared to other routines viewed. Scenario involves entire team without individual attention. Sensible, not dangerous.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	30-40

<u>AREA COVERAGE:</u> Degree to which drill area is covered or employed in total routine.	Below Average	0-10
	Average	11-20
	Above Average	21-30
	Excellent	31-40

	TOTAL POINTS	_____
	PENALTIES	_____
	EVENT SCORE	_____

Exhibition Drill Score Sheet- Duet with Arms

SCHOOL: _____ **EVENT SCORE:** _____

GRADED ITEMS	POINT SCALE	POINTS
Precision: Exactness of movement or maneuver and uniformity of due throughout routine	Below Average 0-5 Average 6-10 Above Average 11-15 Excellent 16-20	
GENERAL EFFECT: Appearance of duo, disregarding Individual errors, Design, organization, flow, and appeal of routine. Smoothness in all movements. Synchronization.	Below Average 0-5 Average 6-10 Above Average 11-15 Excellent 16-20	
DIFFICULTY: Relates to difficulty of movements and maneuvers performed. Release of weapon, speed of twirls, height of tosses, complexity and appeal. Silence. Cadence without cues.	Below Average 0-5 Average 6-10 Above Average 11-15 Excellent 16-20	
ORIGINALITY: Pertains to uniqueness of routine. Stresses areas of novelty and innovation. Credit for movements not normally seen as compared to other routines viewed.	Below Average 0-5 Average 6-10 Above Average 11-15 Excellent 16-20	
AREA COVERAGE: Degree to which drill area is covered or employed in total routine. Consideration given to blind/hidden maneuvers that show practice/coordination.	Below Average 0-5 Average 6-10 Above Average 11-15 Excellent 16-20	

TOTAL POINTS _____

PENALTIES (from reverse) _____

EVENT SCORE _____

Judge's Name: _____



**DEPARTMENT OF THE ARMY
ARMY JROTC BATTALION
NORTH BRUNSWICK HIGH SCHOOL
114 SCORPION DRIVE
LELAND, NC 28451-2080**

Office of the Senior Army Instructor

25 August 2011

MEMORANDUM FOR: Raider Team Captains

SUBJECT: Memorandum of Instruction for the NBHS Raider Challenge.

1. **PURPOSE:** To provide guidance for the conduct of the NBHS Raider Challenge competition on Saturday, 25 February 2012 in Leland, North Carolina.
2. **REFERENCES:**
 - a. First Region Safety SOP, date 21 March 94
 - b. JROTC LET-1 Instructor Manual, July 1992
 - c. STP 21-1-SMCT, Soldiers Manual of Common Task
 - d. TC 90-6-1, Military Mountaineering
 - e. FM 21-18, Foot Marches
3. **OBJECTIVES:**
 - a. To promote esprit de corps, teamwork and self-confidence amongst JROTC cadets.
 - b. To provide JROTC cadets a competitive program in five mentally and physically challenging training events: Litter Carry, Modified Army Physical Fitness Test (MAPFT), One-Rope Bridge, Tug of War, 5 Kilometer Road March, and Knot Tying.
 - c. To serve as a JROTC cadet recruiting and retention vehicle.
4. **GENERAL INFORMATION:**
 - a. The administrative and safety briefing will begin at 0800 hours in the JROTC building and closing ceremony at approximately 1630 hours in the NBHS gymnasium.
 - b. Teams will consist of eight non-interchangeable cadets with two alternate standby cadets and must meet their individual high school requirements for extracurricular activities. The additional cadets are for injury purpose only and will compete in the MAPFT as a minimum.
 - c. Teams must report to test headquarters, NBHS football field at 0800 hours. Team rosters, SAI/AI Statement, Cadet Personal Information, Covenant Not to Sue and Power of Attorney forms should be on hand, but will not be turned in.
 - d. Events will include the Litter Carry, Modified Army Physical Fitness Test (MAPFT), One-Rope Bridge, Tug of War, 5K Road March, and Knot Tying. Trophies will be awarded for top three teams. The top male and female in the modified APFT will be awarded a medal.
 - e. All units are responsible for their own transportation to and from the competition. Once units arrive at the competition, all other transportation will be by foot.
 - f. Class I will not be provided, however concessions will be sold.

5. CONCEPT:

- a. Concept of Operations: Teams must report to test headquarters NLT 0800 hours. Team Rosters will be submitted at that time.
- b. Sequence of Events:
 - (1) 0730-0745 Report with teams and necessary paper work will be issued.
 - (2) 0800-0815 Administrative and Safety Briefing.
 - (3) 0815-0945 Physical Fitness Test
 - (4) 0945-1530 Remaining events in accordance with rotation schedule.
 - (5) 1630 Awards and Closing Ceremony

6. UNIFORM AND EQUIPMENT:

- a. Uniform: Uniform for participants is ACU's (tan Army T-shirt or team shirt), boots, appropriate headgear, pistol belt, and one canteen with cover. Running shoes, ACU trousers and team T-shirt (as long as they are all the same) are required for the MAPFT. **NO PT uniforms for MAPFT!**. Non-Army JROTC units will wear their ACU equivalent.

- b. Equipment:

- (1) Bridging equipment-each team will provide their own ropes, snap links and Swiss seat ropes. All equipment will be inspected for serviceability by SAI/AI. The minimum rope length must be 120 feet.
- (2) Guidon-fully assembled on a pole and visible throughout the event.

7. CADET LIABILITY: Senior Army Instructors must ensure that each cadet participating in Raider Challenge training or competition understands the requirements for personal medical coverage. Raider Challenge team members must complete all forms prior to participating in Raider Challenge. **Coach must be with team.**

8. SAFETY:

- a. Responsibility: Commanders at every echelon are responsible for conducting a continuous, rigorous safety program ensuring that adequate provisions for safe practices and safe physical standards are incorporated into all aspects of training.
- b. Safety Requirements:
 - (1) Risk Management Program methodology will be incorporated into training and competitions.
 - (2) Cadet Buddy Teams and the "Buddy Team" process will be incorporated into training and competitions.
 - (3) Applicable training safety publications will be available and adhered to during training and competitions.

- (4) All cadre and cadets will be thoroughly briefed on pertinent safety and range regulations prior to the start of the competitions. Additionally, each event OIC will conduct a safety briefing for cadets prior to the start of each event. Competition evaluators must attend the briefings.
9. A registration fee of \$35.00 per team is required to enter into the Raider Meet competition. Additional teams will be notified after 18 January if it has a slot. Registration will be limited to the first 25 teams. Please no more than one team per school. Please return the attached registration form to reserve a place for your team in the competition. Checks made payable to: NBHS JROTC Department.
10. POC is 1SG Williams or SFC Washington at (910) 251-6264 ext. 1129, 1140, or 1141 Email: 1SG Williams, WILG1@BCSWAN.net, SFC Washington, Timothy_Washington@BCSWAN.net.

LeeRoy P. Hanna, Jr.

LeeRoy P. Hanna Jr.
LTC, US Army (Ret)
Senior Army Instructor

Encls 5

5k Road march

1. Task: complete a 5k kilometer road march
2. Conditions: During daylight. Under existing weather conditions and carrying all items of prescribed equipment.
3. Standard: teams must complete road march in less than 60 minutes.
4. Script: The 5k OIC says

“Let me have your attention. At this station you will be required to complete the 5k-road march. Running will be allowed. Each cadet must carry his or her own equipment throughout the entire march. Teams will consist of eight cadets for this event. Time stops when the eighth cadet crosses the finish line. Teams with less than eight finishers will be disqualified. This event is a forced march and it will be monitored to ensure that it follows the spirit, as well as the intent of the competition.

RUNNING IS ALLOWED!!A team member may assist another team member by pushing or pulling another team member along in the spirit of teamwork, but may not at any time take their equipment and carry it. A team will be disqualified if one team member is caught carrying another team member’s equipment. Teams will maintain integrity throughout the course by maintaining no more than 20 meters between that first and eighth cadet during the entire course of the march. Road Guards will be posted along the route. Team 20 meter violation will be assessed a 5 minute penalty for each violation. There will be cadets positioned the length of the route.

Intentionally leaving the course will result in a 5-minute penalty for each violation. Teams will not cross the finish line until all eight cadets have entered the 20 meter zone. Each team member who is not within the 20-meter zone when the first cadet crosses the finish line will be assessed as a 5 minute penalty. Time will stop when the eight cadets have crossed the finish line. A team will be disqualified that does not finish within 60 minutes. Your evaluator will move you to a designated equipment inspection area and begin the equipment inspection. You will be assessed a 3 minute penalty for each piece of equipment missing. Do you have any questions?”

5. Uniform

- (1) ACU with belt
- (2) T- shirt
- (3) Pistol belt
- (4) Canteen w/ cover, or camelback
- (5) Headgear
- (6) Pair army socks
- (7) Tan boots
- (8) Guidon will be carried by team
- (9) OPTIONAL: camelbacks maybe worn but all other equipment item are still required.
- (10)Water is expected to be in the canteen for safety purposes

6. Scoring

- a. This event is worth 100 points in the over all event scoring
- b. Finish with less than 8 team members = 5 minutes each occurrence
- c. Did not carry own equipment = disqualification
- d. Time is over 60 minutes = disqualification

- e. Team member out of 20 meter zone = 5 minutes each occurrence
- f. Leaving 5k route = 5 minutes each occurrence
- g. One item/ piece of equipment missing = 3 minutes each occurrence
- h. Disqualified teams will not receive competition points
- i. Team placement will be determined by times
- j. Tie breakers will be determined by the least amount of penalties

5K Road March Score Sheet

Scorer's Name (PRINT) _____

Team Name: _____

Start Time: _____ Stop Time: _____ Time Total: _____

Infraction	Penalty	Total
Finish with less than 8 members	Disqualified	(Y/N)
Did not carry own equipment	Disqualified	(Y/N)
Time is over 60 minutes	Disqualified	(Y/N)
Team member out of 20m zone	5 min each occurrence	_____min
Team Integrity Violation	5 min each occurrence	_____min
Leaving 5K route	5 min each occurrence	_____min

Uniform

Item Missing Total	Penalty	
(1) Pair Army Issue Tan Boots	3 min each	_____min
(1) ACU Trouser	3 min each	_____min
(1) ACU Belt	3 min each	_____min
(1) T-shirt	3 min each	_____min
(1) Pistol Belt	3 min each	_____min
(1) Canteen w/cover	3 min each	_____min
(1) Headgear	3 min each	_____min
(1) Pair Army Socks	3 min each	_____min

5K Time: _____

Total Penalty Time: + _____

TOTAL TIME: = _____	DISQUALIFIED: Yes / No
Team Captain Signature: _____	

Rope Bridge Score Sheet

SCHOOL _____ DATE _____

PREPARATION TIME: 5 MINUTES

INDIVIDUAL INSPECTIONS WILL BE CONDUCTED AT THE CONCLUSION OF THE BRIDGE CROSSING.

GO NO Penalty
GO

CONSTRUCTION OF THE BRIDGE:
A. ROPE LAID OUT WITH NO PRE-TIED KNOTS OR THE ROPE OVERLAPPING ITSELF
B. THERE IS NO EQUIPMENT OF PERSONNEL FORWARD OF THE BACK OF THE NEAR ANCHOR POINT AT THE START. (10 SEC PER)
C. THE #1 MAN IS SECURED TO THE MAIN ROPE USING AN END OF THE ROPEBOWLINE WITH SNAPLINK ATTACHED TO AN AUSTRALIAN RAPPEL SEAT (20 SECOND PENALTY)
D. THE #1 MAN TEMPORARILY SECURES THE MAIN ROPE AROUND THE FAR SIDE ANCHOR POINT AND TO ITSELF USING THE SNAPLINK (30 SECOND PENALTY)
E. FAR SIDE MAN TIES A ROUND TURN WITH TWO HALF HITCHES ON THE FAR SIDE ANCHOR POINT. THE ENTIRE ROPE MUST PASS COMPLETELY THRU THE FIRST HALF HITCH. THE SECOND HALF HITCH MAY CONTAIN A QUICK RELEASE.
NEAR SIDE
F. TIES A WIREMAN'S KNOT IN THE MAIN ROPE (TWO (2) SNAPLINKS MAY BE USED).
G. THE MAIN ROPE IS PULLED AND SECURED USING A ROUND TURN WITH TWO HALF HITCHES. THE ENTIRE ROPE MUST PASS COMPLETELY THRU THE FIRST HALF HITCH. THE SECOND HALF HITCH MAY CONTAIN A QUICK RELEASE. <u>NO PERSONNEL MAY MOUNT THE BRIDGE PRIOR TO THE SECOND HALF HITCH BEING TIED.</u>
H. THERE CAN BE NO MORE THAN TWO (2) PERSONNEL ON THE BRIDGE AT ONE TIME. THIS INCLUDES HOOKING INTO OR UNLOCKING.
I. THE NUMBER 2 THROUGH 7 MAN WILL HOOK INTO THE MAIN ROPE USING THEIR SNAPLINK AND CROSS THE BRIDGE SUSPENDED BELOW THE ROPE. EACH TEAM MEMBER MUST KEEP ONE LEG/FOOT ON OR ABOVE THE ROPE AT ALL TIMES WHILE CROSSING THE ROPE.
BREAKDOWN (THERE CAN NOT BE ANYONE ON OR STILL HOOKED INTO THE BRIDGE PRIOR TO ANY KNOT BEING UNTIED.)
THE #8 MAN IS SECURED INTO THE MAIN ROPE USING AN AUSTRALIAN RAPPEL SEAT PRIOR TO CROSSING. (20 SECOND PENALTY)
KNOTS (EXCEPT THE WIREMAN'S) LEFT IN THE MAIN ROPE OR THE ROPE OVERLAPPING ITSELF WHEN TIME IS CALLED (30 SECOND PENALTY)
ALL EQUIPMENT PRESENT (IF NOT 30 SECONDS PER PIECE OF EQUIPMENT)
EQUIPMENT LEFT ON FAR SIDE (30 SECONDS PER ITEM)
PENALTY SUBTOTAL

ANNEX D TO 4TH BRIGADE RAIDER MOI DTD 15 July 2011

Core Event - LITTER CARRY

LITTER CARRY SCORE SHEET

TEAM NAME: _____

RUN TIME: _____

TOTAL PENALTY TIME: + _____

TOTAL RUN TIME: = _____

DISQUALIFICATION - TEAM FAILS TO FINISH WITH 8 TEAM MEMBERS or DOES NOT COMPLETE OBSTACLE COURSE

PENALTIES:

The simulated casualty touches the ground: 5 Minutes

- If litter tips over and casualty touches
- If casualty falls off litter
- Each time casualty touches is a penalty

Mark *through number that applies for total penalties*

1 2 3 4 5 6

Team fails to negotiate obstacle: 3 Minutes

- Team goes around obstacle intentionally
- Team misses obstacle
- Penalty for each obstacle

Mark *through number that applies for total penalties*

1 2 3 4 5 6

Team fails to properly negotiate course: 1 Minute

- Litter touches ground, penalty each touch
- Litter touches any part of obstacle
- Litter or casualty touches water during water obstacles
 - o Only one penalty per obstacle regardless how many touches

Mark *through number that applies for total penalties*

1 2 3 4 5 6

Script – The grader will brief the team captain. Sample brief, “At this station your team will be required to tie four types of knots and return to the start position , you will be give 10-15 seconds depending on the knot. After time is called knots will be evaluated and scored.

TEAM NAME: _____

PENALTIES:

- Starting before the command of “GO” is given. Individual cadet will receive a “NO GO” for only that knot.

- Not returning to the start position. Individual cadet will receive a “NO GO” for only that knot.

- Incorrectly tied knot. Individual cadet will receive a “NO GO” for only that knot.

** No penalty for rope falling onto the ground.*

<u>Name</u>	<u>Knots</u>				<u>Score</u>
	Bowline	Wireman	Fig 8-bight	Square Knots	
1) _____	1	1	1	1	_____
2) _____	1	1	1	1	_____
3) _____	1	1	1	1	_____
4) _____	1	1	1	1	_____
5) _____	1	1	1	1	_____
6) _____	1	1	1	1	_____
7) _____	1	1	1	1	_____
8) _____	1	1	1	1	_____

Total Points: _____

*Example: ● *John Doe* 1 1 1 1 3

Note - all four knot are tied correctly, circle amount of knots tied correctly.

Evaluator Signature: _____

1. **TASK:** An 8 member raider team will correctly tie four knots in an allotted time to achieve the highest team score.

2. **CONDITION:** Given a rope corral and individual ropes. Individual cadet will move a given distance (about 10-15 feet) to a rope corral and tie one of four knots given by the evaluator.

3. **STANDARD:** All eight members will participate simultaneously. The four knots to be evaluated are the **Bowline (10 seconds)**, **Wireman's knot (10 seconds)**, figure eight on-a-bight (10 seconds), and **Square Knot (15 seconds including overhands)**. **Only square knot requires an overhand knot on each side.** On the command of "GO" time will start and will continue until the command "STOP" is given.

4. **UNIFORM:**

- Complete ACU'S (include PC or Beret)
- Pistol Belt with Canteen or Camel Pack
- Combat Boots

5. **SCORING:** Individuals will receive one point for a "GO" and no points for a "NO GO". On the command of "GO" all team member will tie the specified knot and get back to the start line within the ten seconds to receive a "GO". Teams with the most overall points will be determined the winner for this event. Points for the event will be assessed based one point per knot, per cadet with 32 points being a perfect score.

6. **PENALTIES:** "NO Go's" will be assessed for the following violations:

- **Starting before the command of "GO" is given.** Individual cadet will receive a "NO GO" for only that knot.
- Not getting back across the start line. Individual cadet will receive a "NO GO" for only that knot.
- Incorrectly tied knot. Individual cadet will receive a "NO GO" for only that knot.

** No penalty for rope falling onto the ground.*



DEPARTMENT OF THE ARMY
ARMY JROTC BATTALION
NORTH BRUNSWICK HIGH SCHOOL
114 SCORPION DRIVE
LELAND, NC 28451-2080

25 AUGUST 2011

Telephone (910) 251-6264 ext. 1129,1140,1141
FAX (910) 371-6354
E-Mail WILG1@BCSWAN.net

MEMORANDUM FOR: 10th Annual North Brunswick High School Drill/Rifle/Raider Meet 25 February 2012.

1. This memorandum outlines the rules, policies, and procedures for the rifle competition at the 10th Annual Scorpion Invitational Drill/Rifle/Raider Meet.
2. A school team will consist of 4 shooters. An entire team will be placed on the firing line to shoot along side a team from another school. The aggregate score of all team members will be used to determine the team score.
3. Shooters will fire thirty (30) record shots, ten (10) shots from each position (prone, standing, and kneeling) at a ten-bull target. The shooters will have ten (10) minutes for preparation, twenty (20) minutes for prone, five (5) minutes for preparation, twenty (20) minutes for standing, five (5) minutes for preparation, and fifteen (15) minutes for kneeling position. All shots outside the sighter bulls will be scored unless brought to the attention of the range officer prior to record fire. Targets will be 33 feet from the firing line. All shooters must remain on the line until the firing line is cleared.
4. NRA 3-position air rifle rules will govern the match unless otherwise outlined in this memorandum. The only sporter rifles authorized are the 853, 753, T200, 887, and the Xs 40. No shooting jackets or pants will be allowed. Slings will not be used when firing from the standing position. Coaching will be allowed during the zero period only. No coaching after "Commence fire" command is given for record fire.
5. The host school will provide Orion compatible targets. Visiting teams must bring their own shooting mats, kneeling rolls, scopes, etc.
6. Scoring will be conducted by the host school, and witnessed by the team cadet coach.
7. **Scoring will be done utilizing the Orion scoring system. Targets for that system will be provided the day of the meet. Teams entering this part of the competition are requested to register their shooters with CMP and be prepared to provide the CMP number and additional information prior to the meet. You will receive specific instructions.**
8. Trophies will be awarded for 1st through 3rd place teams, top 3 shooters in each position and overall.

9. The registration fee of \$35.00 per team is required to enter the rifle competition. Registration will be limited to the first 24 teams. Please no more than one team per school. You may request additional slots but they will not be given out until 18 January. Please return the attached registration form to reserve a place for your team in the competition. Checks should be made payable to North Brunswick JROTC. Teams may call after January 18 to enter additional teams (space permitting).
10. If you have any questions, POC is 1SG Williams, phone: (910) 251-6264 EXT:1140; fax: (910) 371-6354; E-mail: WILG1@BCSWAN.net

LeeRoy P. Hanna, Jr.

LeeRoy P. Hanna, Jr.
LTC, US Army (Ret.)
Senior Army Instructor

Scoring for Raider MAPFT - PUSHUPS & SITUPS are 1 Minute Each

PUSHUPS			SIT-UPS			1-MILE RUN		
Reps	Male	Female	Reps	Male	Female	Time	Male	Female
82	100		92	100		5:57	100	
81	99		91	99		6:00	99	
80	98		90	98	100	6:03	98	
79	97		89	97	99	6:06	97	
78	96		88	96	98	6:09	96	
77	95		87	95	97	6:12	95	
76	94		86	94	96	6:15	94	
75	93		85	93	95	6:18	93	
74	92		84	92	94	6:21	92	
73	91		83	91	93	6:24	91	
72	90		82	90	92	6:27	90	
71	89		81	89	91	6:30	89	
70	88		80	88	90	6:33	88	
69	87		79	87	89	6:36	87	
68	86		78	86	88	6:39	86	
67	85		77	85	87	6:42	85	
66	84		76	84	86	6:45	84	
65	83		75	83	85	6:48	83	
64	82		74	82	84	6:51	82	
63	81		73	81	83	6:54	81	
62	80		72	80	82	6:57	80	
61	79		71	79	81	7:00	79	
60	78		70	78	80	7:03	78	
59	77		69	77	79	7:06	77	
58	76	100	68	76	78	7:09	76	
57	75	99	67	75	77	7:12	75	
56	74	98	66	74	76	7:15	74	
55	73	97	65	73	75	7:18	73	
54	72	96	64	72	74	7:21	72	
53	71	95	63	71	73	7:24	71	
52	70	94	62	70	72	7:27	70	100
51	69	93	61	69	71	7:30	69	99
50	68	92	60	68	70	7:33	68	98
49	67	91	59	67	69	7:36	67	97
48	66	90	58	66	68	7:39	66	96
47	65	89	57	65	67	7:42	65	95
46	64	88	56	64	66	7:45	64	94
45	63	87	55	63	65	7:48	63	93
44	62	86	54	62	64	7:51	62	92
43	61	85	53	61	63	7:54	61	91
42	60	84	52	60	62	7:57	60	90
41	59	83	51	59	61	8:00	59	89
40	58	82	50	58	60	8:03	58	88
39	57	81	49	57	59	8:06	57	87
38	56	80	48	56	58	8:09	56	86
37	55	79	47	55	57	8:12	55	85
36	54	78	46	54	56	8:15	54	84
35	53	77	45	53	55	8:18	53	83
34	52	76	44	52	54	8:21	52	82
33	51	75	43	51	53	8:24	51	81
32	50	74	42	50	52	8:27	50	80
31	49	73	41	49	51	8:30	48	79

PUSHUPS			SIT-UPS			1-MILE RUN		
Reps	Male	Female	Reps	Male	Female	Time	Male	Female
30	48	72	40	48	50	8:33	46	78
29	47	71	39	47	49	8:36	44	77
28	46	70	38	46	48	8:39	42	76
27	45	69	37	45	47	8:42	40	75
26	44	68	36	44	46	8:45	38	74
25	43	67	35	43	45	8:48	36	73
24	42	66	34	42	44	8:51	34	72
23	41	65	33	41	43	8:54	32	71
22	40	64	32	40	42	8:57	30	70
21	39	63	31	39	41	9:00	28	69
20	38	62	30	38	40	9:03	26	68
19	37	61	29	37	39	9:06	24	67
18	36	60	28	36	38	9:09	22	66
17	34	58	27	35	37	9:12	20	65
16	32	56	26	34	36	9:15	18	64
15	30	54	25	33	35	9:18	16	63
14	28	52	24	32	34	9:21	14	62
13	26	50	23	31	33	9:24	12	61
12	24	48	22	30	32	9:27	10	60
11	22	44	21	29	31	9:30	8	59
10	20	40	20	28	30	9:33	6	58
9	18	36	19	27	29	9:36	4	57
8	16	32	18	26	28	9:39	2	56
7	14	28	17	25	27	9:42		55
6	12	24	16	24	26	9:45		54
5	10	20	15	23	25	9:48		53
4	8	16	14	22	24	9:51		52
3	6	12	13	21	23	9:54		51
2	4	8	12	20	22	9:57		50
1	2	4	11	19	21	10:00		48
			10	18	20	10:03		46
			9	17	18	10:06		44
			8	16	16	10:09		42
			7	14	14	10:12		40
			6	12	12	10:15		38
			5	10	10	10:18		36
			4	8	8	10:21		34
			3	6	6	10:24		32
			2	4	4	10:27		30
			1	2	2	10:30		28
						10:33		26
						10:36		24
						10:39		22
						10:42		20
						10:45		18
						10:48		16
						10:51		14
						10:54		12
						10:57		10
						11:00		8
						11:03		6
						11:06		4
						11:09		2

