

(27 FEB 25)

From: Colorado Meet Officer in Charge, Naval Reserve Officers
Training Corps, University of Colorado Boulder
To: All Hands

Subj: COLORADO MEET 2025 ENDURANCE RACE LETTER OF INSTRUCTION

Encl: (1) Uniform and Gear
(2) Operation Risk Management
(3) Timeline of Events and Squad Roster
(4) Stations and Grading
(5) Course Maps & Emergency Route
(6) Pool and Field PT Diagrams
(7) Inclement Weather Workout
(8) Calisthenic Form Guide
(9) After Action Report

1. Orientation. The Endurance Race will take place throughout the University of Colorado (CU) Boulder campus. Beginning with the swim portion on 7 MAR 2025, the race continues the next day (8 Mar 2025) through campus, past Chautauqua Park, and up to Green Mountain. Participants should be aware that Boulder's elevation is approximately 5,370 feet, with sections of the course rising above 8,000 feet. To minimize the potential for altitude-related issues, teams are advised to arrive physically prepared and maintain adequate hydration. A map of the course is provided in Enclosure (5).

2. Situation. The Colorado Meet will feature a Team Endurance race in Boulder, Colorado. The event will use CU's recreational and athletic facilities, as well as Chautauqua Park. Participants will engage in a variety of challenges, including swimming, running, casualty evacuation (CASEVAC), calisthenics, and rucking across miles of rugged terrain. Various stations will be set up throughout the course for an option to resupply and/or fill hydration. This race challenges teams to compete while overcoming the unique difficulties of mountainous terrain and high-altitude conditions, covering roughly 12 miles worth.

3. Mission. On 7 MAR 2025, the Colorado Meet will commence an Endurance Race mission from 1900 to 1500 the following day, designed to test the physical and mental fortitude of NROTC teams. In a high-stakes, team-oriented operation. Units will navigate through a series of unique challenges. This begins with a pool-based evolution on 7 MAR 2025, transitions into a CASEVAC operation the following day - 08 Mar 2025, and culminates in a demanding ruck march through the challenging terrain of Chautauqua Park. Schools should send their most capable and resilient teams to conquer the Colorado Meet Endurance Race.

4. Execution.

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a. Concept of Operations. On 7 MAR 2025, six-member teams will arrive at the opening ceremony 1400 in NWUs/MARPATS - preferably with PTUs underneath, ready to execute a series of physically and mentally demanding objectives. Each team **must** include one female midshipman and may incorporate up to three Marine Enlisted Commissioning Education Program/Officer Candidate (MECEPs/OCs), though this is not required. Only one staff member is authorized to join and spectate their team of 6. At no time will the staff member be participating in the pool portion or litter carry for the CASEVAC. They may join in the exercises the following day if they so wish but their participation will not be counted towards the team repetitions (e.g. if log pt is conducted, the staff member may choose to hop on the log but any reps done with the staff member will not be counted). The race begins with a pre-event briefing. Squads will then conduct accountability checks before moving through a series of evolutions designed to test resilience, cohesion, and adaptability. The race begins with a timed, pool-based evolution at the CU Boulder Recreational Center, incorporating swim drills, treading water, and calisthenics. The following day, squads will transition to a CASEVAC, transporting a simulated casualty through campus. They will then execute a land-based team workout, under squad-level coordination, before proceeding to Chautauqua Park. The final evolution is a ruck march across mountainous terrain, with multiple stations along the route presenting problem-solving scenarios and additional physical challenges. Safety officers and guides will be stationed throughout the course to ensure operational integrity and monitor the condition of all participants.

b. Tasks.

(1) All participants. Verify that all required gear listed in Enclosure (1) is accounted for. Review and familiarize yourself with all provided materials, including this LOI and any accompanying documents. Arrive prepared by maintaining proper physical fitness and ensuring you are well-hydrated prior to the event.

(2) Squads. Appoint squad leaders no later than **17 FEB 2025** and provide the name to the event coordinator at CU NROTC. This individual will represent the squad at all introductory meetings and will disseminate any follow-on guidance and information.

(3) Appointed Squad Leaders. Ensure your squad is prepared for the race. This includes verifying that all necessary gear is accounted for, functional, and ready at the designated time. All instructions and tasks will be communicated directly to the squad leaders.

(4) E-Race Guides. Guides are responsible for familiarizing themselves with the route and ensuring that their teams navigate the course correctly and safely.

(5) E-Race Officer-In-Charge (OIC). Distribute all required documents promptly and ensure they are received by all relevant

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parties before the race begins. Coordinate with CU NROTC, the City of Boulder, and other involved entities to secure race locations, spaces, and the manpower necessary to proctor the event. Provide guidance and support to proctors and staff as needed to ensure all assigned tasks are completed on schedule.

(6) E-Race Assistant OIC. Assist the OIC with the planning and execution of the event. This includes ensuring all required tasks are completed efficiently, all necessary gear is secured and staged prior to the race, and the CU NROTC gear inventory is checked, marked, and prepared according to the schedule.

(7) Supply OIC. Ensure CU NROTC gear is inventoried, marked, and ready to support the race in accordance with the posted planning milestone schedule.

(8) Safety Drivers. Drive the safety route and be ready to aid lost or injured teams.

(9) Mountain Runners. Run the mountain portion of the course with a radio and be ready to aid lost or injured teams.

(10) Station Leaders. Ensure all exercises are conducted with proper form and under strict adherence to safety protocols.

(11) Pool Staff. Monitor teams for safety in the water and supervise calisthenics exercises to ensure proper form and number of repetitions.

(12) HQ Staff. Aid E-Race OIC and AOIC with specified tasks.

(13) Team Staff Members. Each team is permitted only one staff member to participate with them in the endurance race. Staff members must comply with all instructions from MIDN proctors. Disputes regarding form or other race elements will result in a warning for the first infraction, with subsequent issues escalated to the Colorado Meet Staff OIC, the CU NROTC Executive Officer (XO), and the CU NROTC Commanding Officer (CO). CU NROTC reserves the right to prohibit staff members from participating alongside their teams if mountain conditions or other factors warrant such action.

(a) Infractions may result in time penalties being assessed against the offending team.

(b) Egregious infractions may result in teams being disqualified from the endurance race.

(c) Staff members must bring all of their own equipment. No equipment will be given to staff members.

c. Coordinating Instructions.

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(1) See Enclosure (3) for event timing information.

(2) Race will be run in boots and utilities, as well as any cold weather gear or waterproofing layers your squad deems necessary.

(3) Fees - \$90 per team

(4) Each team will check in on Friday - 7 MAR 2025, directly after the opening ceremony (1600-1700) to the CU NROTC supply - Stadium Gate 6 - to organize and stow their gear for the next day. Teams will then move to Stadium Classroom 140 from 1700-1830 to take accountability and attend a safety brief before transitioning to the pool to begin their first evolution as shown in Enclosure (3).

5. Administration and Logistics.

a. Administration.

(1) Medical. Teams should be aware Boulder, Colorado, is at high elevation and proper hydration is critical for success. Electrolytes and carbohydrates, in addition to water, are strongly recommended. Teams shall communicate any medical concerns to the CU NROTC E-Race coordinator at least two weeks before the race. Ensure that all medical documentation includes accurate emergency contact information, and promptly forward any updates or corrections to the E-Race coordinator. There will be Navy corpsmen (HMs) supporting the race to help mitigate any incidents.

(2) Proctors. Proctors only. Upon assignment to a station, station proctors will be responsible for setting up and maintaining their station, overseeing the station as squads arrive, gathering any required materials for the station, and ensuring the proper breakdown and return of borrowed gear after the station is cleared. Proctors are responsible for ensuring that the requirements for each team going through their stations are fair and applied consistently.

b. Logistics.

(1) Supply. Each squad will carry a first aid kit and pole-less litter. Additional first aid supplies will be located at each checkpoint. Squad leaders will carry mobile phones for emergency use only.

(2) Uniforms. See Enclosure (1) for proper uniforms.

(3) CU NROTC gear. Responsibility of CU NROTC supply.

(4) Squad Gear. Squad leaders are responsible for bringing all gear on the gear list and maintaining accountability for such gear. CU NROTC will not provide any missing gear. See Enclosure (1) for the minimum gear required.

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(5) Chow. Units must arrange their own meals.

6. Command and Signal.

a. Command. Endurance Race OIC, MIDN 2/C Wiltz, and AOICs, MIDN 3/C Schulte and MIDN 3/C Anderson, will remain reachable at all times via cell phone or radio. In the event of an incident, teams must assess the situation, provide local treatment, if possible, and notify the nearest station. In extreme scenarios, teams should call for external assistance (e.g., 911).. Team proctors must contact the Meet OIC in case of an emergency.

b. Signal. Cell phones and/or radios will be used by all event staff to reach the Chain of Command (CoC) and all checkpoints as deemed necessary.

(1) Point of Contact

- (a) MIDN 2/C Culverhouse (CO Meet OIC):
brcu8196@colorado.edu
(720) 800-2552
- (b) SSgt Hillyer (CO Meet AOIC):
anhi4712@colorado.edu
(603) 370-2476
- (c) MIDN 2/C Huttenhower (CO Meet AOIC):
thhu9404@colorado.edu
(970) 230-2479
- (d) MIDN 2/C Wiltz (Event OIC):
jewi1870@colorado.edu
(719) 428-8298
- (e) MIDN 3/C Schulte (Event AOIC):
besc4497@colorado.edu
(208) 985-3887
- (f) MIDN 3/C Anderson (Event AOIC):
maan9645@colorado.edu
(774) 419-2945

J. A. Wiltz

Uniform and Gear

1. Uniform. The authorized uniform for the operation is NWU/MARPATS or any variation of USN/USMC boots and utilities. Boonie covers, as well as any additional warming layers or skivvies participants deem necessary, are authorized. Given the unpredictable climate in Colorado, squads should prepare for any seasonal factor (e.g., rain, hail, and snow). Squads must bring a set of PTUs for the pool phase. Boots and shoes are strictly prohibited in the pool. All pool utilities must be thoroughly washed prior to the event to ensure pool decontamination.

2. Gear List.

a. Each squad will given a total of 150 pounds to carry. This weight may be distributed however the squad sees fit.

b. Individuals will be required to carry 3-liters of water in total. This is not part of the given weight and is meant to be your source of hydration. There are various stations in which proctors/guides will direct you to refill these sources. Any additional individual and squad gear may be stored in any of the 4 packs.

c. Squads will NOT bring their own weight. Weight will be supplied.

d. Squads are highly encouraged to bring their own ILBE packs. Packs must be an Improved Load Bearing Equipment (ILBE) or Family of Improved Load Bearing Equipment (FILBE) variation and must be dropped off NLT the prerace brief directly after the opening ceremony around 1600 in CU NROTC Supply. If units are unable to provide their own ILBEs, team captains must contact the Endurance Race OIC **NLT 17 February 2025**.

3.

GEAR ITEM	REMARKS
Squad Gear	
(4) Backpacks (ILBE)**	Used to carry gear
Cell Phone	For emergency use only
Duct Tape	
Sunscreen	
Note Taking Gear	
Trash Bag	To carry team's trash

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Weight*	150 lbs per team
First Aid Kit*	Tourniquet and basic blister/wound care equipment
School or Unit Flag	Required for Green Mountain summit photo

Individual Gear	
Spare Socks	Minimum one pair per person
Camelbak or Canteens	Minimum 3 liters per person
Boots	Broken-in, does not have to be steel toed
NWU/MARPATS/Utilities	Can bring secondary set as backup
Neutral Color Undershirt	Green, Blue, Black, Gray, Brown, Unit PT shirt. Teams must match.
Gloves	Cold Weather
Cold Weather Gear	Gore-Tex shell or similar warming layer
Traction Equipment**	Bring your own or contact CU NROTC 2 weeks prior to event for traction gear availability
PTUs and goggles	Required for pool station
Towel	Dry off after pool pt

Station Staff	
Notepad/Pen	Record arrival and departure times of each team at each station
First Aid Kit	Basic cuts & blister care equipment
Trauma Kit	Tourniquets, Splints, Chest Seals, etc.

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Charged Cell Phones	
Van	3; Emergency use and station setup
Water Jugs	Placed at designated stations (15 total)
Pop-Up Canopy	Where appropriate station-wise

Other gear provided by CU NROTC	
Radios	Provided to selected personnel
Water Jugs	15
Coolers	3
IBL E Rucks	34
One charged cell phone and map per safety observer	
Oxygen tank	1 located at pool, 2 per phase (campus & mountain base & summit)
Ammo Cans	29 at Farrand Field
Tires	2
Logs	4
Mini cones	50 at Farrand Field/ 20 at Chautauqua
Pool Weight (blocks)	3
Litters	7
Crampons (Varied Sizes)	126 (pairs)

Each team is required to have the gear listed under squad gear and individual gear. If gear is missing, the team will be disqualified from the race.

*- indicates gear will be provided by CU NROTC

** - indicates gear can be reserved. Teams should bring their own gear, reserving equipment only if absolutely necessary. (Sec. 2 Gear List)

Operational Risk Management

Per OPNAVINST 1500.75 series, an assignment of any initial risk assessment code (RAC) of 1 or 2, as well as an assignment of RAC 3 in severity level I (death or loss of asset) or severity level II (severe injury or damage) or loss is "unlikely (E)" or "seldom (D)," must be considered High Risk Training. (populates automatically on initial RAC totals chart under (HR))

Identify the Hazards			Assess Hazards		Make Risk Decisions			Implement Controls
Lesson #	Training Topic / Event / Step	Hazard and Root Cause	Potential Injury	Initial Risk	Type of Control	Student to Instructor Ratio	Residual Risk	Clear and Concise Control Implementation
1	E-race	Moderate / Severe injury due to the intensity of the E-Course	Broken bones, severe cuts, wounds, and other severe injuries	I/C = 2H	Each team guide and station will have a first-aid kit and radio. Safety drivers will be stationed along the course and will be provided routes & plans for all emergencies	6-1	I/E = 3M	OIC and AOICs to ensure teams be provided a first aid kit and radio and maintain proper coordination of safety drivers along the route. Physical performance requirements to be enforced for participant entry
2	E-race	Slipping and falls due to walking / running during pool section	Death, Brain Injuries, Broken bones, dislocations severe cuts, wounds, and other severe injuries	I/C = 2H	There will be lifeguards and proctors on standby within the pool area to ensure safe maneuver in the pool area and on standby for any potential injuries.	6-4	I/D = 2H	OIC and AOICs to coordinate with Rec Pool personnel and BN to provide and ensure proper management is present during the pool evolution
3	E-race	Slipping and falls due to walking / running outside on slippery surface	Death, Brain Injuries, Broken bones, dislocations, severe cuts, wounds, and other severe injuries	I/C = 2H	Teams will stay on cleared out dry paths. Each team guide and team will have necessary equipment to traverse the paths. Safety drivers will be stationed along the course.	6-1	I/D = 2H	OIC and AOICs to ensure teams be provided a first aid kit, crampons, and a radio and maintain proper coordination of safety drivers along the route
4	E-race	Teams finishing after dark in the mountains due to completing course slowly	Could result in unsafe conditions and potential injuries for teams on the course	I/E = 3M	A drop dead time 1300 for the green mountain section and a drop dead time of 1600 for the entire course will be in place to ensure no teams continue competing by sunfall. Route maps to be provided to all personnel for usage.	6-1	II/E = 4L	OIC and AOICs to monitor drop-dead times as well as train proctors/guides on these times. If any teams are still competing, safety vics to be dispatched to their locations.
5	E-race	Drowning or blackout in shallow water due to exhaustion during pool section	Death, hypoxia, hypoxemia, cardiac arrest, and brain damage	I/E = 3M	There will be a lifeguard on duty who knows CPR and how to operate and AED. They will be assisted by first aid certified MIDN as necessary. Pool proctors to aid in removing struggling individual from pool if spotted.	18-4	II/D = 3M	OIC and AOICs to coordinate with Rec Pool personnel and BN to provide and ensure proper management is present during the pool evolution.
6	E-race	Muscle Deterioration (Rhabdomyolysis) due to overworking of the body	Muscle disintegration, kidney damage, muscles swelling, weak muscles, tender and sore muscles, dark urine that is brown or tea-colored, dehydration, decreased urination, nausea, loss of consciousness.	I/E = 3M	Physical performance requirements have been enforced for participant entry. PT plan will be reviewed and approved by staff to minimize risk. Proctors, guides and teams alike are to be briefed on elevated medical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course.	6-1	II/D = 3M	OIC and AOICs to ensure teams and stations be provided necessary equipment and maintain proper coordination of safety drivers along the route. Guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly.

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7	E-race	Inclement Weather	N/A	III/B = 3M	Tracking change in weather and will enact an alternate inclement weather plan	N/A	III/E = 4L	OIC to ensure tertiary plans are followed and will update event accordingly based on weather outlooks
8	E-race	Missing Teams / Members due to getting lost on the course	Receiving injuries due to exposure to the environment and severe weather conditions for too long	III/C = 3M	Guides to run the course for route knowledge. They will also be given a map of the course, trail permits, and a radio in case they get lost.	6-1	III/D = 4L	OIC and AOICs to brief guides/proctors on routes and gauge their ability to utilize a map and radio. Safety vehicles to be stationed throughout course.
9	E-race	Loss of communication due to radio failure	Injuries acquired on the course not being reported up to be addressed	II/D = 3M	All guides will have a radio. All CU NROTC members will have their self phone on them, and stations will have radios and cell phones.	6-1	II/E = 4L	OIC and AOICs to ensure at the event brief, cell numbers are provided as well as accounting for cell phones brought day of event. Guides/Proctors to be trained to provide updates for teams every station arrived/left
10	E-race	Muscular injury due to lack of proper form	Pulled or strained Muscles	II/D = 3M	At each station, guides will demonstrate proper forms and make corrections. Safety vehicles will be ready at each station.	6-1	II/E = 4L	OIC and AOICs to ensure guides' understanding of exercise proper form and ability to demonstrate
11	E-race	Sprained ankle due to running / walking on uneven and slippery surfaces	Torn or sprained muscles	II/D = 3M	Teams will stay on cleared out dry paths. Each team guide and team will have necessary equipment to traverse the paths. Safety drivers will be stationed along the course.	6-1	II/E = 4L	OIC and AOICs to ensure teams be provided a first aid kit, crampons, and radio and maintain proper coordination of safety drivers along the route
12	E-race	Muscle Strains due to workout intensity / tight muscles	Muscle Strains / Pulled muscles	III/C = 3M	Physical performance requirements to be enforced for participant entry. Proctors, guides and teams alike are to be briefed on elevated physical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course.	6-1	III/D = 4L	OIC and AOICs to ensure guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly. and maintain proper coordination of safety drivers along the route
13	E-race	Over Exhaustion / Fatigue due to intensity of course	Loss of consciousness, headaches, muscles aches, weakness, extreme tiredness	III/C = 3M	Physical performance requirements to be enforced for participant entry. Proctors, guides and teams alike are to be briefed on elevated physical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course.	6-1	III/E = 4L	OIC and AOICs to ensure guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly. and maintain proper coordination of safety drivers along the route
14	E-race	Tiredness / soreness due to intensity of course	Muscle aches, headache and dizziness, difficulty of concentration, extreme tiredness	IV/A = 3M	Physical performance requirements to be enforced for participant entry. Proctors, guides and teams alike are to be briefed on elevated physical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course. Teams will be required to rest and be checked if unable to continue or feel too weak	6-1	IV/C = 4L	OIC and AOICs to ensure guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly. and maintain proper coordination of safety drivers along the route
15	E-race	Traffic collision / Vehicular assault	Death, Brain Injuries, Broken bones, dislocations, severe cuts, wounds, and other severe injuries	I/E = 3M	Guides are to act as road guards and will aid in safe team movement across any roads. Safety drivers will be stationed along the course.	6-1	I/E = 3M	OIC and AOICs to ensure guides are informed on how and where to cross streets and maintain proper coordination of safety drivers along the route. Route maps to be provided to all personnel for usage.

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16	E-race	Teams Verbally / Physically harrassed during race portions in public	Severe cuts, Bruises, broken bones and other serious injuries if turned physical	III/E = 4L	Teams, guides, proctors will be trained to report incident to OIC or Staff to help solve the issue. Guides should report it up immediately if physically assaulted.	6-1	III/E = 4L	OIC and AIOCs will brief guides/proctors on how to handle harrassment. Staff and OIC on standby to intervene if needed. Boulder PD to be spoken with about event's happening to minimize outside interaction.
17	E-race	Stopped by police or ranger for using mountain portion of the course	N/A	IV/D = 4L	Each guide will show them the permit allowing us to utilize the mountain trails. If issues persist, the guides shall direct them to OIC or Staff to solve the issue.	6-1	IV/E = 4L	OIC and AIOCs will brief guides on what to do and each guide will be given a paper and digital copy of the permit.
18	E-race	Loss of gear due to accountability	N/A	III/D = 4L	Gear checks conducted before and at the completion of the race and E-Race guides with check gear during the race	6-1	IV/E = 4L	OIC and AOICs to brief competitors and guides prior to the race, ensuring team compliance. Rental equipment will be offered by CU NROTC as needed
19	E-race	Portion of the course blocked due to physical reasons (construction, fallen trees in mountain paths, etc..)	N/A	IV/E = 4L	Guide to radio/phone up to find out how to proceed on the course. Route maps to be provided to all personnel for usage.	6-1	IV/E = 4L	OIC and AIOCS will brief guides on alternate routes as well as how to report any obstacles and ask for guidance before proceeding
20	E-race	Potential wildlife encounters (e.g. bears, mountain lions, etc.)	Could result in unsafe conditions and potential injuries for teams on the course	I/D = 2H	All guides will have a radio. All CU NROTC members will have their self phone on them, and personnel will communicate encounters immediately if made.	6-1	II/D = 3M	OIC and AOICs will brief guides/proctors on potential wildlife encounters and ensure they understand to contact local emergency services and staff immediately in the event

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Enclosure (3)

Roster & Timeline of Events

Squad Roster

	<u>ALPHA</u>	<u>BRAVO</u>	<u>CHARLIE</u>	<u>DELTA</u>	<u>ECHO</u>	<u>FOXTROT</u>
<u>1st Squad</u>	Minnesota	MARINE OST - DENVER	Oklahoma 1	Florida	Missouri	Univ. of Arizona
<u>2nd Squad</u>	CO AFROTC	Chicago	Purdue	Nebraska	UT Austin	Ohio State
<u>3rd Squad</u>	U Penn.	USC	Wisconsin	Oklahoma 2	UC Berkeley	CU Boulder
<u>4th Squad</u>	-	-	-	Team 19**	New Mexico **	ASU **

7 MAR 2025

Time	Personnel	REMARKS
1900	ALL	ALPHA & BRAVO squads begin pool phases 1 & 2 respectively
1935	ALL	CHARLIE & DELTA squads begin pool phases 1 & 2 respectively
2010	ALL	ECHO & FOXTROT squads begin pool phases 1 & 2 respectively
2045	ALL	Teams 19-21** begin pool phase 1
2200	ALL	Drop Dead for pool portion

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Time	Personnel	REMARKS
0500	Alpha Squads	First heat begins from Buff Statue
0525	Bravo Squads	Second heat begins from Buff Statue
0550	Charlie Squads	Third heat begins from Buff Statue
0615	Delta Squads	Fourth heat begins from Buff Statue
0630	ALL	Estimated first team begins Farrand Field PT
0640	Echo Squads	Fifth heat begins from Buff Statue
0705	Foxtrot Squads	Sixth heat begins from Buff Statue
0800	ALL	Estimated first team begins Green Mountain portion
0830	ALL	Estimated Last team Completes CASEVAC (3)
0930	ALL	Estimated the last team finishes Farrand Field PT
1230	ALL	Mountain Stations A-D drop dead time
1400	ALL	Summit station drop dead time
1500	ALL	Race drop dead time

Stations & Grading

1. Pool.

The pool portion of the event will challenge the squads with a combination of swimming, calisthenics, and teamwork under pressure. Phase 1 and 2 begin at the same time, with 3 teams in dive well and 3 teams in the lap pool.

a. Phase 1. Phase 1 will occur in the dive well in which 3 teams will enter at a time. One member from each team will swim across the well while the remaining members tread water whilst lifting a swim block. The swimmer will then perform 15 Gutter-Ups, 10 pullups, and 30 squats. Once exercises are complete, swimmers will head back to the squad and rotate with another member. The squad may pass the weight amongst themselves, but it must remain above the water line as long as possible. If the weight is submerged during treading, the brick may be dropped, and the team will incur a two-minute penalty. Additionally, every two minutes, the squad members not carrying weight must complete a bobber by sinking to the bottom of the pool and returning to the surface without touching the pool wall. Phase 1 ends once each member has completed the swim and calisthenics.

b. Phase 2. Phase 2 will occur in the lap pool in which 3 teams enter to begin the evolution. One member from each team will swim 100 yards (four lengths or two out and backs) in either combat sidestroke or breaststroke form while the remaining members will perform 25 push-ups and 20 two-count flutter kicks before rotating swimmers. If a different swim stroke is used than the two listed, the length will be considered 'ineligible' and the individual must recomplete it with the correct swim stroke. If either the swimmer or the deck-side team member finishes before the team is completed, they will simply rest until then. Phase 2 ends once each member has completed the swim and calisthenics.

Each phase must be completed in 15 minutes (time extended as allowed depending on competitor numbers). Teams exceeding this time limit will incur an 8-minute penalty per incomplete phase. Transitions between phases may not take longer than 2 minutes.

After completing the pool evolution, the squads will change into dry appropriate civilian attire or unit polos. From there they may choose to head back to STAD 135 for any other questions or concerns involving the evolution the following day or may excuse themselves for the remainder of the evening.

- A maximum of 2 staff members for each team may watch the pool evolution. Team staff members will not be allowed to participate in the pool portion
- Participants must wear PTUs; Dive masks and/or swim comp. goggles are authorized. No other equipment such as fins or the like will be allowed.

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- A bobber is completed by individual squad members sinking to the bottom of the pool and touching the bottom of the pool before returning to the surface. Members may kick on the way back up.
- For the pullups, the team member's chin must rise above the bar for the repetition to count.
- A gutter up is completed by placing hands on the upper ledge of the pool deck and lifting the body up until arms are locked out. The member then lowers themselves fully back into the water to complete the rep.
- The two-count flutter kicks are conducted by the competitor placing their hands underneath or on the sides of their body and lying flat on the deck, counting each rep once two flutter kicks are completed.
- Teams must abide by hand placement for the treading, indicated by the instructor at the pool. Touching a wall or assisting a teammate will result in a 1-minute penalty to their time.

There will be a total 30-minute time limit enforced for the pool section and all penalties will be added to squads' time after completion of the station. Gear will be staged on the pool and boots will not be worn for the Pool section. In the case of a squad member not being able to complete the event entirely, the remaining members of the squad will finish without them, and a 10-minute time penalty will be enforced. Any team that loses a squad member will not be eligible to place above 4th in the overall race results.

See Enclosure (6) for a diagram.

2. CASEVAC.

Starting at the Buff Statue in front of Balch Fieldhouse, teams will run to CASEVAC station (1) - 0.5 mi - and their guide will select the team's heaviest member to be the casualty, who will be carried on a pole-less litter. Teams will then pick up the loaded litter and begin the CASEVAC route. The route can be seen in enclosure (5). Teams shall not rotate the casualty before reaching CASEVAC station (2) - 0.4 mi from CASEVAC station (1). At that station, the team guide will stop the team and instruct 3 members to line themselves up along the same side of a log. The team will then perform 30 alternating log shoulder presses, 30 log lunges, and 30 log sit ups in order. All the exercises will be cadenced by one member of the squad. At any point, the team may choose to rotate out the 3 members, but the remaining 3 must hold a plank while waiting. If a member drops during the plank, the team planking must complete 5 burpees before trying again.

- An alternating log shoulder press involves moving the log overhead from one shoulder to the other, with one repetition counted after the log has traveled from one side to the other and back.
- Log lunges require squad members to align themselves on alternating sides of the log. Each lunge is one rep.

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- Log sit-ups require squad members to align themselves along one side of the log, getting into the sit-up position, and perform sit-ups simultaneously.

Teams - once finished with the log PT - will finish by completing 40 normal push-ups, 25 burpees, and 50 squats. In the event that teams from later heats catch up and all logs are taken, teams will complete the calisthenic finisher first, then move onto the logs. From there, they will be instructed to once again choose one member to become a casualty that will be carried on a pole-less litter and continue along the CASEVAC route. The route can be seen in enclosure (5). Only from this point on, teams **may now** rotate who is being carried on the litter as often as they choose. Once reached CASEVAC station (3) - *0.8 mi from CASEVAC station (2)*, the team guide will direct the team to an open spot on the field, have them perform 25 eight-count bodybuilders and 30 team lunges. After completing the calisthenics, the casualty will rejoin the team, and the pole-less litter carry will end. Teams will stage gear at CASEVAC station (3), complete the Farrand Grinder PT, and then follow the BASELINE route - *1.7 mi* - to Green Mountain station (A). At no time may the team's staff member be allowed to carry the litter. As stated earlier, if the staff member chooses to participate in any exercise (e.g. logs or calisthenics), those repetitions will not be counted for the team and they must complete their own reps in place for him/her. The total CASEVAC/BASELINE route is 3.37 miles.

3. Farrand Grinder PT Station.

This land-based PT station consists of various team exercises and calisthenics. Teams will arrive at CASEVAC station (3) and stow their packs to the side on the pavement. They will then head to the next most open, separated station of the field PT. The stations are as follows, each separated into lanes:

- 1) The team will flip a tire down and back the field twice to complete the station. Only two team members may flip the tire at a time; the remaining members must perform burpee broad jumps alongside the tire. Team members may switch between tire flipping and burpee broad jumps at any time.
- 2) The team will perform three exercises: bear crawls, duck walks, and buddy drags. All members will bear crawl the distance down, duck walk the distance back, and buddy drag down and back, switching partners at each end.
- 3) At this station, the team will conduct an ammo can shamrock. Here the teams will be given an ammo can to carry with them. The team will begin by performing 40 ammo can presses - those not doing the presses will complete mountain climbers until reps are complete - before running to the next cone. At the next cone, they will complete 30 ammo can lunges - those without the can will also do lunges alongside until the 30 ammo can lunges

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are finished - before returning to the start and repeating the sequence. This shamrock will continue with the following exercises: 30 smurf jacks all together individually, 50 ammo can Russian twists - those without the ammo can are completing elbow-to-knee sit-ups, 30 ACFT-standard push-ups all together individually, and 20 buddy squats per partner. Teams may choose to rotate members on/off the ammo can and may only move up the shamrock when the shamrock reps are completed by the individual with the ammo can. Team members completing the other calisthenics will do so at the cadence of the ammo can member (e.g. 2-ct mountain climbers per ammo can press, lunges complete in cadence with ammo can lunges, 1 sit-up per 2 twists). See Enclosure (6) for diagrams.

- 4) Near the gear on the outskirts of the field, the team will pull out one 25 lbs sandbag from their packs and a member will sprint the perimeter carrying the sandbag while the remaining members hold a plank. Teams are not restricted in manner of plank (i.e. they may choose to roll into a side plank or the like as needed). If a member drops during the plank, all individuals must stop planking and move on to their next runner - once the previous returns - and retry. For each drop, the team owes 12 burpees. Once all members have run a lap, the team will complete their totaled penalty burpees together.

Once all members have completed all four stations, they may gather their gear and continue along the BASELINE route up to Green Mountain station (A).

See enclosure (6) for diagrams.

4. Green Mountain Stations.

a. Buddy Carry. Location: Start of Baseline Trail to Saddle Rock trailhead. There will be a station in which teams are required to refill water sources and needed supplies. Time will be paused briefly (maximum of 3 minutes) while the team fills their water source. Each squad will buddy carry one member, starting at Baseline Trail. The squad guide will identify the heaviest squad member to be carried. Squads will fill their water sources at the start of Baseline Trail. The squad may choose who carries the member. The carried member will be taken to Green Mountain Station (b), where the squad guide will instruct the squad to set them down. Squads deviating from the designated route will incur a one-minute penalty. The squad guide will allow the squad to miss or make a wrong turn but will correct them within 10 seconds and redirect them to the correct path. The squad guide will note any penalties and add them to the squad's final time after they reach the Buffalo.

b. Flutter Kicks. Location: Intersection of Saddle Rock and Gregory Canyon Trail (*Distance: 0.65 mi; Elevation Gain: 161 ft*). Squads will find a level surface and perform 20 cadenced four-count flutter kicks. Legs must be fully extended, and hands can be placed under the thighs. If the cadence is interrupted, the guide will stop the squad, and they

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will instead complete 30 cadenced four-count flutter kicks. If interrupted a second time, a minute penalty is incurred.

Packs will be staged off the trail to avoid obstructing the path.

c. Buddy Squats. Location: Intersection of Saddle Rock and Amphitheater Trail (*Distance: 0.48 mi; Elevation Gain: 459 ft*). Team members must pair up with another member (preferably within 10 pounds) and perform buddy squats. Each squad member will perform 15 buddy squats. Squats will only be counted if the knees come to 90 degrees or below. This mandatory water refill station is the last opportunity going up the mountain for teams to refill water. Teams must refill their hydration sources. Time will be paused briefly (maximum of 3 minutes) while the team fills their water source. Packs will be staged off the trail to avoid obstructing the path.

d. Push-ups. Location: Intersection of Saddle Rock and Greenman Trail (*Distance: 0.65 mi; Elevation Gain: 873 ft*). Squads will find a level surface and perform 30 cadenced ACFT-standard push-ups. If the cadence is interrupted or form is broken, the guide will stop the squad, and they will complete 12 burpees before resuming where they left off. Refer to Enclosure (8) for the correct form. Packs will be staged off the trail to avoid obstructing the path.

e. Summit Station. (*Distance: 0.98 mi; Elevation Gain: 866 ft*) Each squad will use critical thinking and problem-solving skills to complete a challenge. Teams unable to solve the problem will incur a 5-minute waiting period. Each squad will take a photo with their school or unit flag at this station.

f. Triple Threats. Location: Intersection of Saddle Rock and Greenman Trail (*Distance: 0.98 mi; Elevation Gain: -866 ft*). Squads will find a level surface and perform 20 cadenced triple threats - refer Enclosure (8) for proper form. If the cadence is interrupted, the guide will stop the squad, and they will complete 10 8-ct body builders before resuming their remaining triple threats. Packs will be staged off the trail to avoid obstructing the path.

g. Squad Lunges. Location: Intersection of Saddle Rock and Amphitheater Trail (*Distance: 0.65 mi; Elevation Gain: -873 ft*). Squads will find a level surface and perform 20 team lunges and 20 interlocked sit-ups. All squad members will perform the lunges and sit-ups together, interlocking arms for each repetition. Squads will alternate the leading foot for each count. This mandatory water refill station is the last opportunity before leaving the mountain for teams to refill water. Teams must refill their hydration sources. Time will be paused briefly (maximum of 3 minutes) while the team fills their water source. Packs will be staged off the trail to avoid obstructing the path.

h. Smurf Jacks. Location: Intersection of Saddle Rock and Gregory Canyon Trail (*Distance: 0.48 mi; Elevation Gain: -459 ft*). Squads will perform 20 4-count cadenced smurf jacks. If cadence is messed up, the squad will complete 25 normal push-ups before resuming their remaining smurf jacks. Packs will be staged off the trail to avoid obstructing the path.

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i. Buddy Bear Crawl. Location: Start of Baseline Trail (*Distance: 0.65 mi; Elevation Gain: -161 ft*). Squads will complete a 25-meter partnered bear crawl one way before switching roles and then going back. Distance will be marked by cones. Every team member must complete the bear crawl. Station proctors will demonstrate the proper form. In short, it is a partnered bear crawl where one partner holds onto the other's belt or waist while the other performs the bear crawl. Squads may refill their water sources at the start of Baseline Trail before continuing the race. Time will be paused briefly (maximum of 3 minutes) while the team fills their water source.

5. CFT.

Location: Farrand Field. Before reaching the buff statue, each squad member will complete the maneuver under fire portion of the CFT at Farrand Field. Multiple teams may use the CFT course simultaneously, but only one member per team may run the course at a time, with a guide proctoring each individual's run. A miss of the grenade toss will result in a 2-minute penalty or a hit will result in a 2-minute reduction to the overall time of the team per individual who misses/hits the grenade toss. Refer to Enclosure (5) for the path from Chautauqua Park to Farrand Field and to Enclosure (6) for the exact conduct of the maneuver under fire portion of the CFT.

6. Ranger Push-Ups.

Location: Buffalo Statue in front of Balch Fieldhouse. Squads will perform 20 ranger push-ups. Ranger push-ups will only be counted if the elbows reach 90 degrees or below. If form is broken, the guide will reset the squad, and they must reattempt the rep. The race is complete, and the official time recorded, when the final push-up is completed, and the last member touches the buffalo statue.

Viewing Stations.

Locations: There will be one viewing station, located at Farrand Field. This viewing station will be set out of the way of the participants. The viewing station for Farrand Field will be to the left/north of the designated PT station - see Enclosure (6), displayed by a star. Spectators will be instructed not to interfere with participants or proctors and will not be allowed to follow their teams on the course, no exceptions. Any interference will first be met with a warning, and - if met a second time - may lead to their removal from the viewing station.

Additional Race Rules.

1. Drop dead time for the entire race is 1600. Drop dead time to reach the summit of Green Mountain is 1400. If a team does not reach the summit by this time, then they will be turned around wherever they are on the mountain. From the base of the mountain, the team will be able to attempt to complete the rest of the endurance race up until the race drop dead, but they will not be scored since they did not finish the entire course.

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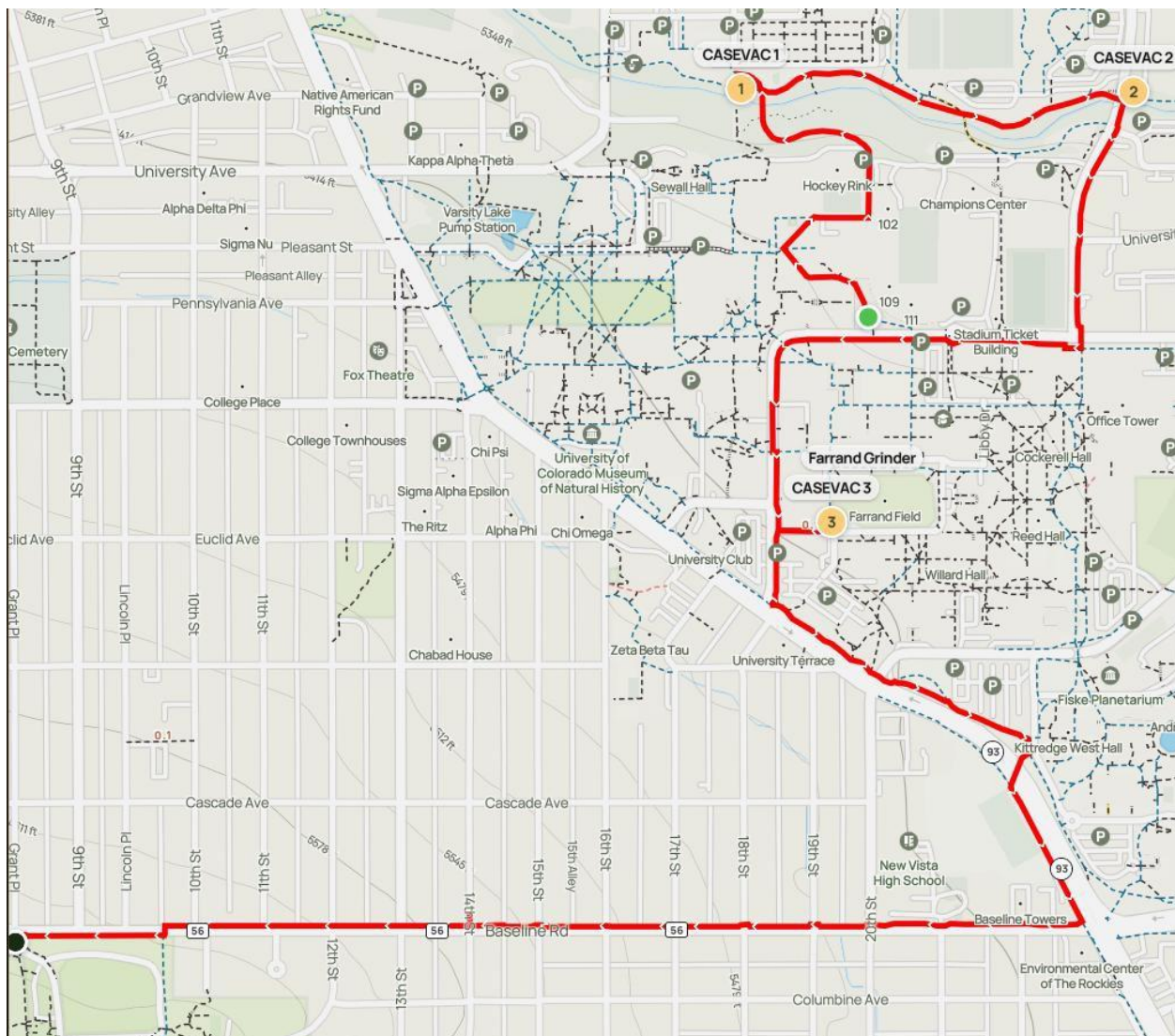
2. Teams must stay together for the entirety of the race. At the finish, all team members must touch the buffalo statue within 10 seconds of each other.
3. Any team that loses a team member due to fatigue or injury will be allowed to finish the race but will be barred from placing above 4th place in the final standings. **There are no exceptions to this rule.**
4. In the event of a tie, the tied teams will each choose one female member and one male member to compete in a 60 second pullup competition. The team whose members' combined score - only the most, proper full-extension, no kip form SOAS style (chin-above-bar and back fully down) pullup repetition counted - wins the race.

Grading.

For both the normal and inclement weather plans, teams will be scored on overall finishing time after any penalties that may have occurred are added to overall time.

Course Maps & Emergency Routes

CASEVAC/BASELINE Route:



Length: 3.37 miles

Elevation gain: 397 ft

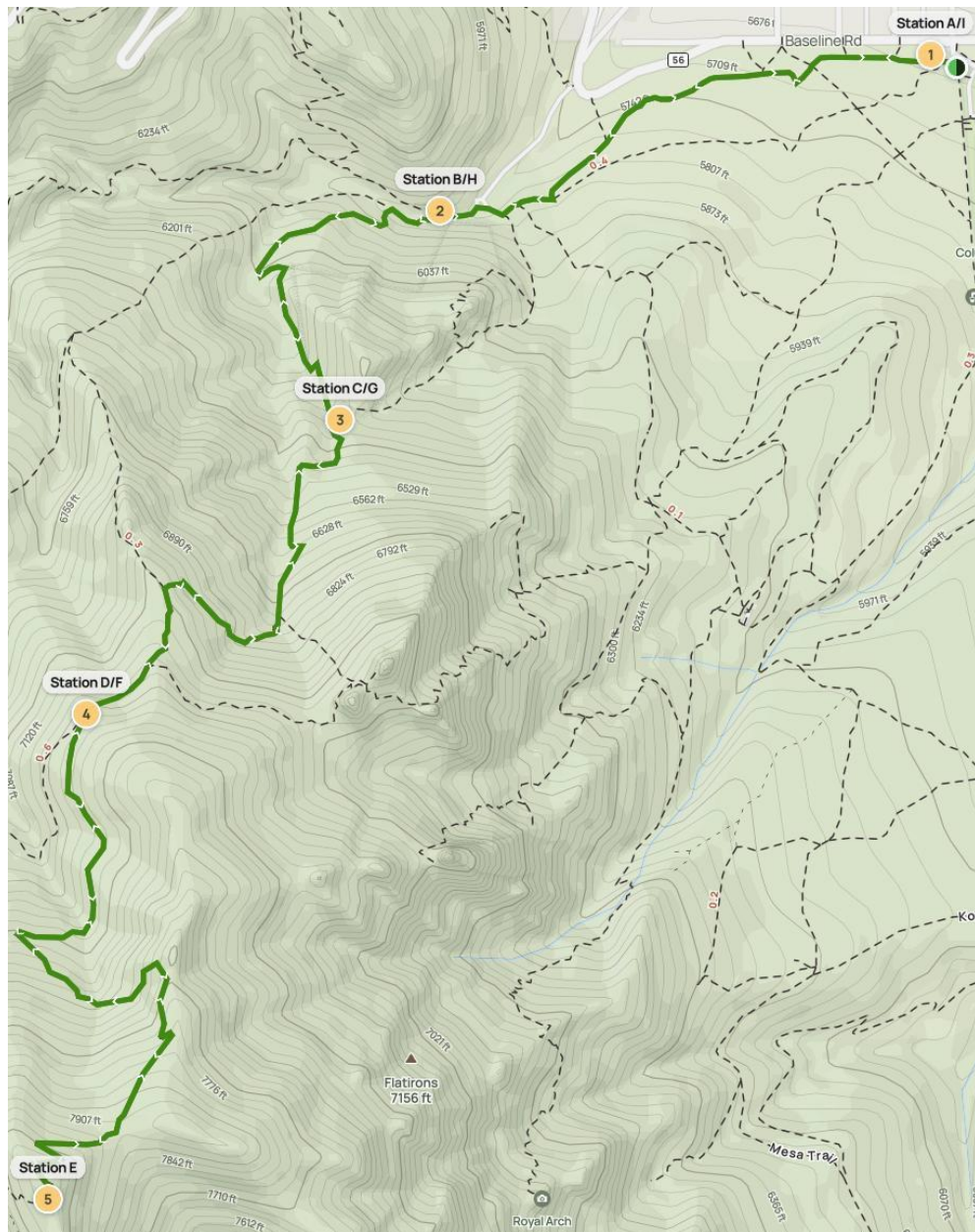
** Distances between stations in Enclosure (4) **

[Link to CASEVAC/BASELINE Route](#)



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Green Mountain Route:



Length: 5.52 miles (2.76 one way)

Total Elevation gain: 2,484 ft

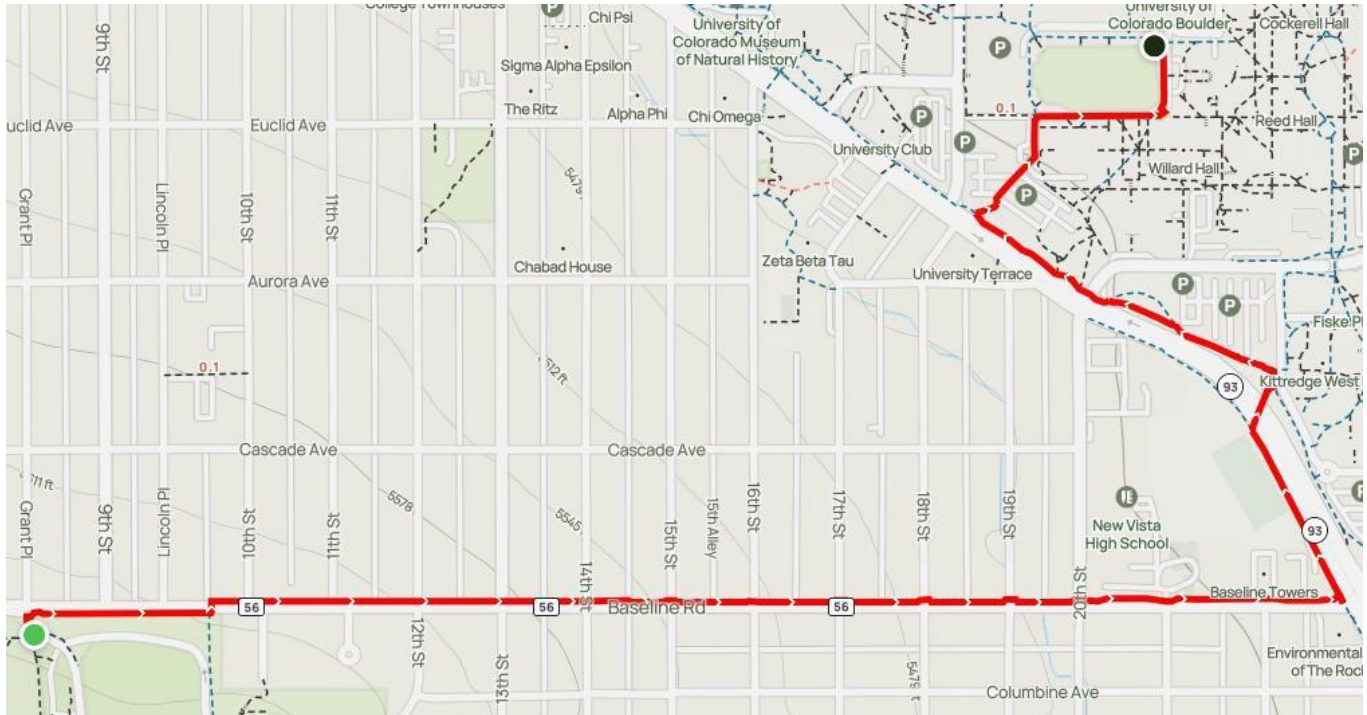
** Distances & Elevation Gains between stations in Enclosure (4) **

[Link to Mountain Route](#)



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Path from Chautauqua to Farrand Field CFT Station (14):



Length: 1.80 miles
Total Elevation gain: -282 ft

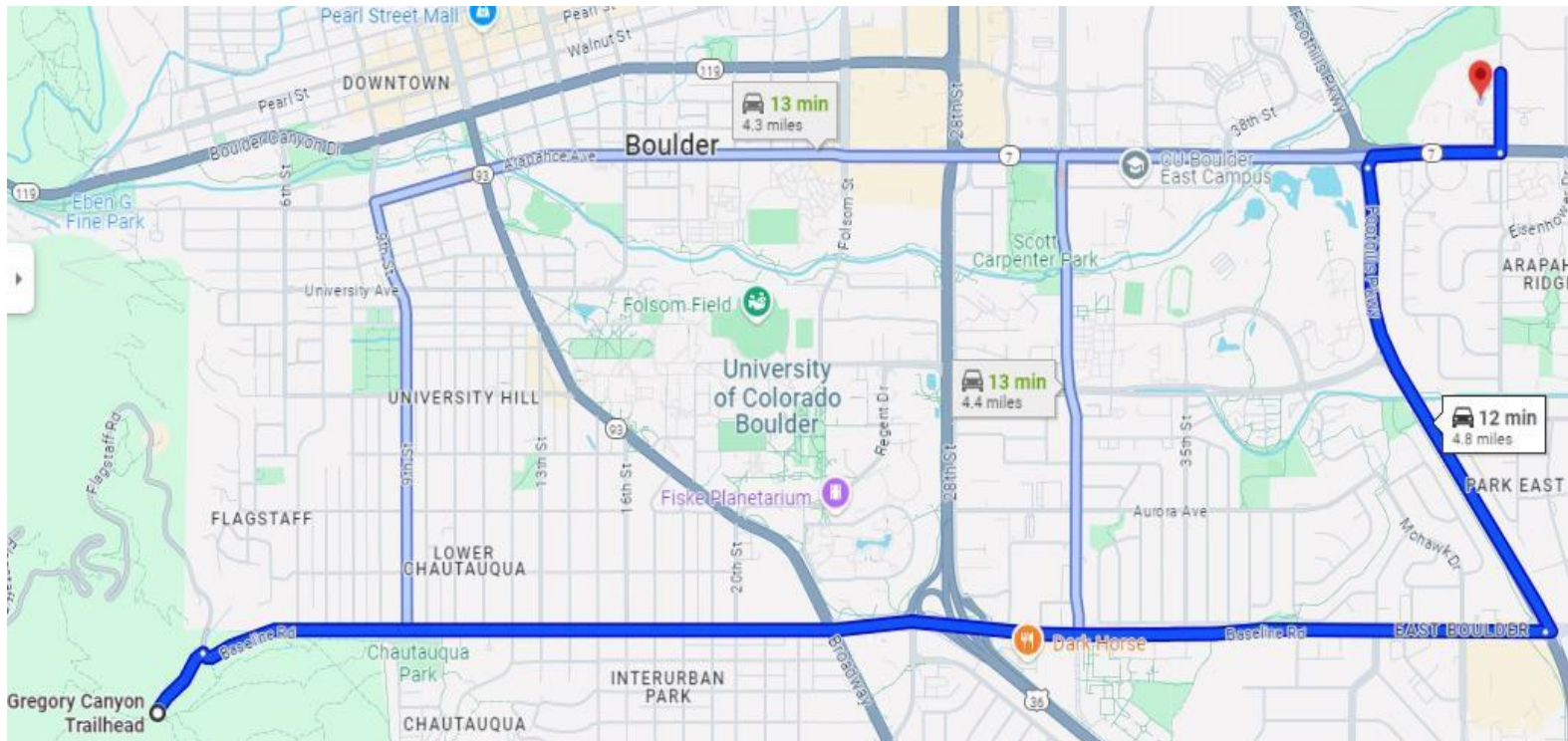
Path from Station 14 to Station 15:



Length: 0.21 miles
Total Elevation gain: 0 ft

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Evacuation Route from Gregory Canyon Trailhead to Boulder Hospital:

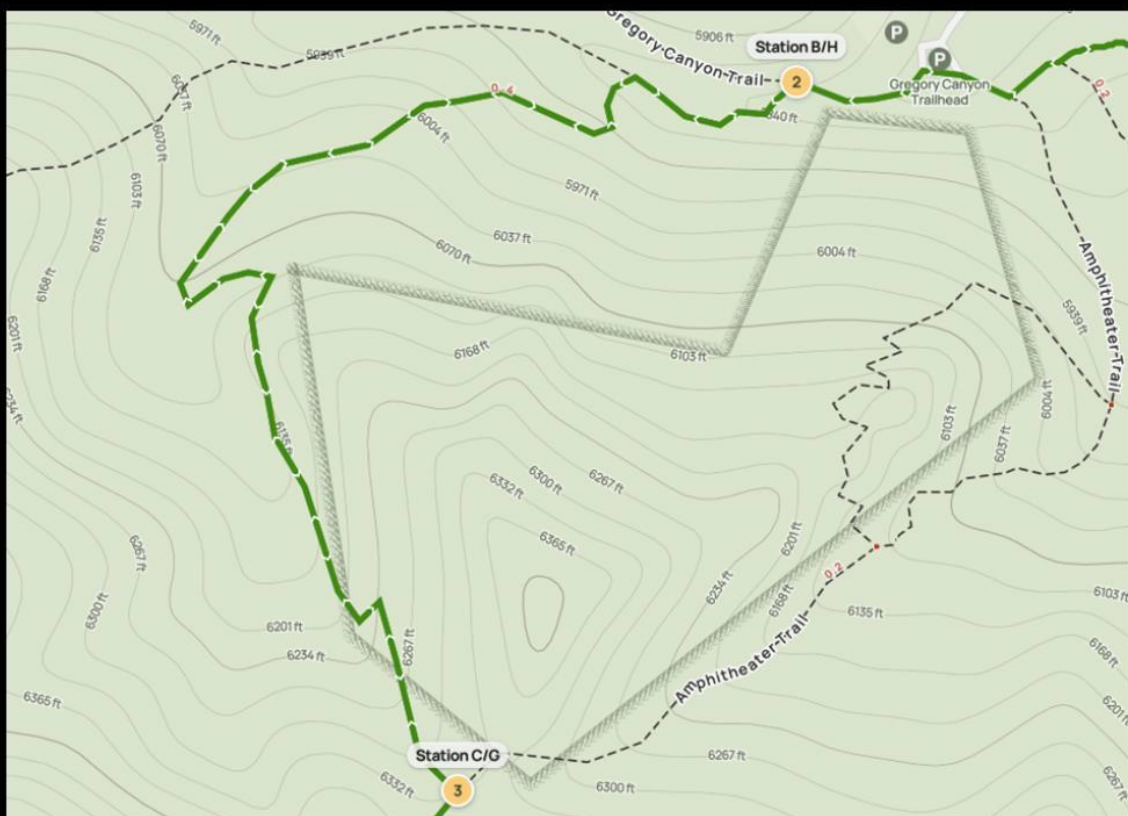


Evacuation Trail (1) from Green Mountain to Gregory Canyon Parking:

TEAMS AT STATIONS C/G WILL INSTEAD CAREFULLY TAKE AMPHITHEATER TRAIL. ALL WILL MEET SAFETY VIC AT GREGORY CANYON TRAILHEAD PARKING.

ELEV. LOSS OF 512 FT

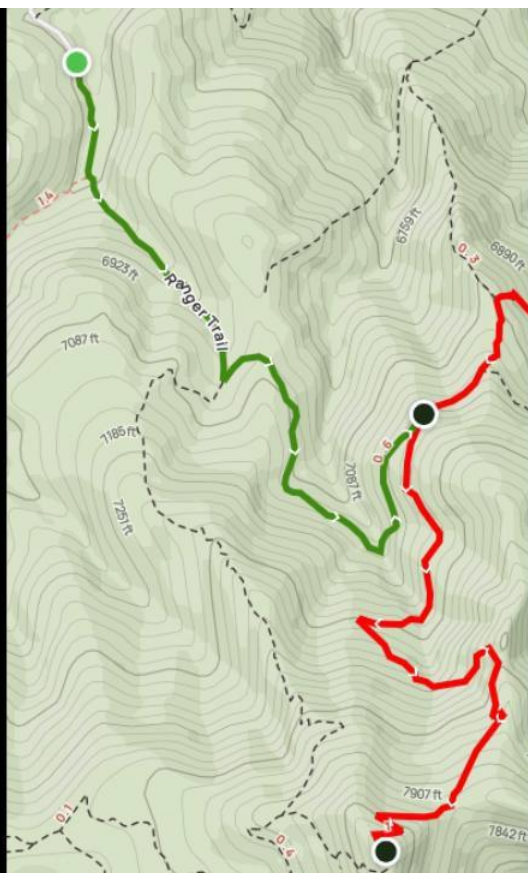
DIST. OF 0.4 mi)



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Evacuation Trail (2) from Green Mountain Summit to Green Mountain Lodge Road:

TRAILS D/E/F
WILL
TRAVERSE
DOWN RANGER
TRAIL.
FROM THERE,
THEY WILL
MEET THE
SAFETY VIC
AT GREEN
MOUNTAIN
LODGE ROAD
(INDICATED
BY GREEN
DOT)



ELEV. LOSS OF 538 FT

DIST. OF 0.99 mi

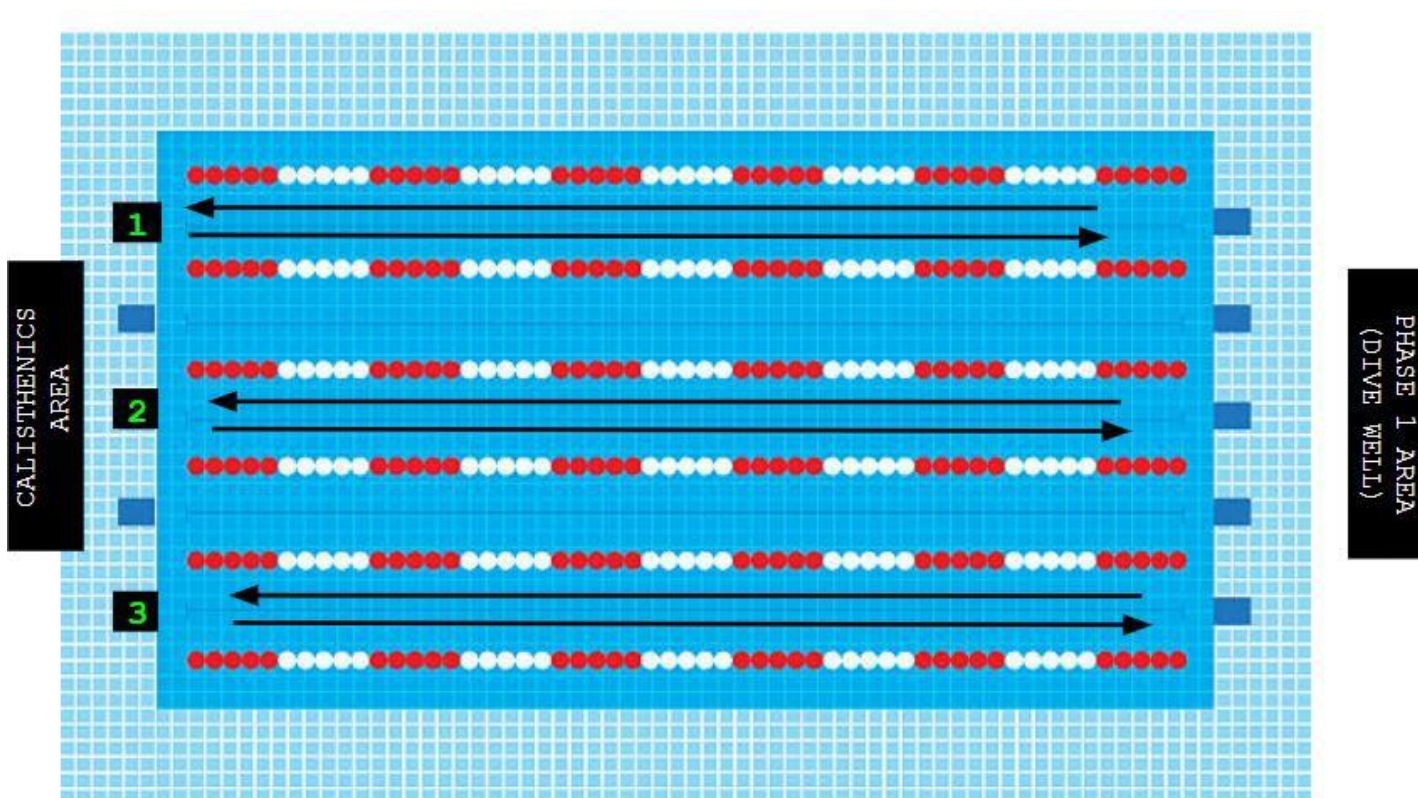
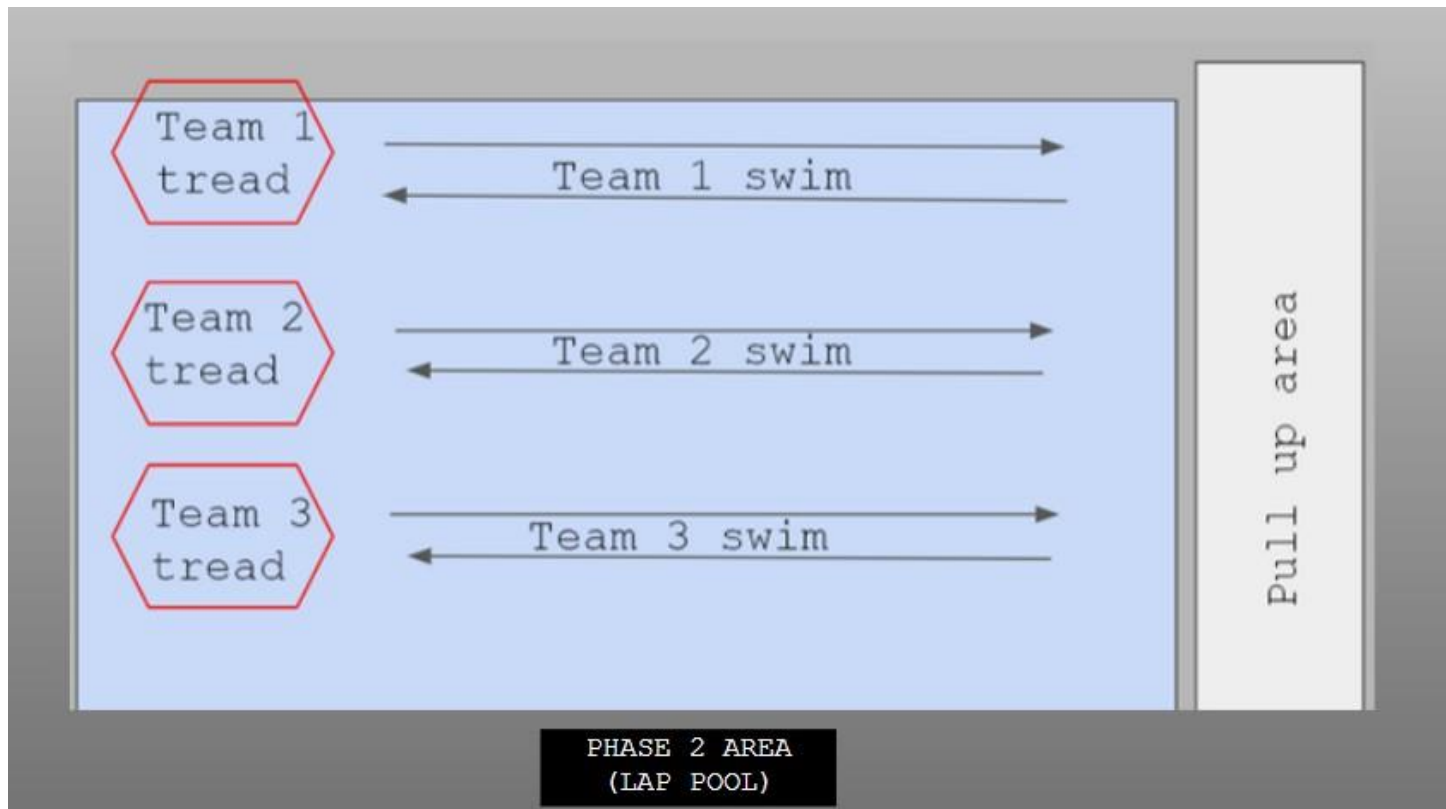


In the event that the injured person is a guide/proctor and, teams are to immediately take the radio and explain the situation on **channel 8**.

From there, to the discretion of the squad leader, they will either traverse back to one of the other stations lower down or wait until assistance arrives/takes over as the new guide.

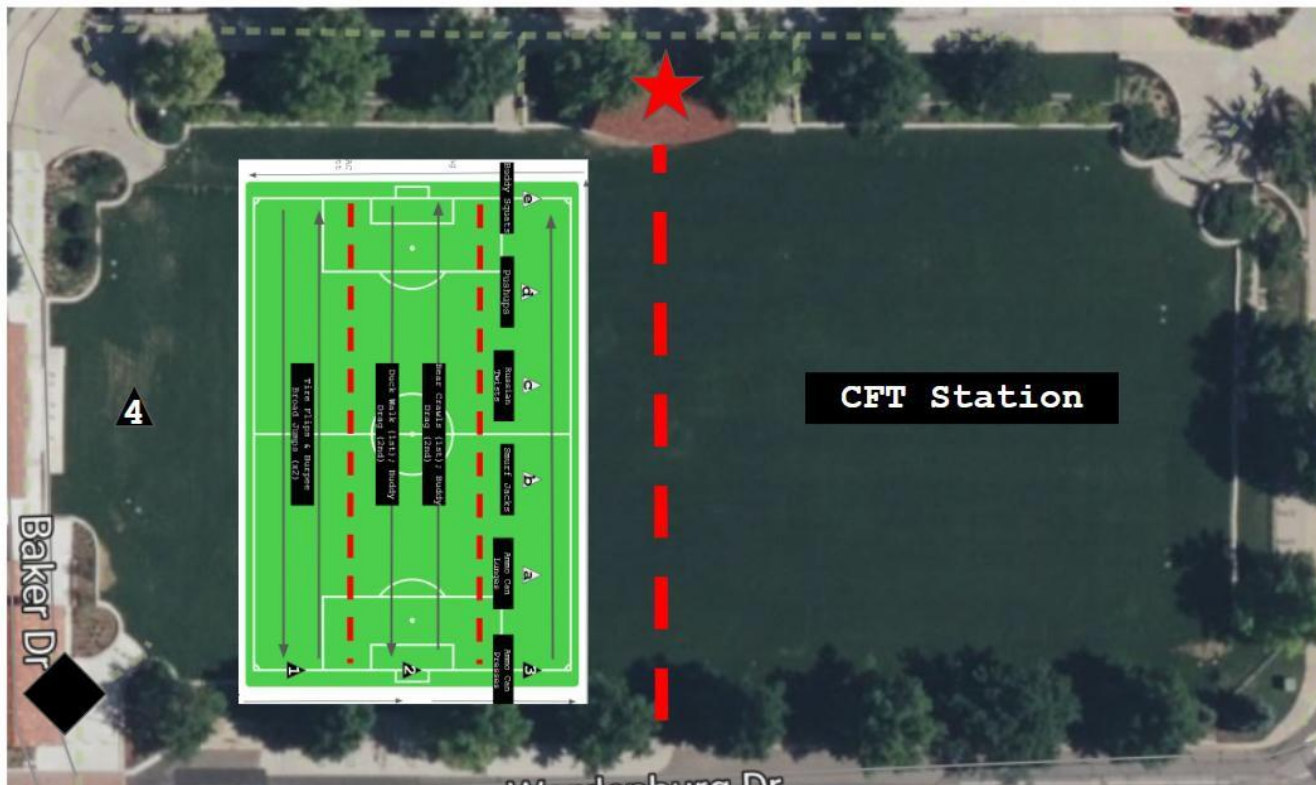
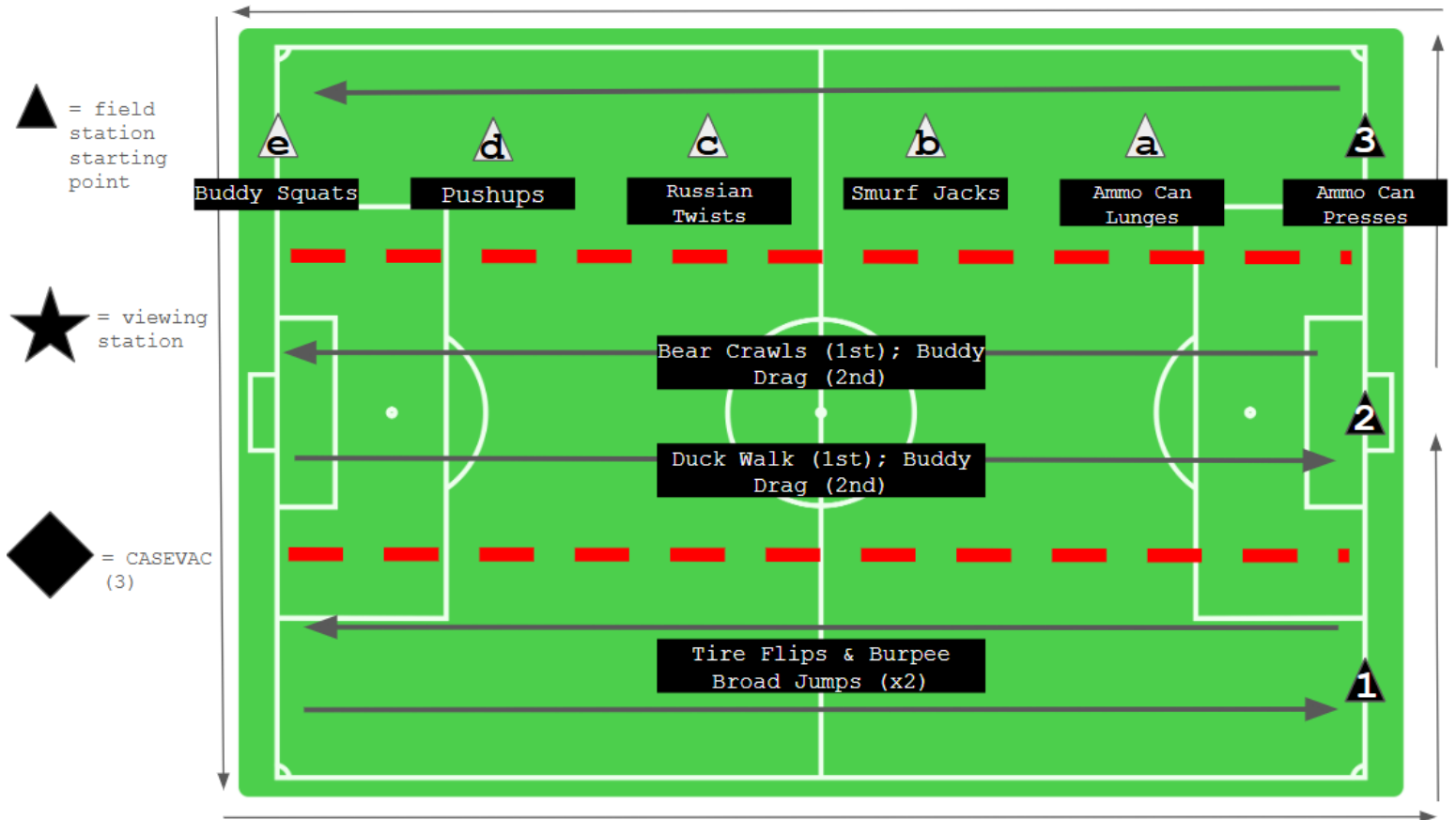
Pool and Field PT Diagrams

Pool Stations:



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Farrand Grinder PT Station:



FOR STATION 4: Runners will go all the way around the field (including the cft outskirts)

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Farrand Grinder PT Shamrock:

STATION	A	B	C	D	E	F
Ammo Can Individual Workout	40 Ammo Can Presses	30 Ammo Can Lunges	30 Smurf Jack in cadence	50 Ammo Can Twists	30 ACFT Push-Ups in cadence	20 Buddy Squats
Other Team Members' Workout	2-ct mountain climbers per 1 press	Lunges in cadence with ammo can individual	30 Smurf Jacks in cadence	Elbow-to-knee sit-ups; 1 rep per two twists completed	30 ACFT Push-ups in cadence	20 Buddy Squats

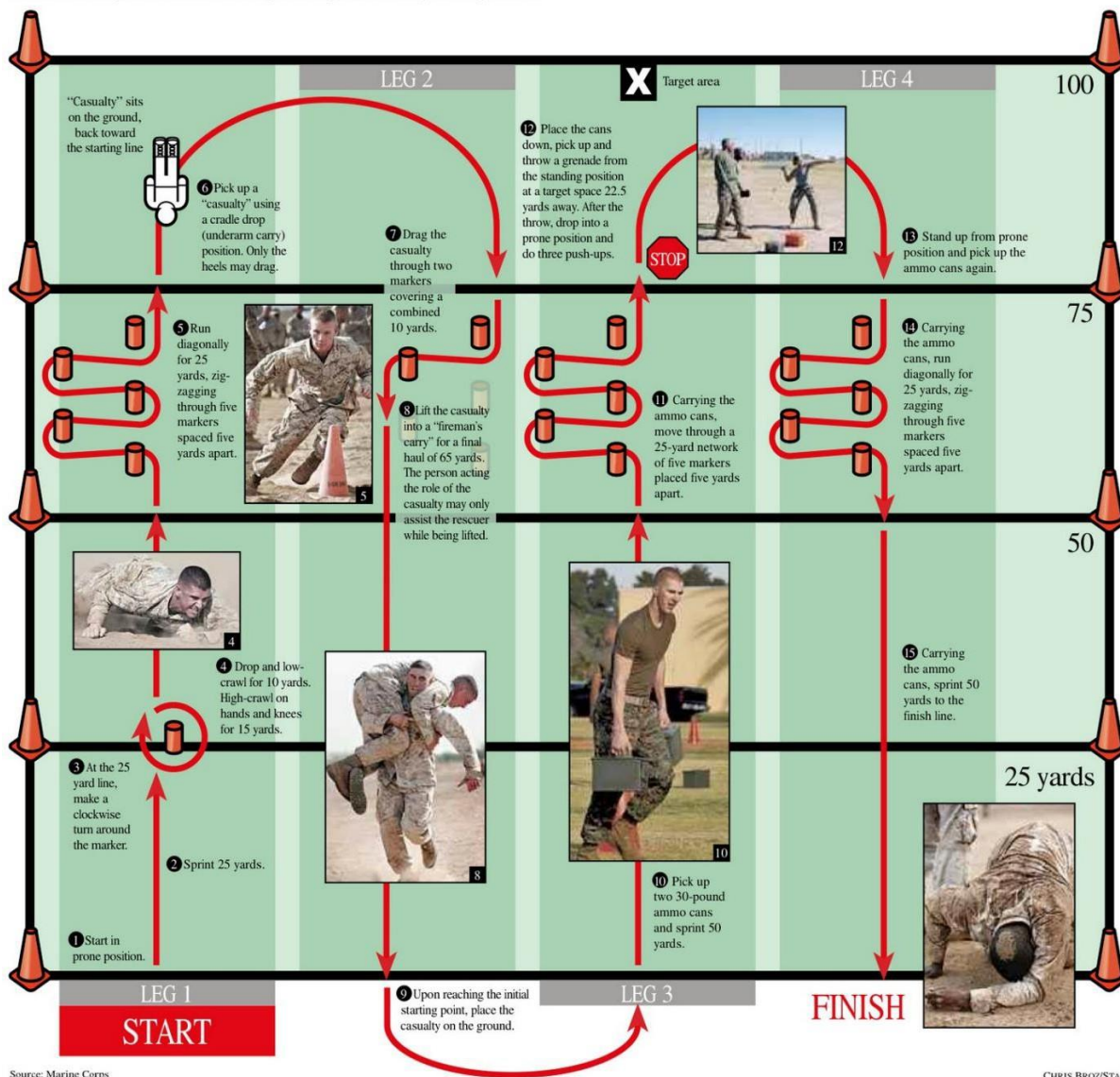
Teams are not complete with the shamrock station until the individual with the ammo can finishes their repetition at that station.

Maneuver Under Fire / CFT:

THE 'MANEUVER UNDER FIRE' DRILL

The "Maneuver Under Fire" drill is the most complex portion of the new Combat Fitness Test, which also includes a half-mile sprint and a 30-pound ammo can lift. While the Physical Fitness Test will continue to measure a Marine's general fitness, the CFT is designed to complement the PFT by measuring functional

fitness in a combat environment. The CFT will be conducted in a single lane, approximately eight yards wide and 100 yards long. It is presented here across four separate lanes for easy reference.



Inclement Weather Workout

Inclement Weather Alternative Course:

- Proctors will observe every station to avoid injury.
- Maximum 25 minutes rest between each station.
- Colorado Meet staff reserve the right to make changes to inclement weather course depending on conditions.

Station 1:

Pool Evolution (Extended - more reps, longer time limit)

Station 2:

Full Murph per team for time

- 1 mile run
- 100 strict pull-ups
- 200 push-ups
- 300 air squats
- 1 mile run

Station 3:

Field PT (Each down and back is 60 yards)

- 1) Team Lunges down and back
- 2) 25 Alternating Log Shoulder Press (up and overhead) each side
- 3) Bear Crawl to Single Person Ammo Can Presses
 - 45 Ammo Can Presses while the other members of the team hold a plank, either on forearms or pushup position.
- 4) Tire Flips down and back (those not running with the log will hold a plank)
- 5) Buddy Drags down and back
- 6) Buddy Carries down and back
- 7) Duck Walks down and back

Station 4:

Devil's Mile - As a team for time:

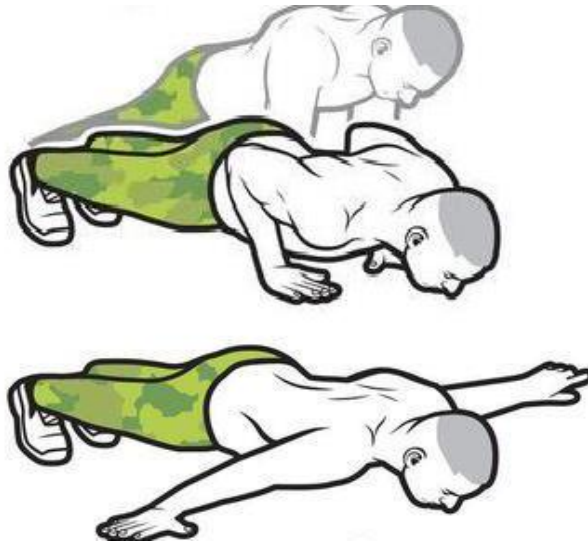
- Together will in quarter-mile sections, without rest, complete the following:
 - o 400m crab walk
 - o 400m partner lunges (squad members will buddy up based on height)
 - o 400m buddy carry (will split the distance between each partner)
 - o 400m burpee broad jumps

When complete, teams will then each grab a 50 lbs sandbag complete another mile back before rejoining to complete 20 cadenced ranger push-ups to finish the race.

Calisthenic Form Guides

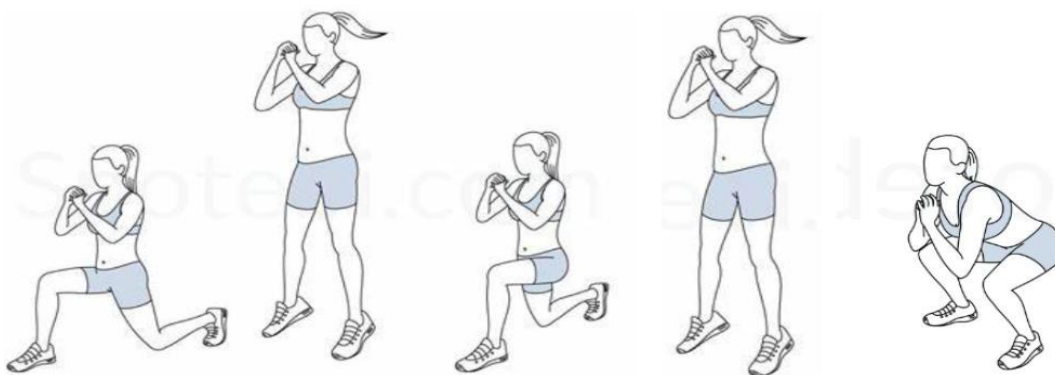
Proctors/Guides will be instructed and demonstrate exercises as needed. They reserve the right to determine what is qualified as correct execution. For all proper exercise forms, to avoid subjectivity, the following should be adhered to when conducting said exercises:

ACFT-Standard Pushups.



<https://www.youtube.com/watch?v=9mO6ygDS7y4>

Triple Threats.

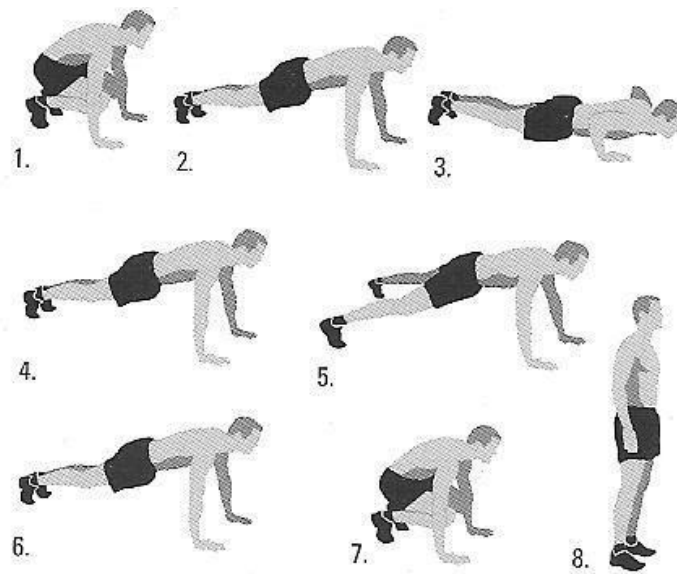


- Full 90-degree bend in knees; As seen, the individual will first lunge out & back once, then again with the opposite leg before completing a squat for one full repetition of triple threat

<https://www.youtube.com/watch?v=aDUEY72GncI>

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8-count bodybuilder.



- Full 90-degree bend in elbows and full extension on way up during push-up

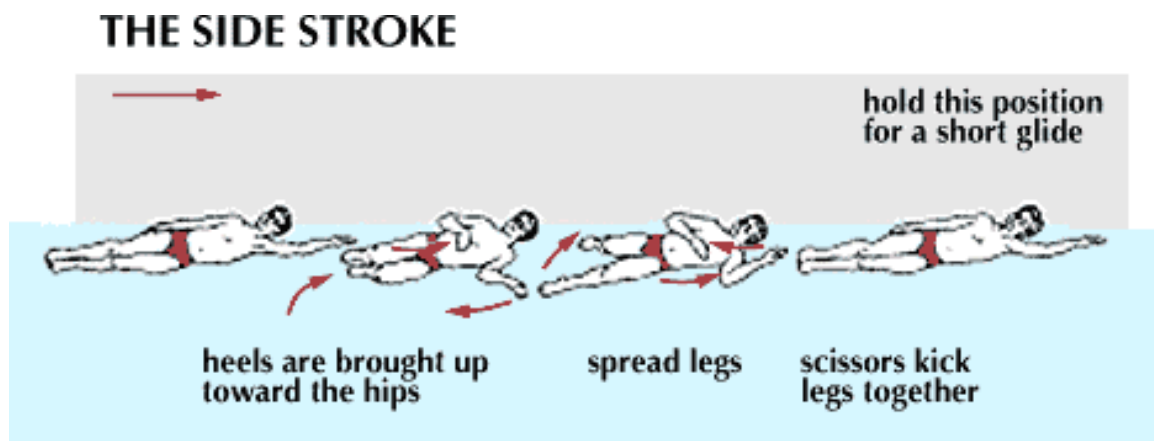
<https://www.youtube.com/watch?v=cv4CkF0gRH4>

Buddy Bear Crawl.



Partner may opt to also hold on to belt; Can break said belt, be warned

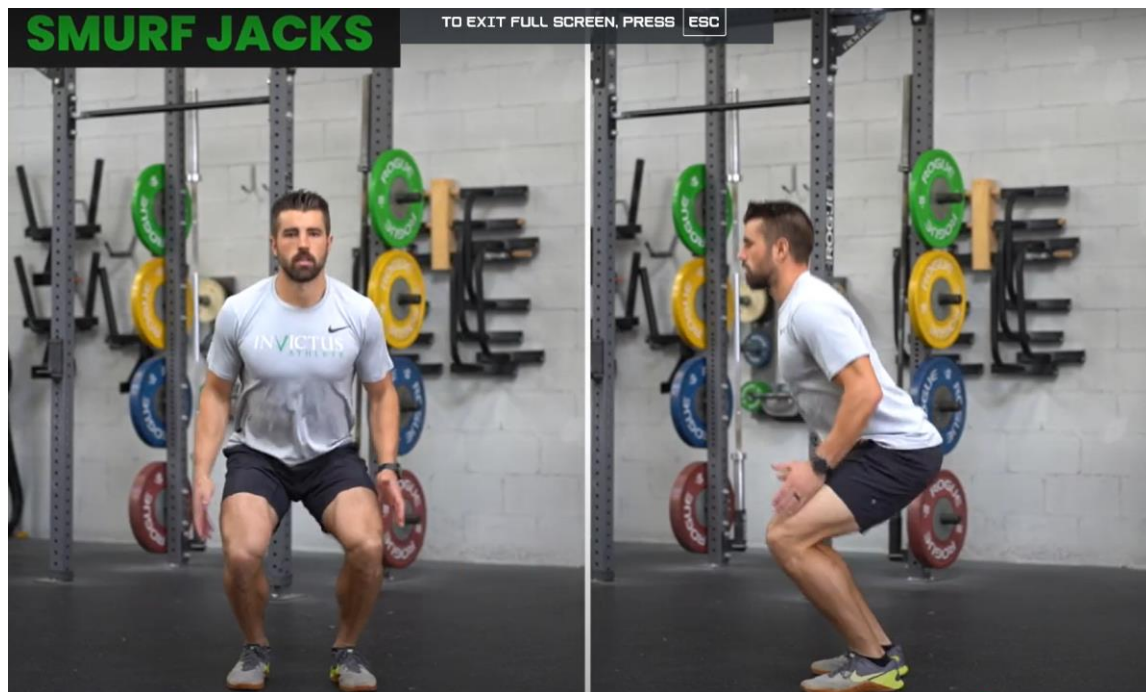
Combat Sidestroke.



- Breaststroke serves as an alternative; at end of form, during glide, the individual may flutter kick

<https://www.youtube.com/watch?v=r8xqxKDONEg>

Smurf Jack.



Full 90-degree bend in knees the entire time

<https://www.youtube.com/watch?v=Id-OPsxUCsE>

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Enclosure (9)

AFTER ACTION REPORT:

Positives of the event?

Not-so-positives about this event?

If you planned out this competition, what would you change/add for next year?