

IRON 4/C LOI

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

**Subj:** COLORADO MEET 2026 IRON 4/C COMPETITION LETTER OF INSTRUCTION

**Enc1:**

- (1) Exercise Demonstrations
- (2) Scoring Chart
- (3) After Action Report
- (4) Evacuation Plan and Operational Risk Management

**1. Orientation**

The Iron 4/C Competition will take place on Farrand Field immediately following the opening ceremony, or no later than 1500. In the event of inclement weather or a change in the opening ceremony location, the running portion will be shortened if the event is moved indoors, or the route will be adjusted to accommodate the alternate location.

**2. Situation**

**Who:** 4/C MIDN representing their respective units

**What:** A physical competition showcasing training and effort

**When:** 6 March 2026

**Where:** University of Colorado Boulder on Farrand Field

**Why:** To allow 4/C MIDN to represent their units and demonstrate the physical conditioning developed through battalion training across the nation.

### **3. Mission**

The NROTC Unit at CU Boulder will host the Iron 4/C Competition to allow 4/C MIDN to compete during the Colorado Meet.

### **4. Execution**

#### **a. Concept of Operations**

The competition will be conducted in four phases.

##### **(1) Phase I: Preparation**

Proctors will be assigned to teams prior to the opening ceremony and will be issued timers and scoring spreadsheets.

##### **Equipment staged prior to ceremony:**

- 24 weighted ammo cans
- Pull-up bars
- Four cones

Competing teams will be briefed on rules immediately following the opening ceremony.

##### **(2) Phase II: Execution**

The first event will be **maximum push-ups in two minutes**. The highest male score and the highest female score will be graded per team. All team members will be participating in the pushups. Proctors will monitor the form and record repetitions. Scores will be combined for team scoring.

The second event will be **maximum pull-ups**. In the same manner as the push-ups, all members will compete in maximum pullups but only the top male and top female scores will be counted.

The final event will be the **lap portion**. Four teams will compete simultaneously and will be positioned by proctors at designated corners of Farrand Field. Six ammo cans per team will be staged at each location. Proctors will brief the rules prior to execution.

1. On the command to start, proctors will begin timing, and the event will commence. Each team member will complete 30 single-count push-ups in cadence with their team.
2. Teams will then carry six ammo cans, distributed at their discretion, and complete one lap around the exterior of the field. If any ammo can touches the ground, the team will stop and complete ten burpees.
3. Upon completion of the lap, each team member will complete 30 ammo-can squats and ten single-count burpees in cadence. Teams will then move directly into a three-station circuit.
4. **Station One:** Buddy carries across the width of the field, followed by five eight-count bodybuilders and a full sprint down the long side of the field.
5. **Station Two:** Forty, four-count flutter kicks, 20 crunches, and 15 triple threats, followed by a buddy carry along the short side of the field with the remaining two team members carrying.
6. **Station Three:** Thirty push-ups and five burpees, followed by a final sprint to the finish.
7. Timing will stop once the final team member crosses the starting cone. Proctors will record times and report results to the OIC and AOIC. Subsequent rounds will begin immediately, with rotating proctors to ensure efficient transitions.

### **(3) Phase III: Evaluation**

Scoring will be based on a 300-point scale divided into three equally weighted categories: push-ups, pull-ups, and running. Push-up and pull-up repetitions for male and female participants will be combined and ranked in descending order. Teams will be assigned points based on position using the scoring chart.

The running event will be scored similarly, with teams ranked in ascending order by time (lowest time ranked highest).

Upon completion of each team's run, teams will be dismissed from the competition. Scores will be announced during the Closing Ceremony. Teams are encouraged to complete the After-Action Report in Enclosure (3) to provide feedback for future improvement.

Refer to Enclosure (2) for the detailed scoring chart.

#### **(4) Phase IV: Cleanup**

The host unit will collect and stow all ammo cans, pull-up bars, and cones.

### **5. Tasks**

- **Iron 4/C OIC:** Brief the audience on the event and rules, signal the start of each round, coordinate with the AOIC to compile scores, and announce results.
- **Iron 4/C AOIC:** Assist the OIC, brief proctors, collect recorded times, and assist in determining final standings.
- **Proctors:** Brief assigned teams, time events, enforce standards, assess penalties, and submit final times to the OIC and AOIC. Proctors will remain within 10 yards of their assigned teams at all times.
- **Competing Members:** Report immediately following the opening ceremony and compete in Boots and Utes. Teams must meet the required 4/C composition or risk a time penalties or disqualification.

## **6. Administration and Logistics**

### **a. Timeline**

1. Competition begins immediately following the opening ceremony.
2. Estimated start time: 1500.
3. Timeline:
  - ~1500 - Start of event
  - 1500-1510 - Brief of event
  - 1510-1525 - Push-ups
  - 1525-1540 - Pull-ups
  - 1540-1610 - Run portion
  - 1630 - Drop dead

### **b. Team Composition**

1. Four 4/C MIDN; one female (required).
2. Alternate compositions require prior approval from the OIC and must be due to extenuating circumstances.

### **c. Uniform**

Boots and Utes. Warming layers are **not authorized**. All team members must wear either a brown or green skivvy shirt or their unit's PT shirt.

### **d. Safety**

1. CU NROTC will have a corpsman on site.
2. Emergency services will be contacted via 911.
3. Refer to Enclosure (4) for the Safety Plan.

## **7. Command and Signal**

### **a. Command**

Points of contact for Iron 4/C-related questions are listed below.

**b. Signal**

Cell phones will be used for timekeeping and communication.

**8. Inclement Weather Plan**

Due to the unpredictability of weather during the 2026 CUNROTC Colorado Meet, inclement weather remains a risk. In such an event, the Iron 4/C Competition will move indoors to the opening ceremony location and follow the established inclement weather plan.

All procedures, scoring, and timelines will remain unchanged. The only modification will be the competition location. All required equipment will be relocated accordingly. Any venue-related decisions will be communicated to Team Captains as necessary.

**9. Points of Contact**

a. MIDN 2/C Walker - Colorado Meet OIC  
cawa1817@colorado.edu

b. MIDN 2/C Cadwell - Colorado Meet AOIC  
noah.cadwell@colorado.edu

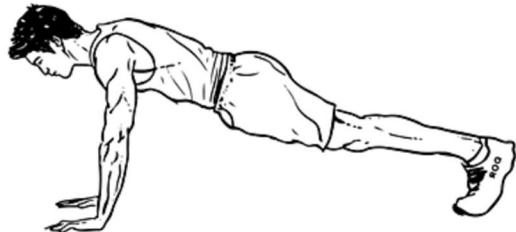
c. MIDN 3/C Lewis - Iron 4/C OIC  
bale1462@colorado.edu

d. MIDN 3/C Townley - Iron 4/C AOIC  
riley.townley@colorado.edu

**10. Appendix:**

a. Exercise Demonstration.

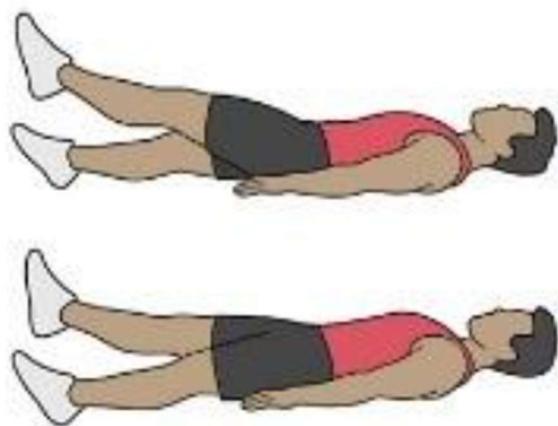
Push Ups:



WorkoutLabs.com

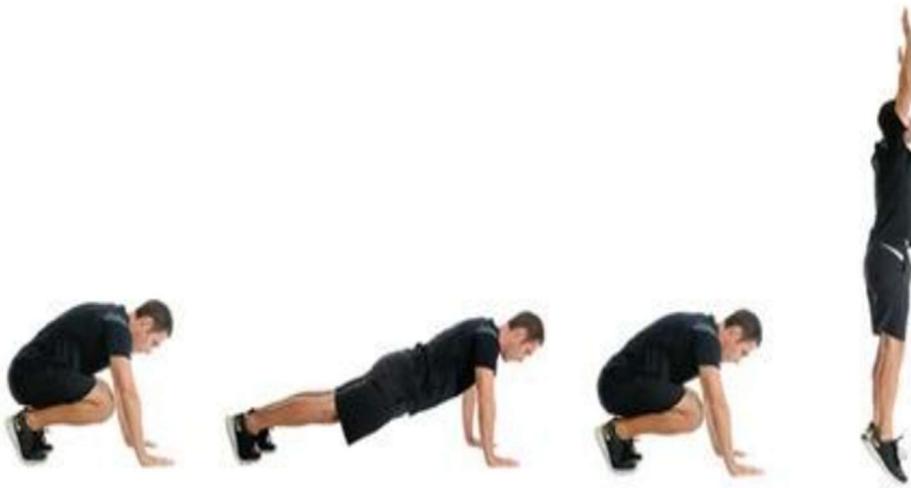
**Enclosure (1)**

Four Count Flutter Kicks:

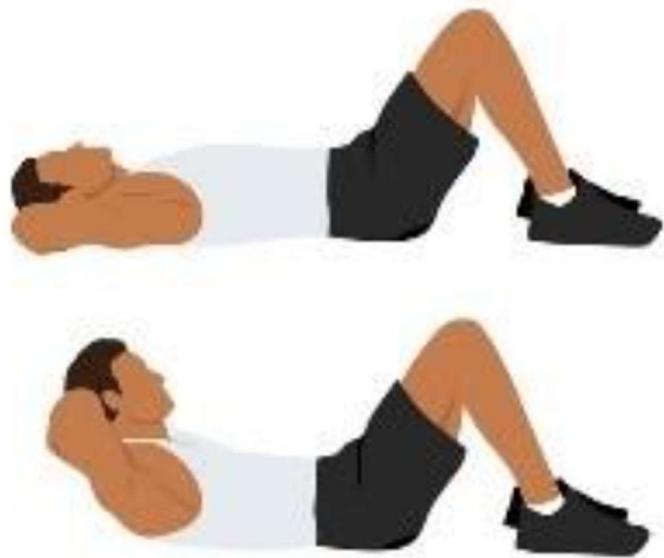


**Enclosure (1)**

Burpees:

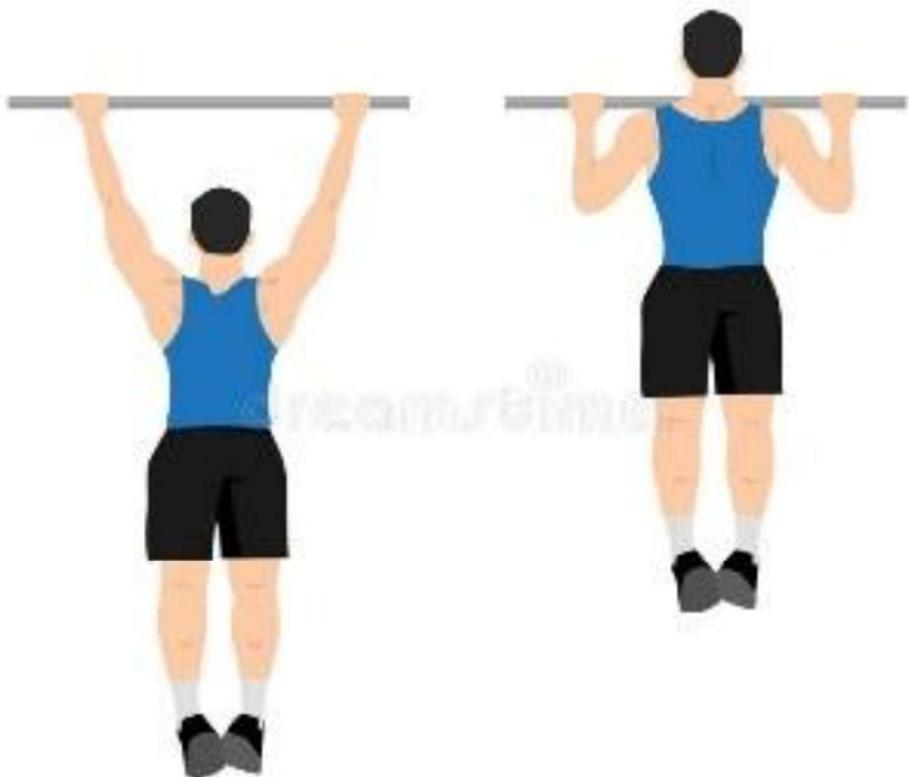


Sit-Ups:



**Enclosure (1)**

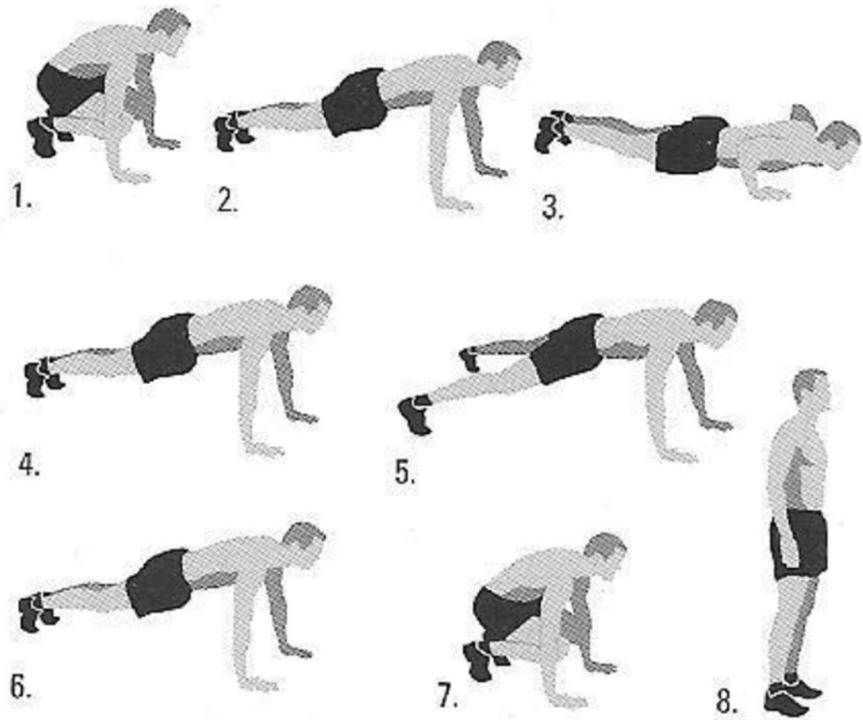
Pull Up's:



Squats with Ammo Can:



Eight-Count Body Builder:



**Enclosure (1)**

**Example of Scoring Chart:**

Pushups					
	Team	Proctor	Team Total	Femal Max	Male Max
ROUND 1	Team 1		0		0.0
	Team 2		0		0.0
	Team 3		0		0.0
	Team 4		0		0.0
	Team 5		0		0.0
	Team 6		0		0.0
	Team 7		0		0.0
	Team 8		0		0.0
ROUND 2	Team 9		0		0.0
	Team 10		0		0.0
	Team 11		0		0.0
	Team 12		0		0.0
	Team 13		0		0.0
	Team 14		0		0.0
	Team 15		0		0.0
	Team 16		0		0.0
Pull-Ups					
	Team	Proctor	Team Total	Femal Max	Male Max
ROUND 1	Team 1		0		0.0
	Team 2		0		0.0
ROUND 2	Team 3		0		0.0
	Team 4		0		0.0
ROUND 3	Team 5		0		0.0
	Team 6		0		0.0
ROUND 4	Team 7		0		0.0
	Team 8		0		0.0
ROUND 5	Team 9		0		0.0
	Team 10		0		0.0
ROUND 6	Team 11		0		0.0
	Team 12		0		0.0
ROUND 7	Team 13		0		0.0
	Team 14		0		0.0
ROUND 8	Team 15		0		0.0
	Team 16		0		0.0
RUN Portion					
	Team	Proctor	Time Penalty	Total Time	Score
ROUND 1	Team 1				0.0
	Team 2				0.0
	Team 3				0.0
	Team 4				0.0
ROUND 2	Team 5				0.0
	Team 6				0.0
	Team 7				0.0
	Team 8				0.0
ROUND 3	Team 9				0.0
	Team 10				0.0
	Team 11				0.0
	Team 12				0.0
ROUND 4	Team 13				0.0
	Team 14				0.0
	Team 15				0.0
	Team 16				0.0

**Enclosure (2)**

AFTER ACTION REPORT:

What did you like about the competition?

What did you not like about the competition?

If you ran this competition, what would you change for next year?

Other comments, concerns, or suggestions:

**Enclosure (3)**

## Safety Plan

In case of an emergency, call 911 immediately. Afterwards, notify

Colorado Meet Staff.

Initial Position: **Wardenburg Dr & Baker Dr, Boulder, CO 80305**

Destination: **Foothills Hospital, 4747 Arapahoe Ave, Boulder, CO 80303**

## Operational Risk Management

Identify the Hazards		Access Hazards		Make Risk Decisions		Implement Controls		Supervise
Lesson #1 Training Topic / Event / Step	Hazard and Root Cause	Potential injury	Initial Risk	Type of Control	Student to Proctor Ratio	Residual Risk	Clear and Concise Control Implementation	Monitor/Review /Feedback
1 Altitude Sickness	CU Boulder is located at approximately 5,400 feet above sea level, causing reduced oxygen availability.	Headache, nausea, dizziness, fatigue	High	Administrative	10:1, along with Corpsmen on scene.	Low	Allow acclimatization time, ensure hydration, brief participants on symptoms, and adjust intensity as needed.	Proctors monitor MIDN for symptoms and stop activity if signs appear.
2 Overexertion	Excessive physical demand beyond individual fitness levels during the fitness showcase.	Muscle strain, exhaustion, dizziness, injury	Medium	Administrative	10:1, along with Corpsmen on scene.	Low	Perform within your own fitness level and do not go and get yourself hurt during what is supposed to be a fun physical competition.	Proctors monitor MIDN participants and report any signs of injury to Corpsmen on scene.
3 Fall	Uneven terrain, obstacles, or wet surfaces during physical activity.	Sprains, fractures, abrasions, and head injury.	Medium	Administrative	10:1, along with Corpsmen on scene.	Low	Inspect training area prior to event, remove hazards when possible, require proper footwear, enforce safe movement.	Proctors observe footing, halt activity if conditions worsen.
4 Hypothermia	Cold temperatures, wind exposure, and prolonged outdoor activity.	Shivering, confusion, loss of coordination	Low	Administrative	10:1, along with Corpsmen on scene.	Low	Require appropriate cold-weather gear for all non-participants, and limit the amount of exposure time to MIDN participants. If MIDN are not actively engaging in physical activity, certain warming layers will be authorized if the temperature is extreme.	Proctors observe participants for signs of hypothermia and remove a participant from the competition if signs arise.
5 Dehydration	Inadequate fluid intake before and during physical activity, especially at altitude and in dry conditions.	Dizziness, fatigue, cramps	Low	Administrative	10:1, along with Corpsmen on scene.	Low	Require participants to have water on or near them, enforce hydration, and brief the participants on the importance before the event begins.	Proctors monitor water consumption for signs of dehydration during the event.

**Enclosure (4)**