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10 Feb 19

From: Colorado Meet Officer in Charge, Naval Reserve Officer Training  
Corps, University of Colorado

To: All Hands

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Encl: (1) Master Timeline  
(2) Endurance Race Timeline  
(3) Endurance Race Workout  
(4) Drill Timeline  
(5) Knowledge Timeline  
(6) Shooting Timeline  
(7) Map

1. The Squad and Platoon portions of the Drill competition are now being held on Kittredge Fields Middle and South, which are indicated in Enclosure (7) Map.

2. Platoon Drill will be judged by 4 AMOIs.

3. Individual Drill will not be an event at the Colorado Meet this year.

4. The calisthenic portion of the Endurance Race will now be held on Farrand Field, which is indicated in Enclosure (7) Map.

5. During each Knowledge round there will be one land navigation and one maneuvering board question. When the question is asked, teams will have three minutes to complete them. Points will be awarded to the team that can correctly complete the question fastest. If incorrect, the other team has an opportunity to answer within three minutes. When teams have an answer they will buzz in.

6. Teams are allowed to watch the competition only once they have completed the round that they are watching. They are not permitted to watch if they have not yet been asked the questions in the round they are watching.

7. Knowledge Competition Loser's Bracket will be held in the small courtroom. Losers bracket rounds will contain the same questions as the winner's bracket and will go at the same time. There is no formal structure. It will be a first come first serve for one match at a time.

8. The Knowledge competition OIC and AOIC reserve the right to, at their discretion, disqualify teams if foul play is suspected.

9. After the completion of each round, the teams that will be advancing will be announced; in addition, a spreadsheet will be updated with the teams that advance. Team captains will have the link to this spreadsheet, and it will be updated within ten minutes of the completion of rounds one, two, and three. Teams that advance will check in before the start of the next round.

10. MECEPs and Navy Officer Candidates may not compete in the shooting competition.

11. The range safety officer (RSO) is responsible for range observation and safety. They have the right to remove competitors if they are deemed unsafe to handle the weapons. The RSO will check Midshipmen's knowledge of Weapons Conditions and test the Midshipmen on the four Weapons Safety Rules. Failure to know the Weapons Safety Rules **WILL** result in that school's team being disqualified from the Shooting Competition.

12. Shooting Competition Pistol Course of Fire. The first stage single target engagement stage will now have 12 rounds.

13. Shooting Competition Rifle Course of Fire will be modified as such: Rifle course of fire: Standard NRA rules will be applied in the conduct of this competition: A double course will be fired. Five rounds will be fired in the following positions: prone, kneeling and standing. While shooting from the prone position, no part of the weapon at any time shall touch the ground. Slings are authorized for the kneeling and prone positions only. Slings are not authorized in the standing position. Shooters will receive forty (40) rounds of ammunition in total. Five minutes of preparatory time will be allotted before the course of fire to set up equipment on the firing line, get into position and fire to up to ten (10) sighting rounds. The sighting rounds must remain inside the sighting ring (which encircles the center two targets). If there are any rounds outside of the sighting ring, the target closest to the stray round will be counted as zero. Teams will then have fifteen (15) minutes to fire all scoring rounds for the first stage of the rifle course of fire from the twenty-five (25) yard firing line. One round will be fired at five (5) perimeter targets to be scored. If two rounds are fired on the same target, the highest scoring round will be counted.

14. Pistol Course of Fire

a. Stage 2: Each shooter stands in between two lanes. Their targets will be in the lane to the immediate left and immediate right.

(1). 7 yard line: single headshot on one (1) target (timer will state left then right target prior to command "targets"). Shooting the wrong target will result in a loss of 5 points. (x2)

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

(2) 7 yard line: 2 shots to the torso on each target, followed by single headshot to each target. Time limit 6 seconds. (x2)

(3) 10 yard line: 2 shots standing on each target. Time limit 6 seconds.

(4) 15 yard line: 2 shots standing on left target, 2 shots kneeling on right target. Time limit 8 seconds.

b. On the command "Standby", shooters may take aim and take off the safety of the weapon.

A handwritten signature in black ink, appearing to read 'Z. T. VanLangendonck', with a long horizontal line extending to the right.

Z. T. VANLANGENDONCK

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Master Timeline:

Thursday, 5 March	Who	What	Where	Added Notes
1530	All Hands	Battalion Brief	MATH 100	OICs will brief the Battalion and Active Duty Staff on the Colorado Meet Plan of Action.
1800	Colorado Meet OIC	Thursday Check-In	Balch Fieldhouse and Battalion Office	Assist teams who are arriving on Thursday evening with checking in for Colorado Meet. Hospitality Staff will prepare Fieldhouse for visiting teams who are sleeping there.
	Hospitality OIC			
	Liaisons			
	Supply OICs	Gear Inventory		Supply OIC and staff will assist the Supply OIC in conducting Gear Inventory for the Colorado Meet.
1900	Colorado Meet OICs and Event OICs	Gear Issue and Meeting	Battalion Office	Colorado Meet OICs will be issued any personal gear they need for their respective events and pass final word before start of Colorado Meet.
2300	Colorado Meet OICs and schools sleeping in the Balch Fieldhouse	Firewatch	Wardroom and Balch Fieldhouse	Colorado Meet OICs will act as Corporal and Sergeant of the Guard schools sleeping in the Fieldhouse will conduct firewatch until 0700 Friday, 6 March.
Friday, 6 March	Who	What	Where	Added Notes
0700	Shooting OICs and Shooting personnel	Preparation for Shooting Competition	Gate 6, Folsom Field	Shooting OICs and necessary personnel will gather and prepare all necessary gear for the Shooting Competitions and transport to the Boulder Police Department Shooting Range.
0745	Shooting teams	Shooting Check-in	Boulder Police Department Shooting Range	Shooting teams must arrive fifteen minutes prior to the shooting competition to provide ample time for competition preparation. Refer to Shooting LOI for more details.
0800	Shooting teams	Shooting Competition Begins	Boulder Police Department Shooting Range	Shooting OICs and personnel conduct a safe and successful Shooting Competition.
	Colorado Meet OIC	Colorado Meet Proctoring	CU NROTC Wardroom, Folsom Field Gate 6	Colorado Meet OIC monitors the Colorado Meet to ensure a safe and successful event.
1500	Colorado Meet OIC	Friday Check-in	Balch Fieldhouse and Battalion Office	Assist teams who are arriving on Thursday evening with checking in for Colorado Meet.
	Hospitality OIC			
	Liaisons	Endurance Race Gear Issue		Supply OICs will issue and track gear to teams for the Endurance Race.
1630	Knowledge OICs and Personnel	Knowledge Competition Setup	Folsom Field, Gate 6	Knowledge OICs and personnel gather and transport gear to Wolf Law Courtrooms to prepare for Knowledge Competition.
1700	Knowledge teams	Knowledge Check-in	Wolf Law Courtrooms	Knowledge teams must arrive fifteen minutes prior to the shooting competition to provide ample time for competition preparation. Refer to the Knowledge LOI for more details.
1715	Knowledge OICs and Personnel	Knowledge Competition Begins	Wolf Law Courtrooms	Knowledge OICs and personnel conduct safe and successful Knowledge Competition.

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Master Timeline:

2000	Shooting OICs and Personnel	Shooting Competition Drop-dead time	Boulder Police Department Shooting Range	Shooting Competition concludes until Saturday start time.
2130	Knowledge OICs and Personnel	Knowledge Competition Drop-dead time	Wolf Law Courtrooms	Knowledge Competition concludes.
2145	Colorado Meet OICs	OIC-Call	Battalion Office	Colorado Meet OICs debrief Friday's events
2200	Colorado Meet OICs and schools sleeping in the Balch Fieldhouse	Firewatch	Wardroom and Balch Fieldhouse	Colorado Meet OICs will act as Corporal and Sergeant of the Guard schools sleeping in the Fieldhouse will conduct firewatch until 0500 Saturday, 7 March.
Saturday, 7 March	Who	What	Where	Added Notes
0500	Endurance Race OICs and personnel	Muster and preparation for Endurance Race	Folsom Field, Gate 6	Endurance Race OICs and personnel will begin setup for Endurance Race.
0530	Colorado Meet OIC and HQ Personnel	Headquarters Setup	CU NROTC Wardroom, Folsom Field, Gate 6	Colorado Meet OIC and HQ Personnel gather necessary gear and transport to STAD 140 for HQ Setup.
	Drill OICs and personnel	Drill Competition Setup	Folsom Field, Gate 6	Drill OICs and personnel gather gear needed for Drill Competition and transport to Balch Fieldhouse and Kittredge Fields for setup.
0600	Endurance Race OICs and personnel	Muster and preparation for Endurance Race	CU Boulder Rec Center Dive Well	Endurance Race OICs and personnel will setup for the Endurance Race pool workout.
	Endurance Race teams	Endurance Race Check-in		Endurance Race teams must arrive 15 minutes prior to their start time. Refer to the Endurance Race LOI for more details.
	Drill teams	Drill Check-in	Balch Fieldhouse and Kittredge Fields	Drill teams must arrive 20 minutes prior to their scheduled competition time. Refer to the Drill LOI for more details.
0615	Endurance Race OICs and personnel	Endurance Race begins	CU Boulder Rec Center Dive Well	Endurance Race OICs and personnel conduct safe and successful Endurance Race.
0700	Shooting OICs and Personnel	Shooting Competition resumes	Boulder Police Department Shooting Range	Shooting OICs and personnel conduct a safe and successful Shooting Competition.
0700 - 0900	Hospitality OICs	Breakfast	Gate 7, Folsom Field	Hospitality OICs cook complimentary breakfast.
1200 -1400	Hospitality OICs	Lunch	Gate 7, Folsom Field	Hospitality OICs cook lunch to be sold to visitors.
1600	All OICs	Colorado Meet Events Drop-dead time	STAD 140, Folsom Field, Gate 7	All events will conclude at this time and conduct proper cleanup.
	Hospitality OIC	Awards Ceremony Setup	Gate 6, Folsom Stadium	Hospitality OICs and personnel will gather necessary gear for awards ceremony and depart to Williams Village Multipurpose Room to setup
1700	All Hands	Awards Ceremony	Williams Village Multipurpose Room	Colorado Meet personnel will conduct awards ceremony. Refer to the Colorado Meet LOI and Summary of Changes for more details.
1900	All Hands	Evening Social	The Connection at the University Memorial Center	Colorado Meet personnel and competitors may attend the evening social to celebrate the end of the Colorado Meet and socialize. See Colorado Meet LOI and Summary of Changes for details.
2130	All Hands	Colorado Meet Conclusion	STAD 140, Folsom Field, Gate 7	The Colorado Meet will conclude at this time.

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Endurance Race Timeline

Dive Well Schedule:

Saturday	Who	Where: Dive Well	Added Notes
0615	Texas		
	New Mexico		
	Nebraska		
0715	Houston Consortium		
	Minnesota		
	Kansas		
0815	Wisconsin		
	Oklahoma		
	Iowa State		
0915	Purdue		
	USC		
	Army		
1015	Colorado		
	UC Berkeley		
	Ohio State		
1115: Cleanup			

Farrand Field Schedule:

Saturday	Who	Where: Farrand	Added Notes
0630: Setup			
0730	Texas		
	New Mexico		
	Nebraska		
0830	Houston Consortium		
	Minnesota		
	Kansas		
0930	Wisconsin		
	Oklahoma		
	Iowa State		
1030	Purdue		
	USC		
	Army		
1130	Colorado		
	UC Berkeley		
	Ohio State		
1230: Cleanup			

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

#### Endurance Race Workout

1. The pool portion of the race has been moved from the CU Rec Center Clare Small Pool to the CU Rec Center Dive Well. The location of the calisthenics portion has changed from Kittredge Field South to Farrand Field.

##### POOL (1)

Part 1 of the pool portion will consist of treading water, swimming, and pull-ups. Squads will tread water in MARPATs/NWUs while one team member at a time swims to the other end. Once there, that individual will exit the pool and conduct pull-ups. As a team, 40 pull-ups must be completed. Every team member must swim down at least once. Every team member must conduct at least 1 pull-up. Once complete, that individual will swim back to their respective squad and resume treading. When they return, another team member will swim down and repeat the exercise, until 40 total pull-ups have been completed. One brick must be held above the water by the treading squad at all times. All team members must swim. Once the last team member returns, squads may stop treading and immediately begin Pool (2). The brick may be placed on the pool deck for the rest of the pool portion.

If the brick is dropped, the squad member swimming and conducting pull-ups must stop until the brick is retrieved by pool staff and brought above water again. In addition, a 1 minute penalty will be incurred. Touching a wall also results in a 1 minute penalty. All penalties will be added onto the squad's time after completion of the station. Every member of the squad must tread, and every member must hold the brick. Gear will be staged on the pool deck. Boots will not be worn for Pool (1) or Pool (2). 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 5 minute time penalty will be enforced.

##### Pool(2)

Part 2 of the pool portion will consist of swimming and calisthenics. Squads will start in one end of the pool in NWUs/MARPATs immediately following Pool (1). Each squad will travel as one group throughout the duration of the evolution. All exercises explained will be done simultaneously by each individual of the team, not as total repetitions by the team. Starting on one side of the pool, squads will conduct 10 squad sit ups with arms interlocked. From there, the squad will swim the length of the pool to the other end and perform 25 gutter

Enclosure (3)

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

ups. When the squad swims back, they will conduct 15 sit ups. Each time, sit ups will increase by 5 and gutter ups will decrease by 5, until 25 sit ups and 10 gutter ups have been completed.

A complete gutter up is placing hands on the pool deck and lifting the body up until arms are locked out.

A complete squad sit up is every member of the squad touching elbows to thighs simultaneously while keeping arms interlocked with one another.

Incorrect exercises will not count. Safety Observers will judge form for all exercises. Each member of the squad will participate. Gear will be staged on the pool deck. Boots will not be worn during Pool (2). A 55 minute time limit will be enforced for the entire pool evolution. In the case of a squad member not being able to complete the event, the remaining squad members will finish and a 5 minute time penalty will be incurred.

The squads will then exit the pool and change into dry MARPATs/NWUs. Wet MARPATs/NWUs will be placed in a garbage bag, then into a pack combined with the squad's water sources and required weight. Distribute as the squad sees fit.

#### Calisthenics Station(Tires)

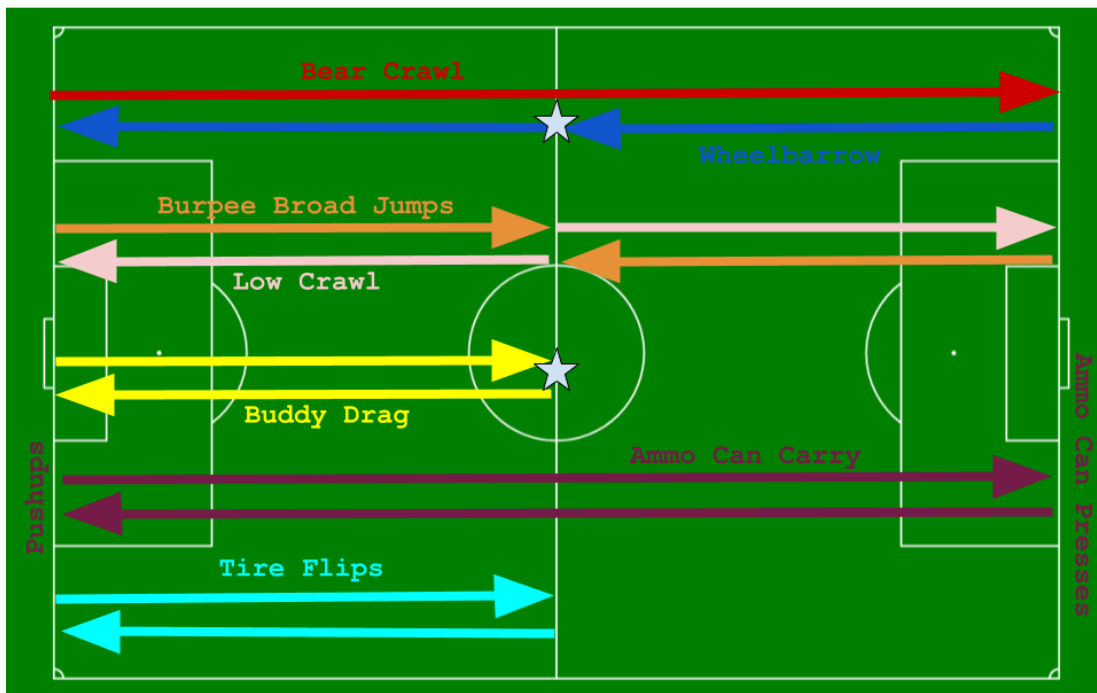
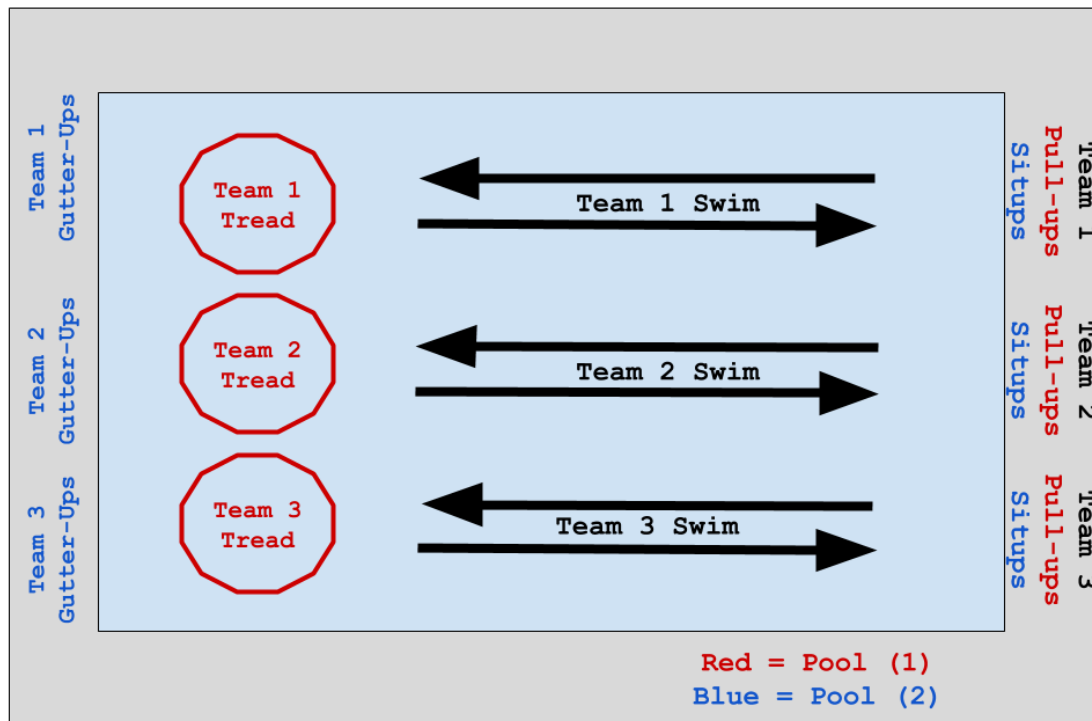
All squad members must be fully bloused for this evolution. This land-based PT station consists of various calisthenic movements. Squad will first bear crawl the length of the soccer field. They will then partner up and conduct wheelbarrows back to the line at midfield. There, they will switch roles with their partner and wheelbarrow the rest of the way back. Squads will then conduct burpee broad jumps to midfield and low crawl to the other end. To get back, teams will repeat the same sequence. Once the entire squad has returned, they will partner up and buddy drag to midfield. There, they will switch roles with their partner and buddy drag back. The next phase will consist of overhead plate presses and pushups. Squads will split into two groups of three. One group will run with 3 total 35lb plates down to the other end of the field, conduct 30 overhead presses with a plate, and run back. Simultaneously, the second group will conduct 150 total pushups between the three team members. Every member must complete at least 25. Simultaneously, the second group will conduct 150 total pushups between the three team members. Every member must complete at least 25. When both



Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

groups are finished, they will switch and conduct the other exercise. The final phase will be tire flips. Two squad members will flip a tire to midfield and back, while the remaining four members hold a front leaning rest. Squads will switch tire flippers until every member has participated.

Enclosure (3)



Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

## Drill Timeline

### Squad Drill:

Saturday	Who	What	Where	Added Notes
0620	Colorado	Squad Drill	Kittredge	
0640	Minnesota	Squad Drill	Kittredge	
0700	Maryland	Squad Drill	Kittredge	
0720	Oklahoma	Squad Drill	Kittredge	
0740	Texas	Squad Drill	Kittredge	
0800	New Mexico	Squad Drill	Kittredge	
0820	Kansas	Squad Drill	Kittredge	
0840	Houston Consortium	Squad Drill	Kittredge	
0900	Purdue	Squad Drill	Kittredge	
0920	Iowa	Squad Drill	Kittredge	
0940		Squad Drill	Kittredge	
1000	Nebraska	Squad Drill	Kittredge	
1020				
1040				

### Platoon Drill:

Platoon Drill				
Saturday	Who	What	Where	Added Notes
0620	Colorado	Platoon Drill	Kittredge	
0640	Colorado	Platoon Drill	Kittredge	
0700		Platoon Drill	Kittredge	
0720		Platoon Drill	Kittredge	
0740	Purdue	Platoon Drill	Kittredge	
0800	Purdue	Platoon Drill	Kittredge	
0820	Iowa	Platoon Drill	Kittredge	
0840	Iowa	Platoon Drill	Kittredge	
0900	Oklahoma	Platoon Drill	Kittredge	
0920	Oklahoma	Platoon Drill	Kittredge	
0940	Maryland	Platoon Drill	Kittredge	
1000	Maryland	Platoon Drill	Kittredge	
1020	Kansas	Platoon Drill	Kittredge	
1040	Kansas	Platoon Drill	Kittredge	
1100	Houston	Platoon Drill	Kittredge	
1120	Houston	Platoon Drill	Kittredge	
1140	Southern California	Platoon Drill	Kittredge	
1200	Southern California	Platoon Drill	Kittredge	
1220				

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Color Guard:

Color Guard				
Saturday	Who	What	Where	Added Notes
0620	Colorado	Color Guard	Balch	
0640	Nebraska	Color Guard	Balch	
0700	Minnesota	Color Guard	Balch	
0720	Maryland	Color Guard	Balch	
0740	Oklahoma	Color Guard	Balch	
0800	Texas	Color Guard	Balch	
0820	Southern California	Color Guard	Balch	
0840	Kansas	Color Guard	Balch	
0900	Houston	Color Guard	Balch	
0920	Purdue	Color Guard	Balch	
0940	Iowa	Color Guard	Balch	
1000	Berkeley	Color Guard	Balch	
1020				
1040				
1100				
1120				
1140				
1200				
1220				

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Knowledge Timeline:

Friday	Who	What	Where	Round
1700		Check In		
1715	Nebraska, Minnesota, Oklahoma	First Match	Wolf Law Courtroom	Round 1
1730		Next Group Check In		
1745	New Mexico, Kansas, Purdue, CU	Second Match	Wolf Law Courtroom	
1800		Next Group Check In		
1815	Berkeley, Iowa State, Texas, USC	Third Match	Wolf Law Courtroom	
1830		Match Ends		
1845	3 TEAMS FROM ROUND 1	First Match	Wolf Law Courtroom	Round 2
1900		Next Group Check In		
1915	3 TEAMS FROM ROUND 1	Second Match	Wolf Law Courtroom	
1930		Match Ends		
1945	2 TEAMS FROM ROUND 2	First Semifinal	Wolf Law Courtroom	Round 3
2000		Next Group Check In		
2015	2 TEAMS FROM ROUND 2	Last Semifinal	Wolf Law Courtroom	
2030		Semifinal Ends		
2045	TOP TWO TEAMS FROM ROUND 3	Final Begins	Wolf Law Courtroom	Round 4
2100		Finals End		
2130		Drop Dead Time	Wolf Law Courtroom	

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Shooting Timeline:

Friday:

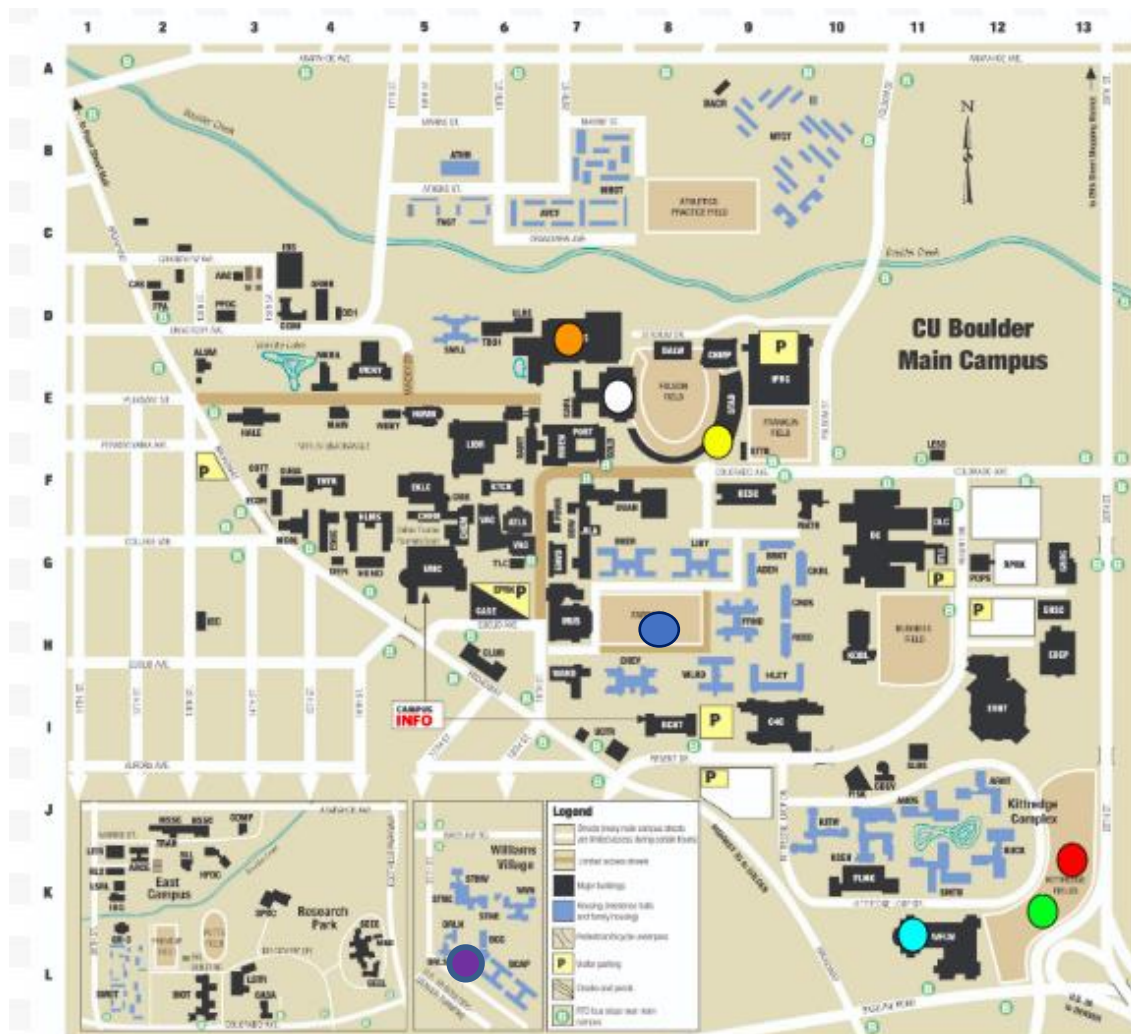
Friday	Who	What	Where	Added Notes
0800	University of Colorado Boulder	Rifle Shooting	Boulder PD Range	
0900		Transition	Boulder PD Range	
0910		Pistol Shooting	Boulder PD Range	
0940		Cleanup	Boulder PD Range	
1000	University of Kansas	Rifle Shooting	Boulder PD Range	
1100		Transition	Boulder PD Range	
1110		Pistol Shooting	Boulder PD Range	
1140		Cleanup	Boulder PD Range	
1200	University of New Mexico	Rifle Shooting	Boulder PD Range	
1300		Transition	Boulder PD Range	
1310		Pistol Shooting	Boulder PD Range	
1340		Cleanup	Boulder PD Range	
1400	University of Maryland	Rifle Shooting	Boulder PD Range	
1500		Transition	Boulder PD Range	
1510		Pistol Shooting	Boulder PD Range	
1540		Cleanup	Boulder PD Range	
1600	Iowa State University	Rifle Shooting	Boulder PD Range	
1700		Transition	Boulder PD Range	
1710		Pistol Shooting	Boulder PD Range	
1740		Cleanup	Boulder PD Range	
1800	University of Nebraska-Lincoln	Rifle Shooting	Boulder PD Range	
1900		Transition	Boulder PD Range	
1910		Pistol Shooting	Boulder PD Range	
1940		Cleanup	Boulder PD Range	
2000		Drop Dead Time	Boulder PD Range	

Saturday:

Saturday	Who	What	Where	Added Notes
0800	University of Oklahoma	Rifle Shooting	Boulder PD Range	
0900		Transition	Boulder PD Range	
0910		Pistol Shooting	Boulder PD Range	
0940		Cleanup	Boulder PD Range	
1000	University of Texas	Rifle Shooting	Boulder PD Range	
1100		Transition	Boulder PD Range	
1110		Pistol Shooting	Boulder PD Range	
1140		Cleanup	Boulder PD Range	
1200	Purdue	Rifle Shooting	Boulder PD Range	
1300		Transition	Boulder PD Range	
1310		Pistol Shooting	Boulder PD Range	
1340		Cleanup	Boulder PD Range	
1400	University of Minnesota	Rifle Shooting	Boulder PD Range	
1500		Transition	Boulder PD Range	
1510		Pistol Shooting	Boulder PD Range	
1540		Cleanup	Boulder PD Range	

Subj: SUMMARY OF CHANGES FOR 2020 COLORADO MEET

Map:



Red	Drill Competition (Kittredge Field)
Orange	Endurance Race Part 1 (Rec-Center Dive Well)
Yellow	CO Meet HQ (Gate 6 and 7)
Green	Drill Competition (Kittredge Field)
Light Blue	Knowledge Competition (Wolf Law)
Dark Blue	Endurance Race Part 2 (Farrand Field)
Purple	Awards Ceremony (Williams Village Campus Multipurpose Room)
White	Color Guard Competition (Balch Fieldhouse)
Shooting Competition (Not Pictured)	See Shooting LOI