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MIDN
24 Oct 21

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

To: All Hands

Subj: COLORADO MEET ENDURANCE RACE LETTER OF INSTRUCTION

Encl: (1) Uniform and Gear
(2) Operation Risk Management
(3) Stations
(4) CASEVAC Diagram
(5) Timeline of Events
(6) Inclement Weather Workout and Grading
(7) Course Map
(8) Evacuation Plan Maps
(9) After Action Report

1. Orientation. The CASEVAC loop will take place on the University of Colorado Boulder campus. The race will then move to Farrand Field and then to Chautauqua Park. Be advised that the University of Colorado Boulder sits at 5,370 feet above sea level. The course will exceed 8,000 feet above sea level. Teams should ensure proper hydration and physical fitness prior to arriving in Colorado in order to prevent altitude sickness. See Enclosure (7) for a map.

2. Situation. The Colorado Meet will include an Endurance Team race. The location is Boulder, CO. The race will utilize CU recreational and athletic facilities as well as Chautauqua Park. The race will involve a CASEVAC, running, calisthenics and hiking miles with packs with checkpoints along the way. The race will provide NROTC teams an opportunity to experience the unique challenges of mountain terrain and high elevation in a competitive environment.

3. Mission. On 5 Mar 2022 the Colorado Meet will hold an Endurance Race from 0600 to 1600 in order to provide a competitive environment for NROTC teams to challenge themselves physically and mentally as a team. Teams will work through a series of evolutions, starting with a CASEVAC, a land-based team workout, and then transition to a final ruck evolution throughout Chautauqua Park in the city of Boulder. Schools will put together teams consisting of their most physically

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and mentally prepared competitors to attempt to win the Colorado Meet Endurance Race.

4. Execution

a. Commander's Intent

(1) Purpose. The primary objectives of the Colorado Meet are to instill confidence in future Naval and Marine Corps officers, provide an environment for a healthy and challenging competition, as well as strengthen camaraderie between competitors and all working personnel. The Colorado Meet provides an opportunity for all competitors and all personnel to train, demonstrate, and evaluate their leadership skills necessary for performing in The Navy and Marine Corps.

(2) Endstate. All participants of the 2020 Colorado Meet will perform in a challenging and safe environment which will be safe, enjoyable, and productive for all who attend.

b. Concept of Operations. On 5 Mar 2022, Endurance Race teams of 6 members will arrive at the event wearing NWUs and MARPATs. Each team must include one female midshipman. A team may have only one MECEP/OC, but it is not a requirement. All events prior to and during the race will be conducted as squads. Squads will encounter challenges designed to test both the individual and the team. The race will begin with a CASEVAC exercise which will consist of carrying team members and supplies around a 2.2 mile loop. From there, squads will transition to a land-based team workout. The final phase will consist of a ruck with weighted packs through mountainous terrain. Stations will be scattered on the course of the ruck to test critical thinking skills and conduct additional calisthenic exercises. Station staff and guides will ensure the safety of events and monitor the overall health of each squad.

c. Tasks

(1) All participants. Ensure that you have the minimum specified gear included in Enclosure (1). Ensure you have reviewed and understand all documents including this LOI and any other attached forms. Ensure you are physically fit and hydrated before arriving.

(2) Squads. Appoint squad leaders no later than 28 FEB 2022 and provide the name to the event coordinator at CU NROTC. This individual will represent the squad at all introductory meetings and will be the source of any follow-on guidance and information.

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(3) Appointed Squad Leaders. Once appointed, ensure your squad is prepared for the race. This includes ensuring that your squad has all of the necessary gear and that it is prepared and ready at the appropriate time. All tasks will be disseminated through the squad leaders.

(4) E-Race Guides. Guides are responsible for knowing the route and ensuring that the team runs the correct course safely.

(5) E-Race OIC. Ensure all required documents are passed down in a timely manner prior to the start of the race. Coordinate with CU NROTC, City of Boulder, and all other individuals involved to ensure and reserve: race location and spaces used on race day and the proper manpower necessary to proctor the race. Provide event proctors and staff with guidance and assistance as required to ensure all of their assigned tasks get properly completed on schedule.

(6) E-Race AOIC CU NROTC. Aid OIC with operation and planning of the event. Ensure all tasks are accomplished in a timely and efficient manner, and all necessary gear is acquired and set up prior to the race.

(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. Ask one random individual from each team a question and assign repetition for right or wrong answers. Ensure proper form and safety measures are implemented.

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

(12) Farrand Field Personnel. Ensure proper form and repetitions are being performed for each exercise.

d. Coordinating Instructions

(1) See event timeline page for additional timing information.

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(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 - \$85 per team

(4) Each team will check in on Friday, March 4th at 1500 Stadium Classroom 135 to take accountability of gear and attend a safety brief. Teams will then show up 90 minutes before their start time on March 5th to take their gear to the fieldhouse.

5. Administration and Logistics

a. Administration

(1) Medical. Teams should be aware that Boulder, Colorado is at high elevation, and therefore hydration is necessary for success. Hydration should not be limited to water; electrolytes and carbohydrates are highly encouraged. Advise the CU NROTC E-Race coordinator of any medical issues at least 2 weeks prior to the start of the race. Ensure that accurate contact information is displayed in medical documentation. Forward any corrections/adjustments to the E-Race coordinator.

(2) Proctors. Checkpoint staff ONLY. Once assigned a station, checkpoint staff will be responsible for: setting up and maintaining their station, proctoring the station for the incoming squads, gathering necessary materials for that station, and ensuring proper breakdown of that station of borrowed gear.

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. All personnel on Green Mountain will be issued yak-tracks.

(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 minimum gear required.

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(5) Chow. Chow arrangements will be solely on the attending units to provide for themselves.

6. Command and Signal

a. Command. Endurance Race OIC MIDN 2/C Box and AOIC MIDN 3/C Kirshenbaum will be reachable by cell phone or radio at all times. In the event that there is an incident, the procedure will be to assess the situation, treat locally if possible, notify the nearest checkpoint, transport the injury to the local hospital (if the injury is severe), or in an extreme case execute a distress call for outside help (911,etc). Team Proctors are responsible for contacting the Meet OIC in the case of an emergency.

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

(1) Point of Contact

- (a) MIDN 2/C Danos (Meet OIC):
coloradomeet2022@gmail.com
(720) 618-0257
- (b) MIDN 2/C Stoltz (Meet AOIC):
anna.stoltz@colorado.edu
(970) 888-1866
- (c) MIDN 3/C Box (Event OIC):
rebo0273@colorado.edu
(859) 321-5850
- (d) MIDN 3/C Kirshenbaum (Event AOIC):
saki5094@colorado.edu
(408) 431-7160

D. W. Danos

Uniform and Gear

1. Uniform. The authorized uniform is boots and utilities. (Boonie covers are authorized as well as any type of warming layers or skivvies that participants decide to wear). Colorado has varying temperatures throughout the year, which can often be hard to predict.

2. Gear List.

a. Each squad will carry a total of 165-185 pounds, which includes a jerry can. This weight may be distributed however the squad sees fit. The jerry can will be weighed at the end of the race and must not exceed a difference of 1 pound between the start and end weight.

b. Individuals will be required to start with a 3-liter water source. This can water source may be used for hydration throughout the race and does not need to be full by the end. Any additional individual and squad gear may be stored in any of the four packs.

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

d. Squads are required to bring their own ILBE packs. Packs must be an ILBE or FILBE variation and must be dropped off NLT 1500 Friday, 4 March.

3.

GEAR ITEM	REMARKS
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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
Weight*	
First Aid Kit*	

School or Unit Flag	Required for Green Mountain summit photo
Garbage Bag	To carry wet MARPATs/NWUs
Tracker Device*	To keep track of team's progress

Individual Gear	
Spare Socks	Minimum one pair per person
Camelbak or Canteens	Minimum 3 liters per person
Boots	Broken-in
Trousers	USMC or Navy
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*	To be provided by CU NROTC to all personal on Green mountain.

Logistical	
(3) Water Jugs and ILBE (transport) for Checkpoint (4) and Checkpoint (7)	
One charged cell phone and map per safety observer	

Station Staff	
Notepad/Pen	Record arrival and departure times of each team at each station
First Aid Kits	
Charged Cell Phones	

Van	Emergency use and station setup
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Each team is required to have the gear listed. If gear is missing, the team will be unable to participate in the race.

*- indicates gear will be provided by CU NROTC

Operational Risk Management

Identify the Hazards			Assess Hazards		Make Risk Decisions			Implement Controls	Supervise
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	Monitor / Review / Feedback
1	set-up	loss of gear or equipment	misplacement of critical gear, equipment not being in the right place at the correct time	III/C = 3M	Gear accountability	N/A	III/E = 4L	Strict Accountability of gear will be regularly conducted by supply OIC to ensure all is accounted for. In addition to this, important and mission critical gear will be signed for by the MIDN responsible for its use.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
1	set-up	incline weather	unpredictable or last minute weather shift	II/C = 2H	Incline weather plan completed prior, weather forecasting and tracking will be utilized	N/A	IV/C = 4L	Enclosed in the endurance race LOI is an incline weather plan that takes into account potential weather situations. To determine if this plan is needed endurance race staff will use weather tracking and forecasting tools	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
1	set-up	personal injury	lifting injuries	II/C = 3M	Proper lifting technique	N/A	III/E = 4L	staff tasked with moving heavy objects will be briefed on proper technique before performing duties required.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
1	set-up	COVID-19	COVID-19 outbreak among Midshipman	II/C = 3M	all Midshipman will follow all applicable COVID guidelines	N/A	III/C = 3M	All hands will follow all all COVID guidelines laid out by applicable organizations which may include but are not limited to the city of Boulder, the University of Colorado Boulder, CUNROTC, and the US Navy.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
2	Execution	minor to moderate injuries among participants	Cuts, scrapes, blisters, over-exertion, minor-dehydration	II/C = 3M	All teams will carry Individual first aid kits	N/A	IV/C = 4L	Each team will carry a first aid kit that is sufficient for treating minor scrapes, blisters and other minor injuries. Each team will also carry ample water to maintain proper hydration. All teams will be briefed on and recommended to hydration tablets to replenish electrolytes.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
2	Execution	moderate to severe personal injury	severe dehydration, altitude sickness, skeletal injuries, cardiac arrest/events	II/C = 2H	safety runners and emergency plan in place	N/A	III/C = 3M	Safety runners that know the course well will be patrolling and maintaining contact with the OIC/AOIC. These safety runners will be prepared to respond to an emergency if one should occur. Every team will be briefed on an emergency plan in case of serious injury.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
2	Execution	missing teams	lost teams	II/B = 2H	safety runners and team tracking devices will be used	N/A	III/C = 3M	Safety runners will be at key positions to keep teams on the right route as well as possibly search for teams that deviated from the proper route. Tracking devices will be used to each team and OIC/AOIC will monitor the progress of each team.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
2	Execution	Pool risks (ie: drowning, shallow water blackout, etc)	Water hazards (Drowning, shallow water blackout)	II/C = 2H	safety OIC and lifeguards will watch all teams during pool comp	N/A	III/C = 3M	Safety OIC and lifeguard qualified Midshipman will keep a close eye on the squad that is currently in the pool. Safety and emergency medical equipment such as AED and emergency O2 will be ready in case a need arises.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
2	Execution	loss of comms	radio interference, spotty cell reception	II/C = 3M	use of primary and secondary comms, loss of comms protocol will be in place	N/A	IV/C = 4L	All staff will be briefed and understand the command and signal protocols if they are unable to contact the HQ. Both radios and cell phones will be used for redundancy.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
2	Execution	mis-scoring	errors made by scoring staff	IV/D = 4L	ensure staff is properly trained and aware	N/A	IV/E = 4L	Staff will be briefed and paired up to ensure scoring is accurate.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
3	ENDEX	gear unaccounted for	counts of gear are short	III/C = 3M	Gear accountability	N/A	III/E = 4L	Gear accountability will be taken throughout the duration of the race. The endurance race supply OIC will conduct frequent gear accountability checks. Gear that was signed out for will be returned by the MIDN that initially signed for it.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
3	ENDEX	teams finishing after dark	teams could take longer than expected	III/C = 3M	strict schedule	N/A	III/E = 4L	A strict schedule will be followed throughout the day of the race. Ample time will be built into the schedule in case teams finish later than expected.	Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed

Stations

1. CASEVAC Exercise

This event will consist of a 2.2 mile simulated casualty evacuation. Starting at the Buffalo statue, teams will conduct 30 synchronized burpees. Upon completion of the burpees, the team guide will select the lightest team member to be a casualty that needs to be buddy carried. One team member will start carrying the casualty while the rest of the team puts on ILBES and pick up 2 ammo cans. Teams are allowed to switch out who is buddy carrying the casualty but the casualty must remain as the lightest member. Teams will then begin running the CASEVAC loop. At the intersection of 28th and Colorado Ave (approximately .5 miles into the loop) the team guide will instruct the entire team to stop and conduct 30 synchronized squats. Upon completion of these pushups, the heaviest member of the team will become the casualty that needs to be buddy carried. One team member will buddy carry the new casualty while the rest of the team puts on the ILBES and picks up their 2 ammo cans. Again, teams may rotate who is buddy carrying but the casualty must remain as the heaviest team member. Teams will continue the loop until reaching the Buffalo statue at the corner of Baseline Road and the 36th offramp. Here the team guide will instruct their team to conduct 15 team ranger pushups. Pushups will only be counted if the elbows come to 90 degrees or below. Upon completion of the pushups, teams will be instructed to choose one member to become a casualty that will be carried on a pole-less litter. Teams will then pick up the litter with the casualty and proceed with the CASEVAC loop. Teams may rotate who is carrying and who is being carried at any point. At the intersection of Broadway and Regent, the team guide will stop the team and instruct them to perform 30 synchronized burpees. Upon completion of the burpees, teams will resume carrying the casualty in the litter. Teams will continue along the CASEVAC loop until they reach Farrand Field station.

See Enclosure (4) for a diagram.

3. Farrand Field Station.

This PT station consists of various team exercises and calisthenic movements. Teams will first conduct a series of log PT exercises. Teams will start by lining themselves up along the same side of the log. The first exercise will be 20 flatfoot log squats. This movement will consist of each team raising and lowering the log from the deck to waist height. On the final repetition the team will stay standing with the log at their waist. From this position, each team will raise the log to their shoulders and conduct 20 two arm push ups. This exercise consists of moving the log overhead from one shoulder to the

other. The final log exercise will be alternating log lunges. Teams will move the log from the shoulder position down to their chest. From this position, the entire team will step their left foot forward into a lunge before returning to the standing position. This movement will be conducted 20 times, alternating feet for each lunge. Upon completion of this exercise, teams will place the log on the deck and move to the second phase of the field exercises. Failure to complete any of the above exercises will result in a 5 minute penalty.

The second phase of exercises will consist of different movements across Farrand Field. Squads will first bear crawl the length of the soccer field. They will then partner up and conduct buddy carries back to the line at midfield. There, they will switch roles with their partner and buddy carry the rest of the way back. Squads will then conduct burpee broad jumps across the field. Squads will then link arms and do team lunges back across the field. Squad members will then again partner up and buddy drag to midfield. There, they will switch roles with their partner and buddy drag back.

The third phase will consist of ammo can presses and pushups. Squads will split into two groups of three. One group will run with 6 total ammo cans down to the other end of the field, conduct 50 ammo can presses, and run back. Ammo can presses will be done with one ammo can per person only. Simultaneously, the second group will conduct 200 total push-ups between the three team members. Every member must complete at least 30. When both groups are finished, they will switch and conduct the other exercise.

The fourth 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.

For the final phase, Squads will crawl with their ILBs to midfield and back. ILBs can be worn on the back, pushed in front, or dragged behind squad members. ILBs cannot be rolled across the field. Once all exercises at Farrand are completed, teams will begin the ruck portion.

4. Buddy Carry.

Location: Start of Baseline Trail to Gregory Canyon trailhead. Each squad will buddy carry one squad member starting at Baseline Trail.

The squad member to be carried will be identified by the squad guide as the heaviest squad member. Squads will fill water sources at the start of Baseline Trail. The squad may choose who is carrying the squad member at their own discretion. The squad member will be carried to the Gregory Canyon intersection, where the squad guide will instruct the squad to drop him/her.

5. Flutter Kicks.

Location: Intersection of Saddle Rock and Gregory Canyon Trail. Squads will be asked one question. Squads will conduct 20 cadenced 4 count flutter kicks for a correct answer, and 30 cadenced 4 count flutter kicks for a wrong answer. Legs should be fully extended and hands should be placed under thighs. Guides and proctors will monitor form to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

6. Buddy Squats.

Location: Intersection of Saddle Rock and Amphitheater Trail. Squads will be asked one random question. Team members must pair up with another member (preferably within 10 pounds) and conduct buddy squats. Squads will perform 10 buddy squats per squad member for a correct answer, and 20 buddy squats per squad member for a wrong answer. Squats will only be counted if the knees come to 90 degrees or below. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

7. Burpees.

Location: Intersection of Saddle Rock and Greenman Trail. Squads will be asked one random question. Squads will perform 15 cadenced burpees for a correct answer, and 20 cadenced burpees for a wrong answer. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use. This is a mandatory water refill station, as it is the last point on the mountain where teams can refill water.

8. SUMMIT STATION

Each squad will work together using critical thinking and problem solving skills to complete a challenge.

9. Mountain Climbers.

Location: Intersection of Saddle Rock and Greenman Trail. Squads will be asked one random question. Squads will perform 15 four count mountain climbers for a correct answer, and 25 four count mountain

climbers for a wrong answer. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

10. Squad Lunges.

Location: Intersection of Saddle Rock and Amphitheater Trail. Squads will be asked one random question. Squads will perform 20 two count team lunges for a correct answer, and 30 two count team lunges for a wrong answer. Lunges will be conducted by all squad members interlocking arms and completing each repetition as a team. Squads will alternate the leading foot for each count. Guides will monitor form in order to minimize risk of injury. This will be a mandatory water refill station. Packs will be staged off the trail so as not to get in the way of trail use.

11. Smurf Jacks.

Location: Intersection of Saddle Rock and Gregory Canyon Trail. Squads will be asked a random question. Squads will conduct 20 cadenced smurf jacks for a correct answer and 30 cadenced smurf jacks for a wrong answer. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

12. Buddy Carry.

Location: Start of Baseline Trail to the Buffalo Statue. Each squad will buddy carry one squad member starting at the start of Baseline Trail. The squad member to be carried will be identified by the squad guide as the lightest male squad member. Squads will fill water sources at the start of Baseline Trail. The squad may choose who is carrying the squad member at their own discretion. The squad member will be carried to the finish at the Buffalo Statue.

13. Ranger Push Ups.

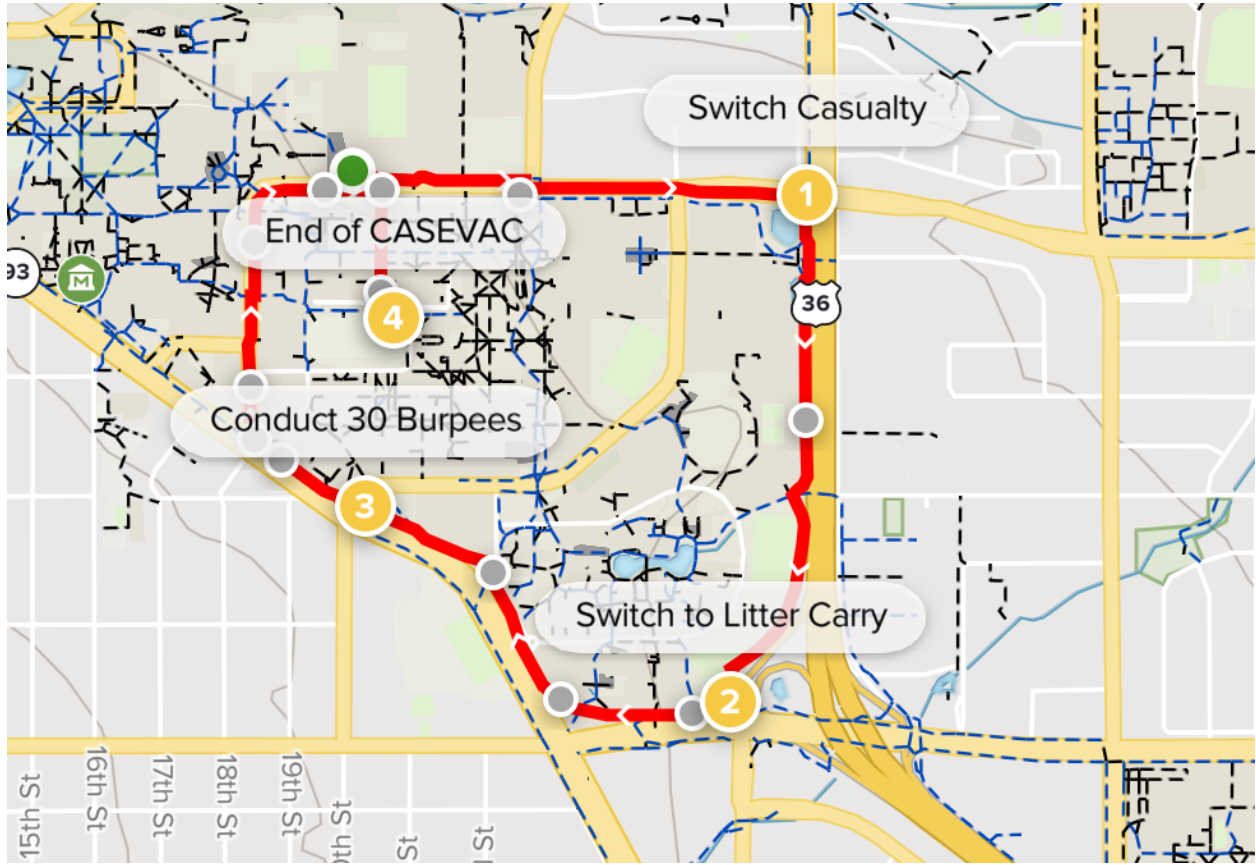
Location: Buffalo Statue in front of the Field House. Squads will conduct 20 cadenced ranger pushups. Pushups will only be counted if the elbows come to 90 degrees or below. Guides and proctors will monitor form to minimize risk of injury. Teams will complete the entirety of the race once the pushups are complete and the last member touches the buffalo statue. Drop dead time for the entire race is 1600.

Additional Race Rules

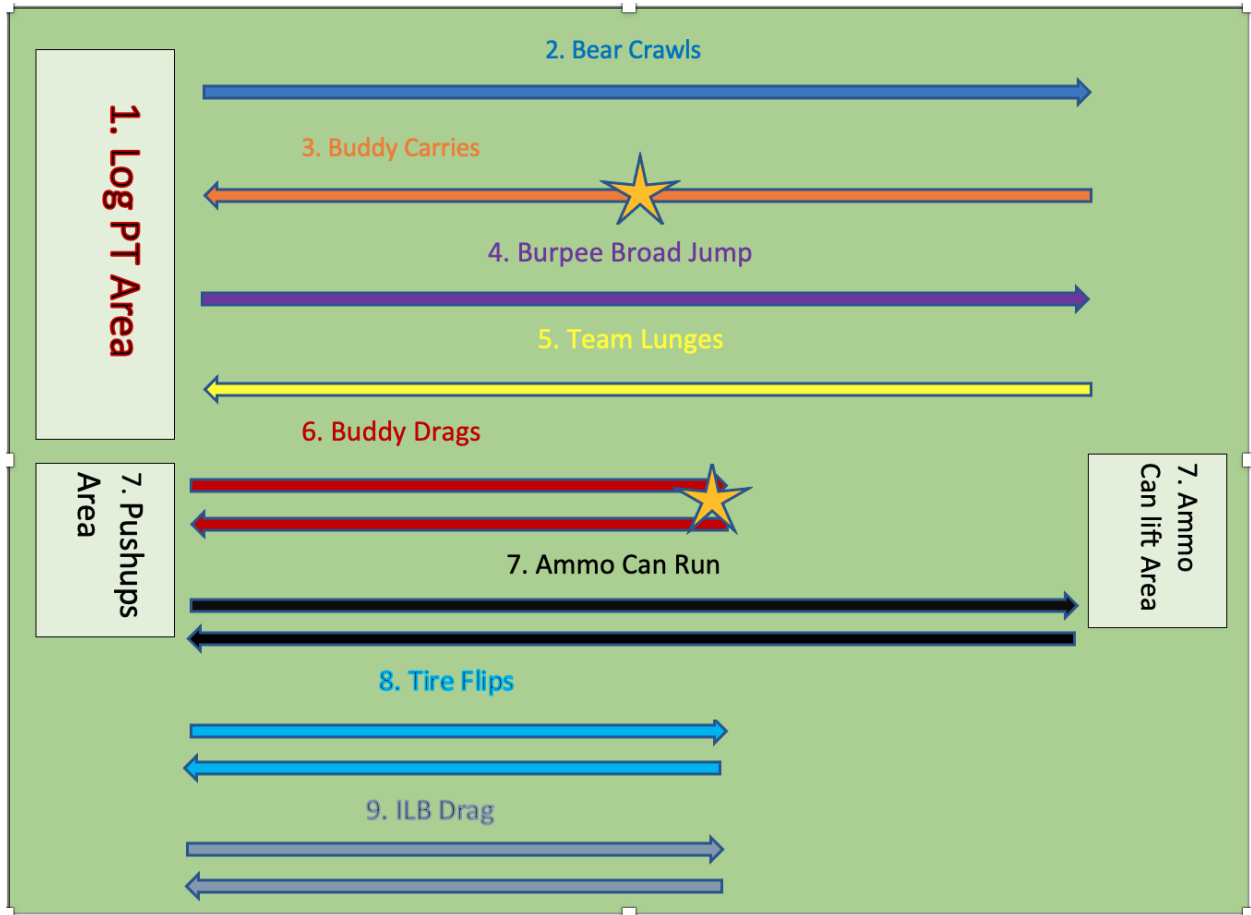
1. The team to complete the race with the fastest time will be declared as the winner.
2. Teams must stay together for the entirety of the race. At the finish, all team members must touch the buffalo statue within 10 seconds of each other.
3. Any teams that lose a team member due to fatigue or injury 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 member to compete in a 60 second pushup competition. The team whose member conducts the most, proper 90 degree form pushups wins the race.

Workout Diagrams

CASEVAC Route:



Farrand Field Station:



*Stars indicate partner switches

Timeline of Events

TIME	TEAMS	DESCRIPTION
0615	1-2	CASEVAC start
0645	3-4	CASEVAC start
0700	All	Estimated Farrand Field start
0715	5-6	CASEVAC start
0745	7-8	CASEVAC start
0800	All	Estimated first team begins Green mountain portion
0815	9-10	CASEVAC start
0900	All	Estimated last team completes CASEVAC portion
1000	All	Estimated last team begins Green Mountain Portion
1200	All	Station 1 drop dead time
1300	All	Summit station drop dead time
1500	All	Drop dead time

Inclement Weather Workout and Grading

Grading:

Each team's scores at each station will be ranked. Placement in each event will receive a score that goes towards the overall score. In the event of a tie, the two teams will each choose one member to compete in a 60 second pushup competition. The team whose member conducts the most, proper 90 degree form pushups wins the competition.

1. 10 points
2. 5 points
3. 4 points
4. 3 points
5. 2 points
6. 1 point

Inclement Weather Alternative Course:

- Proctor will observe every station to avoid injury
- Maximum 25 minutes rest between each station
 - 15 minutes rest in between
 - Stations 3 through 6 will be conducted in the Balch Fieldhouse (See Colorado Meet Letter of Instruction for CU Campus Map)

Station 1:

Full Murph per individual for time
-1 mile run
-100 strict pull-ups
-200 push-ups
-300 air squats
-1 mile run

Station 2:

1 round from each team:
20 pull-ups
30 push-ups
40 sit-ups (NAVY PFA)
50 squats
Time taken to complete the course for each

Station 3:

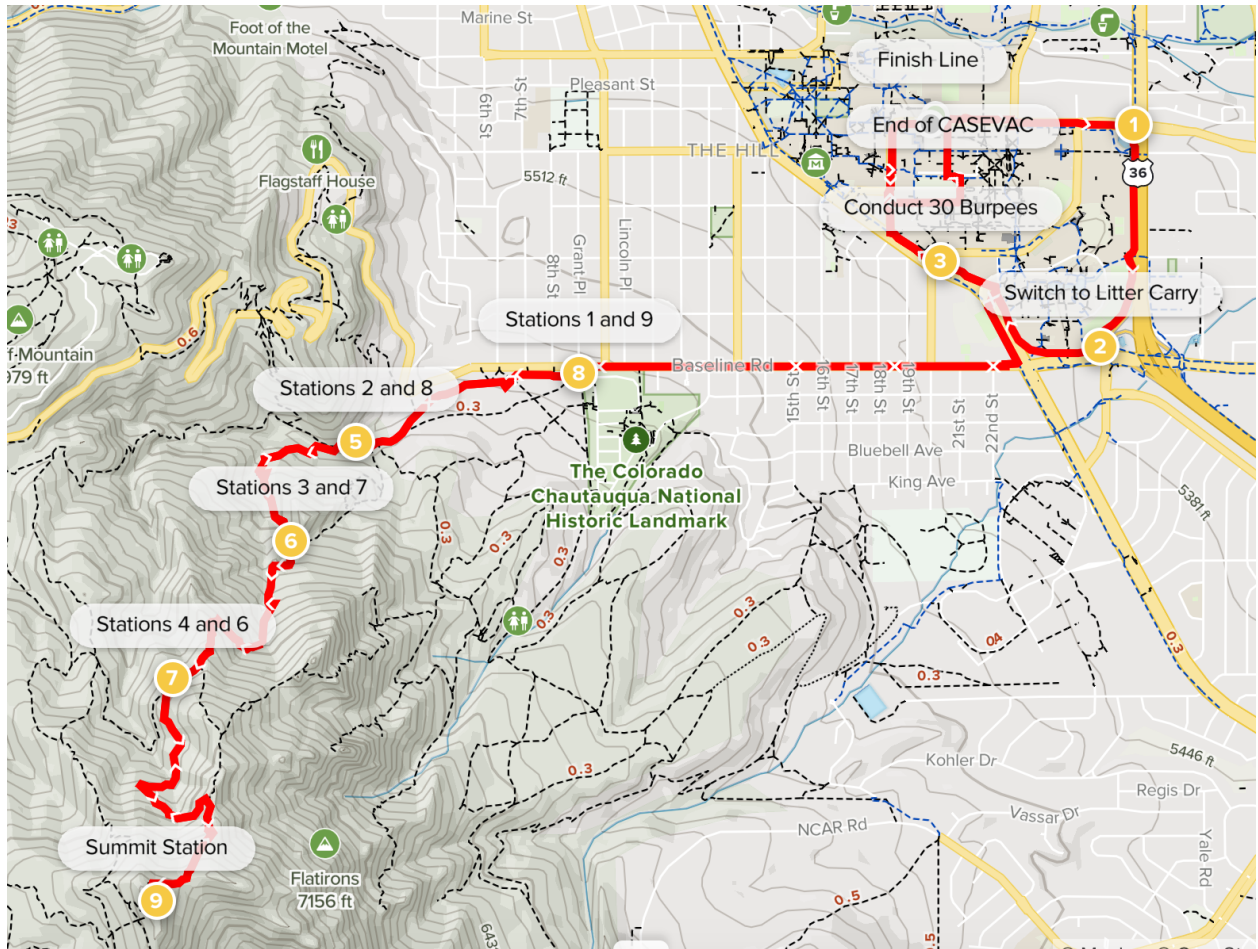
Log PT
50 log sit-ups

50 log lunges
50 4-count shoulder press
Complete 3 rounds for time

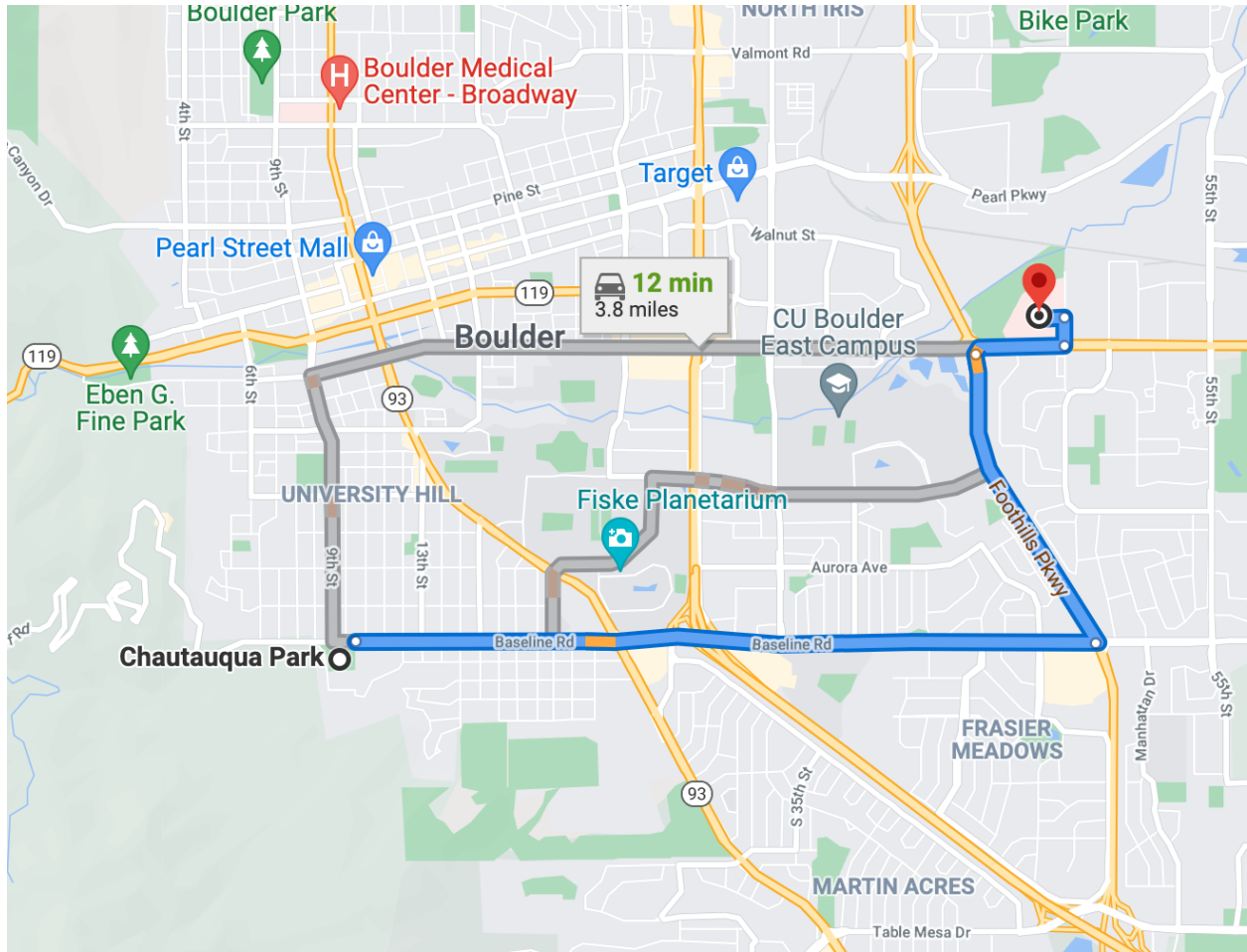
Station 4:

Up-downs mile- As a team for time:
Up-down broad jump the entire way.
One member goes at a time.
Team switches when member needs rest.

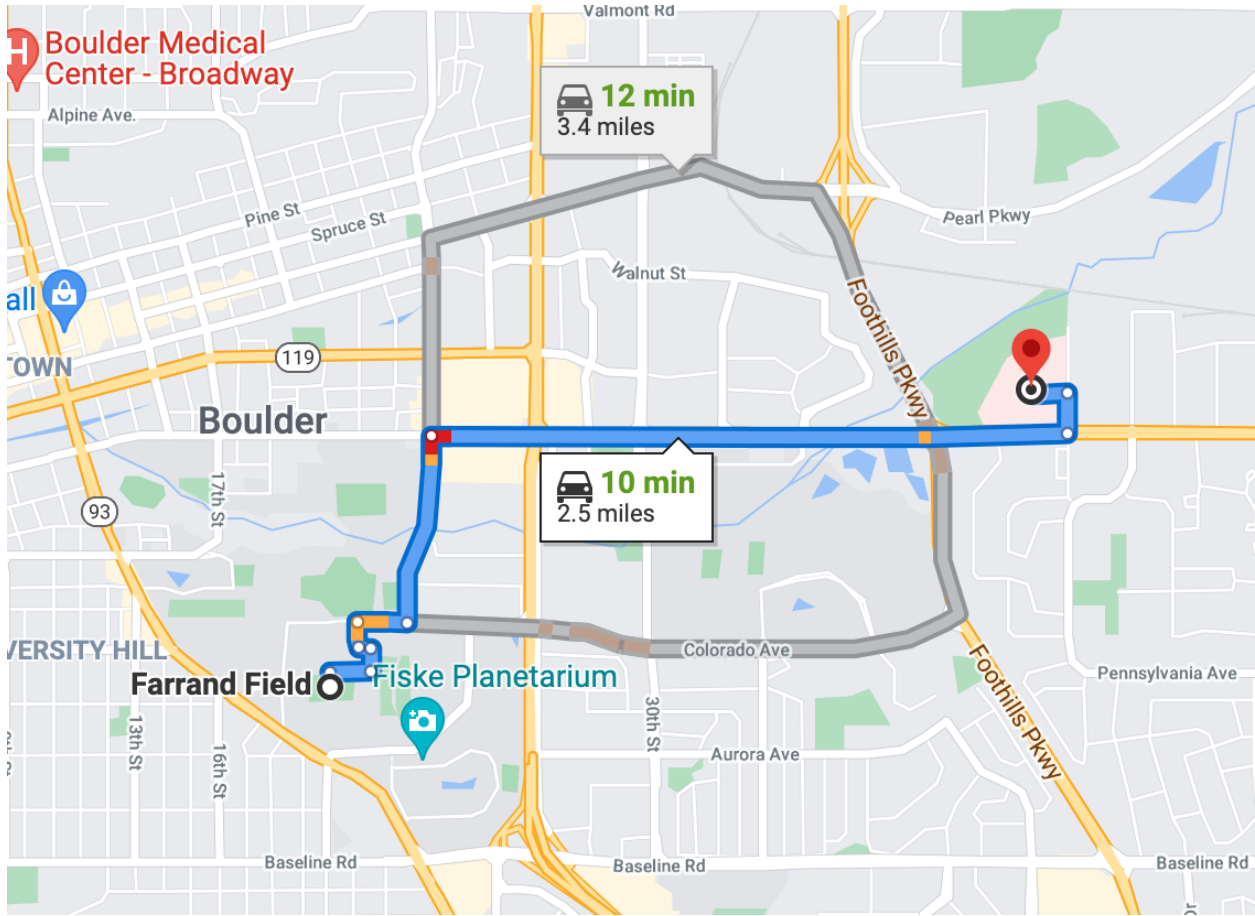
Course Map



Evacuation Route to Boulder Hospital From Chautauqua Park



Evacuation Route to Boulder Hospital From Farrand Field



AFTER ACTION REPORT:

What did you like about the competition?

What did you not like about the competition?

If you were in charge of this competition, what would you change for next year?