

1553
MIDN
31 Jan 23

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) Pool and Field PT Diagram
(5) Timeline of Events
(6) Inclement Weather Workout and Grading
(7) Course Map
(8) After Action Report

1. Orientation. The Endurance race will take place in the CU Recreational Center Pool on the University of Colorado Boulder campus. The race will then move to Chautauqua park and then to Green Mountain. 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 swimming, running, CASEVAC, 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 4 Mar 2023 the Colorado Meet will hold an Endurance Race from 0600 to 1700 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 pool workout, 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 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 2023 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 4 Mar 2023, 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 pool portion involving treading, swimming, and calisthenic exercises. From there, squads will transition to a CASEVAC from the CU Boulder recreational center to Chautauqua park. There a land-based team workout will be conducted. 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 27 FEB 2023 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.

(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

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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 the 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) Pool Staff. Watch teams to ensure there are no casualties in the water. Also, supervise calisthenics exercises to ensure proper form and number of repetitions.

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

(13) 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.

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

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(3) Fees - \$85 per team

(4) Each team will check in on Friday, March 3 at 1500 Stadium Classroom 135 to take gear accountability and attend a safety brief. Teams will then show up 90 minutes before their start time on March 4th 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.

(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.

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

6. Command and Signal

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a. Command. Endurance Race OIC MIDN 2/C Nay and AOIC MIDN 3/C Schulte 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 Eddington (Meet OIC):
coloradomeet2023@gmail.com
(720) 660-2348
- (b) MIDN 2/C McLaren (Meet AOIC):
william.mclaren@colorado.edu
(810)923-4859
- (c) MIDN 2/C Nay (Event OIC):
emily.nay@colorado.edu
(630) 881-9315
- (d) MIDN 3/C Schulte (Event AOIC):
evsc4094@colorado.edu
(208) 789-1847

E. L. Nay

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. Squads will be required to wear a different set of MARPAT/NWU trousers and blouses in the pool. No boots will be worn in the pool.

2. Gear List.

a. Each squad will carry a total of 160 pounds. This weight may be distributed however the squad sees fit. The wet MARPATs/NWUs will be carried through the duration of the ruck as well.

b. Individuals will be required to carry a full 3-liter water source. 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 highly encouraged to bring their own ILBE packs. Packs must be an ILBE or FILBE variation and must be dropped off NLT 1500 Friday, 3 March. If units are unable to provide their own ILBEs team captains must contact the Endurance Race OIC NLT 28 February 2023.

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, do not have to be steel toe
NWU/MARPATS	
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 for traction gear availability
Extra MARPATs/NWUs, belt and goggles	Required for pool station, trousers and blouses will be placed into packs

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

Water Jugs	Placed at designated stations
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Other gear provided by CU NROTC	
Radios	Provided to selected personnel
(3) Water Jugs and ILBE	
One charged cell phone and map per safety observer	
Oxygen tank	1 located at pool
Ammo Cans	5 at chautauqua park
Tires	2
Pool Bricks	3
Mini cones	40 at chautauqua park

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

*- indicates gear will be provided by CU NROTC

** - indicates gear can be provided by CU NROTC if necessary. It is highly encouraged that teams bring their own.

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. Enclosed in the endurance race LOI is an inclement 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	inclement weather	unpredictable or last minute weather shift	II/C = 2H	Inclement weather plan completed prior, weather forecasting and tracking will be utilized	N/A	IV/C = 4L		Colorado meet Endurance race OIC and AOIC will ensure proper protocols are being followed
1	set-up	personal injury	lifting injuries	III/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	III/C = 3M	all Midshipman will follow all applicable COVID guidelines	N/A	III/C = 3M	All hands will follow all at COVID guidelines laid out by applicable organizations which may include but are not limited to the city of Boulder, the University of Colorado Boulder, CUNYOTC, 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	III/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	III/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. Pool (1).

Part 1 of the pool portion will consist of treading water, swimming, and pullups. Squads will tread water in MARPATs/NWUs while one team member swims to the opposite side of the pool. They will then conduct 15 burpees and 10 pullups on the pullup bar. The team member's chin must rise above the bar for the repetition to count. Once complete, that individual will swim back to his/her respective squad and resume treading, while another team member swims down and repeats the exercise. Teams may use any technique to tread water. All team members must swim. Once every person in the squad has completed one round, squads may stop treading and immediately begin Pool (2).

Touching a wall when supposed to be treading water will result in a 1 minute penalty. A 30 minute pool time limit will be enforced for Pool (1) and all penalties will be added to 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). 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. Any team that loses a squad member will not be eligible to place above 4th in the overall race results.

2. Pool (2).

Part 2 of the pool portion will consist of swimming and calisthenics. Squads will start together at one end of the pool in NWUs/MARPATs immediately following Pool (1). Each squad will travel as one group with their diving brick throughout the duration of the evolution. All exercises explained will be done individually as a team, not as total repetitions by the team. Squads will swim the length of the pool to the opposite side. They will exit the pool to conduct 10 squad situps. They will then enter the dive well on the opposite side and complete 25 gutter ups. They will then re-exit the pool and enter the competition pool once again. They will swim, with their squads and dive bricks to the opposite side of the pool and back and repeat. Each time, Squad sit ups will increase by 5 and gutter ups will decrease by 5, until 15 gutter ups and 20 squad sit 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. The brick will be placed on the pool deck while conducting this exercise.

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 the 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 30-minute time limit will be enforced. 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.

See Enclosure (4) for a diagram.

3. CASEVAC

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 begin the CASEVAC route. The route can be seen in enclosure (7). Teams may rotate who is carrying and who is being carried at any point. Before the underpass at Broadway and 14th street, the team guide will stop the team and instruct them to perform 30 synchronized burpees. Upon completion of the burpees, the pole-less litter carry will end and the casualty will rejoin the team. Teams will continue along the CASEVAC loop until they reach Chautauqua Park station. The total loop is 2 miles.

4. Chautauqua Park Station.

This land-based 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 cadenced log sit ups. This movement will consist of each team laying on the ground with the log at chest height and completing a cadence sit up initiated with the word "UP" followed by verbal confirmation of the number of reps. On the final repetition, the team will stay standing with the log at their waist. From this position, each team will get to their feet without the log touching the ground and complete 25 Alternating Log Shoulder Presses. This exercise consists of moving the log overhead from one shoulder to the other, with one rep being completed after the log has traveled from one side to the other and back. 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 the field at Chautauqua Park. Squads will start with a squad

plank while one member of the squad picks up an ammo can and runs it to the other side of the field and completes 45 ammo can presses. When finished with the ammo can presses, they will shuttle the ammo can back to the team and cycle through the remaining members of the squad. If a squad member touches the ground during the plank, the entire squad must stop and complete 5 burpees, then continue the exercise. They will then transition to team lunges, where all members of the team must interlock arms and lunge down the entirety of the field and back. All members will step with the same leg and stay together for the entirety of this exercise.

The third phase will consist of buddy exercises. The first exercise will be buddy drags halfway down the field and back, with the pairs switching members at the turnaround point. The squad will then conduct a buddy carry to the end of the field and back, with the pairs switching members at the turnaround point at the end of the field. The final exercise will be up-down broad jumps the length of the field with duck walks on the way back. Once all exercises are complete, teams will begin the ruck portion.

See enclosure (4) for a diagram.

5. 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. There will be a one minute penalty for the remainder of the course for squads who do not stay on the correct route. The squad guide will allow the squad to miss or make a wrong turn but will correct them within 10 seconds and lead them to the correct path. The squad guide will then annotate the penalty and add it to the final time after the squad has touched the Buffalo.

6. 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 the 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.

7. 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.

8. 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.

9. SUMMIT STATION

Each squad will work together using critical thinking and problem solving skills to complete a challenge. Each squad will take a photo with their school or unit flag here.

10. 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.

11. 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.

12. 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.

13. ILBE Low Crawl.

Location: Start of Baseline Trail. Squads will complete 25 meters of ILBE buddy crawls one way and then 25 meters of ILBE buddy crawls back the same way. Every team member must complete the low crawl but only 4 ILBE must be brought with. Squads will fill water sources at the start of Baseline Trail.

14. Ranger Push Ups.

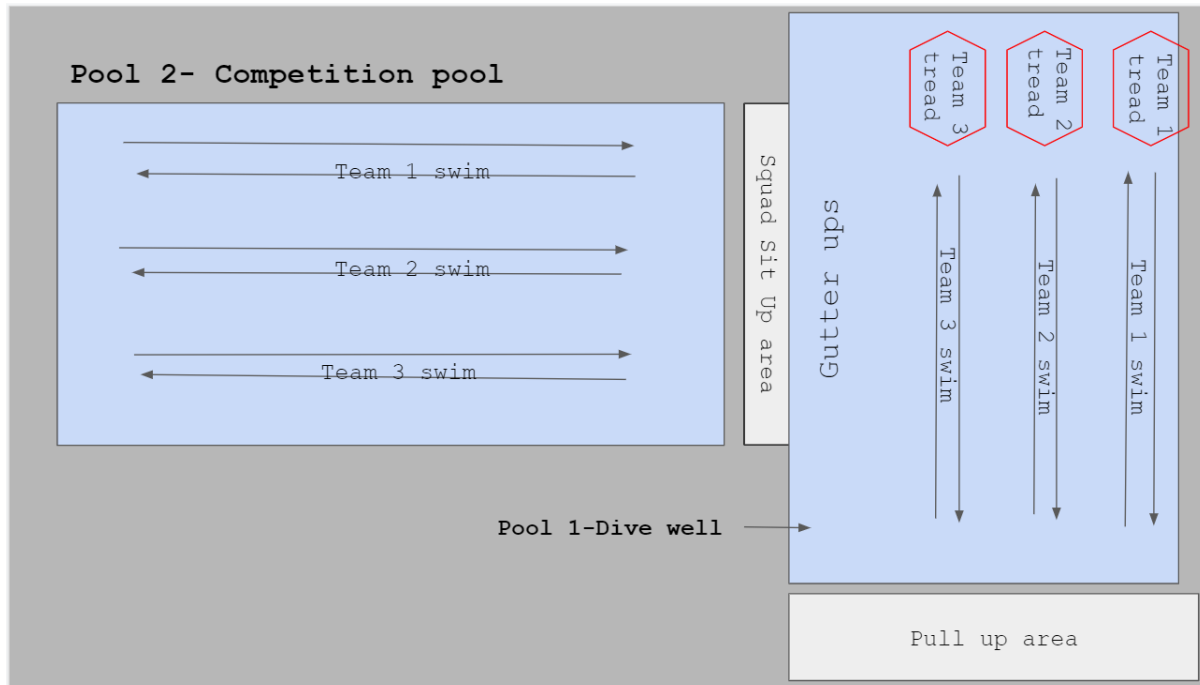
Location: Buffalo Statue in front of the Field House. Squads will conduct 20 cadenced ranger pushups. Pushups will only be counted if the elbows come to 90 degrees or below. Guides and proctors will monitor form to minimize risk of injury. Teams will complete the entirety of the race once the pushups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

Additional Race Rules

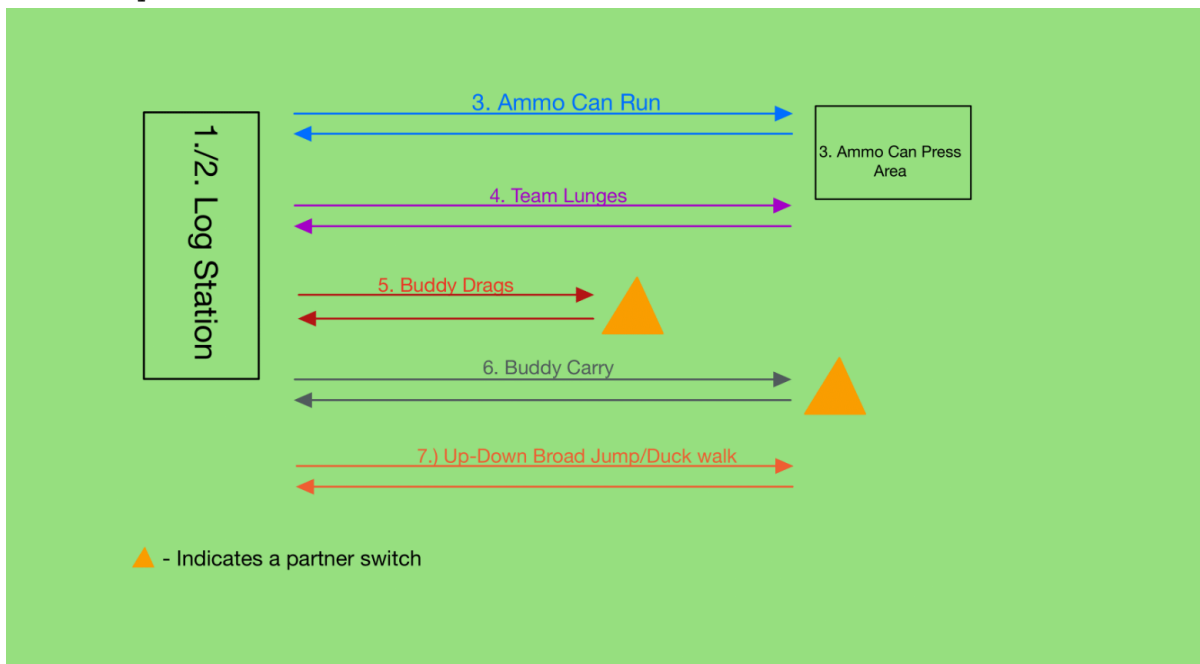
1. The team to complete the race with the fastest time will be declared the winner.
2. Teams must stay together for the entirety of the race. At the finish, all team members must touch the buffalo statue within 10 seconds of each other.
3. Any team that loses a team member due to fatigue or injury will 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 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

Pool Station:



Chautauqua Park Field Station:



Timeline of Events

TIME	TEAMS	DESCRIPTION
0615	1-3	Pool Start
0645	4-6	Pool Start
0715	7-9	Pool Start
0745	10-12	Pool Start
0815	All	Estimated Chautauqua Park Field PT start
0900	ALL	Estimated first team begins Green mountain portion
0815	13-15	Pool start
0915	16-18	Pool start
1115	All	Estimated Last team Completes CASEVAC
1145	All	Estimated last team finishes Chautauqua Park Field PT
1300	All	Mountain Station 1 drop dead time
1400	All	Summit station drop dead time
1600	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.

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
 - Pool station (1) must have 30 minutes rest before
 - Pool station (2) must have 30 minutes rest after
 - 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:

Pool Station (1)

Station 2:

Pool Station (2)

Station 3:

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

Station 4:

Field PT (Each down and back is 60 yards)
1) 20 Team Log Sit Ups
2) 25 Alternating Log Shoulder Press (up and over head) 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) Team Lunges with down and back
5) Buddy Drags down and back
6) Buddy Carries down and back
7) Duck Walks down and back

Station 5:

Up-downs mile - As a team for time:

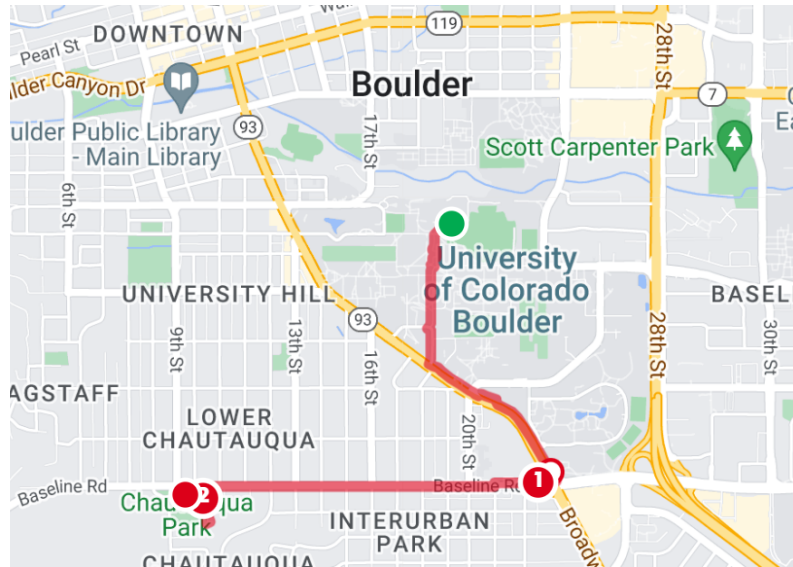
Up-down broad jump the entire way.

One member goes at a time.

Team switches when the member needs rest.

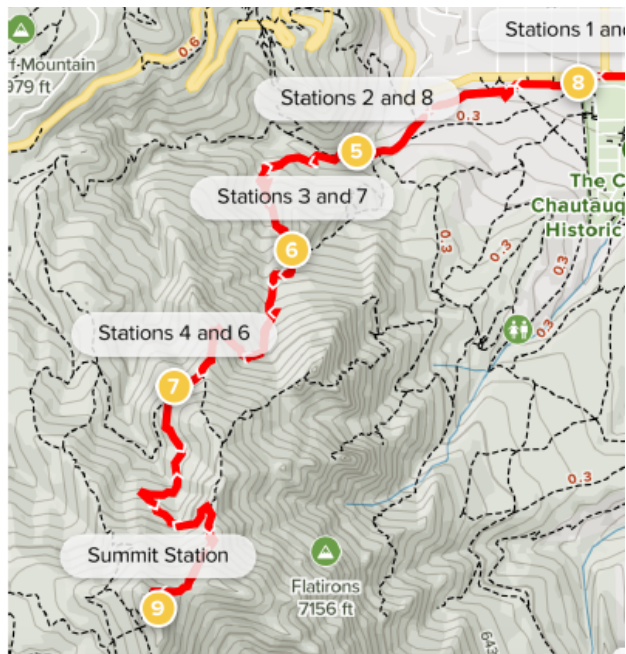
Course Map

CASEVAC Route



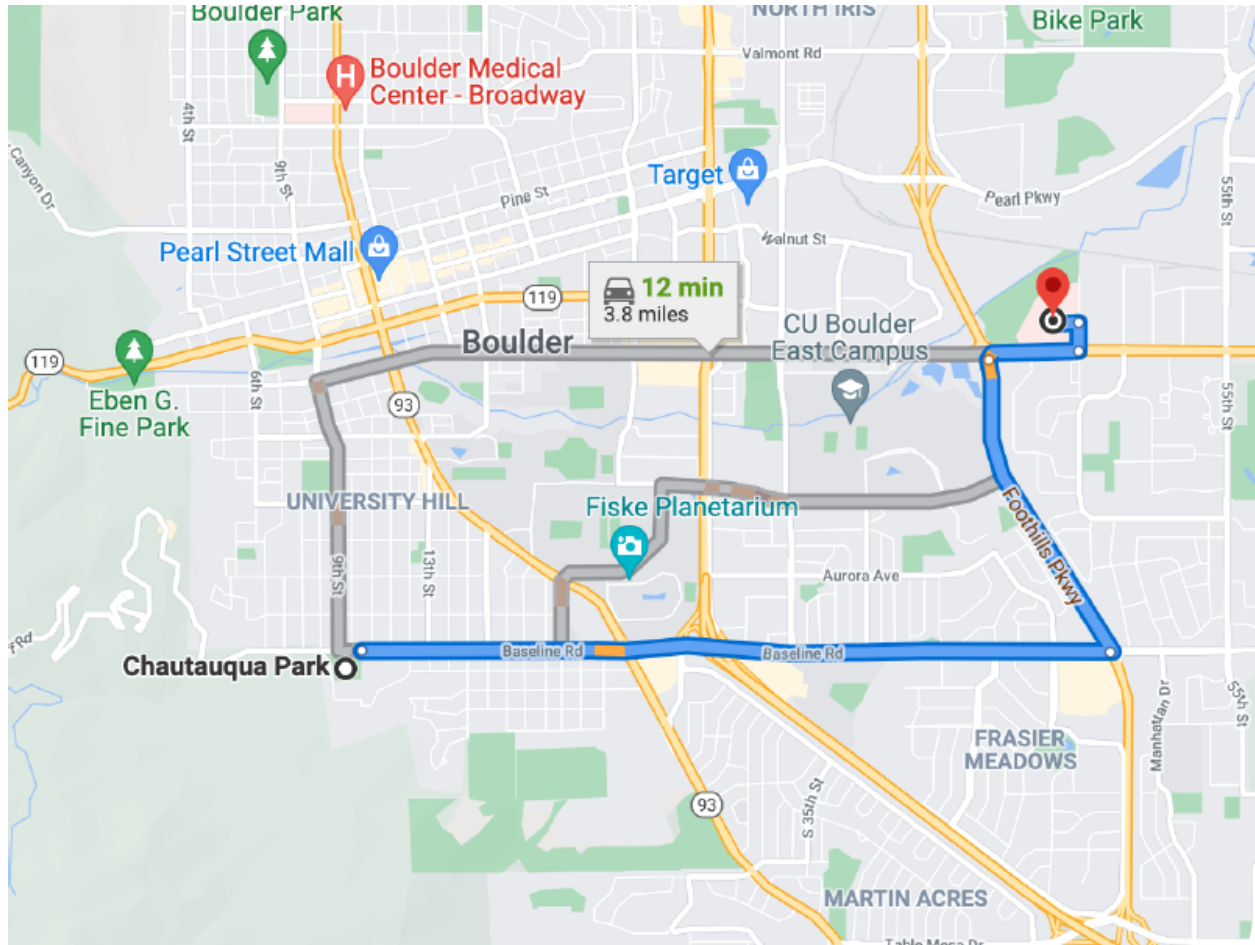
Length: 2 miles

Green Mountain Route



Length: 5.3 miles
Elevation gain: 2,450

Evacuation Route from Chautauqua Park to Boulder Hospital



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?