From: Midshipman 2/C McLaren, University of Colorado Naval Reserve Officer Training Corps Unit
To: All Hands

Subj: COLORADO MEET ENDURANCE RACE LETTER OF INSTRUCTION

Encl: (1) Uniform and Gear  
(2) MIDN Knowledge Packet  
(3) Operation Risk Management  
(4) Stations  
(5) Timeline of Events  
(6) Inclement Weather Plan

1. Orientation. The Endurance race will take place in the Rec Center Dive Well on the University of Colorado Campus. It will then transition to Balch Field house and then Chautauqua Park. Be advised the University of Colorado 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, calisthenics and hiking 8.6 miles with packs and 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 2 March 2019 the Colorado Meet will hold an Endurance Race from 0430 to 1500 in order to provide a competitive environment for NROTC teams to challenge themselves physically, mentally and as a team.

4. Execution
   a. Commander's Intent

   (1) Purpose. The primary focus of this event is to provide a fair and challenging environment that encourages camaraderie in future Naval Officers, provides a facet for
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fellow midshipman to exercise their leadership abilities and communication skills, and reinforce the value of tradition in both the Marine Corps and navy through events such as drill and color guard.

(2) Endstate. All participants in the 2019 Colorado Meet will take part in a challenging, fun, and productive competition. This competition will build camaraderie and practicing valuable military skills.

b. Concept of Operations. On 2 Mar 19, Endurance Race participants will come to the event organized in squads of 6 and wearing NWUs and MARPATs. Teams must include at least one female participant. Teams must also include at least one 4/C midshipman; a female 4/C would count for both requirements. Teams are allowed to have up to one MECEP/OC, though it is not a requirement. All events prior to and during the race will be conducted as squads. Squads will encounter numerous challenges designed to challenge individually and as a squad. The race will begin with a swimming portion involving weighted treading and a squad circuit. From there squads will transition to a land based calisthenic circuit workout. The final phase will consist of a hike with packs through mountainous terrain. Stations will be located throughout the hike to test military knowledge and administer additional calisthenics. Checkpoint and station staff will ensure the safety of events and monitor the overall health of each squad.

c. Tasks

(1) All participants. Ensure you have the minimum specified gear included in enclosure (2). Ensure you have reviewed and understand all documents including this LOI and any other attached forms. Ensure you are physically fit and hydrate before arriving.

(2) Squads. Appoint squad leaders No Later Than 23 Feb 19 and provide name to event coordinator 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 you will be responsible to ensure your squad is prepared for the race. This includes ensuring 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.** Know the route that teams will run and guide the team along the way. The guide will ensure that the team runs the correct route.

5) **E-Race OIC CU NROTC.** 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 is there 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 event. Ensure all tasks are accomplished in a timely and efficient manner. Ensure all necessary gear for the race 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 injured or lost teams.

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

10) **Station Leaders.** Ask one random individual from each team a knowledge question, assign repetitions for right or wrong answers. Ensure proper form and safety measures are being used.

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

12) **HQ Staff.** Aid E-race OIC and AOIC with specified tasks.

13) **Field House 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, along with any cold weather gear or waterproofing layers your team deems necessary.

(3) Fees - $85

(4) Check in - Each team will check in on Friday, March 1st at 1900 in the CU Wardroom to take accountability of gear and have safety brief. Teams will then show up 90 minutes before their start time to take their gear to the Field House.

5. Administration and Logistics

a. Administration

(1) Medical. Teams should be aware that Boulder Colorado is at high elevation; hydration is paramount 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 accurate contact information is displayed in medical documentation. Forward any correction/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 and returning of borrowed gear.

b. Logistics
Subj: COLORADO MEET ENDURANCE RACE LETTER OF INSTRUCTION

(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. In the event there is an incident the procedure will be to assess the situation, treat locally if possible, notify the nearest checkpoint, transport the injury to local hospital (if the injury is not severe), or in an extreme case execute a distress call for outside help (911, etc).

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

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

(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.

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

6. Command and Signal

   a. Command. OIC MIDN 3/C McClain and AOIC MIDN 3/C Hein will be reachable by cell phone or radio at all times.

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

(1) Point of Contact

   (a) MIDN 2/C McLaren (Meet OIC):
       Alexander.mclaren@colorado.edu
       (810) 923-7545

   (b) MIDN 2/C Stetz (Meet AOIC):
Subj: COLORADO MEET ENDURANCE RACE LETTER OF INSTRUCTION

Hugo.stetz@colorado.edu
(619) 846-8415

(c) MIDN 3/C McClain (Event OIC):
Braeden.mcclain@colorado.edu
(661) 670-4596

(d) MIDN 3/C Hein (Event AOIC):
Alexander.hein@colorado.edu
(412) 715-8293

A. W. McLAREN
Uniform and Gear

1. Uniform. The uniform is boots and utilities. (Boonie covers are authorized as well as any type of under armor or skivvies that racers' desire to wear). Colorado has varying temperatures throughout the year, which at times, can be hard to predict. Squads will be required to wear a different set of MARPAT/NWU trouser and blouse in the pool. No boots will be worn in the pool.

2. Gear List.
   a. Each Squad will have a total of 3 ammo cans and 1 jerry can. This weight may be distributed however the squad sees fit. The jerry can will be weighed at the end of the race to ensure no water has been dumped out. Additionally, the wet MARPATs/NWUs will be carried throughout the duration of the ruck run as well.
   b. Individuals will need to carry a 3-liter water source. The additional individual and squad gear may be stowed in any of the four packs.
   c. Squads will NOT bring their own weight. Weight will be supplied.
   d. Squads may bring their own ILBE packs. Packs must be an ILBE or FILBE variation and must dropped off NLT 1900 Friday, 1 March. See Photo for acceptable packs.

3.

<table>
<thead>
<tr>
<th>GEAR ITEM</th>
<th>REMARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squad Gear</td>
<td></td>
</tr>
<tr>
<td>(4) Backpacks (ILBE)**</td>
<td>Will be used to carry gear</td>
</tr>
<tr>
<td>Cell Phone</td>
<td>For emergency use only</td>
</tr>
<tr>
<td>Duct Tape</td>
<td></td>
</tr>
<tr>
<td>Sunscreen</td>
<td></td>
</tr>
<tr>
<td>Note Taking Gear</td>
<td></td>
</tr>
<tr>
<td>Trash Bag</td>
<td>To carry team’s trash</td>
</tr>
<tr>
<td>Weight *</td>
<td>4 packs will contain combined 3 ammo cans and 1 jerry can</td>
</tr>
<tr>
<td><strong>First Aid Kit</strong>*</td>
<td></td>
</tr>
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<td>-------------------</td>
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</tr>
<tr>
<td>School or Unit Flag</td>
<td>Required for Green Mountain Summit</td>
</tr>
<tr>
<td>Garbage Bag</td>
<td>Carry wet MARKETs/NWUs</td>
</tr>
<tr>
<td>Tracker Device *</td>
<td>To keep track of team progress</td>
</tr>
</tbody>
</table>

**Individual Gear**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spare Socks</td>
<td>Min. 1 pair per person</td>
</tr>
<tr>
<td>CamelBak or Canteens</td>
<td>Min. 3 qts per person</td>
</tr>
<tr>
<td>Boots</td>
<td>Broken in</td>
</tr>
<tr>
<td>Trousers</td>
<td>USMC or Navy</td>
</tr>
<tr>
<td>Neutral Color Undershirt</td>
<td>Green, Blue, Black, Gray, Brown, Unit PT shirt</td>
</tr>
<tr>
<td>Gloves</td>
<td>Cold Weather</td>
</tr>
<tr>
<td>Cold Weather Gear</td>
<td>Gore Tex shell or similar warming layer</td>
</tr>
<tr>
<td>Extra belt</td>
<td>Cammies in the Pool</td>
</tr>
<tr>
<td>Traction Equipment *</td>
<td>To be provided by CU NROTC</td>
</tr>
<tr>
<td>Extra MARPATs, NWUs, and goggles</td>
<td>Required for pool station, trousers and blouse will be placed into packs</td>
</tr>
</tbody>
</table>

**Logistical**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra MARPATs for Pool Station (1)</td>
<td></td>
</tr>
<tr>
<td>(3) Water jugs and ILBE to transport for Checkpoint (4) and Log Press Station (7)</td>
<td></td>
</tr>
<tr>
<td>One Poleless litter at each station/checkpoint</td>
<td>Ensure they are all functioning. Squads may bring their own.</td>
</tr>
<tr>
<td>One charged cell phone and Map per Safety Observer</td>
<td></td>
</tr>
<tr>
<td>Iso-mats for pushups and sit-up stations</td>
<td></td>
</tr>
</tbody>
</table>

**Station Staff**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notepad/Pen</td>
<td>Record arrival and departure times of each team at each station</td>
</tr>
<tr>
<td>First aid Kits</td>
<td></td>
</tr>
<tr>
<td>---</td>
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<tr>
<td>Charged Cell Phones</td>
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<tr>
<td>Van</td>
<td>Emergency Use and station Set Up</td>
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</table>

Each team is required to have this gear. If missing gear, the team will be unable to run in this event.

*-- indicates CU NROTC will provide

**-- indicates CU NROTC can provide if necessary
MIDN KNOWLEDGE PACKET:

USMC RANK STRUCTURE
ENLISTED

PRIVATE (E-1)
PRIVATE FIRST CLASS (E-2)
LANCE CORPORAL (E-3)
CORPORAL (E-4)
SERGEANT (E-5)
STAFF SERGEANT (E-6)

GUNNER SERGEANT (E-7)
MASTER SERGEANT (E-8)
FIRST SERGEANT (E-9)
MASTER GUNNER SERGEANT (E-9)
SERGEANT MAJOR (E-9)
SERGEANT MAJOR OF THE MARINE CORPS (E-9)

USMC RANK STRUCTURE
Officer

WARRANT OFFICER (W-1)
CHIEF WARRANT OFFICER 2 (CW2)
CHIEF WARRANT OFFICER 3 (CW3)
CHIEF WARRANT OFFICER 4 (CW4)
CHIEF WARRANT OFFICER 5 (CW5)

MAJOR (O-4)
CAPTAIN (O-3)
MAJOR (O-4)
LIEUTENANT COLONEL (O-5)
COLONEL (O-6)
BRIGADIER GENERAL (O-7)

MAJOR GENERAL (O-4)
LIEUTENANT GENERAL (O-9)
GENERAL (O-10)
ENLISTED INSIGNIA OF THE UNITED STATES ARMED FORCES

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<tr>
<th>E-1</th>
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| Seaman Recruit | Seaman Apprentice | Seaman | Petty Officer Third Class | Petty Officer Second Class | Petty Officer First Class | Petty Officer | Chief Petty Officer | Senior Chief Petty Officer | Master Chief Petty Officer | Master Chief Petty Officer of the Navy |

Officers

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</table>

| Ensign | Lieutenant Junior Grade | Lieutenant | Lieutenant Commander | Captain | Rear Admiral (lower half) | Rear Admiral (upper half) | Vice Admiral | Admiral | Fleet Admiral |

Oath of Office

I do solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic, and to bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion, and that I will well and faithfully discharge the duties of the office upon which I am about to enter, so help me god.

Mission of the United States Navy

The mission of the Navy is to maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.
Mission of the United States Marine Corps
The mission of the United States Marine Corps is to be prepared to conduct amphibious operations and to seize and defend advanced naval bases.

General Orders

Navy Option.

1. To take charge of this post and all government property in view.
2. To walk my post in a military manner, keeping always on the alert, and observing everything that takes place within sight and hearing.
3. To report all violations of orders I am instructed to enforce.
4. To repeat all calls from posts more distant from the guardhouse than my own.
5. To quit my post only when properly relieved.
6. To receive, obey, and pass on to the sentry who relieves me, all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck, and all officers and petty officers of the Watch only.
7. To talk to no one except in the line of duty.
8. To give the alarm in case of fire or disorder.
9. To call the Officer of the Deck in any case not covered by instructions.
10. To salute all officers, and all colors and standards not cased.
11. To be especially watchful at night, and during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without the proper authority.

Marine Option.

1. To take charge of this post and all government property in view.
2. To walk my post in a military manner, keeping always on the alert, and observing everything that takes place within sight and hearing.
3. To report all violations of orders I am instructed to enforce.
4. To repeat all calls from posts more distant from the guardhouse than my own.

Enclosure (2)
5. To quit my post only when properly relieved.

6. To receive, obey, and pass on to the sentry who relieves me, all orders from the Commanding Officer, Officer of the Day, and all officers and noncommissioned officers of the Guard only.

7. To talk to no one except in the line of duty.

8. To give the alarm in case of fire or disorder.

9. To call the corporal of the guard in any case not covered by instructions.

10. To salute all officers, and all colors and standards not cased.

11. To be especially watchful at night, and during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without the proper authority.

**Code of Conduct.**

1. I am an American fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.

2. I will never surrender of my own free will. If I am in command, I will never surrender the members of my command while they still have means to resist.

3. If I am captured, I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy.

4. If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information nor take part in any action which might be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful orders of those appointed over me and will back them up in every way.

5. When questioned, should I become a prisoner of war, I am required to give name, rank, service number, and date of birth. I will evade answering further questions to the utmost of my ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause.

6. I will never forget that I am an American, fighting for freedom, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.

Enclosure (2)
The Midshipman Code.

A midshipman does not lie, cheat, or steal.

Other Required Knowledge.
The Birthday of the United States Navy is: 13 OCT 1775
The Birthday of the United States Marine Corps is: 10 NOV 1775
The Navy/Marine Corps standard drill manual: MCO P5060.20

Chain of Command

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President of the United States of America</td>
<td>The Honorable Mr. Trump</td>
</tr>
<tr>
<td>Vice President of the United States</td>
<td>The Honorable Mr. Pence</td>
</tr>
<tr>
<td>Secretary of Defense</td>
<td>The Honorable Mr. Mattis</td>
</tr>
<tr>
<td>Secretary of the Navy</td>
<td></td>
</tr>
<tr>
<td>Chairman of the Joint Chiefs of Staff</td>
<td>GEN Dunford, USMC</td>
</tr>
<tr>
<td>Chief of Naval Operations</td>
<td>ADM Richardson, USN</td>
</tr>
<tr>
<td>Commandant of the Marine Corps</td>
<td>Gen Neller, USMC</td>
</tr>
<tr>
<td>Commander, Naval Education and Training</td>
<td>RADM Cozad, USN</td>
</tr>
<tr>
<td>Command</td>
<td></td>
</tr>
<tr>
<td>Master Chief Petty Officer of the Navy</td>
<td>MCPON Giordano, USN</td>
</tr>
<tr>
<td>Sergeant Major of the Marine Corps</td>
<td>SgtMaj Green, USMC</td>
</tr>
</tbody>
</table>

Enclosure (2)
**Operational Risk Management Sheet**

**COI**: COLORADO MEET 2018  
**GKEDP**:  
**Landing Site**: CU Boulder  
**Location**: BOULDER RD, CAMPUS, REC CENTER POOL, TRAILS  
**Residual RAC Totals**:  

<table>
<thead>
<tr>
<th>Risk Assessment Matrix</th>
<th>Severity</th>
<th>Probability</th>
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</thead>
<tbody>
<tr>
<td></td>
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<td>MODERATE</td>
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<td>CRITICAL</td>
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**Per OPM/OSIAT 730-73 series**, an assessment of any listed risk exceeding a fixed RAC of 1 or 2, as well as an assessment of RAC 3 is specified. (High risk of damage or severity III (severe injury or damage).)

|---------|--------------------------------|-----------------------|------------------|--------------------|-----------------|---------|---------------------------|----------------|---------|-------------------|
| 1       | FACE  
         DJUSTAS | FOOT INJURY / INJURY | LME | 2% | 2% | 61 |
| 2       | FACE  
         TRAINING | SKIN INJURY / INJURY | LME | 2% | 2% | 61 |
| 3       | FACE  
         SWIMMING | SWIMMING / INJURY | LME | 2% | 2% | 61 |
| 4       | FACE  
         LKOUT | SWIMMING / INJURY | LME | 2% | 2% | 61 |
Stations
1. Pool (1)
Location: CU Rec Center Dive Well Pool station 1 will consist of treading water. Squads tread water for 10 minutes in NWUs/MARPATS. One brick must be held above the water by the squad while treading.

If the squad drops the brick, time is stopped until brick is picked up and brought above water again. If a squad member grabs a wall or lane line, time is stopped and a 1 minute penalty is incurred. Time will begin again when all members have stopped touching walls or lane lines. A 15 minute in pool time limit will be enforced for Pool (1) and all penalties will be added onto the squad time after the completion of or time limit cap. Each member of squad must tread, every member needs to carry 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 that squad member and a 5 minute time penalty will be enforced.

2. Pool (2)
Location: CU Rec Center Dive Well Pool station 2 will consist of swimming, calisthenics and hypoxic work. Squads will start on the west side of the dive well in NWU's and MARPATS. Each squad will travel as one group throughout the duration of the evolution. All exercises explained will be done individually as a team, not as total repetitions by the team. Starting on one side of the dive well, squads will conduct 25 hand release pushups. From there, the squad will swim the short portion of the dive well and exit to perform 5 gutter ups and 25 flutter kicks. When the squad swims back, they will only conduct 20 pushups. Each time, pushups will decrease by 5 and gutter ups will increase by 5 until 5 hand release pushups and 25 gutter ups have been completed. Flutter kicks will be fixed at 25 repetitions for the duration of the evolution.

A complete hand release push-up is bringing the competitor's chest to the deck and lifting hands off the deck, then lifting the body back up for one complete rep.

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

A complete flutter kick is having one's back flat on the deck, legs locked out straight, alternating kicking of each leg, not letting the lower foot go below 6 inches.

Incorrect exercises will not count. Safety Observers will judge form for all exercises. Each member of squad will participate. Gear will be staged on the pool deck. Boots will not be worn.
during Pool (2). 40 minute time limit will be enforced. In the case of a squad member not being able to complete the event entirely, the remaining members of the squad will finish without that squad member and a 5 minute time penalty will be enforced. The squads will 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.

3. Field House Punishment Station
Location: Outside of Field House. This station only applies to squads who failed the time limit of completion of either Pool (1) or Pool (2).
Squads who failed Pool (1) will do 25 cadenced 8 Count Body-Builders each and will incur a 5 minute penalty.
Squads who failed Pool (2) will do 70 cadenced 8 Body-Builders each and will incur a 10 minute penalty.
After completing their punishment each team will begin the field house portion of the E-race.

4. Field House Station
Location: Inside Field House. Squads will conduct Cindy as a team. Cindy is 300 air squats, 200 push-ups, and 100 pull-ups.
Only one member of the squad will be completing the exercise at a time.
Exercises may go in the order that the squad sees fit, but may not interchange (etc. you may not start one member on squats and the next on pull-ups.)
Push-ups will only be counted if the elbows come to 90 degrees or below.
Squats will only be counted if the knees come too 90 degrees or below.
Pull-ups will only be counted if the arms come to full lock out, and the chin breaks the plain of the bar. Kipping is not authorized.
All members of the squad must complete at least 5 reps of each exercise.
Proctors will tack and count the number of reps out loud. If a member misses rep, they will say "MISS," so the squad is informed that it did not count. The proctor's will also announce the completion of exercises as they are accomplished.

Enclosure (4)
Following Cindy each squad must complete 20 rope climbs as a squad. Squads will only be allowed to use one rope. Every member of the squad must climb the rope twice.

Following the rope climbs, squads will complete a total of 50 log sit-ups. No more than two logs can be used per squad. Sit-ups between logs will add up to the total needed.

Once all Field House events are finished teams will start the run/hike portion.

5. Buddy Carry
Location: Baseline Trail start to Gregory Canyon intersection. Each squad will buddy carry one member and one ammo can starting at Baseline Trail.

The squad member to be carried will be identified by the squad guide, as being the heaviest squad member, at Baseline Trail. Squads will fill water sources at the start of Baseline Trail.

The ammo can will be retained until the squad has reached Squad Sit Ups, back at Baseline Trail.

The members may switch who is carrying the chosen squad member at their own discretion. Squads will carry the squad member to the Gregory Canyon intersection, where the squad guide will give the go ahead to drop the carried squad member.

There will be a 1 minute penalty for the remainder of the course for squads not staying on the set route. The squad guide will allow the squad to miss or make a wrong turn, will correct them of a missed or wrong turn within 10 seconds, then direct them to the right path. The squad guide will then annotate the penalty and add it to the final time after the squad has touched the Buffalo.

6. Pushup Station
Location: intersection of Saddle Rock and Gregory Canyon Trail. Squads will be asked 1 random knowledge question from the enclosures below.

Squads will complete 20 cadenced ranger pushups, without packs for a correct answer, and 30 cadenced ranger pushups, without packs for a wrong answer.

Push-ups will only be counted if the elbows come to 90 degrees or below. Guides and observes 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. Smurf Jack Station
Location: intersection of Saddle Rock and Amphitheater. Squads will be asked 1 random knowledge question from the enclosures below. A correct answer will warrant 25 cadenced smurf jacks, without packs, and an incorrect answer will warrant 35 cadenced smurf jacks, without packs, to be completed as a squad. Guides and will monitor form to minimize risk of injury. Packs and ammo can will be staged off the trail so as not to get in the way of trail use.

8. Buddy Squat Station
Location: intersection of Saddle Rock and Greenman Trail. Squads will be asked 1 random knowledge question from the enclosures below. Members of the squad must pair up with another member (preferably within 10 pounds) and perform buddy squats. A correct answer will warrant 10 buddy squats per squad member, without packs, and incorrect answer will warrant 15 buddy squats per squad member, without packs. Squats will only be counted if the knees come too 90 degrees or below. Guides will monitor form in order to minimize injury and ensure proper form is being used. Packs and ammo can 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 teams can refill water.

9. Land Navigation Station.
Location: at Green Mountain Summit. Squads will use land navigation skills to plot points on a map. Squads guides will take a picture of the squad with their respected team flag, before squads are allowed to plot land nav points. The map provided will be from Boulder. The squad will have six points to plot. Each squad member will plot one point. Members not plotting a point will be performing planks, without packs. Planks will have a flat back, and may be performed on the hands or elbows. The members may choose to rotate to one side or the other, but will do so as a squad, not as individuals. Guides and will monitor form to minimize risk of injury. When complete, team members will turn in maps and wait for their result. The staff at the checkpoint will check for correctness of the plotted points and will have an answer key. Every wrong point will result in 5 burpees for the entire squad. A 1 min
penalty will be added for an incorrect point. The staff will give the correct point after the 5 burpees are completed. Teams will change socks after having all of the plotted points evaluated. Packs and ammo can will be staged off the trail so as not to get in the way of trail use.

10. Squad Lunges Station
Location: Intersection of Saddle Rock and Greenam Trail
Squads will be asked 1 random knowledge question. Squads will complete 20 two count team lunges, without packs, for a correct answer and 30 two count team lunges, without packs, for an incorrect answer. Team lunges will be performed by all squad members linking arms and completing each repetition as a team. Each repetition will be counted when both the left and right foot have been the leading foot when a lunge is performed. This station will be a mandatory water refill station. Packs and ammo can will be placed off the trail so as not to interfere with traffic.

11. Squad Sit Ups Station
Location: Baseline Trail start
Teams will run down the mountain to the first checkpoint, Baseline Trail start, where they picked up the ammo can. Squads will drop the ammo can and be asked a knowledge question from the enclosures below. A correct answer will warrant 25 squad sit ups, without packs, for a correct answer and 35 squad sit ups, without packs for an incorrect answer. Squad sit ups will be completed as a group; with arms interlocked. Packs will be placed off the trail so as not to interfere with traffic.

12. Final Checkpoint
Location: Buffalo Statue in front of the Field House. Teams will complete the entirety of the race once the last member touches the buffalo statue. Drop dead time for the entire race is 1500.
Timeline of Events

Pool Timeline

<table>
<thead>
<tr>
<th>Time</th>
<th>Teams</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0615-0715</td>
<td></td>
<td>Teams 1-3 Pool portion</td>
</tr>
<tr>
<td>0715-0815</td>
<td></td>
<td>Teams 4-6 Pool portion</td>
</tr>
<tr>
<td>0815-0915</td>
<td></td>
<td>Teams 7-9 Pool portion</td>
</tr>
<tr>
<td>0915-1015</td>
<td></td>
<td>Teams 10-12 Pool portion</td>
</tr>
</tbody>
</table>

Field House

<table>
<thead>
<tr>
<th>Time</th>
<th>Teams</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0810</td>
<td></td>
<td>Teams 1-3 Begin Field House and Punishment station</td>
</tr>
<tr>
<td>0830-0910</td>
<td></td>
<td>Teams 4-6 Begin Field House and Punishment station</td>
</tr>
<tr>
<td>0930-1010</td>
<td></td>
<td>Teams 7-9 Begin Field House and Punishment station</td>
</tr>
<tr>
<td>1030-1110</td>
<td></td>
<td>Teams 10-12 Begin Field House and Punishment station</td>
</tr>
</tbody>
</table>
Inclement Weather Plan

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

Course Info:
- 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

Station 1:
Pool Station (1)

Station 2:
Pool Station (2)

Station 3:
Full Murph for time
- 1 mile run
- 100 strict pull-ups
- 200 push-ups
- 300 air squats
- 1 mile run

Station 4:
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 member is added up.

Station 5:
Log PT
50 log sit-ups
50 log lunges
50 4-count shoulder press
Complete 3 rounds for time

Station 6:

Burpee Mile - As a team for time:

10 laps around indoor track
Burpee broad jump the entire way.
One member goes at a time.
Team switches when member needs rest.