



# UNIVERSITY OF WISCONSIN-MADISON NAVAL ROTC FALL DRILL MEET 2021

UW-MADISON NAVAL ROTC  
1610 University Ave.



University of Wisconsin  
Naval Reserve Officers Training Corps  
Fall Invitational Drill Meet 2021  
Information Packet



COVID Update: Since the beginning of 2020, the world has been dealing with mitigating and protecting against the spread of the COVID-19 pandemic through vaccination, mask mandates, proper hygiene, and social distancing. Unfortunately, the pandemic continues to affect all our daily lives with the new Delta Variant. As a result, the CDC and the Department of Defense have released their latest update guidance ([click here for guidance](#)). The University of Wisconsin NROTC is acting in accordance with the guidance as well as the [Public Madison and Dane County Orders](#). Below is a brief summary of the guidance and changes to the 2021 Fall Drill Meet.

- In areas of substantial or high community transmission, mask wearing indoors, even for fully vaccinated personnel is required.
- If not fully vaccinated, continue to physically distance in accordance with CDC and DoD Force Health Protection guidance.
- In past years, schools have slept in the NROTC building. To limit personnel in the building, we ask that schools find their own housing arrangements.
- Continue to use proper hygiene after use of equipment as well as clean and sanitize areas prior to leaving.

Dane County has now moved into the “substantial” category, so mask wearing is required in the Naval Armory for all personnel, regardless of vaccination status. We will continue to evaluate the transmission level on a daily basis and comply with DoD directives

The University of Wisconsin NROTC is thankful to once again be hosting its Annual Drill Meet and thanks you in advance for your compliance in helping fight against the pandemic.

## Summary of Events:

The University of Wisconsin Naval ROTC 48th Annual Drill Meet will be held on Saturday 23 October 2021. The following are short descriptions of each event.

Uniforms: Uniform requirements may need to be adjusted due to weather and ground conditions. The final venues for the drill meet are most likely going to be outside due to COVID-19 conditions and the prevalence of the Delta variant. Field conditions may vary depending on weather. Schools are advised to be prepared to execute drill in Service Dress Blues or Camouflage Uniform with sleeves down. The call for shift to camouflage uniform will be made if ground conditions are too poor for dress uniform wear.

### **1. Platoon Drill Competition**

Team Size and Organization: The size of the unit for Platoon Drill will be no less than 14 members and no more than 20, including a unit commander and platoon guide. NROTC Units can request exemptions to this rule by contacting the University of Wisconsin Assistant Marine Officer Instructor (AMOI). The team will be organized into three squads with each member of the Platoon armed with a rifle. Authorized rifles for the competition are the demilitarized M14, M16, or Springfield 1903. A platoon guide is required to carry a standard eight foot (8') staff with unit guidon. The unit commander must be an underclassman (4/C-2/C) MIDN. He or she may carry a sword, belt and scabbard, or be armed with a rifle. Each school may enter one team in the Platoon Drill competition.

Drill Card: The platoon drill card is available for download from the University of Wisconsin NROTC website and is listed as Enclosure (2) to this document. All movements will be executed in accordance with current MCO P5060.20. Any questions that are not specifically addressed in the order can be clarified by contacting the University of Wisconsin AMOI prior to the event.

[Platoon Drill Card \(Click here to jump to the drill card\)](#)

Drill Area: The drill area for the Platoon Drill competition will be a 50-yard by 50-yard surface marked by cones in each corner.

Platoon Inspection: The Platoon Inspection will be held after execution of platoon drill.

Tie Breakers: In the event of a tie, a winner will be determined based on the Unit Leader score. If Unit Leader scores are tied, the platoon with the best Platoon Inspection score wins.

### **2. Squad Drill Competition**

Team Size and Organization: The size of the unit for the squad drill competition will be no less than seven participants and no more than ten, including the squad leader. Each member is required to carry a rifle (see Platoon Drill for authorized types). The unit leader must be an underclassman (4/C-2/C) MIDN. He or she may carry a sword, belt, and scabbard, or a rifle. Each school may enter up to two teams in the squad drill competition, with only their top

team's score counting towards determining the overall winner.

Drill Card: The squad drill card is available for download from the University of Wisconsin NROTC website and is listed as enclosure (3) of this document. All movements will be executed in accordance with current MCO P5060.20. Any questions that are not specifically addressed in the order can be clarified by contacting the University of Wisconsin AMOI prior to the event.

[Squad Drill Card \(Click here to jump to drill card\)](#)

Drill Area: The drill area for the Squad Drill competition will be a 30-yard by 30-yard surface marked by cones in each corner. As in past years, the surface will be field turf.

Squad Inspection: The Squad Inspection will be held after execution of squad drill.

Tie Breakers: In the event of a tie, a winner will be determined based on the Unit Leader score. If Unit Leader scores are tied, the Squad with the best Squad Inspection score wins.

### **3. Color Guard Competition**

Team Size and Organization: All NROTC color guard teams will consist of five members: three color bearers (National Ensign, Navy Colors, and Marine Corps Colors) and two riflemen. All color guard teams from other branches (Army, Air Force) shall consist of at least two-color bearers (National Ensign and Service Colors) and two riflemen. Each school may enter up to two color guard teams in the competition, with only the top team's score counting towards determining the overall winner.

Drill Card: The color guard drill card is available for download from the University of Wisconsin NROTC website and is listed as enclosure (4) to this document. All movements will be executed in accordance with current MCO P5060.20. Any questions that are not specifically addressed in the order can be clarified by contacting the University of Wisconsin AMOI prior to the event.

[Color Guard Drill Card](#)

Drill Area: The drill area for the Color Guard competition will be a 30-yard by 30-yard surface marked by cones in each corner.

### **4. Rifle/Pistol Team**

Overview: The UW Madison Naval ROTC shooting competition will take at place Deerfield Shooting Range (43 N Main St, Deerfield, WI 53531). The course of fire will be listed below in the enclosures. [Course of Fire \(Click here to jump to the enclosure\)](#)

Team Size: 4-8 participants. There may be one team for both rifle and pistol, or four for the pistol portion and four for the rifle portion.

## 5. Urban Adventure Race

Overview: The UW Madison Naval ROTC Urban Adventure Race (UAR) will start and finish at the UW NROTC Unit located at 1610 University Avenue, Madison, WI. The course will travel throughout the campus area. Teams will be under constant supervision and may be observed by spectators throughout the course.

Team Size: Teams will be comprised of 4 participants, at least one female.

Uniform: Participants will wear Navy or Marine Corps approved boots (Navy coyote boots are authorized), Woodland MARPAT or NWU Type III trousers, and unit PT shirt for the race. It is required that each member of the team wear a glow belt during hours of darkness. Each individual must carry their own water, camelbaks are recommended. Water 1<sup>st</sup> aid stations will be provided throughout the course.

Course: The course length will be approximately 6 miles. The course will be continuous with teams stopping at various stations to conduct exercises. The UAR route and exercises can be downloaded from the University of Wisconsin Naval ROTC website and is listed as enclosure (6) to this document. [UAR Map](#) (Click here to jump to the course)

## 6. Flag Football Competition

Overview: The UW Madison Naval ROTC Flag Football Competition will be tentatively located at the Near West Fields at 2001 Observatory Drive, Madison, WI. The Near West Fields are approximately a 10-minute walk from the University of Wisconsin NROTC unit.

Team Size: Teams will be comprised of 8 participants, at least one female, with a maximum of 5 substitutes.

Uniform: Participants will wear Navy or Marine Corps PT shorts with unit PT shirt for the game. Sweat bottoms and sweat tops will be allowed. Participants must bring a pair of athletic shoes or cleats for the game. If an individual plans to wear cleats, please also bring athletic shoes in case RecSports decides to prohibit the use of cleats in this event. Each individual is responsible for providing their own water source.

### Tournament Rules/Regulations:

- a) **Conduct:** Players are expected to demonstrate exemplary sportsmanship. Participants must respect other players, as well as the decisions made by the referees. All rulings on the field are final. Failure to respect referees or other players may result in the dismissal from the tournament. Referees may choose to eject players and/or teams from the tournament at their discretion.
- b) **Arrival:** Teams must arrive 15 minutes before the start of the game. Failure to do so will result in forfeiture at the discretion of the Flag Football Tournament OIC.
- c) **Scoring:** Touchdowns will be 6 points with a chance for a 2-point conversion.
- d) **Time:** Each game shall consist of two 15-minute halves. The clock will be continuous,

only stopping for penalties, out-of-bounds, timeouts, etc.

- e) Overtime: In the case of a tie at the end of regulation, overtime will consist of each team getting a chance to score from the 20-yard line with only 4 downs. This will continue until there is a point deficit at the end of a pair of turns.
- f) Mercy Rule: If a team is losing by more than 40-points at any time in the second half, the game will be called off.
- g) Tournament Bracket: The bracket and the number of games each team will play will be based on the amount of interest in the event.

## **7. Knowledge Jeopardy**

Overview: Jeopardy will be played in one of the classrooms of the Wisconsin NROTC building. Questions will consist of both Navy and Marine Corps history, uniform, etc.

Team Size: Teams will be comprised of 2-4 participants.

Rules and Regulations:

- a) Format: Two general rounds played, each with six categories and five questions per category. Score per question in each category during the first round will increase incrementally from 200 to 1000. Scores during the second-round increase incrementally from 400 to 2000.
- b) General Round: Contestants will pick a category and number to reveal a question. After the question appears and is read aloud by the host, the team will have 15 seconds to come up with an answer. If correct, the team will be awarded points accordingly. If the answer is wrong, then no points will be awarded.
- c) Answer: Contestants will verbally give their answer using the sentence “What is...”
- d) Final Jeopardy: Contestants will have 30 seconds to submit their answers. Before the question is sent out by the host, contestants will submit their wager based on available points.
- e) Scoring: Winner will be awarded in accordance with the highest score after final jeopardy. If there is a tie, final jeopardy will occur again with a new question and wager.

## **8. Max Pull Ups Competition**

Overview: In honor of the United States Marine Corps 246<sup>th</sup> birthday this year on November 10, 2021, the Wisconsin NROTC unit will be having a race to 246 pull ups.

Team Size: 5-10 participants

Race: Each member will jump up to the pull up bar and perform as many pull ups as possible. Failure to fully extended and/or get chin above the bar will result in no rep counted. The school with the fastest time to complete 246 pull ups will win.

## **Overall Winner**

The overall winner of the 2021 University of Wisconsin Fall Invite will be determined by adding all the points for each team from each event together. If units have entered more than one team in any event, only the top scoring team's score will be used to compute the overall winner. Each event holds a different weight in determining the overall winner:

Platoon Drill 20%  
Squad Drill 15%  
Color Guard 15%  
Urban Adventure Race 20%  
Rifle 10%  
Pistol 10%  
Flag Football/Jeopardy/Pull Ups 10%

**Tie Breakers:** In the event of a tie 4 MIDN will be **RANDOMLY** selected from each school to hold a front plank. Last school standing wins. At the school's discretion MIDN who participated in the UAR or are injured may be replaced with another random participant.

## **Awards Ceremony**

**Execution:** All units are encouraged to attend the awards ceremony which will be conducted after the conclusion of all events and the tallying of scores. If extenuating circumstances such as travel considerations exist, attendance is not mandatory, prior coordination of absence is required however, and units will be obligated to pay for the shipping and handling of their awards if they are not present at the ceremony.

**Uniform:** Attendants of the awards ceremony will be in unit polo or service uniform.

**Awards:** Awards will be presented for teams placing first, second, and third overall, and first through third in each event. The Max Pull-Up Winner will also be recognized.

## **Lunch**

UW NROTC will provide lunch to participants and event graders on Saturday, 23 October which will be covered by entrance fee of \$7.50 per attendant (MIDN/Staff). In order to keep costs low, a head count will be required from each participating unit which will be coordinated at a later date. For those interested in purchasing food elsewhere, a variety of venues will be open across campus.

## **UW Points of Contact**

1. AMOI: SSgt Smith, C. J. / [cjsmith29@wisc.edu](mailto:cjsmith29@wisc.edu) 217-474-9763
2. MIDN Coordinator: MIDN 2/C Guelker, J. / [jguelker@wisc.edu](mailto:jguelker@wisc.edu) 608-577-4350
3. UAR Coordinator: MIDN 3/C Aguirre Hernandez, S. / [aguirreherna@wisc.edu](mailto:aguirreherna@wisc.edu) 920-251-7996
4. Drill Events Captain: Not Assigned yet (Please route any questions to MIDN Cood.)
5. Rifle and Pistol Captain: Not Assigned yet (Please route any questions to MIDN Cood.)



## Enclosures

1. [Drill Meet Entry Form](#)
2. [Platoon Drill Card](#)
3. [Squad Drill Card](#)
4. [Color Guard Drill Card](#)
5. [Course of Fire](#)
6. [UAR](#)



REPORTING PROCEDURE: GOOD MORNING/AFTERNOON GYSGT, MIDN SMITH  
REPORTS NAVAL ROTC (SCHOOL) ALL FORMED FOR THE CONDUCT OF DRILL  
EVALUATION

Platoon Drill Card

1. FORM PLATOON AT NORMAL INTERVAL
2. OPEN RANKS
3. PORT ARMS
4. LEFT SHOULDER ARMS
5. ORDER ARMS
6. PRESENT ARMS
7. PARADE REST
8. CLOSE RANKS
9. COLUMN RIGHT FROM THE HALT
10. CLOSE AND EXTEND WHILE MARCHING
11. COLUMN RIGHT
12. RIGHT OBLIQUE
13. RIGHT FLANK RETURN TO COLUMN
14. COLUMN LEFT (REPEAT)
15. LEFT FLANK RETURN TO COLUMN
16. MARCH TO THE REAR
17. COLUMN HALF LEFT
18. MARCHING MANUAL
19. COLUMN LEFT
20. PASS IN REVIEW
21. FALL OUT

Drill Card (Inclement  
Weather)

1. FORM THE PLATOON
2. OPEN RANKS MARCH
3. PORT ARMS
4. RIGHT SHOULDER ARMS
5. LEFT SHOULDER ARMS
6. ORDER ARMS
7. PRESENT ARMS
8. PARADE REST
9. CLOSE RANKS
10. SLING ARMS
11. TAKE INTERVAL
12. HAND SALUTE
13. ASSEMBLE
14. ADJUST SLINGS
15. LEFT/RIGHT FACE
16. ABOUT FACE (REPEAT)
17. TO THE REAR (REPEAT)
18. Close and Extend in  
Column
19. MARK TIME/CHANGE STEP

Refer to:

<https://www.marines.mil/News/Publications/MCPEL/Electronic-Library-Display/Article/1867417/mco-506020-cancels-mco-p506020/>

Enclosures

**Encl (2)**

REPORTING PROCEDURE: GOOD MORNING/AFTERNOON GYSGT, MIDN SMITH  
REPORTS NAVAL ROTC (SCHOOL) ALL FORMED FOR THE CONDUCT OF DRILL  
EVALUATION

SQUAD DRILL CARD

1. FORM THE PLATOON (CLOSE INTERVAL)
2. EXTEND
3. LEFT SHOULDER ARMS
4. PORT ARMS
5. RIGHT SHOULDER ARMS
6. PARADE REST
7. COLUMN RIGHT (HALTED)
8. BY THE RIGHT FLANK
9. BY THE LEFT FLANK
10. TO THE REAR (X2)
11. COLUMN RIGHT
12. RIGHT OBLIQUE/MARK TIME
13. COLUMN LEFT
14. CHANGE STEP
15. COLUMN LEFT
16. LEFT OBLIQUE/HALF STEP
17. COLUMN LEFT
18. TO THE REAR (X2)
19. COLUMN HALF LEFT
20. COLUMN HALF LEFT
21. MARCHING MANUAL
22. DISMISSED

Refer to:

<https://www.marines.mil/News/Publications/MCPPEL/Electronic-Library-Display/Article/1867417/mco-506020-cancels-mco-p506020/>

Enclosures

**Encl (3)**

REPORTING PROCEDURE: GOOD MORNING/AFTERNOON GYSGT, MIDN SMITH  
REPORTS NAVAL ROTC (SCHOOL) ALL FORMED FOR THE CONDUCT OF DRILL  
EVALUATION

Color Guard Drill Card

1. REPORT
2. CARRY COLORS PRESENT COLORS
3. ORDER COLORS
4. PARADE REST
5. CARRY COLORS
6. FORWARD MARCH
7. RIGHT WHEEL
8. LEFT ABOUT
9. MARK TIME
10. LEFT WHEEL
11. EYES RIGHT
12. RIGHT WHEEL
13. EYES RIGHT
14. DISMISSED

Refer to:

<https://www.marines.mil/News/Publications/MCPPEL/Electronic-Library-Display/Article/1867417/mco-506020-cancels-mco-p506020/>

Enclosures

**Encl (4)**

## **RIFLE/PISTOL RANGE SAFETY BRIEF**

Welcome to the 2021 University of Wisconsin, Naval ROTC Rifle and Pistol Competition.

My name is \_\_\_\_\_, I am the Range Safety Officer while you are at the Range, and will be calling all commands for this evolution. My assistants will be: \_\_\_\_\_

MIDN \_\_\_\_\_.

1. (If not inside range) When you get into the range, the area on the left in front of the glass is the ready area.

Your Firing Point is your own individual firing position located between each partition.

The Firing Line is the imaginary line between your left and right partitions. No one will proceed to the firing line until instructed to do so by the RSO.

2. We follow the Marine Corps 4 safety rules:

(1.) Treat every weapon as if it were loaded.

(2.) Never point your weapon at anything you do not intend to shoot.

(3.) Keep your finger straight and off the trigger until you are ready to fire.

(4.) Keep the weapon on safe until you are ready to fire.

When moving weapons to and from the firing line, actions will be open and the muzzle pointed up. At no time will weapons or magazines will be loaded in the ready area.

3. All range commands will come from the RSO. I will quickly go over the commands that you will receive while on the range:

You Are In Your Prep Time: This is your time to prepare your shooting area.

It is also your time to sight in and find a good shooting position. No rounds will be loaded at this time.

Load: Load your magazine into the weapon and make ready on your own.

Unload: Remove any ammunition that you have in the chamber of your weapon.

Unload Show Clear: Remove any ammunition that you have in the chamber of your weapon and hold up the weapon so that the RSO can verify that it is clear.

Cease Fire: Immediately stop firing. Take your finger off of the trigger and wait for further instructions from the RSO.

Range Buzzer: Signifies the beginning and end of a shooting period.

4. Range Rules: While on the range safety is paramount. Any one can call ceasefire. If at any time while on the range if someone sees an unsafe act they should call "ceasefire" and bring it to the attention of the RSO.

When on the line, all shooters must obey the following:

**Encl (5)**

- All shooters will take commands from the RSO.
- Do not load weapons until instructed to do so.
- All weapons on the line will be pointed down range at all times.
- When not in use or changing shooting positions, weapons will have the actions to the rear.
- At no time will any part of your body be forward of the firing line while firing is in progress.
- Failure to obey the commands of the RSO or safety violators will result removal from the range
- The RSO has the final say in all matters pertaining to this range.
- Ensure that all targets are marked with your name, school, and position/ stage.
- While on the firing line hearing and eye protection is mandatory.

5. Emergency Procedures: A fire extinguisher and phone is located in the hall and in the sound booth. A first aid kit is located in the sound booth. In case of an emergency you should dial 911, the address is 2125 Commercial Avenue. In case of a fire, leave your weapon and any other gear at your firing point and proceed out the hatch and take the next two rights, form up outside the building on the sidewalk.

## **Rifle**

1. A quarter course will be fired with 5 rounds in each of the three basic positions: Prone, Kneeling, and Standing. All shooters must start in the prone position.
2. The distance is 50 feet.
3. NRA A-36 targets will be issued to team captains. Each shooter will label his target with their name, school and position.
4. There will be a 5-minute preparation period to allow shooters to set up mats, scopes, or other equipment. The shooting portion will be 15 minutes and begins when given the command targets. This time includes position changes and any spotter shots taken.
5. An unlimited number of spotter shots are allowed for each position, however if a shooter has a flyer (a shot that is outside the spotter ring), it will be scored as a miss to the closest bulls eye.
6. Units using range weapons will use range ammunition.
7. Each team member must provide his own shooting accessories (spotter scopes, shooting mats, etc.)
8. Ties will be determined by the number of bull's eyes in the standing position.

## Pistol

1. In a time limit of 15 minutes, shooters will fire (15) rounds using (3) magazines of (5) rounds each. Shooters will load and unload on their own.
2. Shooters may use one handed Olympic style technique, the two handed thumbs forward grip, or the two handed interlocked thumbs grip.
3. The distance is 15 feet.
4. NRA B-33 targets will be issued to team captains. Each shooter will label his target with their name, school and position or stage.
5. Units using range weapons will use range ammunition.
6. The weapon will be in the ready position prior to any stage fire (**DEMONSTRATE READY POSITION**). The weapon will not be brought up until you hear the command targets. You are not authorized to use any form of artificial support while firing.
7. Alibi rounds: If a shooter has legitimate alibi rounds the shooter will shoot an additional minute per alibi round.
8. Ties will be determined by the number of bull's eyes.

**\*\* ANY QUESTIONS? \*\***



## **PISTOL COMMANDS**

### **SIGHTING TIME**

-SHOOTERS THIS IS YOUR FIVE MINUTE PRACTICE TIME, WERE YOU ARE AUTHORIZED TO SHOOT (5) SIGHTING SHOTS IN A TIME LIMIT OF FIVE MINUTES.

-SHOOTERS YOUR TIME BEGINS WHEN YOU RECEIVE THE COMMAND TARGETS.

-SHOOTERS WITH A MAGAZINE OF FIVE ROUNDS LOAD AND MAKE READY.

-IS THE LINE READY?

-READY ON THE LEFT.

-READY ON THE RIGHT.

-THE LINE IS READY.

**-TARGETS!!!**

**-CEASE FIRE!!!**

**-Unload Show Clear.**

### **BRING TARGETS TO FIRING LINE**

SHOOTERS TAKE DOWN THAT PRACTICE TARGET AND PUT UP YOUR SLOW FIRE TARGET. MAKE SURE THAT YOU PUT THE SLOW FIRE TARGET UP IN THE CARRIAGE.

### **SLOW FIRE**

-SHOOTERS THIS IS YOUR COMPETITION STAGE OF SLOW FIRE, FIRING TOTAL OF (15) ROUNDS FROM (3) MAGAZINES OF (5) ROUNDS EACH, IN A TIME LIMIT OF 15 MINUTES.

-SHOOTERS YOUR TIME BEGINS WHEN YOU RECEIVE THE COMMAND TARGETS.

-SHOOTERS WITH A MAGAZINE OF FIVE ROUNDS LOAD AND MAKE READY.

-IS THE LINE READY?

-READY ON THE LEFT.

-READY ON THE RIGHT.

-THE LINE IS READY.

**-TARGETS!!!**

**-CEASE FIRE!!!**

**-Unload Show Clear.**

*-ARE THERE ANY SAVED ROUNDS OR ALIBIS ON THE FIRING LINE?*

ALIBI SHOOTERS THIS IS YOUR ALIBI STAGE. FIRING A TOTAL OF \_\_\_ ROUNDS IN A TIME LIMIT OF \_\_\_ MINUTES.

-SHOOTERS YOUR TIME BEGINS WHEN YOU RECEIVE THE COMMAND TARGETS

-SHOOTERS LOAD AND MAKE READY.

-IS THE LINE READY?

-READY ON THE LEFT.

-READY ON THE RIGHT.

-THE LINE IS READY.

**-TARGETS!!!**

**-CEASE FIRE!!!**

**-Unload Show Clear.**

### **RIFLE COMMANDS**

-SHOOTERS THIS IS YOUR 5 MINUTE PREP TIME. THIS IS YOUR TIME TO SQUARE AWAY YOU'RE SHOOTING AREA AND FIND A GOOD SHOOTING POSITION.

-SHOOTERS THIS IS YOUR FIVE MINUTE PRACTICE TIME, WHERE YOU ARE AUTHORIZED TO SHOOT (5) SIGHTING SHOTS IN A TIME LIMIT OF FIVE MINUTES.

-SHOOTERS YOUR TIME BEGINS WHEN YOU RECEIVE THE COMMAND TARGETS.

-SHOOTERS LOAD AND MAKE READY.

-IS THE LINE READY?

-READY ON THE LEFT.

-READY ON THE RIGHT.

-THE LINE IS READY.

-TARGETS!!!

**-CEASE FIRE!!!**

**-Unload Show Clear.**

-SHOOTERS THIS BEGINS YOUR COMPETITION TIME, FIRING 5 ROUNDS PRONE, 5 ROUNDS, KNEELING, AND 5 ROUNDS STANDING IN A TIME LIMIT OF 15 MINUTES.

-SHOOTERS YOUR TIME BEGINS WHEN YOU RECEIVE THE COMMAND TARGETS.

-SHOOTERS LOAD AND MAKE READY.

-IS THE LINE READY?

-READY ON THE LEFT.

-READY ON THE RIGHT.

-THE LINE IS READY.

**-TARGETS!!!**

**-CEASE FIRE!!!**

**-Unload Show Clear.**

## UW Madison UAR Route and Workout Instructions

The UAR event will consist of an approximately six mile run with intermittent exercise stations. Before the race, each team will pack their own packs to their liking. The exercises will both be done as individuals and as teams. If an exercise or group of exercises at a given stop have the word “team” in bold after it, the reps may be broken up between the team members. If the exercise has the word “individual” after it, each team member will complete the specified number of reps at their own pace. The running distance between exercise stations ranges from about .2 miles to around 1 mile. A bike marshal will be with every team to ensure the correct exercises are done, and the right route is taken. Within the course, there are two water stations and two safety observer stations.

Below is a list of exercises that will be completed throughout the race.

- 8 rope climbs (2 weighted) – team. Each member will complete 2 climbs with one member completing their climbs with a 25lb. weighted vest
  - 300 burpees, 200 push-ups, 100 body squats – team
  - 30 spiderman pushups – individual
  - 40 jump squats– individual
  - 15 dive bomber, 15 wide grip, and 15 normal pushups at the top of Bascom hill each time – individual
  - 200 burpees – team
  - 150 Pullups - team (1 team member at a time)
  - 25 4-count flutter kicks, 25 oblique crunches (each side), and 25 leg raises per team member – individual
  - Buddy drags, 50 yards out and 50 yards back – each member will complete one out and back
  - 400 ammo presses – team
  - Run 100 yards down and back with two ammo cans – each team member will complete one down and back.
  - 2:30 minute plank
  - 300 air squats
  - 4 rope climbs (1 weighted) – team. Each team member will complete one climb
1. The event will begin with (8) combined team rope climbs. Each member of the team must climb the rope twice. If a member is unable to complete the rope climb twice, a penalty of a 2-minute plank will be performed as a **team**. Two of the rope climbs must be completed while a team member is wearing a 25 lb. vest.
  2. After the rope climbs, the teams will proceed out the side hatch and will follow the bike marshal over the white bridge to Dejope Field where they will execute 300 burpees, 200 push-ups, 100 body squats as a **team**.
  3. Next, follow the bike marshal about .25 miles up Observatory Dr. to Observatory Hill where each team member will perform 30 spiderman push-ups as **individuals**.
  4. The teams will then continue in the same direction down Observatory Dr. and take a right at Charter St. and head to the bottom of the steps between Van Vleck and Ingraham.

5. At the bottom of the steps, each team will perform, 40 jump squats as **individuals**. Bike marshals will walk their bikes up the stairs as the team performs the lunges.
6. Each team will then sprint up the stairs to the Statue of Abraham Lincoln and begin the Bascom Hill exercises. Once the team reaches the statue, they will perform 15 dive bomber, 15 wide grip, and 15 normal pushups as **individuals**.
7. Bascom Hill is roughly .3 miles from top to bottom and back and has about a 5.8-degree incline/decline.
8. The teams will run down and up Bascom Hill twice with team member carrying each partner either down or up the hill. Each time a buddy pair reaches the top of the hill, they will immediately complete the same pushup exercises that they did when they first arrived on the hill (15 dive bomber, 15 wide grip, and 15 normal pushups as **individuals**).
9. After each team member has completed their pushups at the top for Bascom Hill, they will follow the bike marshal down the hill and turn left onto Park St. in the direction of the lake.
10. The teams will then proceed a short distance and take another left onto Observatory Dr. and begin to run up the road.
11. The teams will follow the bike marshals about .3 miles and turn right onto the walking path that leads down to the lakeshore path.
12. Once the dirt path begins, the timed mile will start. The mile ends at the yield sign where the road forks. If any team is unable to complete the mile in less than 8 minutes, a penalty of 200 burpees will be performed as a **team**.
13. After the timed mile, participants will continue down lakeshore path to the green monkey bar set where 150 pullups will be executed as a **team**. Only one team member may be doing pullups at time.
14. Teams will once again proceed on lakeshore path to the entrance of picnic point where they will drop the pack and begin the Mogadishu mile. Bike marshals will get off their bikes and lead their respective teams to the end of picnic point and back.
15. After running to the end of picnic point, 25 4-count flutter kicks, 25 oblique crunches (each side), and 25 leg raises will be performed **individually**.
16. Next, each team will run back towards lakeshore path and perform 50-yard out and back buddy drags at the grass area near the fence. Each team member will perform one out and back buddy drag.
17. At the conclusion of the buddy drag exercise, the pack will be put back on and the team will begin its way back towards the Naval ROTC unit along lakeshore path.
18. On the way back to the Naval ROTC unit, each team will stop at the band practice field

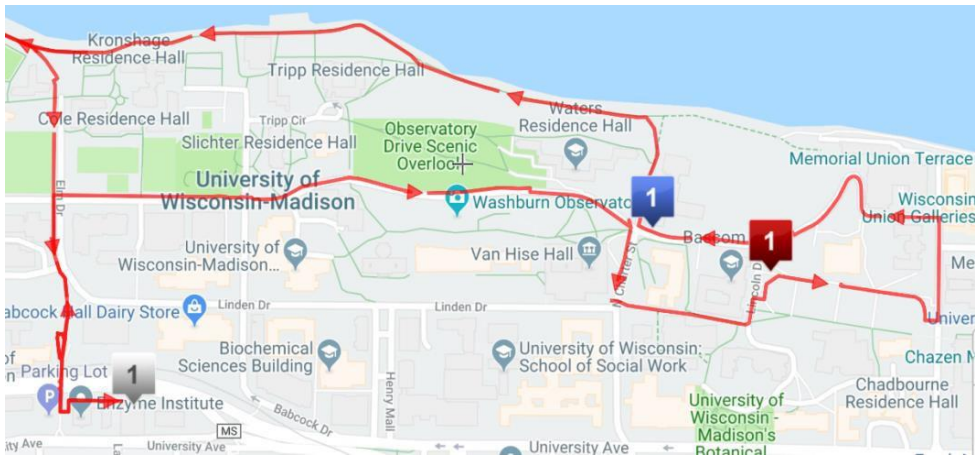
and execute 400 ammo can presses as a **team**, in addition to ammo can carries across the field. Each team member must complete one down and back carrying two 30 lb. ammo cans. No ammo can run may be started until all 400 presses are finished.

19. Follow the bike marshal from the band practice field to Dejope field (where the first exercise took place) via lakeshore path and a slight right turn onto Elm Drive.
20. After arriving at Dejope field, the entire team will complete a 2:30 minute plank. If any member of the team is unable to hold the plank, a penalty of 300 air squats will be performed as **team**.
21. Finally, follow the bike marshal back over the white bridge and into the Naval ROTC unit building to complete the last exercise of (4) rope climbs (1 weighted). Each team member must complete 1 rope climb. If a member is unable to complete the rope climb, a penalty of a 2-minute plank will be performed as a **team**.

# Map

- White Marker = Start and End Point
- Blue Marker = Water Station
- Red Marker = Safety Observer Station

## LEG 1 (Central Campus)



## LEG 2 (Picnic Point)

