STEEL CITY NROTC

2\textsuperscript{nd} Annual

MILITARY EXCELLENCE COMPETITION

17 OCTOBER 2015
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I. General Information, Rules and Regulations

a. Platoon Drill:

Description: Platoon Drill will be graded under the standards of the Marine Corps Drill Manual. The Drill Instructor will be the interpreter of the quality of the drill movements being performed. Refer to (MCO P5060.20, 5 May, 2003, [Chapters 1, 2, 7, 8 and Appendix A]) within the Drill Manual for grading standards.

Location: Gesling Field (Inclement Weather: Skibo Gym)

Uniform: Service Dress Blues or Service Equivalent

Schools will be expected to bring all rifles and other equipment for Platoon Drill Competition.

Drill Card

- Form the platoon at close interval
- Extend on line
- Open ranks
- Right shoulder arms
- Left shoulder arms
- Port arms
- Order arms
- Parade rest
- Rifle salute
- Present arms
- Side step (left/right)
- About face (repeat)
- Column right (halted)
- Close while marching
- Column left
- Left flank return to column
- Right oblique/half step
- Column half left (repeat)
- Column left
- Marching manual
- March to the rear (repeat)
- Eyes right
- Dismiss platoon
b. Color Guard:

**Description:** Color Guards will consist of five members for Navy units and four members for all other branches. The Color Guards will carry the national ensign, service ensign(s), and two rifles. The Drill Instructor will be the interpreter of the quality of the drill movements being performed. Refer to (MCO P5060.20, 5 May, 2003, [Chapters 1, 2, 7, 8 and Appendix A]) within the Drill Manual for grading standards.

**Location:** Gesling Field (Inclement Weather: Skibo Gym)

**Uniform:** Service Dress Blues or Service Equivalent

Schools will be expected to bring all flags, rifles, and other equipment for the Color Guard Competition.

**Color Guard Drill Card**

- Fall in
- Report
- Present colors
- Order colors
- Parade rest
- Attention
- Carry colors
- Counter March
- Left wheel
- Right wheel
- Counter March
- Left wheel
- Eyes right
- Left wheel
- Counter March
- Halt
- Present colors
- Carry colors
- Order colors
- Fallout
c. Track Events: (Total of 80 points)

Description:

- **4X400M Relay**: There will be a team of 4 athletes (2 men and 2 women). Each team will get its own lane. Each athlete will run 400m (1 lap). *(1 scored event)*

- **4x100M Relay**: There will be a team of 4 athletes. There will be a men’s division and a women’s division. Each team will get its own lane. Each athlete will run 100m (1/4 lap). *(2 scored events, 1 per gender division)*

- **Distance Medley Relay**: There will be a team of 4 athletes (2 men and 2 women). Each team will get its own lane. Each athlete will run one of 4 distances: 400m, 800m, 1200m, and 1600m. *(1 scored event)*

- **400M Sprint**: This is an individual event and schools can submit up to 2 athletes per gender division. Each athlete will get their own lane and have to run 400m (1 lap). *(2 scored events, 1 per gender division)*

- **5K Distance Run**: This is an individual event and schools can submit up to 4 athletes (2 men and 2 women). Each athlete will run 3.1 miles through a well-marked campus/trail course. Scoring will be broken up into a male’s and a female’s division for scoring purposes. *(1 race, 2 scored events, 1 per gender division)*

Location: The 4x400M relay, 4x100M relay, distance medley relay, and 400M sprint will take place at Gesling stadium. The 5k will take place throughout campus on a well-marked course.

Uniform: Participants will wear their respective PT gear. Unit PT shirts are acceptable as long as team members are all matching.

- If more than 4 athletes/teams are submitted for a particular race, then more than one heat will be held.

- 1 athlete can participate in up to 2 track events

- Each unit can fill all track events with a minimum of 6 athletes per gender.

- The athletes/teams with the fastest times will be awarded points accordingly
d. Swim Events: (Total of 80 points)

Description:

- **100M Medley Relay**: There will be a team of 4 athletes (2 men and 2 women). Athletes will consecutively swim 100m of one of the 4 strokes: butterfly, backstroke, breaststroke, free. **(1 scored event)**

- **4x100M Freestyle Relay**: There will be a team of 4 athletes. There will be a men’s division and a women’s division. Athletes will consecutively swim 100m performing the freestyle stroke. **(2 scored events, 1 per gender division)**

- **200M Freestyle**: This is an individual event and schools can submit up to 2 athletes per gender division. Each athlete will swim 4 timed laps (8 lengths) performing the freestyle stroke. **(2 scored events, 1 per gender division)**

- **50M Freestyle**: This is an individual event and schools can submit up to 2 athletes per gender division. Each athlete will swim 1 timed lap (2 lengths) performing the freestyle stroke. **(2 scored events, 1 per gender division)**

- **Freestyle Crescendo**: There will be a team of 4 athletes (2 men and 2 women). Athletes will consecutively swim freestyle. The first athlete will swim 1 lap (2 lengths), the second athlete will swim 2 laps (4 lengths), the third athlete will swim 3 laps (6 lengths), and the fourth athlete will swim 4 laps (8 lengths). **(1 scored event)**

Location: All swimming events will take place in the UC pool.

Uniform: Men’s PT shorts, jammers, or speedos are permitted. Females must wear a one piece suite. Goggles and swim caps are permitted, but will not be supplied.

- If more than 4 athletes/teams are submitted for a particular race, then more than one heat will be held.

- 1 athlete can participate in up to 2 swim events

- Each unit can fill all track events with a minimum of 6 athletes per gender.

- The athletes/teams with the fastest times will be awarded points accordingly.
e. **RECON Challenge:**

**Description:**

500M Swim: Each team of 4 will be split into 2 groups using a single swim lane. The groups of 2 will switch off swimming 50M at a time. Each group of 2 will be required to swim within an arm’s length of their partner. Teams will be in full NWUs or MARPATs, excluding boots, for the swim portion of the challenge.

5k Trail Run: Teams will exit the swim area to put on their boots, pick up 2 ammo cans and camelbaks and start the 5k trail run. Spotters and road guards will be placed throughout the course to direct teams. Team members must stay together and can switch off holding the 2 ammo cans. The run will finish at Gesling field.

Modified CFT: Starting at the goal line of Gesling field, each team member will have to complete 100 overhead ammo can lifts. This will be completed one-by-one before advancing. Following the ammo can lift, teams will complete the CFT maneuver-under-fire course. Teams will run 1 member at a time until all 4 have run.

Team Leadership Reaction Course: Starting at midfield of Gesling stadium, teams will complete a team leadership reaction course, which will test both their mental and physical capabilities. Once this course is complete, each team’s time will be recorded.

Location: The swim portion of the Challenge will take place in the UC pool. Teams will then exit from the pool area and continue through Schenley Park for the 5k. The run will finish at Gesling Stadium. The CFT and Team Leadership Reaction Course will take place on the football field of Gesling Stadium.

- Time will start when the team enters the pool and will end when the Team Leadership Reaction Course is completed.

- A team will be assessed an eight minute penalty if a member cannot complete the course, and drops out. If two members cannot complete the course, the team will be disqualified.

- If a member of a team drops out, the other members must complete the repetitions, for the CFT portion, that are required of the fourth member.

- Individuals will be required to bring their own NWUs or MARPATs, and Camelbak.
Steel City Field Events:

Description:

Seabag Toss: This event will test your strength through the tossing of a weighted Seabag. Participants will swing the bag around and release at the start line. Points will be awarded based upon the furthest distance thrown.

Lazy Stick: Following in the Highland spirit of Carnegie Mellon University, lazy stick is a trial of strength performed by two men sitting on the ground with the soles of their feet pressing against each other. While seated, they hold a stick between their hands and pull against each other until one of them is raised from the ground.

Tactical Team Assault Game (Giant Jenga): This event will test your mental capability through a game of giant Jenga. Teams of two will alternate in removing the wooden blocks from the stack and replacing it on the top of the stack. Points will be awarded to the team who removes the most wooden block, but does not cause the stack to topple.

Location: Gesling Stadium and Legacy Plaza
g. Event Scoring

- Scoring will be broken down into 6 categories: Drill, Colorguard, Track, Swimming, RECON, and Highland Field Events.

- Points will be awarded to the top 5 participants or teams for each event within each category.

- Points will be awarded on 10, 8, 6, 4, 2 scale.

- The unit with the most points from the events in each category will win that category and earn the maximum 10 points for their overall unit score.

- Medals will be awarded to the top 3 units for each of the 6 categories.

- The Champions Cup will be awarded to the top 3 units overall. The maximum number of points a unit can earn is 60 points (10 for each of the 6 categories)

Scoring Example:

Track: (8 events worth up to 80 total points per unit)

**Unit A**: 64 points (**1st** place track medal; 10 points towards Champions Cup)

**Unit B**: 58 points (**2nd** place track medal; 8 points towards Champions Cup)

**Unit C**: 50 points (**3rd** place track medal; 6 points towards Champions Cup)

**Unit D**: 46 points (No track medal; 4 points towards Champions Cup)

**Unit E**: 36 points (No track medal; 2 points towards Champions Cup)

**Unit F**: 30 points (No track medal; 0 points towards Champions Cup)
II. Directions (Maps/Parking):

Carnegie Mellon University
5000 Forbes Ave
Pittsburgh, PA 15213

A: Skibo Gymnasium
B: University Center
C: Gesling Stadium
D: Morewood Parking Lot
E: Legacy Plaza
**III. Housing Arrangements:**

Housing for all ROTC MIDN and staff will be available in Skibo Gymnasium from Friday, October 16\(^{th}\) at 2000 through the duration of the MEC. Your unit will be required to bring proper sleeping essentials.

Below is a list of Hotels in the area that staff and families may want to consider if attending:

- **Hilton Garden inn Pittsburgh University Place**  
  3454 Forbes Ave, Pittsburgh, PA 15213  
  412-683-2040

- **Wyndam Pittsburgh University Center**  
  100 Lytton Avenue, Pittsburgh, PA 15213  
  412-682-6200

- **Quality Inn University Center**  
  3401 Blvd of the Allies, Pittsburgh, PA 15213  
  412-683-6100