2018 NATIONAL JROTC FITNESS CHALLENGE CHAMPIONSHIPS SCHEDULE OF EVENTS

Saturday, 5 May 2018 - Plaza Resort & Spa (600 N. Atlantic Ave, Daytona Beach, Florida)

| | | | | Pull-Ups & | | | | |
|-----------------------|------------------------|-----------|----------------------------|-----------------------|----------------------|----------------------|------------------------|------------------------|
| | | | | Flexed Arm | Standing | Seated | Physical Team | Ultimate |
| | | | 3K Team | Hang | _ | Power Throw | | Fitness Cadet |
| School | Team Name | Division | | (Pool Deck) | (Beach) | (Pool Deck) | (Beach) | (Beach) |
| 5611561 | reamitante | 210101011 | | (1.001.00) | | | (2000)) | (Dubli) |
| | | | 7 STAFF 3 CLOCKS | 8 STAFF | | 9 STAFF 3 | 7 STAFF | 7 STAFF |
| | | | | | | PRIMARY 3 | | |
| | | | 3@COURSE | 4 PRIMARY 4 ASSIST | 4 ASSIST 2 RAKING | MARKING 3 MEASURE | 3 CLOCK 4 on COURSE | 3 CLOCK 4 on COURSE |
| Tom C. Clark HS | Sweat Team 6 | N divo al | 1@TURN | | | | | |
| | | Mixed | 8:00 AM | 8:40 AM | 9:20 AM | 11:20 PM | 2:30 PM | 3:40 PM |
| Rossview HS | Beast Masters | Male | 8:00 AM | 8:40 AM | 9:20 AM | 11:20 PM | 2:30 PM | 3:40 PM |
| Reading HS | Night-Time | Mixed | 8:00 AM | 8:40 AM | 9:20 AM | 11:20 PM | 2:35 PM | 3:45 PM |
| Colts Neck HS | Mustangs | Mixed | 8:00 AM | 8:40 AM | 9:20 AM | 11:40 PM | 2:35 PM | 3:45 PM |
| Colts Neck HS | Stallions | Male | 8:00 AM | 9:00 AM | 9:40 AM | 11:40 PM | 2:40 PM | 3:50 PM |
| Colts Neck HS | Cougars | Mixed | 8:12 AM | 9:00 AM | 9:40 AM | 11:40 PM | 2:40 PM | 3:50 PM |
| Lejeune HS | Devil Pups | Mixed | 8:12 AM | 9:00 AM | 9:40 AM | 12:00 PM | 2:45 PM | 3:55 PM |
| Southwood HS | Southwood Male | Male | 8:12 AM | 9:00 AM | 9:40 AM | 12:00 PM | 2:45 PM | 3:55 PM |
| Southwood HS | Southwood Mixed | Mixed | 8:12 AM | 9:20 AM | 10:00 AM | 12:00 PM | 2:50 PM | 4:00 PM |
| Brandeis HS | Praetorians | Mixed | 8:12 AM | 9:20 AM | 10:00 AM | 12:20 PM | 2:50 PM | 4:00 PM |
| Gloucester HS | Fighting Fishermen | Mixed | 8:24 AM | 9:20 AM | 10:00 AM | 12:20 PM | 2:55 PM | 4:05 PM |
| Central York HS | Rough Raiders | Male | 8:24 AM | 9:20 AM | 10:00 AM | 12:20 PM | 2:55 PM | 4:05 PM |
| Central York HS | Spartan Strong | Mixed | 8:24 AM | 9:40 AM | 10:20 AM | 12:40 PM | 3:00 PM | 4:10 PM |
| Murphy HS | Prowling Blue Panthers | Mixed | 8:24 AM | 9:40 AM | 10:20 AM | 12:40 PM | 3:00 PM | 4:10 PM |
| North Salem HS | Pain Trainers | Mixed | 8:24 AM | 9:40 AM | 10:20 AM | 12:40 PM | 3:05 PM | 4:15 PM |
| Denver Pub. Schools | Denver JROTC | Male | 8:36 AM | 9:40 AM | 10:20 AM | 1:00 PM | 3:05 PM | 4:15 PM |
| Hazel Green HS | Trojan Guard | Mixed | 8:36 AM | 10:00 AM | 10:40 AM | 1:00 PM | 3:10 PM | 4:20 PM |
| John Jay HS | Mustangs | Male | 8:36 AM | 10:00 AM | 10:40 AM | 1:00 PM | 3:10 PM | 4:20 PM |
| Utah Military Admy. | Marauders | Mixed | 8:36 AM | 10:00 AM | 10:40 AM | 1:20 PM | 3:15 PM | 4:25 PM |
| O'Connor HS | Panthers | Mixed | 8:48 AM | 10:00 AM | 10:40 AM | 1:20 PM | 3:15 PM | 4:25 PM |
| Montgomery Cen. HS | Indian Pride | Mixed | 8:48 AM | 10:20 AM | 11:00 AM | 1:20 PM | 3:20 PM | 4:30 PM |
| William J. Brennan HS | Spartan Bears | Male | 8:48 AM | 10:20 AM | 11:00 AM | 1:40 PM | 3:20 PM | 4:30 PM |
| Lee County HS | Fighting Trojans | Mixed | 8:48 AM | 10:20 AM | 11:00 AM | 1:40 AM | 3:25 PM | 4:35 PM |
| Haines City HS | Haines City Male | Male | 9:00 AM | 10:20 AM | 11:00 AM | 1:40 PM | 3:25 PM | 4:35 PM |
| Haines City HS | Haines City Mixed | Mixed | 9:00 AM | 10:40 AM | 11:20 AM | 2:00 PM | 3:30 PM | 4:40 PM |
| Flagler Palm Coast HS | Bulldogs | Mixed | 9:00 AM | 10:40 AM | 11:20 AM | 2:00 PM | 3:30 PM | 4:40 PM |
| Vero Beach HS | Justice League | Mixed | 9:00 AM | 10:40 AM | 11:20 AM | 2:00 PM | 3:35 PM | 4:45 PM |

PERSONNEL:

3K TEAM BEACH RUN (8) FOUR AT START (CLIPBOARD), TWO AT END, TWO IN MIDDLE

SEATED POWER THROW (9) ONE AT WALL FOR BLOCK (CLIPBOARD), ONE MARKS, ONE USES STRING - 3 STATIONS STANDING BROAD JUMP (9) ONE ON BOARD (CLIPBOARD), ONE HOLDS RULER TAPE - 4 STATIONS - 2 rakers

PULL-UPS/FLEXED ARM HANG (8) ONE ON BAR, ONE WITH CLIPBOARD (BOTH WATCH FORM) - 4 STATIONS

PHYSICAL TEAM TEST (7) THREE AT START (CLIPBOARD), ONE AT END, TWO IN MIDDLE - TWO TEAMS PER RUN

ULTIMATE FITNESS CADET (7) THREE AT START (CLIPBOARD), ONE AT END, TWO IN MIDDLE - TWO PER RUN

JUDGE GROUP 1 ARRIVE 7:30AM TO 5 PM - SNACK/BREAK FROM 11:40AM TO 1:30PM - FILL TRUCK AT END!

JUDGE GROUP 2 (MARINES) ARRIVE 8AM - DEPART 2:30PM - GRAB BOX LUNCH 11am