

Tab 1

OPERATIONS ORDER 06-26

Time Zone Used Throughout the OPORD: LOCAL TIME

TASK ORGANIZATION: ALL SDUSD JROTC PROGRAMS

I. SITUATION

Physical conditioning and wellness is key to improving the quality of life for teenagers in California. The SDUSD JROTC will host an event showcasing its top athletes and demonstrating the success of its fitness programs.

A. Weather

- i. Maximum Temperature: 71°
- ii. Minimum Temperature: 51°
- iii. Prediction: Sunny

B. Safety Procedures

- i. For information on risks and safety procedures, please review the official Risk Assessment linked below.
- ii. [Cadet Challenge Risk Assessment](#)

II. MISSION

JROTC cadets from SDUSD will compete in the annual Cadet Challenge competition at Hoover High School on March 7, 2026, from 0730 to 1300 in order to promote and demonstrate physical conditioning, athleticism, and esprit de corps.

III. EXECUTION

Intent – The JROTC Cadet Challenge is designed to test each competitor on physical strength, stamina, and agility. Teams will consist of **5 male and 5 female cadets**, but grade/placing will be in individual, team gender, and team total categories.

A. Concept of the Operation:

This is a three-phase event consisting of Cadet Challenge Team training and selection at individual schools, the Cadet Challenge competition, and the After Action Report.

Phase I. This phase is conducted throughout the entire school year and consists of:

- Monitoring cadet performance
- Identifying potential candidates
- Familiarization of events
- Select teams composed of **5 males and 5 females.**

Phase II. This phase is conducted at the host school and culminates with the competitor's safe return home. See attached enclosures for rules and schedule of activities.

Phase III. This phase is conducted at each school site. Each school's cadet leadership produce an After Action Report and submit it to the Joint Brigade Staff within one week of the competition date.

B. Scheme of Maneuver

a. SPRINT & WEIGHTED LUNGES

Setup:

- Each lane will be 3 yards wide
- Cadets will be positioned at the start line
- Cones will mark the 15 yard line of the weighted ammo can
- Cones will mark the 25 yard line of the turnaround point

Procedure:

- At the judges' orders, cadets will line up behind the start line
- At the whistle, cadets will sprint to the 15 yard line
- At the 15 yard line, cadets will pick up the weighted ammo can and perform complete lunges (one knee forms a 90 degree angle and the other almost touches the ground) to the 25 yard line, turn around, and continue doing lunges with the ammo can back to the 15 yard line
- Back at the 15 yard line, cadets will put down the weighted ammo can and sprint back to the start line
- Time does not stop until the cadet completely crosses the start line

Example Video:

- <https://youtu.be/VMxMXjyEdxQ>

Time for individuals and teams will be recorded and factored in for the top male athlete, top female athlete, and overall winner.

b. BURPEES & WATER JUG PULL

Setup:

- Each lane will be 2 yards wide
- Cadets will be positioned behind the start line
- Cones will mark the 5 yard baseline
- Cones will mark 15 yard line of the first water jug
- Cones will mark the 25 yard line of the second water jug

Procedure:

- At the judges' orders, cadets will line up behind the start line
- At the whistle, cadets will execute 5 complete push-up burpees behind the start line
- Following the burpees, cadets will immediately drop to the turf and, in sitting position and still completely behind the start line, pull the rope dragging the water jugs across the field
- Time does not stop until the second water jug crosses the baseline

Example Video:

- <https://youtu.be/-ymbB5thVmo>

Time for individuals and teams will be recorded and factored in for the top male athlete, top female athlete, and overall winner.

c. POWER THROW

Starting position:

- Cadets must face away from the start line
- Grasp the medicine ball with both hands at hip level
- Stand with both heels at (but not on or over) the start line
- Grasp the ball firmly and as far around the sides as possible

Towels or rags will be provided to remove excess moisture/debris from the medicine ball.

Recorded Throws: As directed by the grader, the cadets in lane one execute throw one. Cadets are permitted several preparatory movements flexing at the trunk, knees, and hips while lowering the ball between their legs. When directed by the grader, the cadets in the throwing lane execute throw one.

- Cadets will have two recorded attempts on the power throw
- A record attempt will not count if a cadet steps on or beyond the start line or falls to the ground
- If a cadet's faults on the first record throw, they will receive a raw score of 0.0 meters

- If a cadet faults on the second record throw, they will receive a raw score of 0.0 meters
- These Cadets will be allowed one additional attempt to score
- If the Cadets fault on all three record throws, they will receive a raw score of 0.0 meters
- If a cadet has a valid score on either record of the first or second throw, they will not be allowed a third attempt
- Once the Cadets have attempted two record throws, they will move into lane to retrieve the medicine balls for the next cadets, and then return to the back of the line
- Although Cadets are required to execute two record throws and both record throws are recorded, only the longer of the two throws will count as the record score



d. RELAY RACE

Setup:

- Each school will have a 5 males and 5 females team
- Judges will identify the team they are timing and record a total team time, not pool individual
- Races will alternate between male and female events. For example, if the Male teams from Kearny High School, Point Loma High School, Hoover High School, and Canyon Hills High School are in the first heat, the same school's Female team will run after the males (before the second heat)
- Heats will run in a 4-4-3-3 team format, assuming there are 14 teams racing

Procedure:

- Cadets in the first relay will begin at the same starting line
- All other runners will stay in the field Relay Holding Area, in the order they will enter the relay
- Second-leg runners come onto the track immediately after the race starts
- Every relay leg follows the same procedure
- Runners must exchange batons, but there are no penalties for dropped batons or going outside any exchanged area
- Shoes that feature five fingers and spikes are **unauthorized**, as is going barefoot
- The total team time will be recorded

C. Coordinating Instructions

1. Each school immediately reports in at the Competition Information Table NLT 0730 hrs. Mandatory Brigade Formation and Opening Ceremony on the field will begin at 0800 hrs followed immediately by the start of the competition.
2. Host school is responsible for:
 - a. Ensuring availability of a football field, restrooms, competition information table, and instructor/inspector welcome and briefing area.
 - b. Providing a Color guard for the Opening Ceremony.
 - c. Providing sufficient water points for participants.
 - d. Fielding 5 cadets supporting the Burpees/Water Jug pull competition by resetting the water jug before the next competitor.
 - e. Fielding 5 cadets supporting the Power Throw competition by rolling back the ball to the competitor.
3. Brigade Staff will:
 - a. Operate and manage the Competition Information table.
 - b. Serve as assistants/recorders to judges at every station throughout the competition.
 - c. Turn in, consolidate, and secure all grading sheets at the Information Table.
 - d. Supply all Medals, Certificates, and Trophies.
 - e. Conduct Awards Ceremony.
 - f. Coordinate photo coverage.
 - g. Coordinate EMT services.

- h. Supply Hoover HS with disposable drinking cups and water jugs as needed.
- 4. Competition Administration Notes:
 - a. Units without the required number of cadets for any given event will be given 0 points for that particular event.
 - b. Units are responsible for bringing additional water for participants.
 - c. ALL units must stay for the Awards Ceremony.
 - i. Perpetual trophies will be awarded for each 1st, 2nd, and 3rd place team category (Male, Female, and Overall team)
- 5. Schools interested in Cadet Challenge arcs and cords must request them from Brigade Headquarters.

D. Tasks to Subordinate Units

- 1. Fill a male and female team of **5 cadets each**.
- 2. All schools must provide transportation.
- 3. All schools must submit the following information to the JROTC Program Manager's Office NLT than **February 20, 2026 at 2359 hours**.
 - a. Full name and rank of Cadet Challenge team captain.
 - b. Full name, gender, and rank of each competitor.
- 4. All units **MUST** submit an After Action Report (AAR) **NLT than March 14, 2026 at 2359 hours**. Unit commanders will send their AARs to Brigade Staff via the Joint Brigade + School Staff (25-26) Discord server and share the file to sdusdjrotc@gmail.com and are **REQUIRED** to use the 5-Stage Regulation Drill AAR Template attached: [Cadet Challenge AAR Template](#)

IV. LOGISTICS

A. Supplies

- 1. BDE will provide Hoover HS with weighted ammo can, ropes, and water jugs.
- 2. Units are responsible for any additional water and material requirements.

B. Transportation

- 1. Units are responsible for their own transportation to and from competition

C. Personnel

- 1. Only SDUSD cadets and cadre are allowed on the field of competition; all other visitors must remain in the viewing stands.
- 2. Competitors will wear appropriate JROTC physical fitness attire, including

footwear, and may not compete in bare feet, socks, or any cleated shoes (e.g. track or baseball shoes).

3. No taping of arms or wrists for any competition.
4. If your unit lacks a JROTC fitness shirt and shorts, or you desire to give your team a more athletic field presence, it is recommended you coordinate with your school's athletic department to borrow school track uniforms.
5. The preferred instructor attire is their designated Service Physical Fitness Uniform or at a minimum their respective school physical fitness outfit.

V. COMMAND AND SIGNAL

A. Command

Overall Supervisor – JROTC Program Manager, Colonel Tim Swann: tswann@sandi.net

B. Signal

1. All Brigade Staff members are assigned radios.
2. Point of Contact: BDE LNO c/LTC Leah Zapanta at sdusdjrote@gmail.com.

VI. SCHEDULE

Time	Activity
0730	Arrival of Units
0800-0815	Brigade Formation and Opening Ceremony
0830-1030	Sprint & Lunges / Burpees & Water Jug Pull / Power Throw
1045-1200	Relay Race
1230-1300	Awards Ceremony

1. Sprint & Lunges / Burpees & Water Jug Pull / Power Throw

Events will proceed simultaneously with three heats competing at the same time each round and one heat on break.

Sprint & Lunges	Burpees & Water Jug Pull	Power Throw	Break
Heat 1	Heat 2	Heat 3	Heat 4
Heat 4	Heat 1	Heat 2	Heat 3

Heat 3	Heat 4	Heat 1	Heat 2
Heat 2	Heat 3	Heat 4	Heat 1

Heat 1 1. Kearny 2. Madison 3. Scripps Ranch 4. San Diego	Heat 3 1. University City 2. Morse 3. Hoover
Heat 2 1. Canyon Hills 2. Point Loma 3. Crawford 4. Mira Mesa	Heat 4 1. Lincoln 2. Mission Bay 3. Patrick Henry

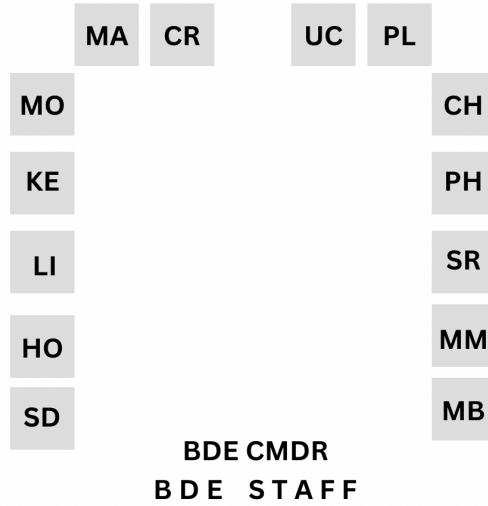
2. Relay Race

The Relay Race will occur after the Sprint & Lunges / Burpees & Water Jug Pull / Power Throw on the track in lanes 1 through 4. The numbers indicate which lane the schools will compete on during their heat: teams numbered 1 will compete on lane 1; 2 on lane 2; 3 on lane 3; and 4 on lane 4.

Heat 1 1. Scripps Ranch 2. San Diego 3. Patrick Henry 4. Morse	Heat 3 1. Kearny 2. Madison 3. Crawford
Heat 2 1. Mira Mesa 2. Hoover 3. Lincoln 4. Mission Bay	Heat 4 1. University City 2. Canyon Hills 3. Point Loma

VII. MAPS

**Enclosure 1
Opening/Award Ceremony Layout**

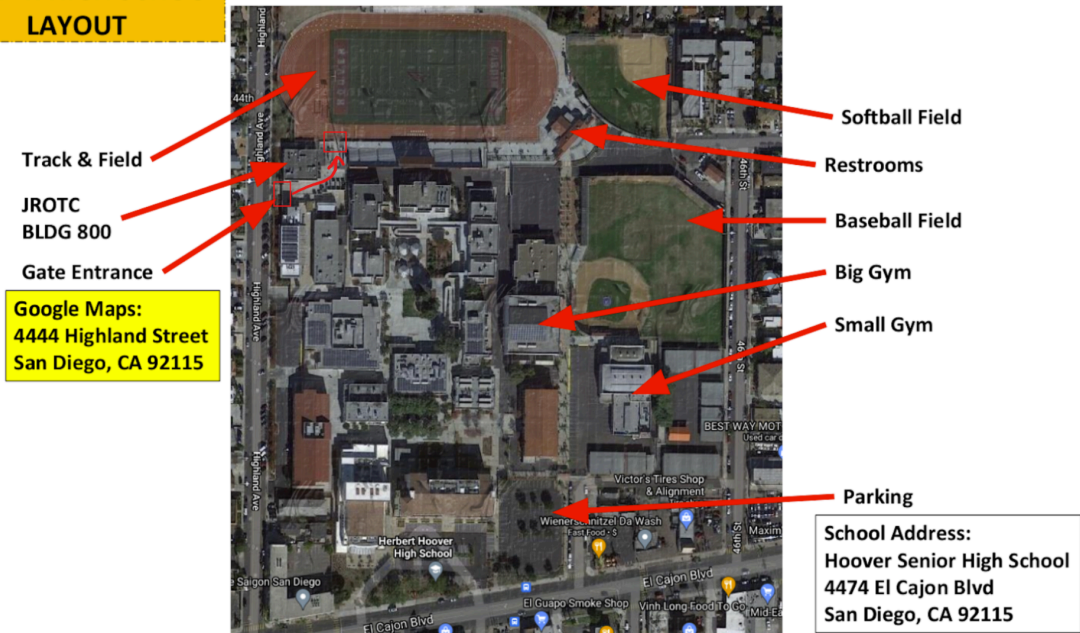


**Enclosure 2
Competition Area Map**



Enclosure 3 Hoover High School Map

HOOVER HIGH SCHOOL LAYOUT



Enclosure 4 Hoover High School Location/Directions

Google Maps:
4444 Highland Street
San Diego, CA 92115

Directions:

From North:

1. Take 15 South
2. Exit El Cajon Blvd
3. Left Turn on El Cajon Blvd
4. Left on Highland Ave

From South:

1. Take 15 North
2. Exit El Cajon Blvd
3. Right on El Cajon Blvd
4. Left on Highland Ave

Hoover Senior High School
4474 El Cajon Blvd
San Diego, CA 92115

