CHALLENGER

SMART BOOK

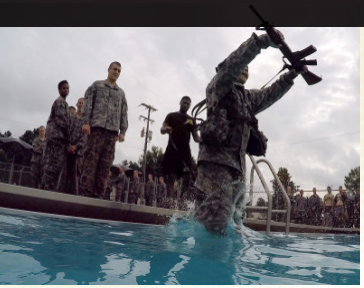








EXTREME
MILITARY
CHALLENGE!



LAST _____

FIRST _____

COURSE _____

PLT _____

CONTENTS

INTRODUCTION
3

MILITARY KNOWLEDGE
8

AMERICANISM
18

FIRST AID AND HEALTH
22

REFERENCES
31

PT TEST STANDARDS
46







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FROM THE BATTALION COMMANDER



MAJ JOSEPH M. LAND, JR., XMC
BATTALION COMMANDER
EXTREME MILITARY CHALLENGE!

Challengers:

Welcome to ***Extreme Military Challenge!(XMC),*** an experience like none other for someone your age. I am your Battalion Commander for this summer. For the last 20+ years I have been participating in or instructing summer programs like ***Extreme Military Challenge!*** During that time I have worked with 1000s of Cadets and seen them go on to amazing careers and lives. The most successful have been those who have learned to persevere through what they think are their limits. Camp Liberty is the home of XMC and is the perfect setting for the challenge you have taken on. This summer will challenge you and your perceptions of what you're capable of!

To succeed you will need to give your all, with special focus on motivation and teamwork. You must be willing to listen to your Drill Instructors and other Cadre and you must keep pushing yourself despite the challenges. Remember, you are not in this alone. Each of you is just one part of a much larger team. The key to success is teamwork and cooperation.

When the person next to you struggles, I expect you to do everything you can to help them, just as I expect them to give you the support you'll need to keep going. Build each other up. Motivation is contagious… so is success. My staff and I are dedicated to seeing you succeed. You are surrounded by men and women with decades of military or youth development experience. They know your mental and physical limits better than you do yourself. We will show you what you can accomplish.

Welcome to XMC, Your Challenge Begins Now!

JOSEPH M. LAND, JR.
Major, *Extreme Military Challenge!*
Battalion Commander

THE DIFFERENCE BETWEEN CADETS AND RECRUITS



Cadets and Recruits are collectively refered to as "Challengers." **Y**ou are NOT a "Cadet" until you have completed Cadet Basic Training (CBT) based on the standards of ***Extreme Military Challenge!*** Some of you may be "Cadets" in other programs; however, you will not be referred to as such while with ***Extreme Military Challenge!*** until you have earned that title. On each year's XMC Challenge Coin is the phrase "Earned... Never Given" which references not only the coin, but the concept of being a Cadet with XMC. In the meantime, you are a Recruit (RCT). You will refer to yourself as "This Recruit" i.e. "Sir, this Recruit requests permission to..."

Upon Graduation from CBT, you will have earned the title of "Cadet" and will have an XMC Cadet rank based on what courses you attend and your performance. Once the title "Cadet" is earned, it remains with the Cadet for the rest of their life as a testiment of their accomplishment. It is possible to have the title of Cadet revoked, keep this in mind as you transition from Cadet Basic Training to advanced programs like Cadet Field Leader Course (CFLC) or Cadet Medic School, just because you are leaving your Drill Instructors behind does not mean the standard expected on you will change.

COMPETITION AND STREAMERS

Each Challenger is evaluated from the moment they arrive. You are scored on everything from reporting with a complete inventory of required items to passing the physical fitness test. You should focus on being prepared and paying attention to detail. Regardless of where you land on the 13-18 age range you have equal oppurtunity to be named an Honor Graduate. Each individual's performance will contribute to your platoon's ranking for each streamer to add to your Guidon.

Throughout Cadet Basic Training, each platoon is in active competition against the others. Various streamers are awarded after certain events such as the Combat Water Survival Training streamer based on which platoon did the best in that event. Some others (Motivation, Drill and Ceremonies) are always moving based on daily performance. The ultimate goal is to earn the coveted black Honor Platoon streamer.



ATTITUDE

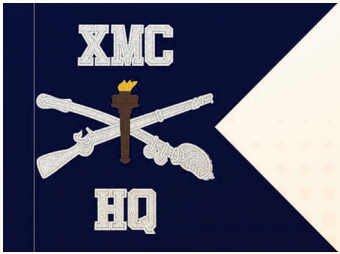
At ***Extreme Military Challenge!*** we have extremely high standards of military bearing, professionalism and motivation. For example:

- You are expected to greet others ***loudly and proudly.***
- When asked how your day is, the only correct answer is "***Outstanding, Sir! (or Ma'am!)"***
- We pride ourselves in being "hardcore" in everything we do, individually and as a program. When saluting an officer, the Greeting of the Day regardless of time is ***"Hardcore, Sir! (or ma'am!)."***

GUIDON



Guidon Bearer



XMC Company Guidon
Patterned after Infantry



Cadet Ranger School Guidon
Patterned after Rangers

The significance of the guidon is that it represents the unit and its commanding officer. When the commander is in, his or her guidon is displayed for everyone to see. When the commander leaves for the day, the guidon is taken down.

It is an honor to be selected as the guidon carrier for a unit, known as a "guidon bearer" or "guide." He or she stands in front of the unit alongside of the commander (or the commander's representative), and is the rallying point for troops to fall into formation when the order is given. In drill and ceremonies, the guidon and commander are always in front of the formation.

The guidon is a great source of pride for the unit, and several military traditions have developed around it, stemming back from ancient times. Any sort of disgrace toward the guidon is considered a dishonor of the unit as a whole. Never give up your guidon to anyone outside your unit.

Each ***Extreme Military Challenge!*** platoon will receive its guidon when you have met the basic criteria to do so through demonstration of military bearing, motivation and military drill.

PLATOON GUIDONS

Each ***Extreme Military Challenge!*** platoon guidon is patterned after the guidon design used by a branch within the United States Army. The distinct color scheme is unique to your platoon and represents the Soldiers who serve in the branch represented by your platoon's guidon.



Patterned after Calvary



Patterned after Engineers



Patterned after Military Police



Patterned after Medical



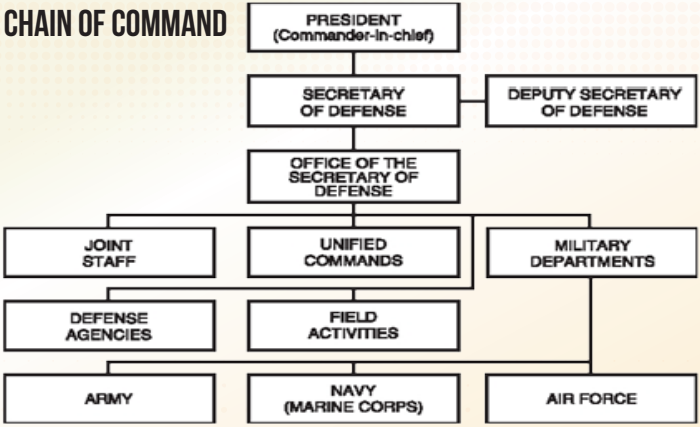
Patterned after Aviation



Patterned after Signal

MILITARY KNOWLEDGE

CHAIN OF COMMAND



PRESIDENT _____

SECRETARY OF DEFENSE _____

SECRETARY OF THE ARMY _____

ARMY CHIEF OF STAFF _____

SERGEANT MAJOR OF THE ARMY _____

XMC CADET BASIC TRAINING

CAMP COMMANDER _____

COMMAND SERGEANT MAJOR _____

BATTALION COMMANDER _____

COMPANY COMMANDER _____

SENIOR DRILL INSTRUCTOR _____

DRILL INSTRUCTOR _____

MILITARY COURTESY

Military courtesy shows respect and reflects self-discipline. Consistent and proper military courtesy is an indicator of unit discipline, as well. Soldiers demonstrate courtesy in the way we address officers or noncommissioned officers (NCOs) who are senior to us. Some other simple but visible signs of respect and self discipline are as follows:

- When talking to an officer of who is senior to you, stand at attention until ordered otherwise.
- When you are dismissed, or when the officer departs, come to attention and salute.
- When speaking to or being addressed by a NCO who is senior to you, stand at parade rest until ordered otherwise.
- When an officer enters a room the first Soldier to recognize the officer calls personnel in the room to attention but does not salute. A salute indoors is rendered only when reporting.
- When an NCO of superior rank enters the room, the first soldier to recognize the NCO calls the room to "*At ease*."
- Walk on the left of an officer or NCO of senior rank.
- When entering or exiting a vehicle, the junior ranking Soldier is the first to enter, and the senior in rank is the first to exit.
- When outdoors and approached by an NCO, you greet the NCO by saying, "*Good morning, Sergeant*," for example. While in Cadet Basic Training you will address all Cadre as "Sir" or "Ma'am". Once you are a Cadet you will address NCOs by their rank.
- The first person who sees an officer enter a dining facility gives the order "*At ease*," unless a more senior officer is already present. Many units extend this courtesy to senior NCOs, also.
- When you hear the command "*At ease*" in a dining facility, remain seated, silent and continue eating unless directed otherwise.

When you report to an officer of senior rank, approach the officer to whom you are reporting and stop about two steps from him, assuming the position of attention. Give the proper salute and say, for example, "*Sir, Private Smith reports.*" If you are indoors, use the same procedures

as above, except remove your headgear before reporting. If you are armed, however, do not remove your headgear.

A Soldier addressing a higher ranking officer uses the word "*sir*" or "*ma'am*" in the same manner as a polite civilian speaking with a person to whom he wishes to show respect. In the military service, the matter of who says "*sir*" or "*ma'am*" to whom is clearly defined; in civilian life it is largely a matter of discretion. In the case of NCOs and soldiers, we address them by their rank because they've earned that rank.

DRILL AND CEREMONY



Hand Salute


Normal Interval – Dress Right Dress


Close Interval – Dress Right Dress


Left Face


About Face

DRILL AND CEREMONY TERMINOLOGY

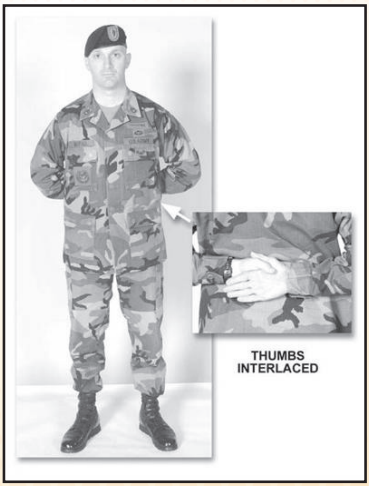
Base: This is the element around which a movement is planned or regulated.

Cadence: This is a uniform rhythm or number of steps or counts per minute.

Depth: This is a space from the front to the rear of a formation, including the front and rear elements.

Distance: This is the space between elements that are one behind the other. The distance between individuals is an arm's length plus 6 inches, or approximately 36 inches, measured from the chest of one soldier to the back of the soldier immediately to his front.

Double Time: This is a cadence of 180 counts (steps per minute).



Parade Rest

Element: This is an individual, squad, section, platoon, company, or larger unit formed as part of the next higher unit.

File: This is a column that has a front of one element.

Formation: This is an arrangement of the unit's elements in a prescribed manner such as a line formation, in which the elements are side-by-side, and column formation, in which the elements are one behind the other. In a platoon column, the members of each squad are one behind the other with the squads abreast.

Front: This is a space from one side to the other side of a formation, and includes the right and left elements.

Guide: This is the person responsible for maintaining the prescribed direction and rate of march.

Head: This is a column's leading element.

Interval: This is the space between side-by-side elements.

Post: This is the correct place for an officer or noncommissioned officer to stand in a prescribed formation.

Quick Time: This is a cadence of 120 counts (steps per minute).

Rank: This is a line that is only one element in depth.

CADET HONOR CODE

"I will not lie, cheat, or steal nor tolerate those who do."

These simple words provide a personal code of ethics designed to serve any young man or woman for a lifetime.

The Honor Code is specific and clear in what it demands. A Cadet is expected to have absolute integrity in both word and deed. This expectation applies both in and out of uniform, as well as on or off post. In other words, you are expected to conduct yourself as a "Cadet" 24/7, even after you leave our program. A Cadet avoids quibbling or evasive statements and does his/her own work in class. Maintaining the Code's high standards of trustworthiness is the responsibility of each member of the Corps of Cadets.

A Cadet is expected to report oneself for a violation of the Honor Code and to confront any other Challenger suspected of violating the Code and assure the violation is reported to a member of the Cadre. You are to report any issues up your chain of command, otherwise you will share responsibilty for the transgression. XMC is a non-discriminatory environment, and just like the actual military we have Challengers and Cadre from all backgrounds. Any hazing, bigotry, or inappropriate behavior/language will not be tolerated and is expected to be reported to a Cadre member immediately or all Challengers present will be violating the Honor Code.

CADET PROMOTION CRITERIA

C/PVT to C/PV2	Graduation of Cadet Basic Training
C/PV2 to C/PFC	Graduation of Cadet Field Leader Course Pass Team Selection for Cadet Ranger School – Phase I
C/PFC to C/CPL	Eligible upon attaining 7 Promotion Points Eligible upon Completion of Advanced CFLC Approved by Company Commander
C/CPL to C/SGT	Eligible upon attaining 12 Promotion Points Successful Completion of Promotion Board Approved by Company Commander
C/SGT to C/SSG	Eligible upon attaining 16 Promotion Points Successful Completion of Promotion Board Approved by Battalion Commander
C/SSG to C/SFC	Eligible upon attaining 20 Promotion Points Successful Completion of Promotion Board Approved by Battalion Commander
C/SFC to C/1SG	Meritorious - Approved by Camp Commander
C/1SG to C/SGM	Meritorious - Approved by Camp Commander

POINTS CRITERIA (Based on Graduating program listed)

1 Point	Cadet Tactical Training Course (Winter Camp), Cadet Staff Ride, Cadet Fitness Challenge, Honor Graduate (Max. 4 added points) 7 Days+ Volunteer Service at Camp Liberty during off-season 300 Score on Cadet Physical Fitness Test (Max. 1 added points)
2 Points	Cadet Basic Training, Cadet Field Leader Course, Advanced Cadet Field Leader Course
3 Points	Cadet Combat Engineer School, Cadet Medic School, Cadet Ranger School, Advanced Cadet Ranger School

Courses not listed default to 1 Promotion Point per week.



"BATTLE BUDDY" SYSTEM

The "Battle Buddy" System is used at ***Extreme Military Challenge!*** for the following reasons:

- Mutual support and assistance.
- Reducing stress.
- Teaching teamwork.
- Development of a sense of responsibility and accountability for fellow Cadets and Recruits.
- Improving safety during training.

Cadets and Recruits are formed into two-person teams. A buddy team may consist of three personnel in order to ensure everyone is part of a buddy team. Team members learn to help one another in all aspects of training. This aids in the development of individual initiative, responsibility, and dependability.

No Cadet (except C/SSG or above) or Recruit will ever travel without a "Battle Buddy." Your "Battle Buddy" is typically your bunkmate. Challengers are never to be alone with a member of the opposite gender or a Cadre member. Buddy teams will be of the same gender, a third trainee of the opposite gender may travel with a buddy pair so that the third person is not travelling alone. **You are responsible for your Battle Buddy**.

THE SEVEN RESPONSES

Yes, Sir (Ma'am)
No, Sir (Ma'am)
No excuse, Sir (Ma'am)
Sir (Ma'am), I do not know
Sir (Ma'am), I do not understand
Sir (Ma'am), may I make a statement
Sir (Ma'am) may I ask a question

DATE AND TIME

Military Dates: Military dates are expressed by day, month and year, in that order – abbreviated to the first three letters of the month and last two digits of the year. For example, June 10th, 2015 is expressed as 10 JUN 15.

Military Time: Military time is expressed using 24 hours, in groups of four digits ranging from 0001 (one minute after midnight) to 2400 (midnight), based on the 24-hour clock system shown below. The first two numbers represent the hours after midnight, and the last two numbers the minutes of each hour.



For example, noon is 1200 hours, 10:15 p.m. becomes 2215 hours, military time. When speaking or writing military time never use the word "hours" following the time, such as "2200 hours" rather just say or write 2200. An easy way to remember time between 1300 and 2400 is to add the number to 1200. For **example:** 6 p.m.: 1200 + 600 = 1800.

Military = Civilian	Military = Civilian
0001 - 12:01 am	1300 - 1:00 pm
0100 - 1:00 am	1400 - 2:00 pm
0200 - 2:00 am	1500 - 3:00 pm
0300 - 3:00 am	1600 - 4:00 pm
0400 - 4:00 am	1700 - 5:00 pm
0500 - 5:00 am	1800 - 6:00 pm
0600 - 6:00 am	1900 - 7:00 pm
0700 - 7:00 am	2000 - 8:00 pm
0800 - 8:00 am	2100 - 9:00 pm
0900 - 9:00 am	2200 - 10:00 pm
1000 - 10:00 am	2300 - 11:00 pm
1100 - 1:00 am	2400 - 12 Midnight
1200 - Noon	

SERVICE BIRTHDAYS

Each branch of the Armed Forces celebrates their service birthdays and takes great pride in their military heritage. It is important that you to know that heritage, as a member of the services' family.

ARMY	14 JUN 1775
NAVY	13 OCT 1775
MARINE CORPS	10 NOV 1775
COAST GUARD	04 AUG 1790
AIR FORCE	18 SEP 1947
SPACE FORCE	20 DEC 2019

PHONETIC ALPHABET

Alpha	Juliet	Sierra
Bravo	Kilo	Tango
Charlie	Lima	Uniform
Delta	Mike	Victor
Echo	November	Whiskey
Foxtrot	Oscar	X-Ray
Golf	Papa	Yankee
Hotel	Quebec	Zulu
India	Romeo	

ARMY GENERAL ORDERS

1. I will guard everything within the limits of my post and quit my post only when properly relieved.
2. I will obey my special orders and perform all of my duties in a military manner.
3. I will report violations of my special orders, emergencies, and anything not covered in my instructions to the commander of the relief.

GUN SAFETY RULES

1. ALWAYS keep the gun pointed in a safe direction.

This is the primary rule of gun safety. A safe direction means that the gun is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the muzzle or front end of the barrel is pointed at all times.

2. ALWAYS keep your finger off the trigger until ready to shoot.

When holding a gun, rest your finger on the trigger guard or along the side of the gun. Until you are given the order and are actually ready to fire, **NEVER** touch the trigger.

3. ALWAYS keep the gun unloaded until ready to use.

You will not touch or do anything while on the firing range without being told to do so by a Range Safety Officer.

These rules are to be used for all simulated ("Rubber Ducks", airsoft, paintball, etc) firearms as well.

SAFETY ALWAYS COMES FIRST! FOLLOW INSTRUCTIONS AT ALL TIMES OR YOU WILL BE REMOVED FROM THE FIRING RANGE WITH NO SECOND CHANCE!



"WE MUTUALLY PLEDGE TO EACH OTHER OUR LIVES, OUR FORTUNES AND OUR SACRED HONOR."

-Final words of the Declaration of Independence

AMERICANISM

Life in the United States conveys upon its citizens a multitude of privileges and blessings. As citizens, we must appreciate our nation and its heritage. Each Cadet should have a strong understanding that our freedoms are not free. They are paid for by the men and women who stand vigil on the frontlines of democracy, maintaining our security day-after-day. Your bearing and appearance in uniform should always be a tribute to those men and women.

The Pledge of Allegiance should be rendered by standing at attention, facing the flag and saluting. When the National Anthem is played or sung, citizens should stand at attention and salute at the first note and hold the salute through the last note. The salute is directed to the flag, if displayed, otherwise to the music.

OUR AMERICAN FLAG

Flags are more than scraps of colorful cloth: they symbolize the spirit of the country itself and all those who have contributed to its greatness. The United States is no exception: the simple act of folding the national flag requires a unique ritual with its own rules and regulations. If the end result isn't a neat triangle (thought to be reminiscent of our forefathers' tri-corner hats), you've done it wrong.

As a military custom, our National Flag or Ensign is lowered daily from its flagpole at the last note of Retreat. Special care should be taken so that no part of the flag touches the ground. The flag is then carefully folded into the shape of a tri-cornered hat, emblematic of the hats worn by colonial soldiers during the war for independence. In the folding, the red and white stripes are finally wrapped into the blue, as the light of day vanishes into the darkness of night.

When the flag was first adopted in 1777, the U.S. Continental Congress justified the flag's attributes this way: "White signifies purity and innocence; red, hardiness and valor; blue signifies vigilance, perseverance and justice," with the stars forming "a new constellation."

NATIONAL ANTHEM

"The Star – Spangled Banner"

by Francis Scott Key

Oh! say, can you see by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, through the perilous fight,

O'er the ramparts we watched, were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.

Oh! say does that star-spangled banner yet wave,
O'er the land of the free and the home of the brave?

SALUTING THE FLAG

Salute the flag…

When it is six paces from the viewer and hold it until the flag has passed six paces beyond. Salute the flag at the first note of the National Anthem and hold the salute until the last note is played. Never use a flag as a decoration – use bunting.

When in civilian attire…

MEN remove hats and hold at left shoulder with hand over heart; without hat, place right hand, palm open, over heart.

WOMEN should place right hand, palm open, over heart.

When in athletic clothing, face the flag or music, remove hat or cap and stand at attention; a hand salute is not given.

CARRYING THE FLAG

When marching…

Carry the flag on the right in any procession or parade. If there are many other flags, carry the flag in the front center position.

If you are carrying a flag…

Hold the flag at a slight angle from your body. You can also carry it with one hand and rest it on your right shoulder.

DISPLAYING THE FLAG OUTDOORS

On a vehicle…

Attach the flag to the antenna or clam the flagstaff to the right fender. Do not lay the flag over the vehicle.

On a building…

Hang the flag on a staff or on a rope over the sidewalk with the stars away from the building.

Over the street.

Hang the flag with the stars to the east on a north-south street or north on an east-west street.

Above other flags…

Hang the flag above any other flag on the same pole.

Other flag, separate poles…

Hang all flags on equal poles. Hang the U.S. flag on its own right, hoist it first and lower it last.

In a window…

Hang the flag vertically with the stars to the left of anyone looking at it from the street.

Half-mast…

This is a sign of mourning. Raise the flag to the top of the pole then lower it to the half way point. Before lowering the flag. Raise it to the top again at the end of the day.

Upside down…

An upside-down flag is considered a distress signal.

DISPLAYING THE FLAG INDOORS

Multiple staffs…

If you display the flag on a staff with other flags around it, place the flag at the center and highest point. Crossed staffs: Keep the flagstaff higher and on its own right.

Behind a speaker…

Hand the flag flat on the wall. Do not decorate the podium or table with the flag. Use hunting for decoration.

Next to a speaker…

Place the flag in a stand on the speaker's right. Use the same placement for a religious service.

In a hall or lobby…

Hang the flag vertically across from the main entrance with the stars to the left of anyone coming through the door.

On a casket…

Drape the flag with its canton at the head and over the left shoulder of the body. Do not lower the flag into the grave.



BASIC FIRST AID KNOWLEDGE

What are the four life-saving steps?	1. Start the Breathing. 2. Stop the Bleeding. 3. Protect the Wound, and 4. Treat for Shock.
What is a heat injury?	General dehydration of the body brought on by loss of water and salt through activity in the heat.
What are the three categories of heat injuries?	Heat cramps, heat exhaustion and heat stroke.

IDENTIFY SIGNS AND SYMPTOMS OF HEAT CRAMPS

- Grasping or massaging a limb (arm or leg) or bending over in an effort to relieve the pain of an abdominal cramp.
- Skin wet with perspiration.
- Unusual thirst.

TREAT HEAT CRAMPS

- Move the casualty to a cool, shaded area to rest. Use poles, ponchos, blankets, or other available materials to improvise a shade, if needed.
- Loosen the casualty's clothing around his neck and waist and loosen his boots.
- Do not loosen the casualty's clothing if you are in a chemical environment.
- Have the casualty slowly drink one quart (one canteen) of cool water.
- Seek medical help or evacuate the casualty if the cramps continue.

IDENTIFY SIGNS AND SYMPTOMS OF HEAT EXHAUSTION

- Most Common Signs and Symptoms of Heat Exhaustion
- Profuse sweating with pale, cool skin.
- Weakness or faintness.
- Dizziness.
- Headache.
- Loss of appetite.
- Other Signs and Symptoms of Heat Exhaustion
- Heat cramps.
- Nausea (with or without vomiting).
- Chills ("gooseflesh").
- Rapid breathing.
- Urge to defecate.
- Tingling in hands or feet.
- Mental confusion.

TREAT HEAT EXHAUSTION

- Move the casualty to a cool shaded area to rest. Improvise a shade, if necessary.
- Position the casualty to lie on his back with his legs elevated (normal shock position).
- Remove the casualty's clothing around his neck and waist and loosen his boots.
- Pour water over the casualty and fan him to cool his body faster.
- Do not loosen or remove clothing or pour water over the casualty if you are in a chemical environment.
- Have the casualty slowly drink one quart (one canteen) of cool water.
- If the casualty cannot drink the water because of nausea or if he vomits, the combat lifesaver will insert an intravenous line and evacuate.
- If the casualty recovers, have him perform only light duties for the remainder of the day if the mission permits.

IDENTIFY SIGNS AND SYMPTOMS OF HEAT STROKE

- Lack of or severe decrease in normal perspiration. (Decrease in perspiration is caused by the collapse of the body's cooling mechanisms, including perspiration.)
- A soldier who is not perspiring or perspiring very little while other soldiers performing the same work are perspiring freely is in danger of heat stroke. Take emergency measures immediately.
- Skin that is hot, dry, and red.
- Headache.
- Weakness.
- Dizziness.
- Mental confusion.
- Nausea or stomach pains.
- Seizures.
- Weak and rapid pulse and respiration.
- Sudden loss of consciousness.

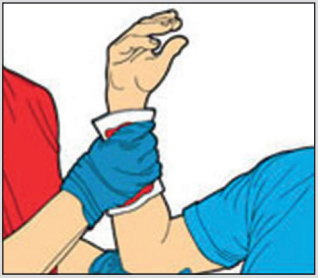
TREAT HEAT STROKE

- Heat stroke is a medical emergency. In heat stroke, the body's internal (core) temperature increases to dangerous levels. If the casualty's body temperature is not lowered quickly, brain injury or death may result.
- Send someone to get medical help while you work with the casualty.
- Move the casualty to a cool, shaded area or improvise a shade.
- Loosen or remove the casualty's outer garments.
- Position the casualty on his back with his feet elevated while pouring cool water over the casualty, fanning him vigorously, and massaging his arms and legs with cool water. Mist is more effective than pouring water.
- Do not loosen or remove clothing, pour water over the casualty, or massage his limbs if you are in a chemical environment.
- Have the casualty slowly drink one quart of cool water if he is able. If unable to drink, insert an intravenous line.
- Evacuate the casualty as soon as possible.
- Do not delay evacuation in order to start cooling measures. Perform cooling measures en route to the medical treatment facility.
- Monitor the casualty's breathing. Administer mouth-to-mouth resuscitation if needed.

RECOGNIZE AND GIVE FIRST AID FOR HEAT INJURIES

Any heat injury casualty should be examined by medical personnel even if he appears to recover fully. Heat injuries can be avoided by adequate rest, proper clothing, and adequate fluids.

FIRST AID



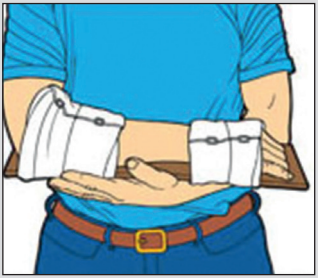
BLEEDING

- Apply direct pressure to the wound using a sterile gauze pad or clean cloth.
- Elevate the injured area above the level of the heart if there is no fracture.
- Cover the dressing with a pressure bandage. If bleeding does not stop apply additional dressings.
- If necessary, apply pressure to the artery with your hand



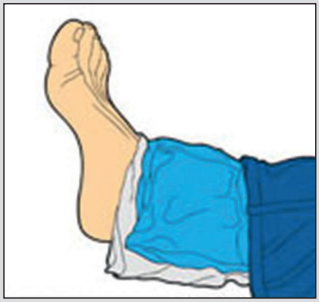
BURNS

- Stop the burning. Remove the person from the source of the burn.
- Cool the burn. Hold burnned area under cool (not cold or icy) running water or immerse for 10 to 15 minutes. Use cool compresses if water is unavailable.
- Cover the burn. Cover burn with non-adhesive sterile bandage or clean cloth.
- Prevent shock. Lay the person down and elevate the legs.



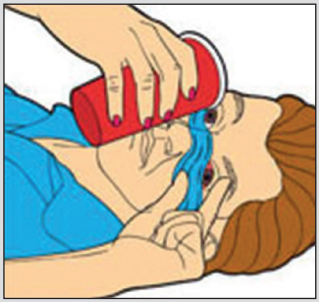
FRACTURES

- Help the person support the injured area. Stop any bleeding by applying pressure with sterile bandage or clean cloth.
- Check for feeling, warmth and color below fracture.
- Immobilize the injured area. Apply a soft or hard splint above and below the fracture.
- Apply ice or cold packs and elevate.
- Treat for shock. Lay the person down and elevate the legs.



SPRAINS

- Rest the ankle or injured area.
- Apply ice or cold packs (wrap in cloth or put cloth under to protect the skin).
- Compress by lightly wrapping an elastic bandage around the injured area.
- Elevate the injured area above heart level to reduce swelling.



EYE INJURIES

- Don't rub the eye.
- For a foreign particle such as dirt, sand, or silver or wood or metal have the person pull the upper lid down and blink repeatedly.
- Flush the eye with water.
- For any chemicals in the eyes immediately wash the eyes with lots of water.



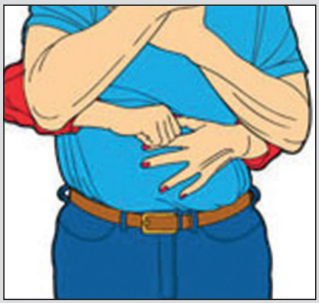
SHOCK

- Help the person lie down on his or her back.
- Elevate the feet about 12 inches. If raising the feet causes pain or further injury, keep him or her flat.
- Check for spings of breathing, coughing, or movement, and if absent begin CPR.
- Keep the person warm and comfortable.
- Turn the person on his or her side to prevent, choking if the person vomits or bleeds from the mouth.



CHOKING

- Signs of choking; the person has hands clutching his or her throat, unable to breathe or talk; or skin, lips, and nails are turning blue.
- Perform abdominal thrusts (Heimlich maneuver)
- Stand behind the person. Wrap your arams around the waist.
- Make fist with one hand. Position it slightly above the person's naval.



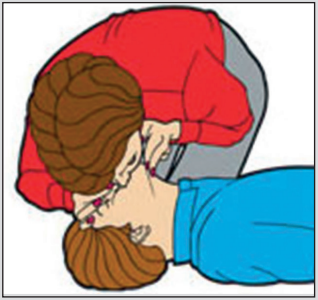
- Grab the fist with the other hand. Press hard into the abdomen with a quick inward and upward thrust.
- Perform 5 abdominal thursts. (Heimlich maneuver)
- If you are alone, perform abdominal thrusts before calling 911. If two people are available, one can call for help while the other performs first aid.
- If the person becomes unconscious, perform CPR.



- Clear the airways of obese person or pregnant woman
- Place your hands a little higher than normal.
- Proceed as with the heimlich maneuver, showing your fist inward and upward quickly.
- Repeat abdominal thrusts until the blockage is dislodged. If the person becomes unconscious, perform CPR.







CPR

- Check to see if the person is conscious or unconscious.
- If the person doesn't respond and you are alone first call 911, then begin CPR. If two people are available, one should call 911 and the other begin CPR.
- Compressions - Begin compressions
- If face down, put the person on his or her back while supporting the head, neck, and back.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep your elbows straight.
- Using your uper body push straight down compressing the chest to about 2 inches. Push hard at a rate of 100 compressions per minue.
- Airway - Clear the airway
- If trained for CPR, after 30 compressions, open the person's airway your by placing your palm on the person's forehead and gently tite the head back. With the other hand gently lift the chin forward to open the airway.
- Check for normal breathing, chest motion, and listen for normal breathe sounds
- Breathing - Breathe for the person
- Pinch the nostrils and cover the person's mouth with yours.
- Give the first rescue breath and watch to see it the chest rises. If it dose rise give the second breath. If the chest does'nt rise, repeat the head tilt, chin-tilt, and give the second breath.
- Resume chest compressions.
- Continue CPR until there are signs of movement or emergency personnel take over.

AM I HYDRATED?

URINE COLOR CHART

1		IF YOUR URINE MATCHES THE COLORS 1, 2, OR 3, YOU ARE PROPERLY HYDRATED. CONTINUE TO CONSUME FLUIDS AT THE RECOMMENDED AMOUNTS.
2		
3		
4		IF YOUR URINE COLOR IS BELOW THE RED LINE, YOU ARE **DEHYDRATED** AND AT RISK FOR CRAMPING AND/OR A HEAT ILLNESS!! **MAKE SURE YOU ARE SALTING YOUR FOOD SOME TO HELP WITH WATER RETENTION. MOST IMPORTANTLY YOU NEED TO DRINK MORE WATER!**
5		
6		
7		
8		

As a rule of thumb you should be drinking a canteen of water (or equivalent) every hour to stay properly hydrated. A Challenger who does not have a hydration source with them is considered out of uniform and will be disciplined.

CADET STAFF RIDE

Extreme Military Challenge (XMC) and Liberty Communications, LLC, hosts a Cadet Staff Ride each year during Oct in Washington, D.C. Each year's dates will be posted by July 15th.

Applicants must be highly-qualified and hand-picked for this program. Graduates of XMC's Cadet Field Leader Course will have priority for enrollment.

** Visit historic Washington, DC, including the Capital, WWII Memorial, Jefferson Monument and much more!

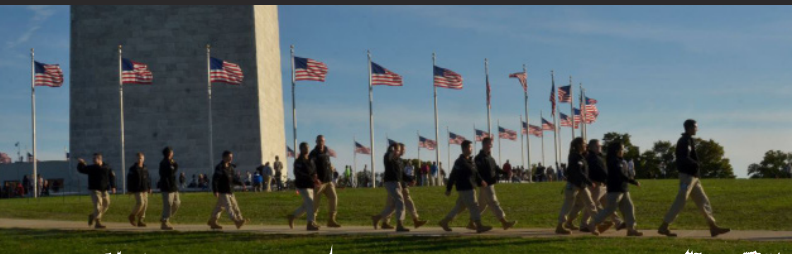
** Wreath-laying at the Tomb of the Unknown

** Visit to the United States Marine Corps Museum, Quantico, VA.

** A tour of the Pentagon

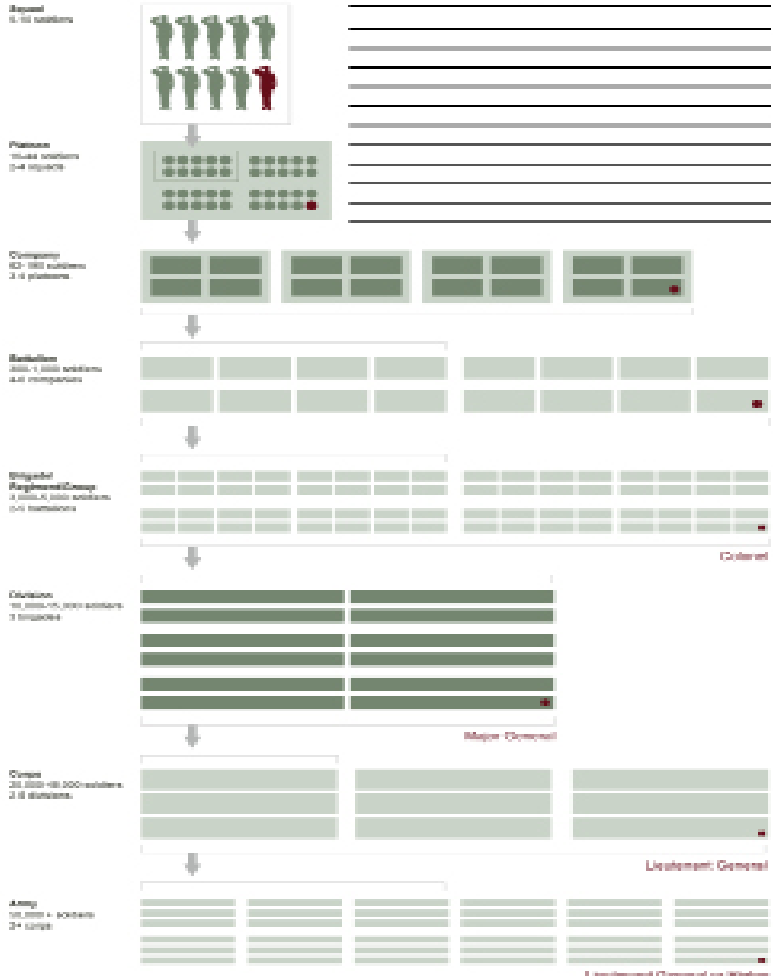
** Attend the Association of the United States Army Annual Meeting and Exposition, including a reception with the Secretary of the Army, Chief of Staff and Sergeant Major of the Army

This is an educational event, with incredible exposure to our nation's military forces. You will meet senior military leaders, see the latest in military technology, learn about careers in uniform and as a civilian, all while experiencing the beauty of our Nation's Capital.



REFERENCES

NOTES



MILITARY TERMS

As You Were: Resume former activity.
Bug Juice: Flavored drink.
Cadet: A graduate of Cadet Basic Training
Carry On: Resume previous activity.
CFLC: Cadet Field Leader Course
Challenger: All participants in ***Extreme Military Challenge***!
Chow: Food.
Colors: U.S. Flag.
CP: Command Post.
CRS: Cadet Ranger School
Dining Facility (DFAC): Cafeteria.
Field Day: Barracks clean-up
Fire Watch: Guard duty.
FTX: Field Training Exercise.
G.I. Party: Barracks clean-up
Good to Go: A Marine Corps term used to mean everything except "no."
Hooah!: An Army term used to mean everything except "no."
K.P.: Kitchen Patrol, those of duty to help during meals.
Latrine: Lavatory/bathroom.
Lock It Up: Come to attention.
Mega-Hooah!: COL Land's standard for XMC!
MOS: Military Occupational Specialty – Army or Marine Corps job title.
MRE: Meal, Ready to Eat.
Police: To straighten or tidy up.
Rack: Bed.
Recruit: Participant in Cadet Basic Training
Secure: Stop; finish; end; make fast; put away in storage.
Square Away: To straighten or to get settled in; to correct someone.
TOC: Tactical Operations Center.
Trainee: Participant, in XMC programs, who has not completed CBT.

SERVICE SONGS

UNITED STATES ARMY

March along, sing our song,
With the Army of the free
Count the brave, count the true,
Who have fought to victory
We're the Army and proud of our name
We're the Army and proudly proclaim

First to fight for the right,
And to build the Nation's might,
And The Army Goes Rolling Along
Proud of all we have done,
Fighting till the battle's done,
And the Army Goes Rolling Along.

Then it's Hi! Hi! Hey!
The Army's on its way.
Count off the cadence loud and strong,
For where e'er we go,
You will always know
That The Army Goes Rolling Along.

UNITED STATES MARINE CORPS

From the Halls of Montezuma,
To the Shores of Tripoli;
We fight our country's battles
In the air, on land, and sea;
First to fight for right and freedom
And to keep our honor clean;
We are proud to claim the title
Of UNITED STATES MARINES.

UNITED STATES NAVY

Stand, Navy, out to sea, Fight our battle cry;
We'll never change our course,
So vicious foe steer shy-y-y-y.
Roll out the TNT, Anchors Aweigh.
Sail on to victory
And sink their bones to Davy Jones, hooray!

Anchors Aweigh, my boys, Anchors Aweigh.
Farewell to college joys,
we sail at break of day-ay-ay-ay.
Through our last night on shore,
drink to the foam,
Until we meet once more.
Here's wishing you a happy voyage home.

UNITED STATES AIR FORCE

Off we go into the wild blue yonder,
Climbing high into the sun;
Here they come zooming to meet our thunder,
At 'em boys, Give 'er the gun!
(Give 'er the gun now!)
Down we dive, spouting our flame from under,
Off with one helluva roar!
We live in fame or go down in flame. Hey!
Nothing'll stop the U.S. Air Force!

UNITED STATES SPACE FORCE

We're the mighty watchful eye,
Guardians beyond the blue,
The invisible front line,
Warfighters brave and true.
Boldly reaching into space,
There's no limit to our sky.
Standing guard both night and day,
We're the Space Force from on high.

UNITED STATES COAST GUARD

So here's the Coast Guard marching song,
We sing on land or sea.
Through surf and storm and howling gale,
High shall our purpose be.
"Semper Paratus" is our guide,
Our fame, our glory too.
To fight to save or fight to die,
Aye! Coast Guard, we are for you!

THE ARMY MOTTO
This We'll Defend

THE NAVY MOTTO
Semper Fortis, "Always Courageous"

THE USMC MOTTO
Semper Fidelis, "Always Faithful"

THE AIR FORCE MOTTO
"Aim High ... Fly-Fight-Win"

THE SPACE FORCE MOTTO
Semper Supra, "Always Above"

EXTREME MILITARY CHALLENGE! MOTTO

"Hard Core or OUT the DOOR!"

THE ARMY VALUES

Loyalty

Bear true faith and allegiance to the U.S. constitution, the Army, and other soldiers. Be loyal to the nation and its heritage.

Duty

Fulfill your obligations. Accept responsibility for your own actions and those entrusted to your care. Find opportunities to improve oneself for the good of the group.

Respect

Rely upon the golden rule, treat people as you would want to be treated. How we consider others reflects upon each of us, both personally and as a professional organization.

Selfless Service

Put the welfare of the nation, the Army, and your subordinates before your own. Selfless service leads to organizational teamwork and encompasses discipline, self-control and faith in the system.

Honor

Live up to all the Army values

Integrity

Do what is right, legally and morally.

Personal Courage

Our ability to face fear, danger, or adversity, both physical and moral courage.

NAVY / MARINE CORPS CORE VALUES

Honor, **Courage**, **Commitment**

AIR FORCE CORE VALUES

Integrity First, **Service Before Self**, **Excellence In All We Do**

SPACE FORCE CORE VALUES

Character, Connection, Commitment, and Courage

COLLEGE SCHOLARSHIPS FOR NOW. LIFE SKILLS FOR EVER.

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U.S.ARMY

LEADERSHIP EXCELLENCE

ARMY ROTC

ARMY HISTORY

"Resolved, That a General be appointed to command all the continental forces, raised, or to be raised, for the defense of American liberty."

The above resolution of the Second Continental Congress on 14 June 1775 established the beginnings of the United States Army as we know it today. The very next resolution unanimously selected George Washington as commanding general of the first Continental Army.

From Lexington to Trenton to Valley Forge, the Continental Army proved the critical force in fighting and winning the war for American Independence (see Declaration of Independence extracts beneath military quotation section). The Army has been the keeper of American freedom ever since.

From the outset, civilian control of the military was a governing principle of the American system. In 1787, the Constitution placed the military under the control of the President. His role as commander-in-chief requires every Soldier to follow and obey his orders.

In 1789, Congress created the Department of War to administer the military forces. The Army, now under the direction of the newly created cabinet, remained at a strength of 60,000 or less from the end of the Revolution through the beginning of the Civil War. Although Congress intended that the Regular Army serve only as a supplement to local militias, the "regulars" ultimately played the crucial role in both the War of 1812 and the Mexican War (1846-48).

In December of 1860, the Army consisted of merely 16,000 officers and enlisted men. By 1865, Civil War expansion had increased that number to an astounding 1,000,000. Victory for the Union in the Civil War returned the Army to a strength of only 25,000 troops.

An analysis of the Army's role in the Spanish-American War (1898) revealed deficiencies in the War Department. After becoming Secretary of War in 1899, Elihu Root reorganized and revitalized the department.

By the time the Army entered World War I in 1917, it was at its peak in terms of training and professionalism. Over 2,000,000 men followed General John J. Pershing to France as part of the American Expeditionary Force.

Following victory in the "War to End All Wars," the Army remained at a strength of approximately 125,000 from 1919 to 1939. However, when Nazi Germany invaded France in 1940, the U.S. Government re-instituted conscription (the draft) and forces ballooned to 1,640,000.

Japan attacked Pearl Harbor on 7 December 1941 and during the early 1940s, 8,300,000 men and women were part of a global effort to claim victory in World War II. From the Pacific Theater and bloody battles in the Philippines, to the D-Day invasion of Normandy on 6 June 1944, American forces fought with courage to preserve freedom for the world.

Following the fall of the Nazis and the surrender of the Japanese in August 1945, the Army again contracted-this time to a strength of approximately 500,000. Expansions followed during America's participation in the Korean and Vietnam Wars. And though it reduced in size during the interim periods of peace, the Army still remained relatively large due to the looming presence of the Cold War.

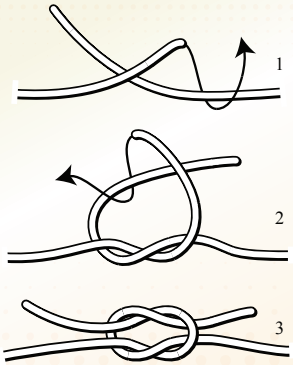
When the forces of Communism fell in the late 1980s, civilian leaders began to re-evaluate the Army's role and it again went through a dramatic reduction in size. Recently, the Army claimed a major victory in Desert Storm, defeating the 4th-largest enemy in the world in 100 hours.

The Army has also had a crucial role in bringing peace to several areas of conflict as well as continuing to protect and advance American interests. No matter how the Army changes, or what the specific mission may be, the Soldier's role never changes: to support and defend the Constitution of the United States against all enemies, foreign and domestic.

KNOTS

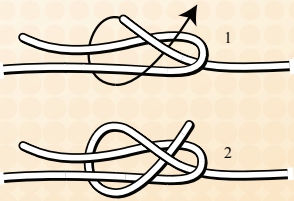
SQUARE KNOT

The Square Knot is used as a binding knot for such things as clamping a pad on a wound.



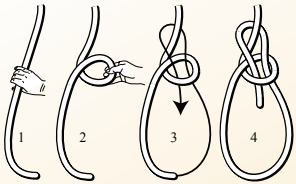
SHEET BEND

The Sheet Bend is used to tie two ropes together.



BOWLINE KNOT

The Bowline is used to make a non-slip loop on the end of a rope. It is called the king of knots and it is so dependable that it can be used for rescue work.



After the bowline has been formed, you must tighten it correctly like this.

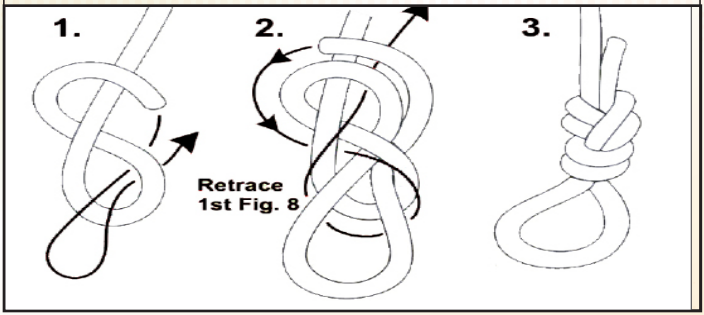


Tightened correctly

Tightened incorrectly

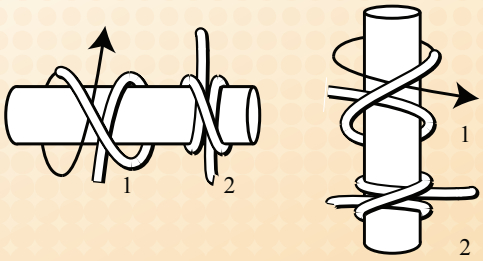
FIGURE EIGHT

The figure eight follow through is one of the strongest knots. It forms a secure, non-slip loop at the end of a rope. Tie a single eight in the rope two feet from its end. Pass the free end through any tie-in point if desired. Retrace the original eight with the free end leaving a loop at the bottom of the desired size. This is a fundamental knot for anchor points.



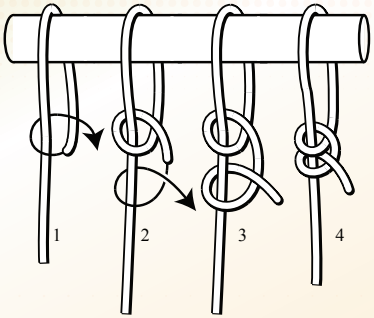
CLOVE HITCH

The Clove Hitch is a binding knot; however, it should be used with caution because it can slip or come undone if the object it is tied to rotates or if constant pressure is not maintained on the line.



TWO HALF HITCHES

Two half hitches can be use to tie a rope to a tree, boat or any object. It is often used in a supporting role, for example to increase the security of a primary knot.



OVERHAND KNOT

Use this knot on both ends of your rope to keep it from unraveling and as a "stopper" knot.



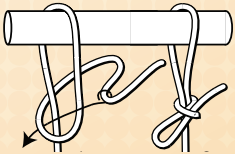
COILING A ROPE

Used to neatly store rope.



HITCHING TIE

Used to tie a rope to another item.



ENLISTED RANK INSIGNIA

	Army	Navy Coast Guard	Marines	Air Force
E-1	Private (PVT)	Seaman Recruit (SR)	Private (Pvt)	Airman Basic (AB)
E-2	Private E-2 (PV2)	Seaman Apprentice (SA)	Private First Class (PFC)	Airman (Amn)
E-3	Private First Class (PFC)	Seaman (SN)	Lance Corporal (LCpl)	Airman First Class (A1C)
E-4	Corporal (CPL) Specialist (SPC)	Petty Officer Third Class (PO3)	Corporal (Cpl)	Senior Airman (SrA)
E-5	Sergeant (SGT)	Petty Officer Second Class (PO2)	Sergeant (Sgt)	Staff Sergeant (SSgt)
E-6	Staff Sergeant (SSG)	Petty Officer First Class (PO1)	Staff Sergeant (SSgt)	Technical Sergeant (TSgt)
E-7	Sergeant First Class (SFC)	Chief Petty Officer (CPO)	Gunnery Sergeant (GySgt)	Master Sergeant (MSgt) First Sergeant
E-8	Master Sergeant (MSG) First Sergeant (1SG)	Senior Chief Petty Officer (SCPO)	Master Sergeant (MSgt) First Sergeant (1stSgt)	Senior Master Sergeant (SMSgt) First Sergeant
E-9	Sergeant Major (SGM) Command Sergeant Major (CSM)	Master Chief Petty Officer (MCPO) Fleet & Command Master Chief Petty Officer	Master Gunnery Sergeant (MGySgt) Sergeant Major (SgtMaj)	Chief Master Sergeant (CMSgt) First Sergeant Command Chief Master Sergeant (CCM)
E-9	Sergeant Major of the Army (SMA)	Master Chief Petty Officer of the Navy (MCPON) of the Coast Guard (MCPOCG)	Sergeant Major of the Marine Corps (SgtMajMC)	Chief Master Sergeant of the Air Force (SMSAF)

WARRANT OFFICER RANK INSIGNIA

	Army	Navy Coast Guard	Marines	Air Force
W1	Warrant Officer 1 (WO1) 	Warrant Officer 1 (W-1) * The grade of Warrant officer W-1 is no longer in use.	Warrant Officer 1 (WO) 	NO WARRANT
W2	Chief Warrant Officer 2 (CW2) 	Chief Warrant Officer 2 (CWO2) 	Chief Warrant Officer 2 (CWO2) 	NO WARRANT
W3	Chief Warrant Officer 3 (CW3) 	Chief Warrant Officer 3 (CWO3) 	Chief Warrant Officer 3 (CWO3) 	NO WARRANT
W4	Chief Warrant Officer 4 (CW4) 	Chief Warrant Officer 4 (CWO4) 	Chief Warrant Officer 4 (CWO4) 	NO WARRANT
W5	Chief Warrant Officer 5 (CW5) 	Chief Warrant Officer 5 (CWO5) 	Chief Warrant Officer 5 (CWO5) 	NO WARRANT

OFFICER RANK INSIGNIA

	Army	Navy Coast Guard	Marines	Air Force
O-1	Second Lieutenant (2LT) 	Ensign (ENS) 	Second Lieutenant (2ndLt) 	Second Lieutenant (2nd Lt.) 
O-2	First Lieutenant (1LT) 	Lieutenant Junior Grade (LTJG) 	First lieutenant (1stLt) 	First Lieutenant (1st Lt.) 
O-3	Captain (CPT 	Lieutenant (LT) 	Captain (Capt) 	Captain (Capt.) 
O-4	Major (MAJ) 	Lieutenant Commander (LCDR) 	Major (Maj) 	Major (Maj.) 
O-5	Lieutenant Colonel (LTC) 	Commander (CDR) 	Lieutenant Colonel (LtCol) 	Lieutenant Colonel (Lt. Col.) 
O-6	Colonel (COL) 	Captain (CAPT) 	Colonel (Col) 	Colonel (Col.) 

	Army	Navy Coast Guard	Marines	Air Force
O-7	Brigadier General (BG) 	Rear Admiral Lower Half (RADM LH) 	Brigadier general (BrigGen) 	Brigadier General (Brig. Gen.) 
O-8	Major General (MG) 	Rear Admiral Upper Half (RADM UH) 	Major general (MajGen) 	Major General (Maj. Gen.) 
O-9	Lieutenant General (LTG) 	Vice Admiral (VADM) 	Lieutenant General (LtGen) 	Lieutenant General (Lt. Gen.) 
O-10	General (GEN) 	Admiral (ADM) 	General (Gen) 	General (Gen.) 
O-10	General of the Army (Reserved for wartime Only) 	Fleet Admiral (Reserved for wartime Only) 	NO CORRESPONDING RANK	General of the Air Force (Reserved for wartime Only) 

PUSH-UP STANDARDS									
Age Group	11-12		13-14		15-16		17-21		Age Group
Repetitions	M	F	M	F	M	F	M	F	Repetitions
71							100		71
70							99		70
69					100		97		69
68					98		96		68
67					96		94		67
66			100		94		93		66
65			99		92		92		65
64			98		90		90		64
63			97		88		89		63
62			96		87		88		62
61			94		86		86		61
60			93		85		85		60
59			92		84		83		59
58			91		83		82		58
57			90		82		81		57
56	100		88		81		79		56
55	99		88		79		78		55
54	98		87		78		77		54
53	97		86		77		75		53
52	96		84		76		74		52
51	94		83		75		72		51
50	93		82		74		71		50
49	92		81		73		70		49
48	91		80		72		68		48
47	90		79		71		67		47
46	89		78		70		66		46
45	88		77		69		64		45
44	87		76		68		63		44
43	86		74		67		61		43
42	84		73		66		60	100	42
41	83		72		65		59	98	41
40	82		71		64	100	57	97	40
39	81		70		63	98	56	95	39
38	80		69		62	96	54	93	38
37	79		68	100	61	94	53	91	37
36	78		67	98	60	92	52	90	36
35	77		66	97	59	90	50	88	35
34	76		64	95	58	88	49	86	34
33	74		63	94	57	86	48	84	33
32	73		62	92	56	84	46	83	32
31	72	100	61	90	55	82	45	81	31
30	71	98	60	89	54	80	43	79	30
29	70	96	59	87	53	79	42	77	29
28	69	95	58	86	52	77	41	76	28
27	68	93	57	84	51	76	39	74	27
26	67	91	56	82	50	75	38	72	26
25	66	89	54	81	49	73	37	70	25
24	64	87	53	79	48	72	35	69	24
23	63	85	52	78	47	71	34	67	23
22	62	84	51	76	46	69	32	65	22
21	61	82	50	74	45	68	31	63	21
20	60	80	49	73	44	67	30	62	20
19	59	78	48	71	43	65	28	60	19
18	58	76	47	70	42	64	27	58	18
17	57	75	46	68	41	63	26	57	17
16	56	73	44	66	39	61	24	55	16
15	54	71	43	65	38	60	23	53	15
14	53	69	42	63	37	59	21	51	14
13	52	67	41	62	36	58	20	50	13
12	51	65	40	60	35	56	19	48	12
11	50	64	39	58	43	54	17	46	11
10	49	62	38	57	33	52	16	44	10
9	48	60	37	55	32	50	14	43	9
8	47	58	36	54	31	49	13	41	8
7	46	56	34	52	30	49	12	39	7
6	44	55	33	50	29	48	10	37	6
5	43	53	32	49	28	47	9	36	5
4	40	45	30	45	27	45	8	34	4
3	36	40	26	36	26	44	6	32	3
2	30	30	25	25	25	43	5	30	2
1	24	24	24	24	24	41	3	29	1
Repetitions	M	F	M	F	M	F	M	F	Repetitions
AGE GROUP	11-12		13-14		15-16		17-21		AGE GROUP

SIT-UP STANDARDS					
Age Group	11-12	13-14	15-16	17-21	Age Group
Repetitions	MF	MF	MF	MF	Repetitions
82					82
81					81
80					80
79					79
78				100	78
77				98	77
76			100	97	76
75			99	95	75
74			98	94	74
73			96	92	73
72		100	95	90	72
71		99	94	89	71
70		98	93	87	70
69		97	92	86	69
68		96	91	84	68
67		95	89	82	67
66	100	94	88	81	66
65	99	93	87	79	65
64	98	92	86	78	64
63	97	91	85	76	63
62	96	90	84	74	62
61	95	89	82	73	61
60	94	88	81	71	60
59	93	87	80	70	59
58	92	86	79	68	58
57	91	85	78	66	57
56	89	84	76	65	56
55	88	83	75	63	55
54	87	82	74	62	54
53	86	81	73	60	53
52	85	80	72	58	52
51	84	79	71	57	51
50	83	78	69	55	50
49	82	77	68	54	49
48	81	76	67	52	48
47	80	75	66	50	47
46	79	74	65	49	46
45	78	73	64	47	45
44	77	72	62	46	44
43	76	71	61	44	43
42	75	70	60	42	42
41	74	69	59	41	41
40	73	68	58	39	40
39	72	67	56	38	39
38	71	66	55	36	38
37	69	65	54	34	37
36	68	64	53	33	36
35	67	63	52	31	35
34	66	62	50	30	34
33	65	61	49	28	33
32	64	60	48	26	32
31	63	59	47	25	31
30	62	58	46	23	30
29	61	57	45	22	29
28	60	56	44	20	28
27	59	55	42	18	27
26	58	54	41	17	26
25	57	53	40	15	25
24	56	52	39	14	24
23	55	51	38	12	23
22	54	50	36	10	22
21	53	49	35	9	21
20	52	48	34	8	20
19	51	46	33	7	19
18	50	44	32	6	18
17	47	42	31	5	17
16	46	40	30	0	16
15	45	38	29	0	15
14	40	35	28	0	14
13	35	30	27	0	13
12	30	25	25	0	12
11	25	20	20	0	11
10	20	15	15	0	10
9	15	12	10	0	9
8	10	8	5	0	8
Repetitions	MF	MF	MF	MF	Repetitions
AGE GROUP	11-12	13-14	15-16	17-21	AGE GROUP

2-MILE RUN STANDARDS

AGE GROUP	11-12		13-14		15-16		17-21		AGE GROUP
Time	M	F	M	F	M	F	M	F	Time
13:00									13:00
13:06									13:06
13:12							100		13:12
13:18					100		99		13:18
13:24					99		98		13:24
13:30					98		97		13:30
13:36					97		96		13:36
13:42					96		95		13:42
13:48					95		93		13:48
13:54					95		91		13:54
14:00					94		89		14:00
14:06			100		93		87		14:06
14:12			99		92		85		14:12
14:18			98		91		83		14:18
14:24			97		90		82		14:24
14:30			97		89		81		14:30
14:36			96		88		80		14:36
14:42	100		95		87		79		14:42
14:48	99		94		86		78		14:48
14:54	98		93		85		77		14:54
15:00	98		92		85		76		15:00
15:06	97		91		84		75		15:06
15:12	96		90		83		74		15:12
15:18	95		90		82		73		15:18
15:24	95		89		81		72		15:24
15:30	94		88		80		71		15:30
15:36	93		87		79		70		15:36
15:42	92		86		78		69	100	15:42
15:48	91		85		77		68	99	15:48
15:54	91		84		76	100	67	98	15:54
16:00	90		83		75	99	66	97	16:00
16:06	89		83		75	99	65	96	16:06
16:12	88		82		74	98	64	95	16:12
16:18	87		81		73	97	63	94	16:18
16:24	87		80		72	97	62	93	16:24
16:30	86		79		71	96	61	92	16:30
16:36	85		78		70	95	60	91	16:36
16:42	84		77		69	94	58	90	16:42
16:48	84		77		68	94	57	90	16:48
16:54	83		76		67	93	56	89	16:54
17:00	82		75		66	92	55	88	17:00
17:06	81		74		65	92	54	88	17:06
17:12	80		73		65	91	53	87	17:12
17:18	80		72		64	90	52	86	17:18
17:24	79		71	100	63	90	51	86	17:24
17:30	78		70	99	62	89	50	85	17:30
17:36	77		70	99	61	88	49	84	17:36
17:42	76		69	98	60	88	48	83	17:42
17:48	76		68	97	59	87	47	82	17:48
17:54	75		67	97	58	86	46	82	17:54
18:00	74		66	96	57	86	45	81	18:00
18:06	73		65	96	56	85	44	79	18:06
18:12	73		64	95	55	84	43	78	18:12
18:18	72		63	94	55	83	42	77	18:18
18:24	71		63	94	54	83	410	76	18:24
18:30	70		62	93	53	82	40	75	18:30
18:36	69		61	92	52	81	39	73	18:36
18:42	69		60	92	51	81	38	72	18:42
18:48	68		59	91	50	80	37	71	18:48
18:54	67		58	90	49	79	36	70	18:54
19:00	66	100	57	90	48	79	35	68	19:00
19:06	65	99	57	89	47	78	34	67	19:06
19:12	65	99	56	89	46	77	33	66	19:12
19:18	64	98	55	88	45	77	32	65	19:18
19:24	63	97	54	87	45	76	31	64	19:24
19:30	62	96	53	87	44	75	29	62	19:30
19:36	62	96	52	86	43	74	28	61	19:36
19:42	61	95	51	85	42	74	27	60	19:42
19:48	60	94	50	95	41	73	26	59	19:48
19:54	59	93	50	84	40	72	25	58	19:54
20:00	58	93	49	83	39	72	24	57	20:00
20:06	58	92	48	83	38	71	22	56	20:06
20:12	57	91	47	82	37	70	20	55	20:12

20:18	56	90	46	82	36	70	18	54	20:18
20:24	55	90	45	81	35	69	16	53	20:24
20:30	55	89	44	80	35	68	14	52	20:30
20:36	54	88	43	80	34	69	12	51	20:36
Time	M	F	M	F	M	F	M	F	Time
AGE GROUP	11-12		13-14		15-16		17-21		AGE GROUP

Time	M	F	M	F	M	F	M	F	Time
20:42	53	87	43	79	33	67	10	50	20:42
20:48	52	87	42	78	32	66	9	49	20:48
20:54	51	86	41	78	31	66	8	48	20:54
21:00	51	85	40	77	30	65	7	47	21:00
21:06	50	84	39	77	29	64	6	46	21:06
21:12	49	84	38	76	28	63	5	45	21:12
21:18	48	83	37	75	27	63	4	44	21:18
21:24	47	82	37	75	26	62	3	43	21:24
21:30	47	81	36	74	25	61	2	42	21:30
21:36	46	81	35	73	25	61	1	41	21:36
21:42	45	80	34	73	24	60	0	40	21:42
21:48	44	79	33	72	23	59		39	21:48
21:54	44	79	32	71	22	59		38	21:54
22:00	43	78	31	71	21	58		37	22:00
22:06	42	77	30	70	20	57		37	22:06
22:12	41	76	30	70	19	57		36	22:12
22:18	40	76	29	69	18	56		36	22:18
22:24	40	75	28	68	17	55		35	22:24
22:30	39	74	27	68	16	54		33	22:30
22:36	38	73	26	67	15	54		32	22:36
22:42	37	73	25	66	15	53		31	22:42
22:48	36	72	24	66	14	52		30	22:48
22:54	36	71	23	65	13	52		28	22:54
23:00	35	70	23	64	12	51		27	23:00
23:06	34	70	22	64	11	50		26	23:06
23:12	33	69	21	63	10	49		25	23:12
23:18	33	68	20	63	9	49		24	23:18
23:24	32	67	19	62	8	48		22	23:24
23:30	31	67	18	61	7	48		21	23:30
23:36	30	66	17	61	6	47		20	23:36
23:42	29	65	17	60	5	46		19	23:42
23:48	29	64	16	59	5	46		18	23:48
23:54	28	64	15	59	4	45		16	23:54
24:00	27	63	14	58	3	44		15	24:00
24:06	26	62	13	57	2	43		14	24:06
24:12	25	61	12	57	1	43		13	24:12
24:18	25	61	11	56	0	42		12	24:18
24:24	24	60	10	56		41		10	24:24
24:30	23	59	10	55		41		9	24:30
24:36	22	59	9	54		40		8	24:36
24:42	22	58	8	54		39		7	24:42
24:48	21	57	7	53		39		5	24:48
24:54	20	56	6	52		38		4	24:54
25:00	19	56	5	52		37		3	25:00
25:06	18	55	4	51		37		2	25:06
25:12	18	54	3	50		36		1	25:12
25:18	17	53	3	50		35		0	25:18
25:24	16	53	2	49		34			25:24
25:30	15	52	1	49		34			25:30
25:36	15	51	0	48		33			25:36
25:42	14	50		47		32			25:42
25:48	13	50		47		32			25:48
25:54	12	49		46		31			25:54
26:00	11	48		45		30			26:00
26:06	11	47		45		30			26:06
26:12	10	47		44		29			26:12
26:18	9	46		43		28			26:18
26:24	8	45		43		28			26:24
26:30	7	44		42		27			26:30
27	6	40		38		23			27
28	5	30		30		20			28
29	4	20		15		10			29
30	0	10		10		5			30
35+	0	5		5		0			35+
Time	M	F	M	F	M	F	M	F	Time
AGE GROUP	11-12		13-14		15-16		17-21		AGE GROUP

NOTES

NOTES

NOTES



CAMP LIBERTY

1. Command Post
2. Arms Room
3. Shoot House
4. Training Office
5. Heritage Hall
6. Democracy Hall
7. Republic Hall
8. Independence Lodge
9. Freedom Hall-Chapel
10. Central Issue Facility
11. Tactical Training Range
12. Maintenance
13. Pool
14. Physical Training Field
15. Amphitheater
16. Obstacle Course
17. Patriot Hall-Dining Facility
18. Forward Operating Base
19. Crawford House
20. Warrior Cottage
21. Responder Cottage
22. Protector Lake House
23. Eagle's Landing
24. Marksmanship Range
25. Medical Aid Station
26. Range Control
27. **Citizen Hall - PX Store**

XMCCAMP.COM "HARDCORE OR OUT THE DOOR!"