

(Enclosure 1 - Administrative Instructions) to 29th Annual David E. Grange Jr. Best Ranger Competition

1. SITUATION: The Ranger Training Brigade will sponsor the 29th Annual David E. Grange Jr. Best Ranger Competition from 13 – 16 April, 2012. The competition is a multi-day event that will test the mental and physical stamina as well as the tactical and technical skills of the participants.

2. CONCEPT OF THE OPERATION:

a. Units will assess and select teams to serve as their representatives in the competition. Officers and enlisted personnel may compete as long as they Ranger qualified (be awarded an SQI of “5S” for officers or “V” for enlisted). Competitors are required to have a current Ranger Physical on file dated NET 16 OCT 10 and have no adverse personnel actions pending.

b. The overall sequence of competition events will remain unknown, but competitors will receive task, condition, and standard prior to the execution of each event.

c. Team allocations will be determined by the RTB NLT 03 FEB 12. Any unit attempting to enter a team into the competition must gain RTB Command Group approval. To do so, competitor teams must submit a Team Competitor Packet to the RTB. The Team Competitor Packet consists of the following: Letter of Intent, Competitor Biography Sheet, and current Ranger Physical dated NET 16 OCT 10. Team Competitor packets must be submitted NLT 27 JAN 2012 to the RTB POC through your Division Headquarters (or BDE S3 if unit is a separate BDE). Additionally, all Letters of Intent require the Division G3 (or BDE S3 if unit is a separate BDE) signature. The RTB will not accept team submissions through any other channel. The submission point of contact is the Ranger Training Brigade AS3, ATTN: CPT Dustin Gillenwater, 762-822-9189, e-mail: dustin.m.gillenwater.mil@mail.mil .

d. The Awards Ceremony will be 16 1000 APR 12 at Freedom Hall, Ft. Benning, Georgia. Teams will receive awards based on their performance and placement at the completion of the competition.

3. EXECUTION:

a. The Best Ranger Competition is a professionally conducted military competition. Competitors are expected to adhere to the Ranger Creed and the spirit of the competition. Competitors who intentionally violate the intent of the task, condition, or standard of an event will be disqualified.

b. Land navigation and foot marching events are the most physically demanding and fatiguing events conducted during the competition. The RTB recommends foot marching and land navigation at varying distances (up to 25 miles) carrying a 65lb rucksack in ACU, LCE or FLC, M-4 Rifle, and boots (as outlined in section 5) .

(Enclosure 1 - Administrative Instructions) to 29th Annual David E. Grange Jr. Best Ranger Competition

c. Teams are allowed to billet/mess at 4th Battalion, RTB, from 9 – 16 APR 12. To request billeting with 4th RTBn, email a request to the Ranger Training Brigade AS3, ATTN: CPT Dustin Gillenwater, 762-822-9189, e-mail: dustin.m.gillenwater.mil@mail.mil .

d. The RTB will not store/secure weapons or equipment brought by competitors.

e. Competitors may NOT conduct preparatory training on the Darby Queen obstacle course.

f. Competitors must conduct intravenous training and be certified by a medical officer to administer intravenous injections. This training needs to be reflected in the letter of intent to compete (Enclosure 2).

g. The basic competition uniform will consist of ACUs, ACU patrol cap, ACH helmet w/cover, tan boots, Fighting Load Carrier (FLC), weapon, and MOLLE 3 fieldpack. Competitors will not modify their equipment with the intent of giving them an unfair advantage (i.e. cutting straps, buckles, pockets off of uniforms/equipment to reduce weight).

h. Teams will report NLT 09 1300 APR 2012 in duty uniform (ACUs) with all in-processing documentation (see below) and all packing list equipment to the RTB headquarters located at BLDG 5024, Camp Rogers, Fort Benning, GA.

i. After 09 1300 APR 2012, all team competitors are locked and will not be changed without approval from the RTB Command Team.

j. RTB cadre will control all clothing and equipment exchanges once the competition begins. Receipt of any item from an outside source after the competition starts will result in the team's disqualification from the competition.

k. Competitors must possess the following paperwork to in-process:

1) Copy of Ranger qualified physical examination dated within last 18 months (NET 16 OCT 10).

2) Copy of orders awarding the Ranger Tab.

3) Copy of orders awarding Parachutist Badge.

IF ANY IDENTIFIED TEAM PAPERWORK IS MISSING BY TEAM MEMBERS, THE TEAM WILL NOT PARTICIPATE IN THE COMPETITION.

l. Visitors and unit supporters are highly encouraged to attend the Best Ranger Competition. A visitor's center with appropriate event information will be located vicinity the Ranger Training Brigade Headquarters, Building 5024, during the competition.

(Enclosure 1 - Administrative Instructions) to 29th Annual David E. Grange Jr. Best Ranger Competition

m. Coaches/Trainers assisting competitors in training will not have access to competitors during the competition. Coaches/Trainers are not authorized to attend competitor briefings. Coaches will be treated as spectators.

4. MEDICAL:

a. Competitors may be tested multiple times IAW Army regulations for illegal drugs or steroid use.

b. All over the counter medication (Motrin, Aspirin, etc.) is prohibited unless provided by RTB medical staff. Any medication or nutritional/performance enhancing supplements (to include blood and blood products) is strictly forbidden during the competition. The medical director validates any/all prescription medication during in-processing. Drug surveillance and testing is accomplished prior to, during, and after the competition. Refusal to submit to testing will result in disqualification. There is no appeal process. A positive test for any illegal substance will result in disqualification and will be forwarded to the competitor's unit for potential UCMJ action.

c. The Ranger Training Brigade will provide Cera-Sport to all competitors throughout the Best Ranger Competition to aid in re-hydration.

5. PACKING LIST:

a. The packing list may be modified between now and the competition report date. It is a competitor's responsibility to ensure he has the most up to date packing list and the correct items.

<u>WORN</u>	<u>NSN</u>
ID Tags x 2 w/break away chain (long and short)	8465-00-261-6629
ID Card	
ACU Shirt w/rank, nametape, US ARMY, unit patch , overt US flag	
ACU Trouser	
Belt	
Tan T-shirt	
Pair Cushion Sole Socks	
Army Boots, Tan (see Item 1)	
<u>ITEMS IN ALICE PACK</u>	<u>NSN</u>
1-MOLLE Fieldpack, Large	8465-01-524-5285
1-MOLLE Pack Frame	8465-01-524-8368
1-Molded Waistbelt (Frame)	8465-01-524-7232
2-Sustainment Pouch	8465-01-524-7226
2-ACU Shirt (w/Nametape, US ARMY, and Rank)	
2-ACU Trouser	

(Enclosure 1 - Administrative Instructions) to 29th Annual David E. Grange Jr. Best Ranger Competition

- 3-Pair Cushion Sole Socks
- 2-Tan T-shirt
- 1-Poncho, Individual, Camouflaged 8405-01-100-0976
- 1-ACU Patrol Cap
- 1-Poncho Liner 8405-00-889-3683
- 1-Below Listed Item (Competitor Selects)
 - Sleeping Shirt
 - Field Jacket Liner
 - Poly Pro Top
- 1-Pair White Work Gloves 8415-00-268-7870
- 1- Flashlight (Minimum AA Powered)
- 1-ECWCS Gore-Tex Parka
- 1-2-Quart Canteen (empty) 8465-01-118-8175
- 1-Pencil
- 1-Waterproof Bag
- 1-Pair of Boots (See Item 1)
- 1-Ranger Handbook SH 21-76(dtd AUG 2010)
- 1-Can, Foot Powder
- 1-ACH (w/ACU Cover and night vision mount)
- 1-eye protection (goggles or glasses, must meet NSI Z78.1-2003 and CSA Z94.3. and MIL VO Ballistic impact requirements).
- 1-gloves (black or green, military or RFI issue)

WORN

NSN:

-
- Fighting Load Carrier (FLC) 8465-01-525-0577
 - 2-Canteen/GP Pouch 8465-01-525-0585
 - 2-Hand Grenade Pouch 8465-01-525-0589
 - 2-Pocket, Magazine M4, Double 8465-01-525-0606
 - 4-Magazines (30 round)
 - 1-Lensatic Compass 6605-00-151-5337
 - 2-1 Quart Canteen (empty) 8465-01-115-0026
 - 1-Whistle
 - 1-Knife or multi-tool (Blade Less Than 4 Inches)
 - 1-100 oz (Minimum) Camelback

OPTIONAL ITEMS:

- Wristwatch (Watch will not have any type of GPS or digital compass capabilities)
- Boot inserts (any type)
- Insect repellent
- Sunscreen
- Additional Cushion Sole Socks
- Headlamp
- Running Shoes
- Contact Lenses (Must have prescription eyeglasses)

(Enclosure 1 - Administrative Instructions) to 29th Annual David E. Grange Jr. Best Ranger Competition

ITEMS NOT AUTHORIZED:

- Any type of water container other than listed above
- Any type of light source other than listed above
- Any type of Global Positioning System
- Any type of internet/e-mail capable device
- Cell Phone (item is authorized for use off-duty, however not during the competition)
- Additional food supplements, powder drinks, vitamins, tobacco, or any other consumable items not issued by the RTB.

Item 1: Boots worn with the ACU need to be Army combat boots (hot weather or temperate weather) made of Tan rough side out cattle hide leather with a plain toe and tan rubber Outsoles. The boots are laced diagonally with tan laces. Metal cleats and side tabs, and sewn-in or laced-in zipper inserts are not authorized. A rubber outsole is the only outsole material that currently meets the need for durability and traction on surfaces. Soldiers may wear commercial boots of a design similar to that of the army combat boot (tan), 8 to 10 inches in height as authorized by the RTB commander or RTB CSM. The boots must be made of tan rough side out cattle hide leather, with a plain toe, and have a tan, rubber outsole.

NOTE: ANY OPTIONAL EQUIPMENT NOTED DURING THE INITIAL INSPECTION MUST ALSO BE PRESENT DURING THE FINAL INSPECTION. MOLLE (LARGE RUCKSACK WITH FRAME) ARE INVENTORIED AT THE COMPETITION START, DURING, AND FINISH. NO ITEMS CAN BE DISCARDED IF THEY BECOME WET OR DAMAGED. LOSS OF ANY INSPECTED ITEM WILL RESULT IN A PENALTY THAT MAY INCLUDE ELIMINATION FROM THE COMPETITON.

NOTE: RTB WILL ISSUE ADDITIONAL EQUIPMENT AS REQUIRED.

6. HISTORICAL EVENT LISTING:

- Ranger Physical Readiness Assessment (Push-ups, Chin-ups, vertical wall)
- Malvesti Obstacle Course
- Ranger First Responder (i.e. casualty treatment, ground/air evac)
- Water Confidence Test
- Airborne Operation
- Unknown distance foot march
- Map reading
- Recite the Ranger Creed
- Call for fire
- Tri-Tower Challenge
- Operate SINCGARS/ASIP
- Install/Uninstall M18A1 Claymore anti-personnel mine
- Knot test
- Weapons assembly

(Enclosure 1 - Administrative Instructions) to 29th Annual David E. Grange Jr. Best Ranger Competition

- Demolitions
- Hand Grenades
- Enter a building, clear a room
- Bayonet Assault Course
- Prusik Climb/Rappel
- Unknown distance Orienteering course
- Helocast and Swim
- Darby Queen Obstacle course
- Buddy Run
- Unknown Distance Run
- 5 mile run
- Stress shoot (M240, M249, M4, M9)
- Canoe
- Combatives

NOTE: Tasks and events listed could be changed and / or modified at any time prior to the event execution.

7. DESCRIPTION OF POTENTIAL EVENTS: All events possess a point total. That point total will be weighted based on an identified degree of difficulty. Each team member must receive a GO on individually scored events or receive a GO as a team on team events to receive points. The team with the highest cumulative point total will win the competition. Included below are the historical events however, **this is only a guideline.**

a. **PUSH UP:** Competitors must complete as many push ups as possible in a given amount of time.

b. **AIRBORNE OPERATION:** Competitors will exit a UH-60 helicopter, conduct a spot jump, and assemble at a given location.

c. **STRESS SHOOT:** Competitors will execute a stress shoot at a Ft Benning range using weapons within and out of the Army arsenal.

d. **UNKNOWN DISTANCE FOOT MARCH:** Competitors will execute a foot march for an unknown distance and time.

e. **RANGER STAKES (DAY and NIGHT):** Competitors will execute tasks that come from the Ranger School handbook (SH 21-76), U.S. Army Warrior Skills level 1 (STP 21-1-SMCT) and the U.S. Army Warrior Skill level 2, 3, and 4 (STP-21-24-SMCT).

f. **UNKNOWN DISTANCE ORIENTEERING COURSE:** Competitors will orienteer through undulating terrain and must obtain the minimum number of points designated by RTB.

(Enclosure 1 - Administrative Instructions) to 29th Annual David E. Grange Jr. Best Ranger Competition

g. HELOCAST AND SWIM: Competitors will construct a poncho raft, exit a UH-60 helicopter and swim to a given location.

h. DARBY QUEEN OBSTACLE COURSE: Competitors will negotiate obstacles on a given course for approximately one mile.

i. WATER CONFIDENCE TEST: Competitors will execute the, log walk, rope drop, and suspension traverse.

j. BUDDY RUN: Competitors will run a given distance course for place.

k. TRI-TOWER CHALLENGE: Competitors will negotiate a three tower course.

NOTE: The weight of an event is multiplied by the number of teams initially entered into the competition. The product of that multiplication will be the number of points awarded to the 1st place team. See Diagram 1.

DIAGRAM 1: (45 TMs entered competition)

TEAM PLACE	WEIGHT 1	WEIGHT 2	WEIGHT 3	WEIGHT 4	WEIGHT 5
1	45	90	135	180	225
2	44	88	132	176	220
3	43	86	129	172	215
4	42	84	126	168	210