**15** Feb 2025

From: Colorado Meet Officer in Charge, University of Colorado Naval Reserve Officers Training Corps Unit, Boulder, Colorado

To: All Hands

Subj: COLORADO MEET 2025 IRON 4/C COMPETITION LETTER OF INSTRUCTION

Encl: (1)

1. Orientation. The Iron 4/C Competition will be taking place on Farrand Field immediately after the conclusion of the opening ceremony. In case of Inclement Weather or the Alteration of Location of the Opening Ceremony, the running portion will be cut if indoors or adjusted for the route to fit the new field location if outdoor.

2. Situation. To host an event that gives the 4/C an opportunity to represent their units and display the work that they have already put in physically to all the participating battalions across the nation at the University of Colorado Boulder on 7 March 2025.

3. Mission. The NROTC Unit at CU Boulder will host the Iron 4/C to allow the lesser experienced 4/C to get a greater opportunity to compete.

4. Execution.

a. Concept of Operations. The concept of operations will be conducted in four phases.

1. Phase I: Preparation.

(1) Members of the non-participating MIDN working the event will be assigned a team prior to the opening ceremony. They must have their phone present and ready to time the teams.

(2) 24 filled/weighted ammo cans, the unit pullup bars, and four large cones must be brought to Farrand Field prior to the opening ceremony. If there are not enough ammo cans, jerry cans filled with water of equal weight will be filled and brought in their place. Ammo cans will be split into groups of six and brought to the four corners of the grass of Farrand Field. Pullup bars will be set up along the Eastern side of Farrand Field, exterior to the running route. Transportation of ammo cans and pullup bars will be conducted with the Unit Golf Cart. If unavailable, they will be carried by members of the host unit prior to the opening ceremony using hand carts if available.

(3) Teams will be told after the opening ceremonies to have competing 4/C to take off blouses and covers for this Boots and Utes event and those competing in the first round will be assigned a proctor to explain the rules, enforce them during the event, and time their respective teams. While one round is occurring, a second batch of Proctors will meet with and explain the rules for the team they will be evaluating in the following round. These two groups of four proctors will transition between these two responsibilities at the end of every round.

(2) Phase II: Execution.

(1) Members of the competition will be matched with a proctor to complete max pushups in 2 minutes. Only one male and one female will participate in this portion of the event. Scores will be brought from proctors to the AOIC once both members of the team have completed the portion.

(2) The process for pushups will be identical to the process for pullups. Only full, dead hang to chin over bar reps will be counted. At this point, teams will line up with their proctors to the pullup bars. Proctors will count the reps and report the counts of the two members to the AOIC after both have completed the pullup portion.

(3) Teams will then participate in the running portion. Four teams will compete at a time. Three male and one female 4/C MIDN (or one male and one female depending on participation contingency) in Boots and Utes will be led by their event proctor to one of the four corners of the grass of Farrand Field where six ammo cans will await them by a cone. All rules will be made clear by the individual proctors.

(4) When all teams are ready, they will be given a countdown via the microphone and speaker from the opening ceremony. If the microphone is unavailable, it will be yelled from the center of the field if teams of four. If teams are one male and one female, teams will be started individually by their proctors.

(5) Once the command is given, the proctors will start their timers and the event will begin. Each member of the team must complete 30 single count pushups in cadence with their team.

(6) Teams will then pick up their six ammo cans in any sort of split between people and ammo cans they wish and one lap around the exterior of the four cones that are at the four corners of the field will be completed. During this time, if an ammo can touches the ground for any reason, the team must stop and complete ten air squats.

(7) Once a lap has been completed, each member of the team must complete 15 single count Burpees in cadence with their team. This will be followed by another lap with the same rules regarding ammo cans touching the ground.

(8) The proctors will stop their timers once the last person has passed their original starting cone, calling out and recording the time either on a notepad or a screenshot of the timer on their phone. Proctors will then bring their recorded scores to the OIC and AIOC for score keeping.

(9) At this point, the second round will begin, repeating all steps of the Execution Phase. This phase will have a new set of proctors to speed up the transition between rounds. These two groups of four proctors will rotate between meeting with a team to explain the rules and executing the event.

(3) Phase III: Evaluation.

(1) Scoring for this event will be in PFT/PFA score formatting in that it is split into 3 equally weighted scores. The pushup, pullup, and running portion are graded relative to the other teams. Reps between the male and female participants for each team will be combined and placed in descending order and assigned scores based off a score chart and points will be assigned based on their position in that order. For the run, it will be the same scoring system based on a descending list with lowest time at the top.

(4) Phase IV: Clean Up.

(1) If the Golf Cart is available, ammo cans, pullup bars and cones will be transported back to the host unit’s supply room via the cart. If unavailable, the ammo cans will be carried back to supply by the members of the host unit.

c. Tasks.

(1) Iron 4/C OIC. The OIC must brief the audience about the nature of the event and explain the rules. During the event, he will be responsible for sounding the beginning of each round. At the conclusion of the event, he will work with the AOIC to ensure all teams are in order for their scores and announce the winners and announce the next event’s details OR will hand off the speaking role to the OIC of that next event OR to the Colorado Meet OIC / AOIC OR to staff of the Host Unit.

(2) Iron 4/C AOIC. The AOIC will assist the OIC and will brief the proctors. When the Proctors record scores, they will inform the AOIC of the times for each team. The AOIC will work with the OIC to compile and determine the winner.

(3) Proctors. The eight proctors are responsible for explaining the rules to the teams that they are going to immediately proctor. They must have a way to keep the time, be it a stopwatch on their phone or a watch. It must have capabilities for displaying tenths of a second. They will either write the final time in a notepad or a screenshot will be taken and provided to the OIC and AOIC between each round. Proctors will be running alongside OR adjacent to them along the interior boundary but will be no further than 10 yards away to maintain enforcement of the rules. Proctors will be responsible for enforcement of rules to include assigning squats for EITHER setting down ammo cans or cutting the corners of the field short by not running on the exterior of the cones. Proctors will ensure all repetitions of all exercises are completed including if form is atrocious enough to not count a repetition.

(5) Competing Members. The competing members are responsible for showing up on time and following the guidelines laid out by the OIC, AOIC, and their Proctors. The Uniform will be Boots and Utes. If the split of three males, one female cannot be fulfilled, twenty seconds will be added to the team’s time during the Evaluation Phase. Failure to provide 4/C competitors will be considered a non-compete and the team will be excluded from this event.

4. Administration and Logistics.

a. Administration and Logistics.

(1) Numbers required are three competing 4/C males, one competing 4/C female, eight total proctors, twenty-four ammo cans (can be substituted with jerry cans filled with water totaling in weight equal to that of the ammo cans), eight timers held by the proctors, four large cones, one score/time chart.

(2) The spectators will be able to cheer on their teams, but must stay on the interior of the field marked by cones OR to the exterior off the coned off area with 10 yards or more room between the interior border of the lanes in which the competitors are running through, allowing them a 10 yard wide lane to run through IOT allow for groups to pass slower groups.

(1) Uniform.

(a) The uniform for the event will be Boots and Utes.

5. Command and Signal.

a. Command. Points of contact for all Iron 4/c related questions can be referenced below. x

b. Signal. Cell phones will be used for both timekeeping and communication. If still present, the microphone and speaker from the opening ceremony will be used by the OIC, otherwise instructions, rules, and other orders will be yelled.

6. Points of Contact.

a. MIDN 2/C Culverhouse (Meet OIC):

[brandon.culverhouse@colorado.edu](mailto:brandon.culverhouse@colorado.edu)

b. SSgt Hillyer (Meet AOIC):

[andrew.hillyer@colorado.edu](mailto:andrew.hillyer@colorado.edu)

c. MIDN 2/C De Sousa (IRON 4/C OIC):

[jacob.desousa@colorado.edu](mailto:jacob.desousa@colorado.edu)

d. MIDN 3/C Heflin (IRON 4/C AOIC):

[john.heflin@colorado.edu](mailto:john.heflin@colorado.edu)