



DEPARTMENT OF THE NAVY
COMMANDANT OF MIDSHIPMEN
UNITED STATES NAVAL ACADEMY
101 BUCHANAN ROAD
ANNAPOLIS, MARYLAND 21402-5100

Canc: Apr 08

COMDTMIDNNOTE 3590

26 MAR 2007

COMDTMIDN NOTICE 3590

SUBJ: "MONSTER MASH" COLOR COMPETITION

Ref: (a) COMTMIDNINST 3590.2C, Color Company Competition

Encl: (1) Monster Mash Course Diagram

1. Purpose. To promulgate the procedures for the Monster Mash Color Company Competition per reference (a) for the 2006-2007 academic year.

2. Background. The Monster Mash is a long distance combat conditioning course that emphasizes teamwork, physical strength, and endurance. Midshipmen teams will represent all 30 companies of the Brigade and compete to earn Color Company points.

3. Execution

a. Participants. Each company will form one 7 person team. Each team will consist of a minimum of one female and will include at least one representative from each class. Company Commanders are responsible for designating Team Captains.

b. Schedule

Monday, 26 March 2007

1250 Safety Brief in Rickover 102 (all safety observers)

Wednesday, 28 March 2007

1250 Safety Brief in Rickover 102 to include random lottery drawing for team start times (All Teams)

Saturday, 31 March 2007

Teams muster at the seawall by the Robert Crown Sailing Center for transportation to NAVSTA via Utility Boat according to the following schedule:

0630	Teams 1-5
0730	Teams 6-10
0830	Teams 11-15
0930	Teams 16-20
1030	Teams 21-25
1130	Teams 26-30

c. Race Course

Teams will use the buddy system in order to emphasize team unity. No one member will be permitted to separate from the team more than ten yards. Additional instructions will be provided prior to each heat. Enclosure (1) provides a rudimentary map of the intended course, including locations of corpsmen and water stations.

(1) Assemble team at the start line in the staging area of the Naval Station picnic area.

(2) Run to the Marine Corps Obstacle Course, staying on Kinkaid Road. Turn left at the fork in the road, down the hill passing the mess hall. Turn left again at the BEQ, and proceed to the O-Course. (Road guards will be placed at each of the intersections.)

(3) All members will complete every evolution of the Obstacle course properly. Assistance from team members is allowed as long as each team member completes the obstacle completely and properly. The rope climb at the end of the obstacle course will have a designated mark a few feet from the top of the rope to ensure consistent two hand contact with rope during the climb. *(If member removes hand from rope for any reason other than climbing, i.e. slapping the wooden top of the obstacle, they will be assessed a five minute penalty.)*

(4) Return to staging area reversing the route as mentioned above in section (2).

(5) Pick up three weighted ALICE packs for each team at staging area prior to going to Endurance Course. (There does not have to be a designated member to carry the ALICE packs, as long as they stay with the team.)

(6) Run to the marked start of Endurance Course and complete Endurance Course with ALICE packs. The ALICE packs are to be carried or properly worn through all the obstacles. (At no time will the ALICE packs be thrown to complete obstacles.)

NOTE: Complete Endurance Course with the exception of all non-functioning obstacles. Prior to the start of the event, the readiness of each obstacle will be determined by the OIC and AOIC.

(7) Time stops when all members of the team and all ALICE packs cross the finish line.

(8) Return and ground ALICE packs to the staging area for the next team.

(9) Estimated Time: 30 minutes

d. Competition Scoring

(1) A running clock will be started when the first team leaves the starting point. Each team thereafter will have the time they started subtracted from the time they finish as their official race time.

(2) Assessing penalties

(a) Obstacle Course. A time penalty of two minute for each team member that misses or cannot complete an obstacle on the Obstacle Course will be added to the team's overall time score. An example of such violation; a team member failing to complete an obstacle on the Obstacle Course would result in a two minute time penalty, or if an entire team skips a single obstacle resulting in a total fourteen minute penalty (7 members x two minutes).

(b) Endurance Course. A time penalty of one minute for each team member that misses or cannot complete an obstacle or mishandles an ALICE pack on the Endurance Course will be added to the team's overall time score. An example of such violations; an entire team skipping an obstacle on the Endurance Course would accrue a seven minute time penalty or one person throwing an ALICE pack would incur a one minute penalty.

(3) The company with the fastest time after all penalties assessed will be the winner of the 2007 Monster Mash Competition.

(4) In the event of a tie, a pull-up competition will be administered Tuesday, April 10, 2007 in MacDonough Basketball Gym. Only original team members will be permitted to participate. The highest team-total number of pull-ups will break the tie and win the competition.

e. Course Rules and Regulations

(1) Each team must wait for the Midshipman-in-Charge at the start area to give the start command to ensure accurate timing.

(2) Each team must complete the full course. Any team diverging from the marked course will be disqualified.

(3) If a team cannot successfully complete an obstacle in the Obstacle Course, they will be permitted to continue, but will be assessed a penalty. Two minute penalty per teammate not completing an obstacle.

(4) If a team cannot successfully complete an obstacle on the Endurance Course, they will be permitted to continue, but will be assessed a penalty of one minute per teammate not completing the obstacle.

4. Logistics

a. Uniform

(1) Company Teams: Boots, Utility Trousers, and team top (i.e. Company T-shirts, Sweatshirts). The whole team must wear the same uniform and be distinguishable from all other teams.

(2) Midshipman Cadre: Boots, Utility Trousers, and Blue-rim T-shirts or Monster Mash Cadre T-shirts.

b. Equipment list

15 ALICE packs - Semper Fi Society Supply Chief

2 Bullhorns (Safety Officer, Assistant Safety Officer) - PE Dept
25 Two-way radios/with new batteries - LT Walker, Brigade
Logistics Officer
60 Sets of replacement batteries
2 Food/Water Stations - MIDN Food Services
10 Whistles
1 Pop Tent - MIDN Activities/MWF
5 Rolls of duct tape

c. Vehicles. 3 Vans (15-passenger) for team and supply transportation to the Naval Station E-Course and O-Course.

d. Facilities

(1) USNA: Dewey Seawall

(2) NAVSTA: USMC Obstacle Course
USMC Endurance Course
Family Picnic Area

e. Messing Support: King Hall will support the Monster Mash competition by providing food support in the starting area. This will include: juice, water, hot chocolate, bagels, fruit, and yogurt. Boxed breakfasts and lunches will be provided for the midshipmen cadre overseeing the event. The food will be sheltered under a tent stationed at the start/finish line.

5. Command

OIC: CAPT Harr, USN, 1st Battalion Officer

AOIC: LCDR Phillips, USN, 2nd Company Officer

Lead SEL: GMCS Becker, USN, 2nd Company SEL

MIDN in Charge of Operations: MIDN 1/C Rok

6. Safety. The Monster Mash will be a challenging competition where safety is paramount. The main priority is for teams to safely finish together. Assuming overall responsibility for safety during the evolution will be MIDN/LT(JG) Rok and LCDR Phillips. CAPT Harr will oversee the competition.

a. Staff personnel will supervise each station/event.

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- (1) Endurance Course (1 Officer/Senior Enlisted, 30 Midshipmen, 1 Corpsman)
- (2) Obstacle Course (1 Officer/Senior Enlisted, 8 Midshipmen, 1 Corpsman)
- (3) Start/Finish Line (1 Officer/ Senior Enlisted, 8 Midshipmen)
- (4) Road Guard NAVSTA - Entrance to Picnic Area (2 Midshipmen)
- (5) Road Guard NAVSTA - DOD Police Hut (2 Midshipmen)
- (6) Road Guard NAVSTA - Mess Hall (2 Midshipmen)
- (7) Road Guard NAVSTA - BEQ Area (2 Midshipmen)
- (8) Duty Driver NAVSTA (3 Midshipmen; one at O-Course and two at the E-Course)
- (9) Dewey Seawall - (2 Midshipmen)
- (10) NAVSTA Boat basin - (2 Midshipmen)

b. Communications. Each station will be provided with 2-way radios. The Obstacle Course and Endurance Course will each use a unique channel. A third channel will be used to coordinate among the start, finish, both courses and road guards. Cell phones will be used by OIC, AOIC, SEL, corpsmen in case of emergency. Emergency phone listing cards will be provided to all Midshipman staff monitoring the competition as well as CO/SEL to include OOW, Medical, and Ambulance.

c. The following general guidelines will be followed:

- (1) Teams will use the buddy system and stay together during the entire course.
- (2) Two corpsmen will be present at the NAVSTA. (one at Obstacle Course and one at Endurance Course)
- (3) Anyone may signal a training time-out, regardless of rank, in the event of an unsafe situation.

Signals:

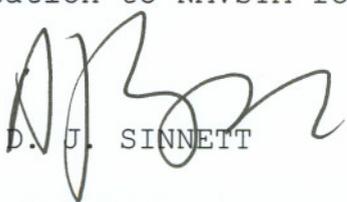
- Whistle: Someone is injured!
- Bullhorn siren: Stop training, move to staging area!
- Radio/cell phone communication to stop training

(4) Mishap procedures:

- Signal mishap (whistle/siren/communications)
- Stop training.
- Corpsman/station staff personnel examines situation.
- Contact medical via dispatch radio or phone (as required).
- Notify OOW (as required).
- Medivac (as required).

7. Responsibilities. The Midshipman Officer-in-Charge is responsible for the overall administration and safety of the event and will be responsible for the following:

- a. Notifying USNA and NAVSTA base security using Brigade Operations staff, of the event course, date, and time.
- b. Coordinating medical communication support.
- c. Coordinating King Hall support.
- d. Providing competition rankings to the Midshipman Activities Officer NLT 20 April 2007.
- e. Coordinating all facility usage for the competition (Obstacle Course and Endurance Course).
- f. Coordinating transportation to NAVSTA for staff and participants



D. J. SINNETT

Distribution:
C-1 (electronically)

