



National Fitness Challenge

The National JROTC Fitness Challenge Championships

The All-Service National JROTC Fitness Challenge Championships is an all-service event that takes place on the beach behind the Plaza Resort & Spa in Daytona beach, Florida. This competition started in 2017 with hundreds of JROTC Cadets attending.

The JROTC Fitness Championships maintain both a Male Division and Mixed Division. All divisions compete within five team events specifically designed to be an all-round physical test. Events change every year. After the team competition ends, the teams nominate their best male & female athletes to compete in the Ultimate Fitness Cadet Competition held on the Physical Team Test course.

Teams from all services participate to compete for this title. Active duty Drill Sergeants from all services serve as judges. Teams compete in five disciplines of fitness. Team run, Obstacle course, Pull-ups, Standing long jump and seated medicine ball throw.

Date: Saturday, 4 May, 2024

**Location: The Beach Behind the Plaza Resort & Spa
The Ocean Center Conference Center
600 N. Atlantic Avenue**

Daytona Beach, Florida

The Home of the All-Service National JROTC Fitness Challenge Championships

**REGISTRATION INTO THE FITNESS NATIONALS
BEGINS EACH YEAR ON 1 OCTOBER!**

**[SEE THE PREVIOUS YEAR COMPETITION SCORING
REPORTS](#)**

**JROTC UNITS WITH P.T. TEAMS, FITNESS TEAMS and/or RAIDER
UNITS LOOKING TO END THEIR YEAR WITH THE ULTIMATE
FITNESS CHALLENGE? CLICK BELOW!**

**THE SWEAT WILL FLOW IN THE ULTIMATE FITNESS BATTLE ON THE
SHORES OF THE WORLD'S MOST FAMOUS BEACH! The All-Service
National JROTC Fitness Challenge Championships will lead the way in
showcasing the finest, most hard working JROTC teams in the nation. The
JROTC Fitness Nationals will attract many of the best Male, Mixed and
FEMALE JROTC fitness teams in the country. This single-day Championship
event will be a strong test for your worthy program. The JROTC Fitness
Nationals are designed to be a fun & exciting test of excellence that will take solid
conditioning, teamwork, strategy, strength, quickness, power and determination
- everything any solid PT/Athletic/Raider team maintains, all of which are
looking to adjust fire and compete here! This event is designed to give the biggest
and best spotlight on all-service programs wanting to end their year on the sands
of Daytona Beach!**