



**ARKANSAS DIVISION
PACIFIC CENTRAL REGION
UNITED STATES NAVAL SEA CADET CORPS**

Commanding Officer

CAPT Timothy Cogan, USN
(650) 728-3504

Executive Officer

WO Guilherme Freitas, USNSCC
(510) 653-3028

Division Chief

CPO Davis Freitas, USNSCC

PLAN OF THE DAY

**17TH Annual Marion Carl Marine Mud Run
Naval Air Station Lemoore**

22 May 2010

UNIFORM OF THE DAY

Instructors/Officers:

**Travel: Alternate Uniform
Mud Run: PT Gear**

League Cadets/Sea Cadets:

**Travel: Alternate Uniform (NSCC/NLCC training shirt or cover)
Mud Run: PT Gear**

**COMMAND DUTY
OFFICER**

WO Guilherme Freitas,
USNSCC

OFFICER OF THE DECK

INST Karen Freitas,
USNSCC

**PETTY OFFICER OF
THE WATCH**

SLPO Katrin Freitas,
USNLCC

**MESSENGER OF THE
WATCH**

SR Grant Ly, USNSCC

Schedule

0430	Depart Oakland, California
0430-0450	Travel to McDonald's Restaurant, 1620 Strobbridge Avenue, Castro Valley
0450-0455	Load van
0455-0515	Travel to McDonald's Restaurant, 6800 Santa Rita Road, Pleasanton
0515-0520	Load van
0520-0750	Transport to Naval Air Station Lemoore
0750-0830	Check-in
0830-0850	Safety Brief
0850-0900	Run preparation
0900-1200	Mud Run with MATSG-23
1200-1300	Wash off and change clothes
1300-1400	Lunch at Navy Exchange Food Court
1400-1730	Transport back to Dublin/Pleasanton BART Station

Notes:

- 2. Bring your USNSCC/USNLCC Identification Card**
- 3. Bring a strong large plastic bag for your wet and muddy clothes**
- 4. Wear a swimsuit under your PT Gear so you can strip and shower off**
- 5. Bring a change of clothes and shoes**
- 6. Bring chow money**
- 7. Warrant Officer Guilherme Freitas can be reached at (209) 277-9375.**

**Captain Timothy Cogan, United States Navy
Commanding Officer, Arkansas Division**