

Rochester Security Summit – Capture the Flag Competition with MetaCTF

One of the exciting events being held during RSS 2025 is our annual Capture The Flag (CTF) competition.

A CTF is a cybersecurity challenge designed to teach and test a range of technical and problem-solving skills. In our Jeopardy-style format, you'll solve a series of security-related tasks—like analyzing log files, decoding encrypted messages, or exploiting vulnerable applications—to uncover “flags,” which you submit for points.

The primary goal of a CTF competition is to learn new concepts and test your existing skills. Consider a CTF to be an open-book test - *you're expected to use any resources you have available (including the Internet)* - to figure out how to solve the challenges.

Each challenge includes the information you need to get started, and our support team is available throughout the event. Challenges begin easy and increase in difficulty and point value. Think of it as an open-book test—you can use any tools or online resources to help solve the puzzles!

This is a drop in drop out activity. Stop by when you have time between sessions. No prior experience is needed, accessible to all levels. CTF will remain open between Day 1 & Day 2.

Prizes for the top 3 teams/individuals will be awarded at the end of Day 2. Must be present to win.

Recommended Setup

You must bring your own laptop in order to participate.

We recommend bringing a personal computer with administrator/sudo access so you can install tools as needed. A virtual machine (Kali Linux or Windows VM) can help keep competition files separate from your main system.

Helpful Tools:

- Wireshark – Network analysis
- Ghidra – Reverse engineering
- netcat – Network connections
- Hashcat – Password cracking
- Volatility / Autopsy – Forensics
- Burp Suite or Browser Dev Tools – Web testing
- CyberChef – Multipurpose utility for decoding and data manipulation
- Webhook.site – External web endpoint testing

Links:

<https://metactf.com/ctf-preparation-guide/>