**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING**

**FORT BLISS COMMANDER’S CUP 10K POST CHAMPIONSHIP**

**4 AUGUST 2023**

1. **REFERENCES:** a. AR 215-1, Non-appropriated Fund Instrumentalities and, Morale, Welfare

and Recreation Activities, 24 September 2010.

2. **WHAT:** Fort Bliss Sports, Fitness & Aquatics Commanders Cup 10K Post Championship.

3. **WHEN:** 4 Aug2023 // 0630

4. **WHERE:** Rifleman Tank Trail, BLDG 21105A.

5. **ELIGIBLITY:** Active-duty military personnel, Army Reserve, and National Guard Soldiers in active status assigned or attached to Fort Bliss.

**This is a competitive event. Walkers, strollers, and pets are prohibited.**

**Bibs will be required of all runners. Bib Tags must be filled out to include: name, age, and gender. Bibs must be placed mid-chest and chip on shoe. Runners not following these guidelines will not receive an official time for the race and will not be eligible for awards.**

6. **CATEGORIES:** Individual Men’s and Women’s Age Category. Men’s and Women’s Overall

Category. Commanders Cup winner and Runner Up.

7. **DIVISIONS:** MEN and WOMEN AGE CATEGORIES

19- Under years of age

20- 29 years of age

30-39 years of age

40-49 years of age

50 + years of age

8. **REGISTRATION:**  Stout and Soto Physical Fitness Centers and ACTIVE.COM through

1 August 2023

 **Late Registration:** 4 AUG 2023, 0515-0600 at Rifleman Tank Trail

 **Preregistration is encouraged.**

9. **PACKET PICK UP:** 2 AUG 2023 1630-1830 at Soto Physical Fitness Center

 3 AUG 2023, 1100-1300 at Soto Physical Fitness Center

 4 AUG 2023, 0515-0600 at Rifleman Tank Trail

**Packet Pickup/Late Registration closes at 0600 for ALL RUNNERS. If packet is not picked up by 0600** **bib and chip will not be issued. Runners can participate in event but will not be eligible for awards/points and time will not be recorded.**

10. **SAFETY BRIEF:** 4 AUG 2023, 0615 outside at start/finish line.

 **Course closes at 0800. Anyone remaining on course may continue**

**without support or may request to be taken back to starting point.**

11. **START TIME:**  0630,4 Aug 2023.

12. **PROTESTS:** Protests regarding participant eligibility will be addressed immediately on site with supporting documentation to the Event Director.

13**. AWARD CEREMONY**: 0800,4 Aug 2023.

14. **AWARDS:** a. Individual 1st thru 3rd place awards will be presented in all men’s and women’s age categories.

b. Overall Male & Female.

c. Commanders Cup winner and runner up.

Points will be awarded to the top finishers’ units in each age division.

 7 points = 1st place, 5 points = 2nd place, and 3points = 3rd place.

15**. MEDICAL SUPPORT**: Medical coverage will be provided.

16. **EVENT DIRECTOR:**  Teia Mack, 744-5785

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Teia Mack

Intramural Coordinator

Fort Bliss