**ADMISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING**

**FORT BLISS - COMMANDERS CUP ARMY TEN MILER QUALIFIER RACE**

**31 May 2019**

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 – Army Ten Miler Qualifier Race.

3. **WHEN:** 31 May 2019

4. **WHERE:** Soto Physical Fitness Center, BLDG 20751.

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

 **Walkers, strollers, and pets are prohibited.**

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

9. **REGISTRATION:** Register at RACEROSTER.COM thru 28 May or all PFCs thru 26 May.

 On-Site Registration – 31 May 201, 0445-0530 at Soto Physical Fitness

 Center Basketball Court, BLDG # 20751.

**Please note: For this Commander’s Cup event preregistration is encouraged.**

10. **NUMBERS**: **Numbers will be required of all runners and bib pickup will be available at the Soto Physical Fitness Center the morning of the event. Bib Tags must be filled out to include: name, age, and unit. 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.**

11. **SAFETY BRIEF:** 31 May 2019, 0545 at Soto Physical Fitness Center Basketball Court,

 **Course closes at 0900. Anyone remaining on course may continue**

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

12. **START TIME:** 31 May 2019, 0600

13**. AWARD CEREMONY:** 31 May 2019, approximately 0800

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.

 Participation Points for Running Events:

 1-25 participants = 10 points

 26-75 participants = 20 points

 76-150 participants = 30 points

 151-250 participants = 40 points

 251+ participants = 50 points.

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

16. **EVENT DIRECTOR:** Teia Mack, 744-5785/Stacey Hernandez, 744-2444.

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Teia Mack

Varsity and Intramural Sports Coordinator

Fort Bliss