**ADMISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING**

**FORT BLISS – COMMANDERS CUP 5K POST CHAMPIONSHIP**

**8 FEBRUARY 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 – Commanders Cup 5K Post Championship.

3. **WHEN:** 8 February 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 5 Feb or at all PFCs thru 3 Feb.

On-Site Registration 8 February 2019, 0515-0600 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:** 8 February 2019, 0615 at Soto Physical Fitness Center Basketball Court

**Course closes at 0730. Anyone remaining on course may continue without support or request to be taken back to starting point.**

12. **START TIME:** 8 February 2019, 0630.

13**. AWARD CEREMONY:** 8 February 2019, approximately 0730.

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: First place awards will be presented to the top male and female finishers.

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 DIRECTORS:**  Teia Mack, 744-5785/Stacey Hernandez, 744-2444.

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Teia Mack

Varsity and Intramural Sports Coordinator

Fort Bliss