**ADMISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING**

**FORT BLISS COMMANDERS CUP 10K POST CHAMPIONSHIP**

**9 AUGUST 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 10K Post Championship.

3. **WHEN:** 9 Aug 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 6 August or at all PFCs thru 4 AugustOn-Site Registration 9 Aug 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:** 9 Aug 2019, 0615 at Soto Physical Fitness Center Basketball Court,

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

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

12. **START TIME:**  0630,9 Aug 2019.

13**. AWARD CEREMONY**: 0800,9 Aug 2019.

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