

**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING  
FORT BLISS – COMMANDERS CUP 5K POST CHAMPIONSHIP  
4 FEBRUARY 2022**

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:** 4 February 2022.
4. **WHERE:** Stout Physical Fitness Center
5. **ELIGIBILITY:** 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.**

**Bibs 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 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:** **Pre-Registration:** Soto Fitness Center through 28 JAN 2022.

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

**Late Registration:** On-Site Registration 4 February 2022, 0515-0600 at Stout Physical Fitness Center.

9. **PACKET PICK UP:** 4 FEB 2022 from 0515-0600 at Stout Physical Fitness Center

**On 4 February - Packet pickup closes at 0600 for ALL RUNNERS, pre-registered runners and those that register day of. 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 February 2022, 0615 at Stout Physical Fitness Center parking lot.

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

11. **START TIME:** 4 February 2022, 0630.

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

13. **AWARD CEREMONY:** 4 February 2022, approximately 0730.

14. **AWARDS:**
- a. Individual - 1<sup>st</sup> thru 3<sup>rd</sup> 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 = 1<sup>st</sup> place, 5 points = 2<sup>nd</sup> place, and 3 points = 3<sup>rd</sup> 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

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Teia Mack

Intramural Sports Coordinator

Fort Bliss