**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING**

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

**5 AUGUST 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 10K Post Championship.

3. **WHEN:** 5 Aug2022 // 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.

**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:** At Stout and Soto Physical Fitness Centers through 29

29 JULY 2022

 **Late Registration:** 5 AUG 2022, 0515-0600 at Rifleman Tank Trail

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

9. **PACKET PICK UP:** 3 AUG 2022 1630-1830 at Soto Physical Fitness Center

 4 AUG 2022, 1100-1300 at Soto Physical Fitness Center

 5 AUG 2022, 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:** 5 AUG 2022, 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:**  0630,5 Aug 2022.

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

13**. AWARD CEREMONY**: 0800,5 Aug 2022.

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