

IMSI-MWR 1 November 2022

MEMORANDUM FOR DISTRIBUTION

SUBJECT: 2023 Fort Sill Intramural Army 10 Miler Qualifier Memorandum of Instruction (MOI)

1. PURPOSE. This memorandum, prescribes the procedures and rules for conducting the 2023 Fort Sill Intramural (IM) Army 10 Miler Qualifying Run and selection of qualifiers to represent Fort Sill at the Army 10 Miler in Washington, D.C.

2. GENERAL. The 2023 Fort Sill IM Army 10 Miler Qualifying Post Championship Run will be scheduled as follows:

**Entry Suspense** **Installation Championship Run**

2 MAY 23 4 MAY 23

3. ELIGIBILITY and TEAM COMPOSITION:

1. IAW USAFCOEFS PAM 215-1

b. Only active duty military personnel assigned or attached to Fort Sill on official orders are eligible to participate in the Fort Sill Intramural Sports Program.

c. Participation is unlimited.

4. EVENT CONDUCT:

1. **NO DAY OF REGISTRATION**
2. Registrations must be sent to the Sports Office with the following information:

Name, Gender, Age and Brigade before COB 2 MAY 23. NO EXCEPTIONS!

1. The event will begin at 0630, Thursday 4 MAY 23 at the Patriot Club.
2. Timing chips are required of all registered participants and will be available for pick

up at the Start / Finish line from 0545-0615.

1. Runners racing without a timing chip will not receive an official time for the race.
2. The route will consist of a five (5) mile out and back course Quinette Road, Fort

Sill, OK, beginning and ending at the Patriot Club area.

5. TEAM COMPOSITION: At the conclusion of the intramural Army 10 Miler Qualifying Run, the top four (4) males and top four (4) females finishers will comprise the team to represent Fort Sill at the Army 10-Miler Race in Washington, D.C., 8 October 2023.

6. AWARDS:

1. Medals will be presented to the top finisher in each age category.
2. Age Categories IAW AR 215-1 are:

**Men Women**

17 – 21 17 – 21

22 – 26 22 – 26

27 – 31 27 – 31

32 – 36 32 – 36

37 – 41 37 – 41

42 & Over 42 & Over

1. A team trophy will be presented to the 1st Place Team. Individual medals

will be presented to the 1st place finishers in each age category.

7. COMMANDER’S CUP POINTS: Awarded IAW USAFCOEFS PAM 215-1.

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Intramural Sports

Coordinator