

IMSI-MWR 1 November 2022

MEMORANDUM FOR DISTRIBUTION

SUBJECT: 2023 Fort Sill Intramural Cross Country (5K) Memorandum of Instruction (MOI).

1. PURPOSE. This memorandum, prescribes the procedures and rules for conducting the 2023

Fort Sill Intramural (IM) Cross Country 5K Run.

1. GENERAL. The 2023 Fort Sill IM Cross Country Run will be scheduled as follows:

 **Entry Suspense Installation Championship**

 14 MAR 2023 16 MAR 2023

1. ELIGIBILITY and TEAM COMPOSITION:
2. IAW USAFCOEFS PAM 215-1, Para 3.

 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.

1. EVENT CONDUCT:

1. **NO DAY-OF REGISTRATION.**
2. Registration deadline is 14 MAR 2023.
3. Registrations must be sent to the Sports Office with the following information:

Name, Gender, Age and Brigade before COB 14 MAR 2023. NO EXCEPTIONS

1. Race will be timed using chip timing, dependent upon amount of runners.
2. Timing chips are required of all registered participants and will be available for pick

up at the Start / Finish line from 0645-0715.

1. Runners racing without a timing chip will not receive an official time for the race.
2. The race will start at 0730, Thursday 16 MAR 23 at location to start at the batting cages

located at the MG Dinges Complex, Bldg. M3950.

1. AWARDS:
2. Medals will be presented to the top finishers in each age category.
3. 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.

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

 JOEL GONZALEZ

 Intramural Sports

 Coordinator