

IMSI-MWR 1 November 2019

MEMORANDUM FOR DISTRIBUTION

SUBJECT: 2020 Fort Sill Intramural Cross Country Memorandum of Instruction (MOI).

1. PURPOSE. This memorandum, prescribes the procedures and rules for conducting the 2020

Fort Sill Intramural (IM) Cross Country Run.

1. GENERAL. The 2020 Fort Sill IM Cross Country Run will be scheduled as follows:

 **Entry Suspense Installation Championship**

 17 MAR 2020 19 MAR 2020

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 17 MAR 2020.
3. Registrations must be sent to the Sports Office with the following information:

Name, Gender, Age and Brigade before COB 17 MAR 2020. 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 0630.

1. Runners racing without a timing chip will not receive an official time for the race.
2. The race will start at 0730, Thursday 19 MAR 20 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