

IMSI-MWR 1 November 2024

MEMORANDUM FOR DISTRIBUTION

SUBJECT: 2024 Fort Sill Intramural 5K Run Memorandum of Instruction

1. PURPOSE. This memorandum, IAW USAFCOEFS PAM 215-1, prescribes the procedures and rules

for conducting the 2024 Fort Sill Intramural (IM) 5K Run.

1. GENERAL. The 2024 Fort Sill IM 5K Run will be scheduled as follows:

 **Entry (LOI)**  **Installation**

 **Suspense Championship**

 25 JUN 24 27 JUL 24

1. ELIGIBILITY and TEAM COMPOSITION:

 a. 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.

1. EVENT CONDUCT:

 a. **NO DAY-OF REGISTRATION.**

 b. Registration deadline is 25 JUL 24.

 c. Registrations must be sent to the Sports Office with the following information: Name, Gender, Age and Brigade before COB 25 Jul 24. NO EXCEPTIONS!

 d. Race will be timed using chip timing.

 e. Timing chips are required of all registered participants and will be available for pick up at the Start / Finish line from 0515-0545.

 f. Runners racing without a timing chip will not receive an official time for the race.

 g. The race will start at 0600, Thursday, 27 JUL 24 at the New Post Chapel.

5. AWARDS:

1. Medals will be presented to the top finishers 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.

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

JOEL GONZALEZ

 Intramural Sports

 Coordinator