

IMSI-MWR 1 November 2022

MEMORANDUM FOR DISTRIBUTION

SUBJECT: 2023 Fort Sill Intramural 10K Run Memorandum of Instruction

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

Fort Sill Intramural (IM) 10K Run.

1. GENERAL. The 2023 Fort Sill IM 10K Run will be scheduled as follows:

**Entry (LOI) Installation**

 **Suspense** **Championship**

15 AUG 23 17 AUG 23

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:

1. **NO DAY-OF REGISTRATION.**
2. Registration deadline is 15 August 2023.
3. Registrations must be sent to the Sports Office with the following information:

Name, Gender, Age and Brigade before COB 15 August 2023. NO EXCEPTIONS!

1. Race will be timed using chip timing.
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 race will start at 0630, Thursday, 17 August 2023 at the Patriot Club.
3. AWARDS:
4. Medals will be presented to the top finisher in each age category.
5. 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 trophies 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