

MEMORANDUM FOR ALL FORT SILL SOLDIERS

SUBJECT: 2008 Fort Sill Intramural Cross Country Run Post Championship By-Laws.

1. **Purpose:** To provide the operational procedures for the USAFCOEFS Intramural Cross Country Run
2. **Objective of the Program:** To promote unit moral, Espirit de Corps, teamwork and physical fitness and to develop leadership and sportsmanship.
3. **Eligibility and Participation:** Active duty military personnel and Army Reserve and National Guard soldiers in an active status; assigned or attached to Fort Sill. Participation is unlimited.
4. **Organization and conduct of program:**
  - a. The Cross-Country program is conducted at the MAC level for open competition.
  - b. Competition will consist of three races. Each race will increase in mileage. Paragraph two shows dates and location of the races.
  - c. Individual may register up to 10 minutes to prior to start time. Contestants who enter after this time period will not earn Commander’s Cup participation points for their teams.
5. **Race Information: All races will start at 0900 at respective locations**

| <u>DATE</u>  | <u>LOCATION</u> | <u>LENGTH OF COURSE</u> |
|--------------|-----------------|-------------------------|
| 27 September | TBA             | 2 miles                 |
| 4 October    | Currie Road     | 3 miles                 |
| 18 October   | Polo Field      | 4 miles                 |

6. **Scoring**

- a. Ten points are awarded for participation. The maximum number of participation points (80) is awarded to any team for any one event.
- b. Maximum of five numbers is scored for each team using the table below. These scores are added to the participation points to determine the total team score. Individual scores, as well as team scores, are maintained by the Fort Sill Sports, Fitness and Aquatics office.

IMWE-SIL-MWR

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| <b>PLACE</b> | <b>SCORE</b> | <b>PLACE</b> | <b>SCORE</b> |
|--------------|--------------|--------------|--------------|
| 1            | 200          | 11           | 100          |
| 2            | 190          | 12           | 90           |
| 3            | 180          | 13           | 80           |
| 4            | 170          | 14           | 70           |
| 5            | 160          | 15           | 60           |
| 6            | 150          | 16           | 50           |
| 7            | 140          | 17           | 40           |
| 8            | 130          | 18           | 30           |
| 9            | 120          | 19           | 20           |
| 10           | 110          | 20           | 10           |

**7. Awards**

- a. First and second place team awards are presented for open competition.
- b. Individual awards are presented to first and second place to the participants accumulating the highest total points for all meets in men and women's competition.
- c. An Overall 1<sup>st</sup> Place male and female award will be given.

8. POC and Race Director is Mr. Randy Ward, 442-5623.

RANDY WARD  
Intramural Sports  
Programmer