

MEMORANDUM FOR ALL FORT SILL SOLDIERS

SUBJECT: 2008 Fort Sill Intramural Post Championship Swim Meet

1. **Purpose:** To provide the operational procedures for the Fort Sill Intramural Post Championship Swim Meet.
2. **Objective of the Program:** To promote unit morale, Esprit 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 unit/battery/battalion level, limited to 4 persons/individual event and 2 teams/team event per. Teams may be Co-Ed.

5. **Meet Information:**

a. The 2008 Post Championship Swim Meet will be held at Rinehart Fitness Center Indoor Pool on 27 September 2008, beginning at 0900.

b. A mandatory coaches clinic will be held Thursday, 25 September 2008, at the RecPlex at 1800 hours. The following issues will be handled at the meeting:

(1) Coaches will turn in entries for all events.

(2) Swim Meet procedures will be discussed.

(3) All entries must be submitted the day before the race, only scratches and replacements will be accepted on the day of the race.

6. **Activity Schedule:** On the day of competition:

| | |
|-------------|---|
| 0800 | Rinehart Fitness Center Indoor Pool opens |
| 0800 - 0845 | Warm-up session |
| 0820 - 0845 | Coaches Meeting (Heat sheets issued and scratches identified) |
| 0845 - 0855 | Timers Meeting |
| 0900 | Meet begins |

7. **Events:** The competition consists of the following events in order:

- | | |
|----|-----------------|
| #1 | 400m Free Relay |
| #2 | 50m Free |
| #3 | 200 IM |
| #4 | 800m Free |
| #5 | 100m Breast |

Intermission

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- #6 100m Back
- #7 100m Butterfly
- #8 100m Free
- #9 200m Medley Relay

8. **Awards:** Awards for first and second place finishers will be presented at intermission and at the conclusion of the swim meet. Team champion will receive team trophy at the conclusion of the meet. All relays will receive double points for the swim meet overall standings. Points will be awarded as follows to determine swim meet team champion, 2nd and 3rd place:

| <u>Individual</u> | | <u>Relay</u> | |
|-------------------|-------|-----------------|-------|
| 1 st | 7pts | 1 st | 14pts |
| 2 nd | 5pts | 2 nd | 10pts |
| 3 rd | 3 pts | 3 rd | 6 pts |

9. **POC** and Meet Director is Randy Ward at 442-5623.

Randy Ward
Intramural Sports Programmer