

## MEMORANDUM FOR

SPORTS AND FITNESS BRANCH PERSONNEL

EVENT PARTICIPANTS

SUBJECT: Fort Bragg Sports Program, 2019 Fort Bragg Post Intramural Combat Cross Country Meet

1. Reference Army Regulation 215-1, Military Morale, Welfare, and Recreation Programs and Nonappropriated Fund Instrumentalities, 22 June 2010.

2. Purpose. To provide policies and procedures to assist ASCs and A&R personnel with the implementation of the 2019 Fort Bragg Post Intramural Combat Cross Country Meet.

3. General.

a. The 2019 Fort Bragg Post Intramural Combat Cross Country Meet will be conducted Saturday, 19 January, 0900, Smith Lake Recreational Area.

b. This event involves both team and individual competition and is open to active duty military personnel assigned/attached to Fort Bragg units.

c. The course is a distance of approximately 11 miles.

d. Team competition.

(1) Teams may be organized under brigade or battalion level elements. All team members must be assigned or attached to the respective brigade/battalion level element registered to compete.

(2) Maximum number of team members and the number of finishers to be scored are as follows:

(a) Maximum of 8 (minimum of 4) team members with the top 4 scoring.

(3) Team scoring. Points awarded will correspond directly with the numerical place of finish of each team member. Consequently, lower point totals equate to greater success. Upon completion of the race, each participant will be given a card which denotes their place of finish. Participants will then be responsible for turning in their finish card to personnel working in the scoring area.

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e. Registration. Participants/teams are required to pre-register and the event is open to the first 300 registrants. To register, personnel must submit their entry form and entry fee to the Leisure Travel Services (LTS) Office, Building 4-2171, located in the mini-mall near Reilly and Honeycutt Streets. The LTS Office is open Monday - Friday, 10 am - 5 pm. The entry deadline is 17 January at 1300. Entry cost is as follows:

(1) \$15 per person if submitted on or before 12 January, 1700.

(2) \$20 per person if submitted after 12 January.

(3) Each registrant will receive a commemorative shirt.

f. Combat Cross Country Requirements. All participants are required to wear/compete with the following:

(1) ACU, OSU or equivalent. Trousers can be un-bloused. Uniform tops may be removed along the route as desired.

(2) Combat boots. Boots may not be exchanged for any other footwear during the event. Footwear, including Hi-Tech style boots, is limited to Army recognized boots.

(3) Military headgear. Headgear may be removed along the route as desired.

(4) Rucksack weighing 35 pounds which will be weighed and verified at the finish line.

(5) All competitors will be required to begin the race with a water source; either a canteen or camelbak full of water.

(6) Race numbers must be attached to the front of the uniform and be visible throughout the race.

g. Any competitor who completes the race without meeting all requirements will be disqualified.

h. Awards.

(1) Individual awards will be presented to the top five finishers.

(2) Individual awards will be presented to team members of the first and second place teams.

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(3) The top five finishers will be eligible to compete with the Fort Bragg Team at the 2019 Bataan Memorial Death March scheduled to be conducted 17 March, White Sands, NM.

5. Point of contact is the undersigned at 643-7918.

Justin Freeman  
Sports and Fitness Chief