



Fort Campbell Recreation Division Commitments

Support Military Mission

Enhance Well-Being

Build Community

Intramural Sports Program

Company 400 Meter Sprint Competition

Memorandum of Instruction

1. Purpose: This Memorandum of Instruction prescribes the operational procedures for conduct of the Company 400 Meter Sprint Competition.

2. References: AR 215-1, dated 22 June 2011, Military Morale, Welfare and Recreation Programs and Nonappropriated Fund Instrumentalities. OPORD 199-13

3. Objectives of the program:

- a. To encourage competition at the lowest practicable echelon of command.
- b. To enhance team morale and unit esprit de corps.
- c. To encourage leisure activity and enhance physical fitness.
- d. To enhance the total Army readiness mission.

4. General:

- a. Company 400 Meter Sprint Competition will be conducted from 3 Jun thru 4 Jun 20.
- b. Registration forms are available on the web at the Intramural Sports Office located at Fryar Stadium, Bldg 5666 Wickham Ave., or www.fortcampbellmwr.com. Completed registration forms and AAA-162 rosters must be submitted to the Sports Office by 1 Jun 20.

5. Eligibility: a. Eligibility will be in accordance with the Commanders Cup MOI

6. Type and schedule of competition

- a. Sprint: Competition will consist of 4 personnel heats. Heats will be scheduled from 1830-2030.

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b. Forfeits: A Sprinter that is not present at the scheduled time will forfeit the heat. One no call no show forfeit will also result in removal from the competition.

7. Team composition and rosters:

a. Each company may enter up to two personnel.

b. Roster information: Sprinters who intend on participating must enroll in IMLeagues in order to be put on the roster. IMLeagues can be located at www.IMLeagues.com, when sending the email request, ensure to put the team name to be associated with.

8. Team representatives meeting: All coaches are responsible for downloading the Intramural Sports Coach's Agreement from the MWR website and returning it to the Sports Office by 26 May 2020 at Fryar Stadium BLDG. 5666 Wickham Ave.

9. Rules. ARTICLE 1. The starter has sole control over all aspects of the start. The starter's decisions shall be final (Rule 3-7.1). A starting-area marshal shall be assigned to assist in keeping the starting area clear and quiet. The starter shall confer only with the officials assigned to the starting line (assistant starters and starting-area marshal) in cases in which there are questions concerning the start. Practice starts in the immediate area of the starting line are not allowed in conjunction with the starter's commands.

ARTICLE 2. All races shall be started as a result of the starter activating a simultaneous audible and visible signal. The report of a pistol that can be cocked, not less than .32 caliber, or an electronic tone of at least 112dB at 15 feet, together with the flash/smoke generated by the pistol, or an electronic flash/strobe, clearly visible to the timers, shall be used. A misfire shall not be a start. A .22-caliber pistol may be used at indoor events. Starting Blocks

ARTICLE 3. The games committee may restrict starting block use in a meet to only those starting blocks supplied by the games committee. Starting blocks must conform to the requirements in Rule 2-1. Starting blocks may only be used in individual races shorter than 800 meters or in relays in which the first leg is shorter than 600 meters. The starting blocks must be set within each competitor's assigned lane without overlapping the starting line. Starting Races—Shorter than 500 Meters

ARTICLE 4. The starter, after receiving a "ready" signal from the head finish judge and alerting all competitors, shall direct the runners to "On your marks." The runners shall take the "On your marks" position, either crouched or standing, promptly and in such a way that no part of the body touches the track on or beyond the starting line. The starter then shall direct them to "Set." At this command, all competitors shall at once and without delay assume their full and final set positions. Then, when all are motionless, the starter shall discharge the pistol.

10. Awards: Individual awards will be presented to the champion and runner-up from the competition. Points will be awarded for participation in the Commanders Cup.

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11. Equipment: The Intramural Sports Office will prepare the facility and provide competitive equipment to include pennies and soccer balls.

12. Officials: The Intramural Sports Office will provide officials for the league/ tournament.

13. Action Officer: The Intramural Sports Manager, telephone 798-3094, will act upon any situation that arises and is not covered by this MOI.

RYAN NOBLE
Chief, Sports and Fitness
Community Recreation Division