



## 2009 ARMED FORCES MEN'S AND WOMEN'S MARATHON CHAMPIONSHIP

- 1. COMPETITION RULES:** Current IAAF Rules, as amended by the Armed Forces Sports Council (AFSC), if applicable. The Armed Forces Championship is conducted in conjunction with the Marine Corps Marathon.
- 2. COURSE DISTANCES:** CISM/ Olympic Distance: 26.2 miles
- 3. SCORING:** Men and women team awards will be separated. Team standings are determined by adding the raw chip times of the top four male finishers and the top two female finishers from each team. The team with the lowest total time wins.
- 4. TIE-BREAKER POLICY:** Time of first non-scorer for each team (Either the fifth male or the third female).
- 5. SCHEDULE OF EVENTS:** Events may change as determined by the competition organizers.

Day One	Teams Arrive
Day Two	Organizational Meeting Registration Course Review
Day Three	Team Photos Armed Forces Race Meeting Pasta Dinner

**Note:** Team members attending the Pasta Dinner are required to wear their service polo shirt with slacks (color determined by Service). Male personnel cannot wear earrings.

Day Four	Competition Commences Awards Ceremony
----------	--

**Awards Ceremony** - Service teams are required to wear like-Service issued team apparel or competitive uniforms at the awards ceremony. Individual athletes who do not comply will not receive awards or be selected to the Armed Forces team. If the Awards Ceremony is conducted in conjunction with the Informal Ice Breaker, then all Service Members must comply with Ice Breaker dress policy.

Day Five                      Teams Depart

**6. TEAM STANDINGS:** See paragraph 3.

**7. AWARDS:**

A. Individual: Awards are given to the top three finishers in the men's and women's divisions.

B. Team: Individuals awards are given to each member of the first place and second place teams (to include the OIC)).

**8. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP:** Team points and awards will only be awarded to official Service Team members. Roster not to exceed 9 individuals:

5 Men  
3 Women  
1 OIC

**9. TEAM COMPOSITION - CISM:** As follows or as dictated by host country invitation:

4 Men  
4 Women  
1 Coach  
1 Certified Athletic Trainer  
1 Team Captain  
1 Tech Committee Member  
1 Chief of Mission  
TOTAL: 13

**10. FORMS AND ROSTERS:** All Higher Level Advancement forms and Service Team Rosters for the Armed Forces Championship must be turned into the Host Project Officer at the Organizational Meeting.

**11. ALCOHOL POLICY:** There will be no alcohol consumption at the sports venue by personnel involved in the Armed Forces Sports competition, including sports staff, until all competition for the day has been completed to include the award ceremony on the final day. The venue is defined as the playing area and the assigned seating/spectator area. More restrictive installation policies in regards to alcohol will take precedence.

