

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING  
MURPH CHALLENGE  
31 May 2021**

1. **REFERENCES:**
  - a. AR 215-1, Morale, Welfare and Recreation Activities and Non-appropriated Fund Instrumentalities.
  - b. Army in Europe (AE) Regulation 215-1-8, Conducting Europe Region Sports & League Championships.
2. **WHAT:**

MURPH Challenge
3. **WHEN:**

31 MAY 2021, 0900 - UTC
4. **WHERE:**

B170 Tower Barracks PFC Upper Field
5. **ENTRIES:**

20 Maximum Individual Competitors
6. **REGISTRATION:**
  - a. Online: Once registered you should receive a confirmation email that will provide more information about this event. To download the registration form go to: [grafenwoehr.armymwr.com](http://grafenwoehr.armymwr.com) and email it to [usarmy.bavaria.id-europe.list.fitness-programs@mail.mil](mailto:usarmy.bavaria.id-europe.list.fitness-programs@mail.mil)
  - b. Registration deadline is **24 May 2021**.
7. **ELIGIBILITY:**
  - a. Open to all Active Duty Military, Family Members, DOD employees, and DoD ID cardholders.
  - b. Must be 18 years or older to compete. Not in high school or registered in a CYS program.
  - c. Individuals who have no current physical limitations, free of communicable diseases, and cleared for high-intensity physical activities.
8. **START TIME:**

31 May 21, 0900 Hours

Safety Brief - 0830-0845.
9. **EVENT FORMAT:**
  - a. 1 hour time limit
  - b. Event Workout
    - 1 Mile Run
    - 100 Pull ups
    - 200 push ups
    - 300 air squats
    - 1 Mile Run
    - With 20/14 LB vest

c. Participants provide their own vest.

b. There will be RX and Scaled Divisions, each with Male and Female Participants.

13. **SAFETY:**

a. All equipment will be sanitized before and after the event.

b. Sanitation stations will be placed throughout the event area for participant use. Participants will not share the same equipment.

c. Equipment will be spaced out accordingly to accommodate proper spacing guidelines per COVID-19 policies.

e. Participants and staff will wear masks at all times.

13. **APPAREL:**

a. Proper athletic clothing wear and shoes

b. Weightlifting belt is authorized

c. Wrist wraps and chalk are authorized

d. Face masks

16. **EVENT POC:**

DSN: 475-9024 CIV: 09641-83-9024