



## OCR in SEAG: Dates to Remember

<b>Day/ Date</b>	<b>Event</b>	<b>Time</b>	<b>Details</b>
Monday November 25	<b>Pre-SEAG Practice</b> Filinvest City, Alabang	7am - 10am 2pm - 5pm	Malaysia Laos
Tuesday November 26	<b>Pre-SEAG Practice</b> Filinvest City, Alabang	7am - 10am 2pm - 5pm	Philippines Malaysia
Wednesday November 27	<b>Pre-SEAG Practice</b> Filinvest City, Alabang	7am - 10am 2pm - 5pm	Laos Philippines
Thursday November 28	<b>Pre-SEAG Practice</b> Filinvest City, Alabang	7am - 10am 2pm - 5pm	Malaysia Laos
Friday November 29	<b>Pre-SEAG Practice</b> Filinvest City, Alabang <b>Course Walk-Through and Rules</b>	7am - 10am 2pm to 4pm	Philippines All Teams
Saturday November 30	<b>SEAG Opening Ceremonies</b> Philippine Arena, Bulacan	7pm	All Teams
Sunday December 1	<b>SEAG Proper Practice</b> Filinvest City, Alabang  <b>Team Managers' Meeting and Course Walk-Through and Uniform Check</b>  <b>Technical Officials' Meeting</b> Filinvest City, Alabang	7am - 8am 8am - 9am 9am - 10am 9am  4pm	Malaysia Laos Philippines All Managers  All Officials
Monday December 2	<b>OCR Opening Ceremonies</b> <b>Competition Heats</b> Filinvest City, Alabang	7am 7:30am 9am 10am	All Teams 100m 400m Assist 400m Relay
Tuesday December 3	<b>SEAG Proper Practice</b> Filinvest City, Alabang	7am - 8am 8am - 9am 9am - 10am	Laos Philippines Malaysia
Wednesday December 4	<b>Competition Finals and Awarding</b> Filinvest City, Alabang	7am 8am 9am	400m Assist 400m Relay 100m
Thursday December 5	<b>SEAG Proper Practice</b> Filinvest City, Alabang	7am - 8am 8am - 9am 9am - 10am	Philippines Malaysia Laos
Friday December 6	<b>Competition Finals and Awarding</b> Filinvest City, Alabang	7am 8am	5km Female 5km Male
Saturday December 7	<b>POSF Get-together</b> Nipa Hut, Pasig City	6pm	All Invited