



OCR in SEAG: Dates to Remember

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