OCR in SEAG: **Schedule of Activities and Format of Matches**

	Number	*Monday 12.02*	*Wednesday 12.04*
100m x 10 Obstacles	8 male athletes and 8 female athletes (maximum of 2 athletes/ country x 4 countries)	**Opening Ceremonies (7:00 a.m.)** **Heats (7:30 a.m.)** (1 each for male and female) Athlete/ Country Bracket 1 PHL 1 vs. MYS 1 INA 1 vs. LAO 1 MYS 1 vs. LAO 1 PHL 1 vs. INA 1 INA 1 vs. MYS 1 LAO 1 vs. PHL 1 Athlete/ Country Bracket 2 PHL 2 vs. MYS 2 INA 2 vs. LAO 2 MYS 2 vs. LAO 2 PHL 2 vs. INA 2 INA 2 vs. MYS 2 LAO 2 vs. PHL 2	**Finals (10:00 a.m.)** (1) Top 3-4 (2) Top 1-2
		o Overall Flow: Female (2 brackets), then Male (2 brackets) o 12 head-to-head matches each for male and female categories (total of 24 match-ups)	o Overall Flow: 1. Female Top 3-4 and Top 1-2, then awarding 2. Male Top 3-4 and Top 1-2, then awarding

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		o An athlete will only race 3x against the athlete from 3 other countries in the same bracket o Lots will be drawn by the 8 athletes (male and female) to determine which bracket they belong to (Athlete 1 bracket or Athlete 2 bracket) o In each athlete bracket, single round round-robin head-to-head matches o No cross-over between athletes of different brackets o Lots will be drawn to determine order of play (alternating between Athlete 1 and 2 brackets) o The choice of lane (1 or 2), for every match-up, shall be by coin toss o The 4 fastest times (4 athletes among the 8 athletes) will move to the Finals	o 4 head-to-head matches each for male and female categories (total of 8 match-ups) o An athlete will only race twice o Order of play (Top 3-4, then Top 1-2) o For 1st matchup, choice of lane by coin toss (2nd matchup, switch lanes) o The winner shall be based on best of 2 attempts/ runs (not accumulated time) o Medal presentation follows
400m x 12 Obstacles Team Assist	4 teams (1 team/ country x 4 countries; each team has 2 male and 2 female athletes)	**Heats (9:30 a.m.)** PHL vs. MYS INA vs. LAO MYS vs. LAO PHL vs. INA INA vs. MYS LAO vs. PHL	**Finals (7:00 a.m.)** (1) Top 3-4 (2) Top 1-2
		o 6 head-to-head matches	o 4 head-to-head matches between

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		- Single round round-robin - Each team will only race 3x (against teams of 3 other countries) - Lots will be drawn to determine order of play - Choice of lane by coin toss for every matchup - All Teams will be ranked based on fastest times of each Team (best time of Team out of 3 attempts) - The fastest 1st and 2nd times will vie for the gold/ 1st place and silver/ 2nd place while the fastest 3rd and 4th times for the 3rd place/ bronze medal in the Finals	the fastest 2 times, and fastest 3rd and 4th times - Choice of lane by coin toss for 1st matchup, then switch lanes - The winner shall be based on best of 2 attempts/ runs (not accumulated time) - Medal presentation follows
400m x 12 Obstacles Team Relay	4 teams (1 team/ country x 4 countries; each team has 2 male and 2 female athletes)	**Heats (11:00 a.m.)** PHL vs. MYS INA vs. LAO MYS vs. LAO PHL vs. INA INA vs. MYS LAO vs. PHL	**Finals (8:30 a.m.)** Top 1-2
		6 head-to-head matches - Single round round-robin - Each team will only race 3x (against teams of 3 other countries) - Lots will be drawn to determine order of	4 head-to-head matches between the fastest 2 times, and fastest 3rd and 4th times - Choice of lane by coin toss for 1st matchup, then switch lanes

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		play o Choice of lane by coin toss for every matchup o All Teams will be ranked based on fastest times of each Team (best time of Team out of 3 attempts) o The fastest 1st and 2nd times will vie for the gold/ 1st place and silver/ 2nd place while the fastest 3rd and 4th times for the 3rd place/ bronze medal in the Finals	o The winner shall be based on best of 2 attempts/ runs (not accumulated time) o Medal presentation follows
		---	Friday 12.06
5k	8 male athletes and 8 female athletes (2 athletes/ country x 4 countries)	(No heats/ eliminations)	**Finals (7:00 a.m.)** Female (7:00 a.m.) Male (8:00 a.m.)
			o Mass start (1 wave per gender) o Ranking (1st, 2nd and 3rd placers) based on outcome of race o Medal presentation follows