



OCR in SEAG: Dates to Remember
as of November 24, 2019

Day/ Date	Event	Time	Details
Monday November 25	Pre-SEAG Practice Filinvest City, Alabang	7am - 10am 2pm - 5pm	Malaysia Laos PDR
Tuesday November 26	Pre-SEAG Practice Filinvest City, Alabang	7am - 10am 2pm - 3.30pm 3.30 - 5pm	Philippines Malaysia Laos PDR
Wednesday November 27	Pre-SEAG Practice Filinvest City, Alabang	7am - 10am 2pm - 3pm 3pm - 4pm 4pm - 5pm	Indonesia Philippines Laos PDR Malaysia
Thursday November 28	Pre-SEAG Practice Filinvest City, Alabang	7am - 8.30am 8.30am - 10am 2pm - 3.30pm 3.30pm - 5pm	Laos PDR Philippines Malaysia Indonesia
Friday November 29	Pre-SEAG Practice Filinvest City, Alabang Course Walk-Through and Rules Filinvest City, Alabang	7am - 8am 8am - 9am 9am - 10am 10am - 11am 11am	Malaysia Laos PDR Indonesia Philippines All Teams
Saturday November 30	Check-in at Savoy Hotel Assembly at Rizal Memorial SEAG Opening Ceremonies Philippine Arena, Bulacan	9am 12nn 7pm	All Teams
Sunday December 1	SEAG Proper Practice Filinvest City, Alabang Team Managers/ Coaches, Technical Officials and Ceremony Committee Meeting, Uniform	7am - 8am 8am - 9am 9am - 10am 10am - 11am 2pm	Malaysia Laos PDR Philippines Indonesia All Managers and Coaches, All Officials

Day/ Date	Event	Time	Details
	Check and Course Walk-Through Kamali Room, Acacia Hotel, Filinvest City, Alabang		
Monday December 2	OCR Opening Ceremonies Competition Heats Filinvest City, Alabang	7am 7:30am 9:30am 11am	All Teams 100m 400m Assist 400m Relay
Tuesday December 3	SEAG Proper Practice Filinvest City, Alabang	7am - 8am 8am - 9am 9am - 10am 10am – 11am	Laos PDR Philippines Indonesia Malaysia
Wednesday December 4	Competition Finals and Awarding Filinvest City, Alabang	7am 8:30am 10am	400m Assist 400m Relay 100m
Thursday December 5	SEAG Proper Practice Filinvest City, Alabang	7am - 8am 8am - 9am 9am - 10am 10am – 11am	Philippines Indonesia Malaysia Laos PDR
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 Teams Invited

Notes on Practices:

1. Above schedule/ time slots pertain to practice on the obstacle courses/ use of obstacles.
2. Teams may be in the area before their time to do warm-up but they cannot use/ try the obstacles before their designated schedule.
3. Teams must leave the obstacle course area as soon as the time ends.