



### 2019 SEAG: Proposed 3 Categories and 7 Events for Obstacle Sports

3 Categories/ Distances	7 Events	Number of Entries (max./ country)
(1) 100 m. x 10 obstacles	1. Individual Male 2. Individual Female	2 2
(2) 400 m. x 12 obstacles	3. Mixed Team Relay 4. Mixed Team Assist	1 (2M and 2F) 1 (2M and 2F)
(3) 5 km. x 20 obstacles	5. Individual Male 6. Individual Female 7. Mixed Team Assist	2 2 1 (2M and 2F)
		20: 10M and 10F

### 2-Part Philippine Open for National Training Pool

*Be part of history. The journey starts here.*

	Philippine Open Part 1	Philippine Open Part 2
<b>Purpose and Explanation</b>	1. Results of the 2 events will partially determine the composition of the national training pool. POSF has the discretion to add and delist members. 2. Aspirants to the 2019 SEAG are encouraged to join both events. 3. Being in the national training pool is not a guarantee for inclusion in national team. 4. The composition of the National Team shall be determined based on results of qualifying races set next year. POSF has the discretion to add and delist members.	
<b>Date</b>	Sunday, December 9	Saturday, December 15
<b>Time</b>	7:00 a.m., wave for Male 7:20 a.m., wave for Female	Starts 1:00 p.m. Athletes race in sequence (not head-to-head)
<b>Venue</b>	Clark Global City Clark, Pampanga	Pretty Huge Obstacles SM Aura Civic Center, Taguig City
<b>Course</b>	10 kms. with 25 obstacles	1-Stage, ≈100 meters with 10 obstacles
<b>Format and Basic Rules</b>	1. 3 bands are issued per athlete where 1 band will be cut after 2 unsuccessful attempts per obstacle 2. To qualify for ranking, an athlete must cross the finish line with at least 1 original race band 3. Penalty loop band(s) will be given upon completion of loop(s) at the designated area	1. Official time will be the best time of 2 rounds of whole course 2. Multiple/ unlimited attempts for every/ per obstacle (no penalty) where after every unsuccessful attempt/ fall, athlete will restart at starting point of that obstacle 3. Maximum time for whole course is 3 minutes
<b>Registration</b>	<a href="https://reg.goorahna.com/#/event/posf-phil-open-allianz-conquer-clark-2018">https://reg.goorahna.com/#/event/posf-phil-open-allianz-conquer-clark-2018</a>	Onsite, up to 12:00 n.n.
<b>Fees</b>	P2,800	P500