



2019

ASIA

OCR GAMES

4x4



07 • 27-28 • 19
QUIRINO GRANDSTAND, MANILA



2019 Asia OCR Games:

A 4x4 Event from

July 26 to August 2, 2019

*(presentation as of June 21, 2019/
subject to revisions/ updates)*

What is?

The **4x4** Event, the biggest OCR event in Asia and in the Philippines, will be staged in Manila – 4 races on July 27 and 28 at the Quirino Grandstand/ Burnham Green, and 4 certification courses – are spread over 8 days from July 26 to August 2, 2019. This event comes on the heels of the staging of the **2019 South East Asian Games** in December and the **2020 ASEAN Para-Games** in January, both in the Philippines. Test events for these 2 milestone events are included. Another highlight of the **2019 Asia OCR Games** is the 2nd OCR Asian Championships which will feature elite, age-group and open categories. The **World OCR, OCR Asia and Pilipinas Obstacle Sports Federation** call on obstacle racers in the Asian region and Australia and New Zealand to be part of this first.

Area Scope: OCR Asia

- Australia
- Brunei
- Cambodia
- China
- Guam
- Hong Kong
- Indonesia
- India
- Iran
- Japan
- Kazakhstan
- Korea
- Kuwait
- Laos
- Malaysia
- New Zealand
- Oman
- Philippines
- Singapore
- Taiwan
- Thailand
- United Arab Emirates
- Vietnam

2 Milestones



OBSTACLE SPORTS

Total number of events: 6

MEN

1. Men Individual 100m x 10 Obstacles
2. Men Individual 5km x 20 Obstacles

WOMEN

1. Women Individual 100m x 10 Obstacles
2. Women Individual 5km x 20 Obstacles

MIXED

1. Mixed Relay (2M/2W) 400m x 12 Obstacles
2. Mixed Team Assist (2M/2W) 400m x
12 Obstacles

***OCR as Regular/ Medal Sport
in 2019 SEAG***



**ASEAN PARA SPORTS
FEDERATION**

***Para-OCR as Demonstration
Sport in 10th ASEAN Para-Games***

4x4

4 Races

1. SEAG Simulation Race
2. 2nd OCR Asian Championships*
3. ASEAN Para-OCR Simulation Race
4. 1st Para-OCR Asian Championships*

4 Courses

1. World OCR Level 1 Coaches Certification
2. World OCR Level 2 Coaches Certification
3. World OCR Technical Officials Certification Course
4. World OCR Para-OCR Coaches Certification

Entry fee: Php 2,500/ race/ category (POSF members with discount)

** With Points based on FISO World Ranking System*

All with Anti-Doping/ WADA Test

Registration: 4 Races

SEAG Test and ASEAN Para-OCR Test

- Email copies of passports of participating athletes to:
alberto.c.agra@gmail.com
- *Not later than Monday, **July 22, 2019***

2nd Asian OCR and 1st Asian Para-OCR

- Register and Pay online.
- Log into:
<https://register.posf.ph/event#/2019-asia-ocr-games>
- *Registration starts Friday, **June 21, 2019***

All Race information may be viewed and downloaded at ocr-asia.org

Registration: 4 Certificate Courses

- Sign in via Google Documents

<http://forms.gle/sPBMAe3jo2ktPV9D8>

- Registration ongoing
- Limited slots only
- Payment on-site

Race Venue (flat terrain)



Quirino Grandstand and Burnham Green (1000 Independence Road, Ermita, Manila)

<https://www.google.com/maps/place/Quirino+Grandstand/@14.5800811,120.9716566,17z/data=!3m1!4b1!4m5!3m4!1s0x3397ca307abe82fb:0xc69b4a4feab02d2b!8m2!3d14.5800811!4d120.9738453>



Tentative Layout



Official Hotel

Rizal Park Hotel Manila

<https://www.rizalparkhotelmanila.com>

South Road, Ermita, Manila
(right across race venue)

<https://www.google.com/maps/place/Rizal+Park+Hotel+Manila/@14.5786968,120.974008,17z/data=!3m1!4b1!4m5!3m4!1s0x3397ca3025d8f7a5:0x1b1cdf258f478bc6!8m2!3d14.5786968!4d120.9761967>



Rizal Park Hotel



Email esaturnino@rizalparkhotelmanila.com, cc rosienor@yahoo.com for Twin Sharing Room discount request. In email, indicate “POSF x RPH” in Subject Line.

8-Day Schedule

<i>Date</i>	<i>Activity</i>	<i>Venue</i>
07.26, Fri.	World OCR Technical Officials Certification Course	Rizal Hotel
07.27, Sat.	SEAG Simulation Race (5km, 100m & 400m) ASEAN Para-OCR Simulation Race (100m and 400m) 2 nd OCR Asia General Assembly	Quirino Grand- stand Rizal Hotel
07.28, Sun.	2 nd OCR Asian Championships (5km, 100m & 400m; Elite, Age-Group and Open) 1 st Para-OCR Asian Championships (100m and 400m)	Quirino
07.29, Mon.	World OCR Level 1 Coaches Certification (Day 1)	PHO
07.30, Tues.	World OCR Level 1 Coaches Certification (Day 2)	PHO
07.31, Wed.	World OCR Level 2 Coaches Certification (Day 1)	PHO
08.01, Thrs.	World OCR Level 2 Coaches Certification (Day 2)	PHO
08.02, Fri.	World OCR Para-OCR Coaches Certification	PHO

Tentative Race Schedule/ Flow

Saturday, July 27: SEAG and ASEAN Para-OCR Test Races

Time	Activity	Time	Activity
4:00	Claim Race Kits	Not < 13:00	400m., Team Relay, SEAG Test, 1 st Rd
6:00	Opening Ceremonies		400m., Team Relay, Para SEAG Test, 1 st Rd
7:00 up	5km., Male, SEAG Test (1 wave) 5km., Female, SEAG Test (1 wave)		400m., Team Assist, SEAG Test, 1 st Rd 400m., Team Assist, Para SEAG Test, 1 st Rd (<i>up to finals in same sequence</i>)
Not < 9.30	100m., Male, SEAG Test, 1 st Rd	Not < 15:00	Semi-Finals and Finals of 100m. (all events)
	100m., Female, SEAG Test, 1 st Rd		
Not < 9.30	100m., Male, Para SEAG Test PO1, 1 st Rd	After	Awarding
	100m., Male, Para SEAG Test PO2-4, 1 st Rd		
	100m., Male, Para SEAG Test PO5, 1 st Rd		
	100m., Female, Para SEAG Test, PO1, 1 st Rd		
	100m., Female, Para SEAG Test PO2-4, 1 st Rd		
	100m., Female, Para SEAG Test PO5, 1 st Rd (<i>up to semi-finals in same sequence</i>)		

Tentative Race Schedule/ Flow

Sunday, July 28: 2nd Asian OCR and 1st Asian Para-OCR

Time	Activity	Time	Activity
4:00	Claim Race Kits/ Onsite Registration	Not < 13:00	400m., Team Relay, Elite, 1 st Rd 400m., Team Assist, Elite, 1 st Rd (up to finals in same sequence)
6:00	Opening Ceremonies		
7:00 up	5km., Male, Elite 5km., Female, Elite 5km., Age-Groups (mixed; clustered) 5km., Open (mixed)	Not < 15:00	Semi-Finals and Finals of 100m. (all events)
Not < 9.30	100m., Male, Elite-AGs, 1 st Rd 100m., Female, , Elite-AGs, 1 st Rd 100m., Male, Asian Para PO1, 1 st Rd 100m., Male, Asian Para PO2-4, 1 st Rd 100m., Male, Asian Para PO5, 1 st Rd 100m., Female, Asian Para, PO1, 1 st Rd 100m., Female, Asian Para PO2-4, 1 st Rd 100m., Female, Asian Para PO5, 1 st Rd (up to semi-finals in same sequence)	After	Awarding

Obstacles (for All Races)

100m	400m	5km	
<ol style="list-style-type: none"> 1. Offset steps 2. Trampoline to flying monkey bars 3. 1.5 m. transparent wall 4. Linear balance beam 5. 4-wheel rig 6. 2.0 m. transparent wall 7. Island steps to rings rig 8. Low crawl to climbing holds rig 9. Tarzan Swing 1.0 m start height, 0.5 m finish 10. 5 m. wave wall finish 	<ol style="list-style-type: none"> 1. Over-under-over-under 2. 1 m. - 1.5 m. - 2 m. transparent wall combination (4 m spacing) 3. Monkey bars 4. 2.5 m transparent wall 5. 6 m. A-frame cargo 6. Rings rig 7. Linear Balance beams 8. 4-wheel rig 9. 2 m. 45-degree M-walls (incline-decline-incline-decline) 10. Ring-rope-ring rig 11. Laser shooting 12. 6m transparent slip wall (top ropes for relay, no rope for team assist) 	<ol style="list-style-type: none"> 1. Over-under-over-under 2. 1 m. - 1.5 m. - 2 m. wall combination 3. Monkey bars 4. 6 m. trapezoid cargo 5. Tilting ladders 6. Set of 6 x 1 m. walls 7. Rings on slide rails 8. 4 m. vertical cargo 9. 2.5 m transparent wall 10. 6 m. A-frame cargo 	<ol style="list-style-type: none"> 11. Rings rig 12. Linear Balance beam 13. 4-wheel rig 14. 2 m. 45-degree M-walls (incline-decline-incline-decline) 15. 4 m. ¼ pipe 16. Fast carry loop 17. Twister 18. Rope-Bar-Ring rig (followed by penalty loop) 19. Laser shooting 20. 6 m. transparent slip wall (top ropes for relay, no rope for team assist)

Eligibility

SEAG Simulation

- Only from Philippines, Malaysia, Myanmar and Laos
- Members of National Team/ Training Pool following SEAG Federation rules and endorsed by the World OCR-recognized Local Federation, if any

Asian OCR

From any of the Asian countries who are:

1. Citizens of the country of the National Federation ("Country") based on local law
2. Have at least 1 parent, natural or adoptive, be a citizen of the Country
3. Married to a citizen of the Country
4. Residents of the Country for 3 years
5. Permanent legal residents of the Country
6. Residents of the Country regardless of length of time if due to political, ethical or humanitarian reasons outside of the control of the athlete,

Provided:

- (in Nos. 4 to 6), they have not competed for another Country within 12 months of the competition; and
- Endorsed by the World OCR-recognized Local Federation (if not, not qualified for overall awards)



OBSTACLE SPORTS

Total number of events: 6

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WOMEN

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MIXED

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12 Obstacles

SEAG Simulation

Single Category

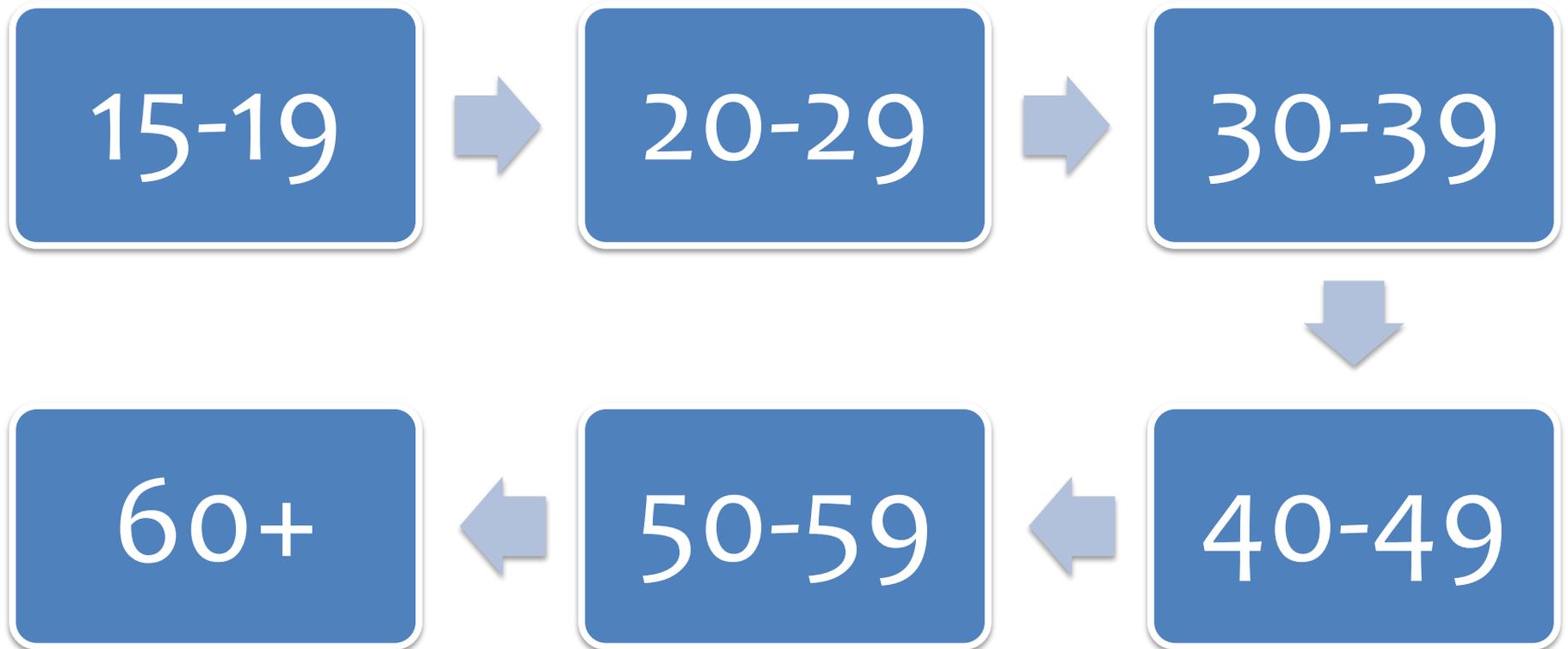
2nd OCR Asian Championships

100m – Elite and Age-Groups; 5km – Elite, Age-Groups and Open; 400m – Elite

3rd/ Last Qualifier for Phl National Team

Age-Groups

(based on age by Dec. 31, 2019)



Para-OCR



**ASEAN PARA SPORTS
FEDERATION**

1 Wave:

1. ASEAN Para-OCR Simulation Race
2. 1st Para-OCR Asian Championships

Individual – Male and Female
100m x 10 Obstacles

Team Relay and Team Assist (2 Able-Bodied and 2 PWD)
400m x 13 obstacles

8 Events

Events	M	W	Mixd	PO1	PO2	PO3	PO4	PO5
<i>Individual 100m</i>			X					
<i>Team Relay 400m (4x100)</i>	X	X						
<i>Mixed Team Assist 400m</i>	X	X						

- PO5 will race with a guide
- Mixed Teams:
 - Include 2 able-bodied athletes, 1 male and 1 female
 - The 2 PO athletes may be from any category
 - The 2 PO athletes must be selected from those who have competed in the individual event

World OCR Categories

Class	Description
PO1	<p>Wheelchair users. Includes athletes with comparable activity limitation and an impairment of, but not limited to: muscle power, limb deficiency, hypertonia, ataxia, athetosis that prevent the ability to run. Through classification assessment, athletes must have a score of up to 640.0 points.</p> <p>Athletes compete in a racing wheelchair for the run section and are standard obstacles are modified to facilitate completion using only upper body strength. This class includes athletes with, but not limited to, impairments of muscle power, range of movement, limb deficiency such as unilateral or double leg amputation, spinal cord injuries resulting in paraplegia or tetraplegia, etc..</p>
PO2	<p>Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score of up to 454.9 points. Amputee athletes may use approved prosthesis or other supportive devices.</p> <p>Athletes (Ambulant) run with or without the use of an approved prosthesis and/or supportive devices and fall into one of three (3) different classes. These sport classes include but are not limited to Athletes with impairment of muscle power, range of movement, limb deficiency, hypertonia, ataxia, athetosis.</p> <p>Athletes with a severe degree of activity limitation such as, but not limited to, unilateral above knee amputees, double below knee amputee, athletes with a significant combined upper and lower limb muscle power limitation or severe neurological impairment such as congenital hemiplegia, severe cerebral palsy, etc.</p>

World OCR Categories

Class	Description
PO3	<p>Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 455.0 to 494.9 points. The athlete may use approved prosthesis or other supportive devices.</p> <p>Athletes with a moderate degree of activity limitation such as a through the shoulder amputation, complete loss of range of motion in one arm, a moderate combined upper and lower limb loss of muscle power or moderate neurological impairments such as ataxia or athetosis.</p>
PO4	<p>Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 495.0 to 557.0 points included. The athlete may use approved prosthesis or other supportive devices.</p> <p>Athletes with a mild degree of activity limitation such as a below the elbow arm amputation, below the knee amputation, partial loss of arm muscle power, lower limb deficiency or mild neurological impairments such as ataxia or athetosis.</p>
PO5	<p>Total or Partial visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye, to some light perception but unable to recognize the shape of a hand at any distance or in any direction (B1) and partially sighted athletes with a visual acuity of less than 6/60 vision or visual field less than 20 degrees with best corrective vision (B2-B3). One guide is mandatory throughout the race.</p>

Prizes for Races

<i>Events (with trophies or medals)</i>	<i>Prizes (1st, 2nd and 3rd placers)</i>
SEAG Test Race	Gift Certificates
SEAG Test Race – Para-OCR	Gift Certificates
2 nd Asian OCR (Elite)	P20,000, P10,000 and P5,000*
2 nd Asian OCR – Age-Groups	Gift Certificates
1 st Asian Para-OCR	P20,000, P10,000 and P5,000*

* = for elite categories only; for individual (male and female) and team (per team) categories

Medals



Finisher Shirts (all events)



FRONT



BACK

Coaches Certification Programme



World OCR Coach Development Programmes

and Para-OCR Coaching

World OCR Level 1 Obstacle Sports Coach

Level 1 Coaches will be able to deliver coaching to groups of athletes without supervision. Coaches at this level may fulfil the role of a coaching assistant to a more senior and qualified coach. NF's determine their role, provided they operate within their level of expertise and experience.

World OCR Level 2 Obstacle Sports Coach

Develops the coach's knowledge and skills and introduces sports science and obstacle sports-specific planning and preparation for and evaluation of athletes across all disciplines and age groups.

World OCR Level 3 Obstacle Sports Coach

Integrates sport sciences with obstacle sports-specific planning and preparation for and evaluation of athletes preparing for national and international competition.

Requirements

	<i>Level 1</i>	<i>Level 2</i>	<i>Para-OCR</i>
Eligibility	<ul style="list-style-type: none"> ○ Current CPR or AED Certification ○ Safe Sport Certification <p><i>(Participants to Level 1 can also attend Level 2; Certificates will only be awarded after completing all requirements – coaching hours and passing test)</i></p>	<ul style="list-style-type: none"> ○ Must have passed Level 1 tests (online and practical) ○ Completed 150 hours of teaching since Level 1 course ○ Current CPR or AED Certification ○ Safe Sport Certification <i>(Includes practical test)</i> 	<ul style="list-style-type: none"> ○ Must be a current World OCR Certified Coach ○ Currently working or planning to work with with Para Athletes ○ Coaching Resume ○ Safe Sport Certification ○ Current CPR or AED Certification
Days/ Dates	2 (July 29 – 30)	2 (July 31 – Aug. 1)	1 (Aug. 2)
Fees*	Php 10,000	Php 10,000	Php 5,000

** Inclusive of meals and materials; Certificate of Participation and Caps will be given; POSF members with discount*

SafeSport Certification

To complete the SafeSport training, follow this link <http://www.safesport.org/>

1. Click SIGN IN at top right of the page
2. Click Register
3. Complete the form
4. Click Next
5. Complete the form and check the Athlete box
6. Click on Add Membership
7. Select USA Modern Pentathlon as the Organization
8. Enter Access Code: CECG-IZWC-TFSU-9BFX
9. Click Save
10. You will receive a confirmation email. Follow the instructions to sign in and complete your registration. This will take you to the Learning Dashboard.
11. You must complete all modules and pass the tests.
12. Once you have passed, save the certificate and email to coaching@worldocr.org

Technical Officials Certification

Competition
Managers

Technical
Directors

Timing
Officials

Marshals

Safety
Officers

Build
Officials

Php 5,000; Inclusive of meals and materials; POSF members with discount

Venue of Coaches Certification

**PRETTY
HUGE
OBSTACLES**

Unit 266, SM Aura Premier
Taguig, Metro-Manila



2nd OCR Asia General Assembly



Updates: World OCR

2019 SEAG Preparations

Reconstituting OCR Asia

Others

INQUIRIES

4 Races	Carlos Paca +639178551782 cmpaca@yahoo.com
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