

OCR Falcons x Powerfit Gym – Junior Obstacle Course Race Plan

Organisers: Powerfit Gym & OCR Falcons

Location: Oxygen Gym

Date: Saturday, 31st May 2025

Time: From 10:00 AM

Sponsors: Al Ameen

Overview

An exciting and inclusive Obstacle Course Racing (OCR) competition designed to challenge, engage, and reward young athletes. The event will cater to approximately **100 participants**, celebrating strength, speed, and skill in a safe and structured environment.

Age Categories

- **6–8 years old**
- **9–12 years old**
- **13–16 years old**

Each category will be split into male and female divisions.

Awards & Recognition

- **1st, 2nd, and 3rd place** in each category (male & female)
Prize + Medal
 - **All participants** will receive:
Finisher's Medal
Branded Race T-shirt
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Flow of the Day

1. **9:00 AM:** Registration Opens
2. **9:30 AM:** Race briefing
3. **10:00 AM:** Welcome & Warm-Up
4. **10:30 AM – 12:30 PM:** Races Begin (age group by group)
5. **12:30 – 1:00 PM:** Finals if required
6. **1:00 PM:** Awards Ceremony