



## Welcome to the 2019 USAOCR National Championships

**EVENT DAY:** Sunday, October 27<sup>th</sup>, 2019

### Schedule:

7:00AM – Packet Pick-Up/Race Day Registration Opens

7:45AM – Elite Athlete Briefing

**8:00AM** – Elite Men

**8:05AM** – Elite Women

8:10AM – Age Group Athlete Briefing

**8:15AM** – Age Group Athlete Starts\*

**9:15AM** – Open Division Starts

10:00AM – Awards

11:00AM – Event Concludes

### **PACKET PICK-UP (Event Day Only)**

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**Packet Pick-Up and Race Day Registration will open at 7:00am**

#### **Notes for Packet Pick-Up**

- Walk-up registration is available at packet pick-up. Photo IDs are required.
- All Registered Participants will receive three (3) wristbands upon check-in. Wristbands will be used to verify mandatory obstacle completion and penalty loops. Elite and Age Group Athletes must wear these bands during the race.

**Athletes:** Upon arrival, proceed to the packet pick-up table where a volunteer will locate your assigned timing chip. You will get an event tee at check in.

### **IMPORTANT INFORMATION**

- Timing chip will be worn on the wrist. All athletes must wear them during competition and they will be removed and collected upon crossing the finish line. There are no race bibs.
- All elite / age group athletes must attend their respective athlete briefing prior to the race start.



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### Parking

Parking will be available onsite. Use this address in your GPS **1125 College Ave, Columbus, OH 43209**.

### Bag Check

There is no official bag check for this event, however Athletes may leave bags near registration for pick-up after the event. Do not leave valuables in your bags.

### Aid Stations/ Refreshments

Water will be provided at the start and finish lines. There will be no aid stations on course. You must be self-supported if you need water/energy gels on course.

Light post-race electrolyte drinks and recovery food will be available at the finish line.

### Group and Time Trial Starts

The elite division will be utilizing a group start and the winner will be determined by gun time (the first athlete to cross the finish line). The Age Group and Open Divisions will be utilizing a time trial start with 1 athlete departing approximately every 30 seconds.

### General Rules

This is a National Championship event with the right to represent Team USA in an International competition. These rules apply to the Elite and Age Group athletes only.

- All athletes will receive 3 bands.
- All obstacles are mandatory completion.
- If for physical reasons, athlete unable to complete obstacle, they lose a band.
- At end of race, prior to finish, athletes who have lost a band must complete 1, 2 or 3 penalty laps.

- Multiple attempts are allowed on each obstacle.

All referee decisions are final. Any arguing with a referee is grounds for immediate disqualification.

### Course

The Course Map is subject to change without notice. In general, the Black Diamond Course is meant for speed, not for the masses. You will experience sections of single track and challenging obstacles that will require strategy. [View Course Map Here.](#)

### Medals and Awards

All finishers will receive a medal. The top 3 athletes in the Elite division and Age Group athletes in 5 year increments will receive an award medal! Age categories are: U20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60+ **\*\*Awards will NOT be mailed out after the event. Please pick up prior to 11am.**

### Results

Check Race Results online after Event Day.

<https://usaocr.org/national-championships>

### Volunteer

Know someone who wants to have fun without having to run or walk? Encourage your friends and family to support you and fellow participants by volunteering at the start and/or finish lines.

### Social

Let's share the stoke far and wide!!

### #USAOCRChamps

Like us on [Facebook](#) or [Instagram](#) for event day updates