



ألعاب الماسترز
OPEN MASTERS GAMES
أبوظبي 2026 Abu Dhabi 2026

OBSTACLE COURSE RACING SPORT INFORMATION GUIDE

Obstacle Course Racing

Blending endurance, strength, and agility, obstacle course racing challenges athletes with demanding physical tests. From wall climbs to rope swings, it's an exhilarating adventure from start to finish.

Competition dates

The Obstacle Course event at the Open Masters Games Abu Dhabi 2026 (OMGAD2026) is designed to challenge participants' agility, strength, coordination, and endurance through a variety of physical and mental obstacles.

The provisional Obstacle Course Racing competition schedule for OMGAD2026 is as follows:

Obstacle Course Racing	February 14 Saturday

All dates and times are subject to change, pending final entries received. A detailed schedule of events for each discipline will be developed throughout 2025.

Venue: Al Ain Adventure

 [Pin Location](#)

Competition format

The Obstacle Course Racing competition will follow an individual time-trial format, where each athlete navigates the course one at a time. This ensures each competitor has a fair and unobstructed attempt to complete the course in the fastest possible time. The event is designed to be inclusive and enjoyable for all ability levels, while still offering a rewarding challenge that encourages performance, resilience, and strategic thinking.

Athletes will be seeded randomly for the first round, with their run times recorded using electronic timing systems. Based on these times, the top-ranked athletes in each age category will qualify for the final round. The number of qualifiers per category may vary depending on the total number of entries. Final placements will be determined by the fastest times recorded in the final round.

Sport	Discipline	Age Categories
Obstacle Course Race	Long Distances	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+
	2km (Short Course)	
	5km (International)	

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	10km (Standard)	
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In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as of 31 December 2026. For example, if you turn 40 by 31 December 2026, you will compete in the 40-44 age category.

If there are insufficient entries in an age category, categories may be combined to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age category in which they originally entered.

Course Details

The course will include a balanced mix of strength-based, agility-focused, and coordination-demanding challenges (e.g., rope climbs, tire flips, wall climbs, balance beams, low crawls).

The overall length and difficulty of the course will be adapted to suit Masters athletes while maintaining a competitive edge. Obstacles will meet international safety standards and will be supervised by trained officials.

Competition standards and rules

The Obstacle Course Races will be conducted in line with the competition rules of the World Obstacle Federation or as otherwise specified in this document.

Technical meeting

All athletes are expected to attend the mandatory technical meeting prior to their scheduled race time at the competition venue. This briefing will include course rules, safety protocols, and instructions on how to complete each obstacle. Missed or improperly completed obstacles may result in a time penalty or disqualification.

Athletes are expected to bring their own personal equipment suitable for obstacle course racing, including running shoes with adequate grip, gloves for grip and protection, hydration packs or belts, and any personal protective gear they deem necessary. Participants should ensure their equipment is comfortable, safe, and appropriate for the demands of the course.

Technical Delegate

The Technical Delegate endorsed by the World Obstacle Federation will be announced in the final version of the guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Updates

The final version of the competition guide will be released by December 1st. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae

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OBSTACLE COURSE RACING



Al Ain Adventure

		14-Feb
Gender	Age	Sat
Male & Female	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+	2km
		5km
		10km

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