WORLD OCR

LAUSANNE, SWITZERLAND

EST. 2024

# OCRATHLON®

200 M | Equipment

OCR®

MAFUSZ

HUNGARIAN OBSTACLE CROSS RUNNING FEDERATION

RUNNING WARRIORS OCRATHLON

OCRATHLON®

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# EQUIPMENT LIST



## 1. CONE

- 4 pcs



## 2. TAPE MARKING

- approx. 160 meters



## 3. BARRIER FENCING

- approx. 130 meters

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# EQUIPMENT LIST



## 4. TRICEPS-BAR

**Dimensions:** · 4 m long · 1.1 m high · pipe thickness: 50 mm · distance between pipes: 60 cm

**2 pcs**




## 5. WEIGHT BAG 10KG

**2 pcs**




## 6. WEIGHT BAG 15KG

**2 pcs**

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# EQUIPMENT LIST




## 7. WEIGHT BAG 25KG

**2 pcs**



## 8. PLATFORM – 45 CM HIGH

**Dimensions:** · height: 45 cm · width: 100 cm · length: 100 cm · material: tarpaulin · top: shock-absorbing foam (4 cm)

**2 pcs**



## 9. PLATFORM – 60 CM HIGH

**Dimensions:** · height: 60 cm · width: 100 cm · length: 100 cm · material: tarpaulin · top: shock-absorbing foam (4 cm)

**2 pcs**

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# EQUIPMENT LIST



## 10. SKI-ERGOMETER

**2 pcs**



## 11.SHOCK-ABSORBING TATAMI MATS

- Under the 4 OCR rigs
- 1 m x 2 m – minimum 4 cm thick
- 4 pcs / OCR rig (2 rows, 2 mats each)

**16 pcs**



## 12.SHOCK-ABSORBING TATAMI LANDING MATS

- Landing mats at the end of 3 OCR rigs,  except Crawling
- 1 m x 1 m – minimum 8 cm thick, different color
- If only 4 cm thick: 4 pcs / OCR rig stacked to reach

**12 pcs (if 4 cm thick), 6 pcs (if 8 cm thick)**

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# EQUIPMENT LIST




## 13.STEP-UP PLATFORM – 45 CM HIGH (SOFT JUMP BOX)

- 80 cmx 80 cm x45cm
- For juniors
- In front of the Ikarus Wheels OCR rig

**2 pcs**




## 14.STEP-UP PLATFORM – 30 CM HIGH (SOFT JUMP BOX)

- 80cmx80cmx30cm
- For juniors
- In front of the Monkey-bars and Ring sequence OCR-rigs

**4 pcs**




## 15.STEP-UP PLATFORM – 15 CM HIGH (SOFT JUMP BOX)

- (optional)
- 80cmx80cmx15 cm
- For adults
- In front of the Ikarus Wheels, Monkey-bars and Ring sequence

**6 pcs**

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# EQUIPMENT LIST

## 16.MONKEY BARS – OCR RIG

**Dimensions:**

- 4 m long
- 3 m wide
- 3 m high
- first grip distance: 25 cm from the start of the obstacle
- pipe thickness: 33.7 mm outer diameter
- distance between pipes: 50 cm and height: 210 cm
- number of grips: 8
- differences of ±5 cm are allowed in heights and distances of obstacle elements (except grip thickness)

**1 pcs**



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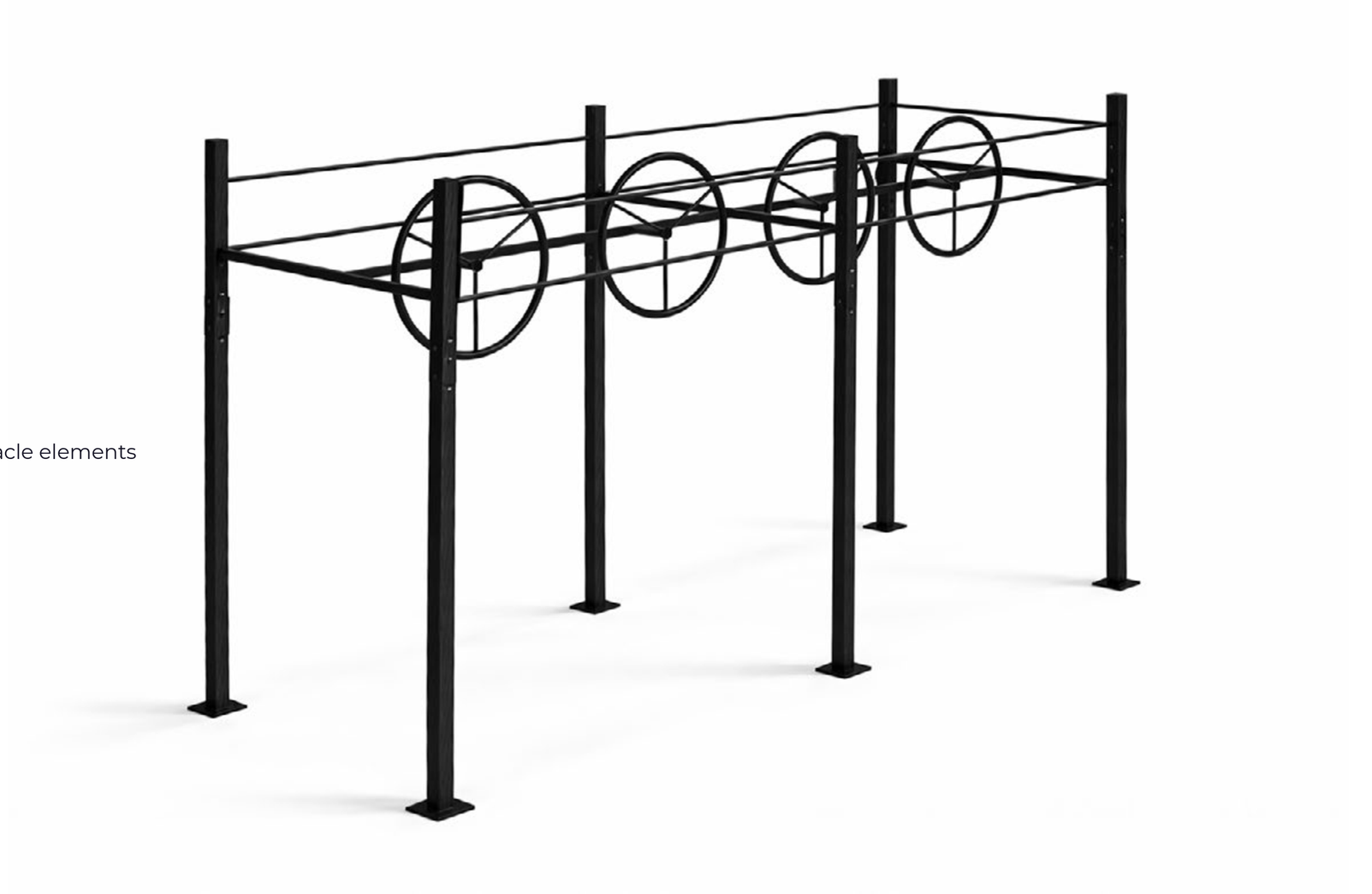
# EQUIPMENT LIST

## 17.IKARUS WHEELS – OCR RIG

**Dimensions:**

- 4 m long
- 3 m wide
- 3 m high
- wheel pipe thickness: 26.5 mm, outer diameter: 670 mm
- first wheel center: 70 cm from the obstacle start
- wheel bottom: 2.1 m
- distance between wheels: 26 cm
- Ikarus spinner grips: 4 pcs
- differences of ±5 cm are allowed in heights and distances of obstacle elements (except grip thickness)

**1 pcs**



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# EQUIPMENT LIST

## 18.CRAWLING NET – OCR RIG

**Dimensions:**

- 3 m long
- 3 m wide
- net height: 0.6 m
- differences of ±5 cm are allowed in heights and distances of obstacle elements (except net height)

**1 pcs**



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# EQUIPMENT LIST

## 19.RING SEQUENCE – OCR RIG

**Dimensions:**

- 4 m long
- 3 m wide
- ring bottom height: 1.9 m
- ring thickness: either 22 mm OR 28 mm outer diameter
- distance between rings: 102 cm, first ring at 30 cm
- number of Olympic ring grips: 4 pcs
- differences of ±5 cm are allowed in heights and distances of obstacle elements (except grip thickness)

**1 pcs**



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# EQUIPMENT LIST

## 20.CHIP TIMING

Complete chip timing system equipment.

An ankle chip for every athlete



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