

# Obstacle Sports Expo 2026 Schedule

Version as of 3/31/2026

Schedule/time is subject to change

## League Age Categories

UNAA
7U
9U
11U
13U
15U
Amateur (16-39)

Intermediate (13+)
Pro (13+)
Masters 40s
Masters 50+
Open Kids (7U, 9U, 11U, 13U)
Open Adults (15U, 16+)

FINA
7U
9U
11U
13U
Young Adult (14-24)
Amateur (25+)

Elite (13+)
Masters (40+)

USA Ninja	Age Definition
Kids 6-7	Age day of the event
Kids 8-9	Age day of the event
Youth 10-11	Age day of the event
Youth 12-13	Age day of the event
Youth 14-15	Age day of the event
Junior 16-19	Age on 12/31/2026
Senior 20-39	Age on 12/31/2026

Elite (15+)	Age on 12/31/2026
Masters (40-49)	Age on 12/31/2026
Veterans/Legends (50+)	Age on 12/31/2026

### Version History:

3/31/2026 – Initial Release of daily age group schedule

# Obstacle Sports Expo 2026 Schedule

Saturday - July 11							
FINA - Day 1							
Speed			Endurance			N vs N	
2 runs each			1 run each			2+ runs	
9U	Masters	Amateur	13U	Elite	Young Adult	7U	11U

Sunday - July 12							
FINA - Day 2							
Speed			Endurance			N vs N	
2 runs each			1 run each			2+ runs	
13U	Elite	Young Adult	7U	11U	9U	Masters	Amateur

Monday - July 13								
FINA - Day 3						USA Ninja - Day 1		OCR
Speed			Endurance			N vs N		100m Course
2 runs each			1 run each			2+ runs		2 runs + Qtf / Final
7U	11U	9U	Masters	Amateur	13U	Elite	Young Adult	3K course
								All Age Group Waves & Open Wave
								8-9 yr olds
								6-7 yr olds

Tuesday - July 14									
UNAA - Day 1								USA Ninja - Day 2	
Pre-Lims - 2 runs within each wave. Waves run throughout the day.								100m Course	
7U	9U	11U	13U	40s	Amateur	15U	Pro	2 runs + Qtf / Final	
								10-11 yr olds	
								14-15 yr olds	

Wednesday - July 15									
UNAA - Day 2								USA Ninja - Day 3	
Pre-Lims - 2 runs within each wave. Waves run throughout the day.								100m Course	
7U	9U	11U	13U	50s	Amateur	15U	Inter-mediate	2 runs + Qtf / Final	
								12-13 yr olds	
								Elite	
								40s Final	
								Amateur Final	
								Inter. Final	

Thursday - July 16									
UNAA - Day 3								USA Ninja - Day 4	
Finals								100m Course	
7U Final	9U Final	11U Final	13U Final	50s Final		15U Final	Pro Final	2 runs + Qtf / Final	
								20-39 yr olds	
								Masters/Veterans/Legends	
								16-19 yr olds	
WNAG - Team Event (after Finals are complete)									