

# QATAR NATIONAL SPORTS DAY

**11 FEB 2020 • 8:00AM ONWARDS**

Registration at AWC Lounge  
Area from 12:00pm to  
6:00pm until 08 Feb 2020

ACTIVITIES	CATEGORY	TIME	VENUE	MAX. NO.
Warm up followed by 3km Walkathon	Open	8:00am to 8:45am	Start – AWC Main Entrance Finish – Old Football Field	Open
Inauguration followed by Photo Session	Open	8:45am to 9:00am	Old Football Field	Open
Martial Arts Demonstrations	Open	9:00am to 10:30am	Old Football Field	Open
Ladies Fitness Activities	Ladies	9:00am to 11:00am	Ballroom	Open
Kids Bicycling	5 to 8 years	9:00am to 10:00am	AWC Main Entrance	32
Football Tournament (15 mins per game)	12 to 16 years	9:15am to 11:00am	New Football Field	6 teams
	17 years & above			6 teams
Fun Cricket	16 years & above (M)	9:00am to 11:00am	Cricket Ground	32
	16 years & above (F)		Astro Turf 3	32
Volleyball	16 years & above (M)	9:15am to 11:00am	AKIS Outdoor Volleyball Court	6 teams
Basketball	16 years & above (M)	9:15am to 11:00am	AKIS Outdoor Basketball Court	4 teams
Tennis	16 years & above (Lucky Double)	9:30am to 11:00am	AWC Tennis Court	32
Table Tennis	16 years & above (Lucky Double)	10:00am to 12:00pm	AWC Table Tennis Room	32
Kids Swimming Challenge	4 to 6 years 7 to 9 years 10 to 12 years 13 to 15 years	9:00am to 12:00pm	AKIS Indoor Swimming Pool	15 boys + 15 girls (each category)
Sporty Fun Games	10 to 16 years	9:00am to 11:00am	Old Football Field	Open
100m Run	16 to 29 years (M&F)	9:30am to 10:30am	Old Football Field	16
	30 years & above (M&F)			



## ACTIVITY MAP Qatar National Sport Day 2020

Football Tournament

- ✓ Inauguration and Photo Session
- ✓ Martial Arts Demonstrations
- ✓ Awarding Ceremony

Medical

Al Khor International School-BSME

Food Counter

Kids Swimming Challenge

Sporty Fun Games

100m Run

- ✓ Volleyball
- ✓ Tennis
- ✓ Basketball

- ✓ Warm-up and Walkathon
- ✓ Kids Bicycling
- ✓ Ladies Fitness Activities
- ✓ Table Tennis

Fun Cricket  
 Male – Cricket Ground  
 Female – Astro Turf 3





## WALKATHON ROUTE

### Qatar National Sport Day 2020

**FINISH**  
Old Football Field

**START**  
AWC Main Entrance

Google



**Kids Bicycling Route**  
5-7 years • Parking Area  
8-10 years • 1 lap

Al Waha Club

FINISH

START

Start

Al-Khor Community

Street 44





# AL KHOR COMMUNITY NATIONAL SPORTS DAY SWIMMING CHALLENGE



## AGE GROUPS

- |                |   |                         |
|----------------|---|-------------------------|
| 4 to 6 years   | • | 25m Kickboard Challenge |
| 7 to 9 years   | • | 25m Freestyle Challenge |
| 10 to 12 years | • | 25m Freestyle Challenge |
| 13 to 15 years | • | 25m Freestyle Challenge |

**REGISTER NOW FOR FREE!**

\*\*\*REGISTRATIONS CLOSE ON 6TH FEBRUARY \*\*\*  
SIGN UP IN AL WAHA CLUB HOUSE

**11  
FEB**

AKIS INDOOR POOL  
9AM - 11AM

**H2O**  
SWIM CLUB

# **QATAR NATIONAL SPORTS DAY**

**11 FEBRUARY 2020 • TUESDAY**

## **NOTICES**

Teddy Bear Club & Library

AWC Swimming Pool

ANC Swimming Pool & Gym

ADC Swimming Pool & Gym

Ladies Day in Al Nakheel Club

Youth Club

AKC Street 42

Open from 3:00pm

Open from 2:00pm

Open from 1:00pm

Open from 1:00pm

Cancelled

Closed

Closed

