



# Qatar National Sports Day 2019

12 February • Tuesday  
7:00am to 1:00pm

ACTIVITIES	AGE	TIME	VENUE	MAX	REGISTRATION
5 KM WALKATHON	Open	8:00am	Start – AWC Main Entrance Finish – AKIS Old Football Field St. 42	Open	Required
OPEN AIR AEROBICS		9:00am to 9:50am	Old Football Field	Open	N/A
KIDS FUN CYCLING RACE safety gear mandatory	6 to 10 years F&M 11 to 16 years F&M	10:00am to 12:00pm	AWC Main Entrance	20 M & 20 F	Individual
BASKETBALL	18 years & above	10:00am to 1:00pm	Outdoor Basketball Court	2 teams per category	Team (Men)
FOOTBALL TOURNAMENT	17 years & above <12 & <16	10:00am to 12:00pm	New Football Field	8 teams (7 players) adult 8 teams (7 players) boys	Team
VOLLEYBALL	16 years & above F/M	10:00am to 12:00pm	(M) Outdoor Volleyball Court (F) New Sports Hall	4 teams (6 players) per category	Team
FUN BEACH VOLLEYBALL	16 years & above (Mixed)	10:00am to 12:00pm	AWC Sandy Area	Teams of 4	Team
FUN CRICKET	16 years & above F&M	7:00am to 1:00pm	(M) Cricket Ground (F) Astro Turf 3	60	Team
BADMINTON	16 years & above (Lucky double)	10:00am to 1:00pm	Old BS Sports Hall	60	Individual
TENNIS	16 years & above (Lucky double)	10:00am to 1:00pm	AWC Tennis Courts	32	Individual
TABLE TENNIS	16 years & above (Lucky double)	10:00am to 12:00pm	AWC Table Tennis Room	32	Individual
100 M RUN	16 to 29 years F/M 30 years & above F/M	11:00am to 11:30am	Old Football Field	16 M & 16 F	Individual
SHOT PUT	16 to 29 years F/M 30 years & above F/M	12:30pm to 1:00pm	Old Football Field	16 M & 16 F	Individual
KIDS SWIMMING CHALLENGE	6 to 9 years F/M 10 to 12 years F/M 13 to 15 years F/M	9:00am to 1:00pm	Outdoor Pool	15 M & 15 F	Individual
INTRO TO SCUBA DIVING	8 years & above F/M	9:00am to 1:00pm	Indoor Pool	22	Individual
BOUNCY CASTLES & SPORTY FUN GAMES		9:00am to 12:00pm	Old Football Field	<ul style="list-style-type: none"> <li>Last date of registration: 11 February 2019 (as per availability)</li> <li>Registration for each category will close once maximum is reached</li> <li>First come, first served registration at AWC Reception 4473-3666 / 35</li> </ul>	
TAEKWONDO DEMO & TRIAL BY QSPORTS – 9:00am to 10:30am MARTIAL ARTS DEMO (ARNIS & KARATE) – 10:40am to 12:00pm FACE PAINTING FOOD COUNTER SAHA INFO COUNTER		9:00am to 12:00pm	Shaded Basketball Court		
QG MEDICAL		8:00am to 11:00am	AWC Simaisma Room		



Al-khor Community Main Office

Al-Meera Grocery Shop

Al Khor Community Medical Centre

Open Air Aerobics

- Taekwondo Demo & Trial by QSports
- Martial Arts Demo (Arnis & Karate)
- Face Painting
- Food Counter
- SAHA Info Counter

Al Khor International School-BSME

Old Sports Hall

Ambulance

Badminton

New Sports Hall

Ladies Volleyball

Football Tournament

Bouncy Castles & Sporty Fun Games

Shot Put

100m Run

Kids Swimming Challenge

Table Tennis

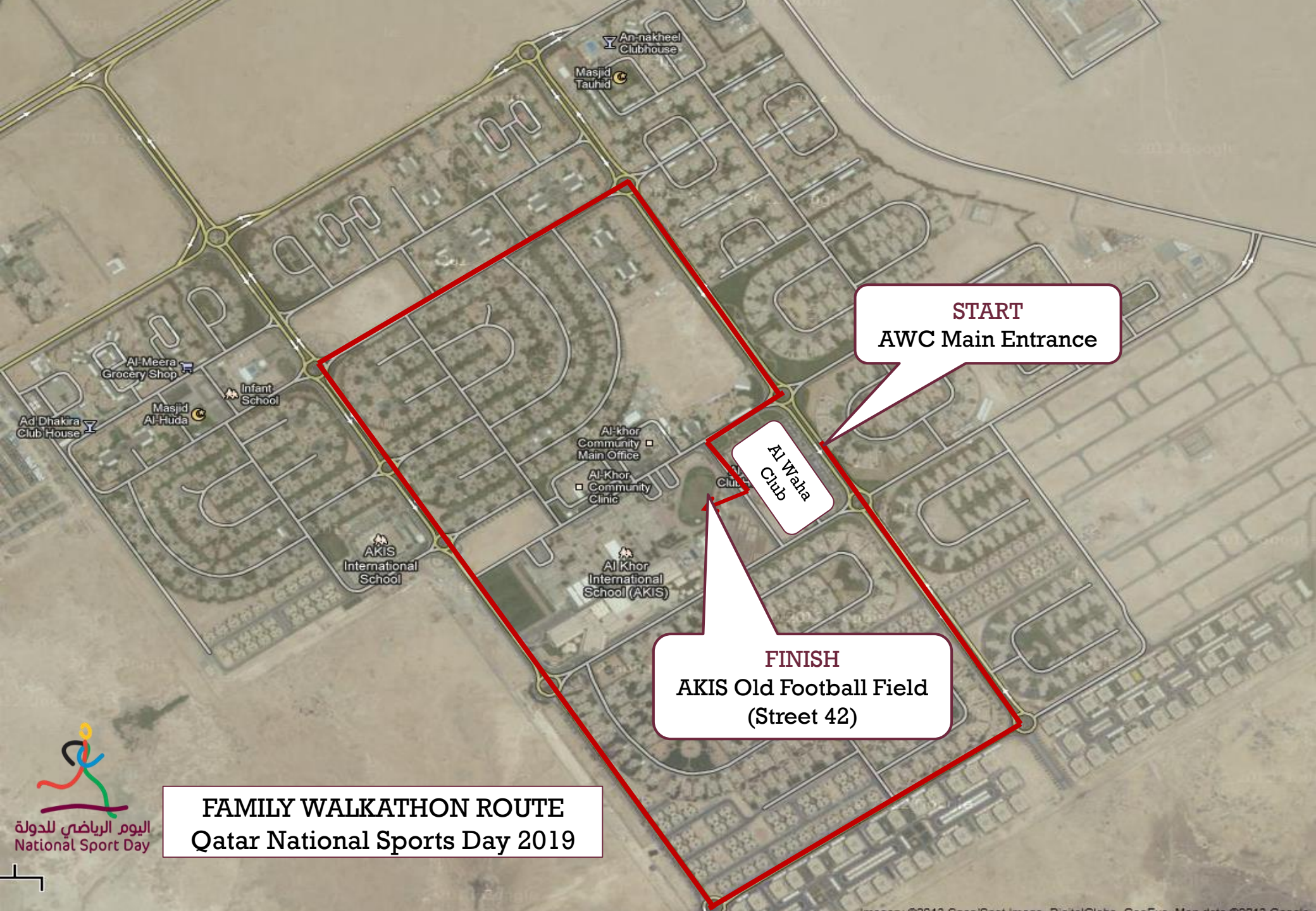
Al-Waha ClubHouse

Fun Beach Volleyball

Intro to Scuba Diving

- Basketball
- Men's Volleyball
- Tennis





**START**  
AWC Main Entrance

Al Waha  
Club

**FINISH**  
AKIS Old Football Field  
(Street 42)

**FAMILY WALKATHON ROUTE**  
Qatar National Sports Day 2019





**Kids Fun Cycling Race**  
6 to 10 years • 1 lap  
11 to 16 years • 2 laps

FINISH

START

Start

Al Waha Club

Al-Khor Community

Street 44





# DEMO SESSION

9:00 - 9:30 AM



اليوم الرياضي للدولة  
National Sport Day

# TRIAL SESSION

9:30 - 10:30 AM



For more information, please contact us at 4473 3666



**12 February • Tuesday**

**AKC STREET 42**

**Closed**

**From 6:00am to 2:00pm**

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**AKCMC**

**Operating Hours**

**Medical and Dental will be open  
from 9:00am to 5:00pm**

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# LADIES DAY

# Cancelled

**Al Nakheel Club**



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**GYM &  
SWIMMING POOL  
Closed**

**Al Nakheel Club & Al Dhakhira Club**

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**LIBRARY**  
**Closed**

**Please return books at AWC Reception**



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# **YOUTH CLUB**

# **Timings**

**2:00pm to 11:00pm**

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**TEDDY BEAR CLUB**

**Timings**

**10:00am to 8:00pm**



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**SIDEWALK CAFE**  
**Closed**