



Al Khor Community

14TH FEBRUARY | TUESDAY

Qatar National Sports Day 2017



CLUB MANAGEMENT | 11012017

ACTIVITIES	AGE	TIME	VENUE	MAX	REGISTRATION
➤ 5 KM FAMILY WALKATHON	Open	8:00am	Al Waha Club entrance to AKIS	Open	Required
➤ OUTDOOR AEROBICS & KARATE SHOW		9:00am – 9:50 am	Old Football Field	Open	N/A
➤ KIDS BICYCLE RACE	6 to 10 F/M 11 to 16 F/M	10:00am – 12:00pm	Al Waha Club Main Entrance	25 kids per category	Individual
➤ BASKETBALL	QG Vs RG (veterans) QG Vs RG (18 & above)	10:00am – 1:00pm	Outdoor Basketball Court	2 teams per category	By team (Men only)
➤ FOOTBALL TOURNAMENT	17 & above <12 & <16	10:00am – 12:00pm	Old Football Field	8 teams (7 players) adult 8 teams (7 players) boys	Individual
➤ VOLLEY BALL	16 & above F/M	10:00am – 12:00pm	(M) Outdoor Volleyball Court (F) New Sports Hall	4 teams (6 players) per category	Individual
➤ FUN CRICKET	Men & Women 16 & above	7:00am – 1:00pm	Cricket Ground	60	Individual
➤ BADMINTON	16 & above (Lucky double)	10:00am – 1:00pm	Old BS– Sports Hall	60	Individual
➤ TENNIS	16 & above (Lucky double)	10:00am – 1:00pm	AWC Tennis Courts	32	Individual
➤ TABLE TENNIS	16 & above (Lucky double)	10:00am – 12:00pm	AWC Table Tennis Room	32	Individual
➤ 100 m RUN	16 & above F/M	11:00am - 11:30am	Old Football Field	16 M & 16 F	Individual
➤ 100 m HURDLES	16 & above F/M	11:30am – 12:00pm	Old Football Field	16 M & 16 F	Individual
➤ SHOT PUT	16 & above F/M	12:30pm – 1:00pm	Old Football Field	16 M & 16 F	Individual
➤ INTRO TO SCUBA DIVING	8 & above F/M	9:00am – 1:00pm	AWC Pool	22	Individual
KIDS FUN VILLAGE : Sporty Fun Games, Bouncy Castles & Drawing Competition		9:00am – 12:00pm	New Football Field		
➤ SAHA COUNTER ➤ MARTIAL ART TRIAL (Kung -Fu , Muay Thai) ➤ CROSSFIT WORKOUT ➤ YOGA TRIAL ➤ HEALTHY FOOD SALES COUNTER		9:00am – 12 :00pm	Shaded Basketball Court		

- Last date for registration: **9th February 2017**
- Registration for each category will close once maximum is reached
- First come, first served registration at **AWC Reception (4473-3666/35)**



Shot put

Table Tennis

- ✓ Outdoor Aerobics & Aero boxing
- ✓ Karate Show

Stage

Football

100M & 100M hurdles

- ✓ Basketball,
- ✓ Men's Volleyball
- ✓ Fun Tennis

Finish

- ✓ Martial arts Area
- ✓ Yoga Area
- ✓ CrossFit workout area
- ✓ Health y food corner
- ✓ Health awareness counter(SAHA)



Fun village

- Bouncy castle
- Fun Games
- Kids competition
- 4-8 years Games Area
- Drawing competition Area
- Car Race
- Food station

Badminton

Old sports hall

New sports hall

Ladies volleyball



Cycling Race Track
6-10years 1 lap
11-16 years 2 laps

AL WAHA CLUB

Finish

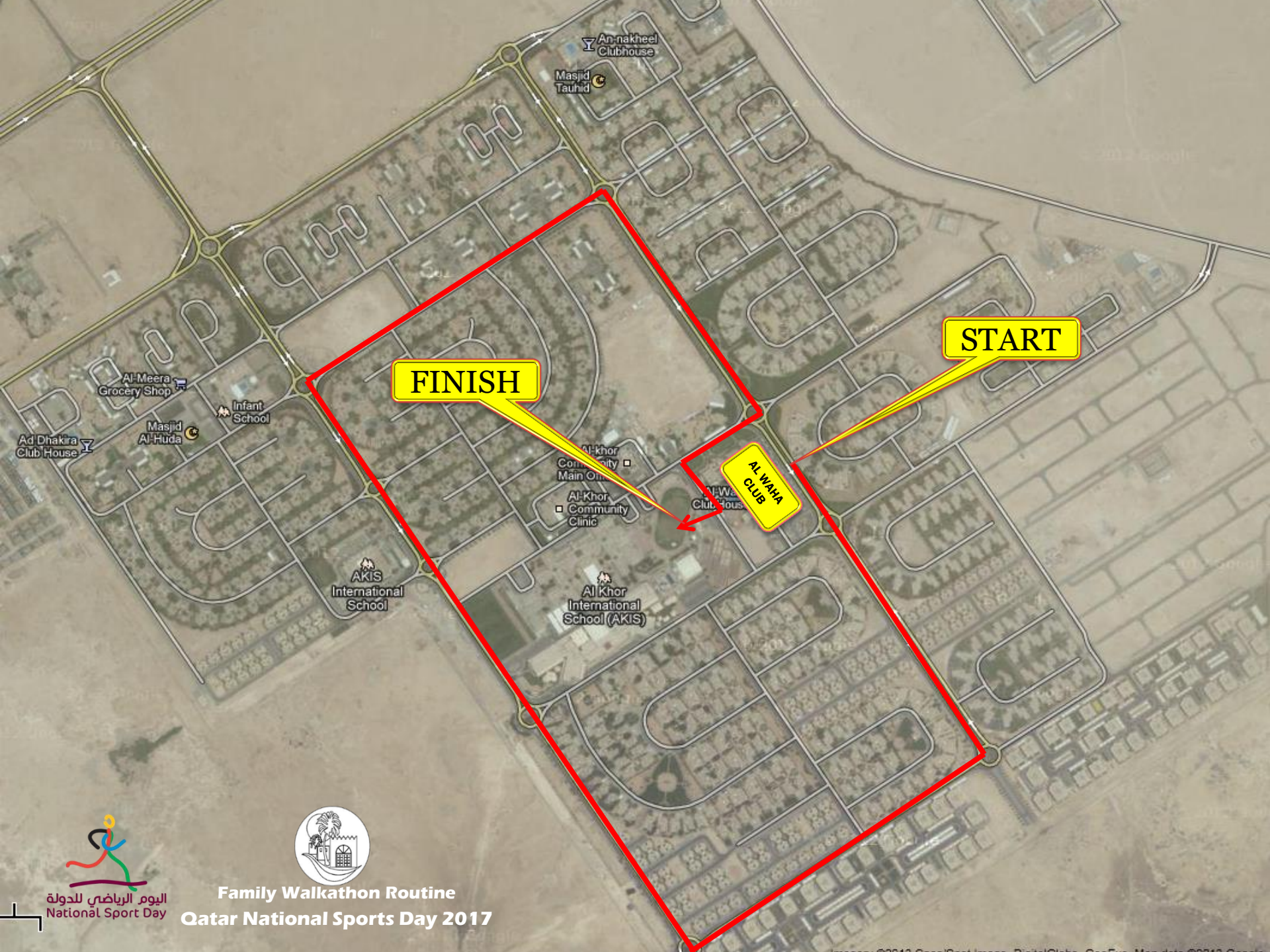
start

Start

Al-Khor Community

Street 44





START

FINISH

AL WAHA CLUB

Al-Meera Grocery Shop
Masjid Al-Huda
Ad Dhakira Club House
Infant School

An-nakheel Clubhouse
Masjid Tauhid

Al-Khor Community Main Office
Al-Khor Community Clinic

AKIS International School

Al Khor International School (AKIS)



اليوم الرياضي للدولة
National Sports Day



Family Walkathon Routine
Qatar National Sports Day 2017