



Al Khor Community

13 FEBRUARY • TUESDAY

Qatar National Sports Day 2018

اليوم الرياضي للدولة
National Sport Day

ACTIVITIES	AGE	TIME	VENUE	MAX	REGISTRATION
➤ 5 KM FAMILY WALKATHON	Open	8:00am	Start - AWC Main Entrance Finish - AKIS Old Football Field St. 42	Open	Required
➤ OUTDOOR AEROBICS & KARATE SHOW		9:00am - 9:50am	Old Football Field	Open	N/A
➤ KIDS BICYCLE RACE <i>safety gear mandatory</i>	6 to 10 F&M 11 to 16 F&M	10:00am - 12:00pm	Al Waha Club Main Entrance	up to 25 kids per category	Individual
➤ BASKETBALL	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	(M) Cricket Ground (F) Astro Turf 3	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	Indoor Pool	22	Individual
KIDS FUN ACTIVITIES: Bouncy Castles & Sporty Fun Games		9:00am - 12:00pm	AWC Sandy Area Old Football Field	<ul style="list-style-type: none"> • Last date for registration: 08 February 2018 • Registration for each category will close once maximum is reached • First come, first served registration at AWC Reception (4473-3666/35) 	
➤ MARTIAL ARTS TRIAL (Kung Fu, Karate) ➤ CROSSFIT WORKOUT ➤ BODY ATTACK DEMO BY BEATS GYM ➤ FACE PAINTING ➤ HEALTHY FOOD SALES COUNTER ➤ SAHA COUNTER		9:00am - 12:00pm	Shaded Basketball Court		
➤ QG MEDICAL		8:00am - 11:00am	AWC Simaisma Room		





Kids Fun Activities
Sporty Fun Games

Shot Put

Table Tennis

✓ Outdoor Aerobics
✓ Karate Show

- ✓ Martial Arts Trial (Kung Fu, Karate)
- ✓ CrossFit Workout
- ✓ Body Attack Demo by Beats Gym
- ✓ Face Painting
- ✓ Healthy Food Sales Counter
- ✓ Healthy Awareness Counter (SAHA)

100m Run
100m Hurdles

Ambulance

Kids Fun Activities
Bouncy Castles

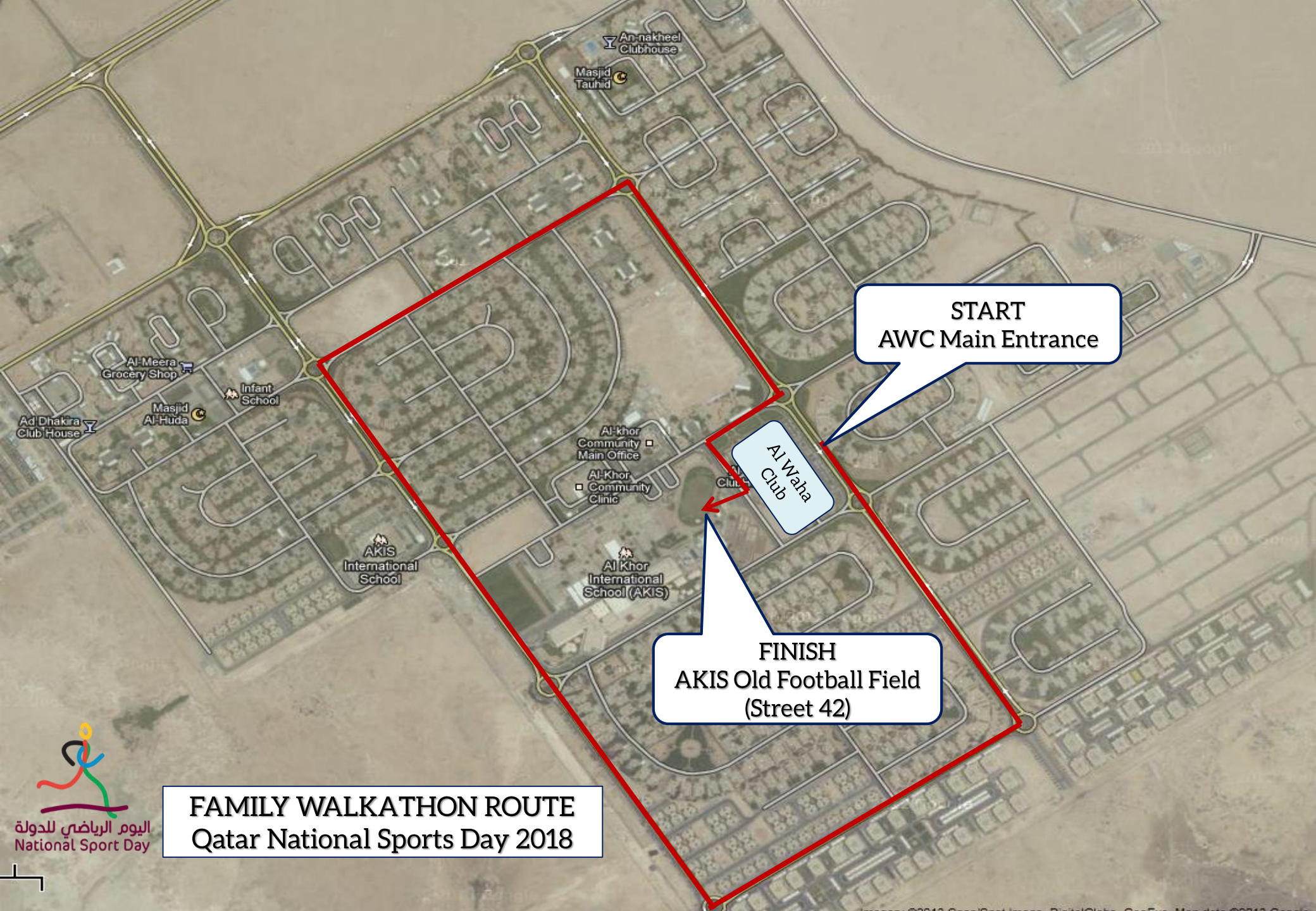
Badminton

Intro to Scuba Diving

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

Football Tournament

Ladies Volleyball



START
AWC Main Entrance

Al Waha Club

FINISH
AKIS Old Football Field
(Street 42)

FAMILY WALKATHON ROUTE
Qatar National Sports Day 2018



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

FINISH

START

Al Waha Club

Al-Khor Community

Street 44

