



CAS Sports Day, 12th Sept. 2010

(修咸頓華人協會運動會)

A sports day is going to be held in the Jubilee sports centre, University of Southampton on 12th Sept. 2010 from 10 am to 4 pm for all CAS members and guesses to provide a social opportunity. It includes badminton, table tennis and aerobics. Participants are invited for competitions in both badminton and table tennis in the form of family-double (two players from the same family), or join just to play for fun. An aerobic session will also be held for all. If you are intended to participate any competition, please fill the following form and return to drop-in or email to z.hu@southamptonchinese.org.uk before 31st Aug. 2010.

修咸頓華人協會將於2010年9月12日從早上10點到下午4點在修咸頓大學的Jubilee運動中心舉辦運動會, 為所有會員及親友提供一次社交機會. 這次運動會將包括羽毛球, 乒乓球競技比賽和健身操活動. 羽毛球和乒乓球比賽將以'家庭雙打'的形式進行. 有意參加者請填寫以下報名表格, 於2010年8月31日前送交至drop-in 或者發電子郵件給z.hu@southamptonchinese.org.uk.



| Schedules | | | | |
|-------------|-----------------------|-----------------------|--------------------------|--------------------------|
| Events Time | Badminton (Court 1,2) | Badminton (Court 1,2) | Table Tennis (Court 1,2) | Table Tennis (Court 1,2) |
| 10-11 am | Practice | Practice | Practice | Practice |
| 11-12 am | Fun game | Competition | Aerobics | Aerobics |
| 12-1 pm | Fun game | Competition | Fun game | Competition |
| 1-2 pm | Practice | Practice | Fun game | Competition |
| 2-3 pm | Fun game | Competition | Fun game | Competition |
| 3-4 pm | Fun game | Competition | Fun game | Competition |

| Game | Player1 | Player2 |
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