

## Rules

This is just an outline. A full set of rules for each section is available from the organizing team. Please make sure that you consult the full set before you compete in any events.

### Identification

Each competitor must wear their Group scarf and a card. The card must be of a minimum size (8" x 5" or 21 cm x 13 cm), the card must **not** be covered in plastic. This card is to be worn on their top garment at the front, clearly showing their Group name, section letter and their own name. They should also display Track or Field to confirm their chosen events (track or field).

For example:

Darren Dowling  
9th B&D  
Group E  
Track Events

Darren Dowling  
9th B&D  
Group F  
Field Events

### Use of the Arena

**Only** race officials, competitors and leaders are allowed in the arena.

**Only** those wearing a Group, Fellowship or District scarf will be allowed into the arena. Anyone in the arena must wear a scarf at all times. **This will apply to everyone, parents and leaders.**

**All** spectators (family, friends etc.) are to use the grandstand.

**No** ball games or bikes will be allowed in the arena.

**All** groups are to bring black rubbish bags in order to dispose of their rubbish.

**All** groups are to provide their own First-Aid kits.

All groups are asked to help organize, set up and run the sports day. They are also asked to help clear away and tidy the arena before leaving.

### Disqualification

Any Group or individual not complying with the rules will be disqualified from the race or event in question. If you have a query or question please take it up with the organizing team in the tent. Do not question the decisions of the judges and adjudicators.

### Presentations

All Scouts must be in uniform in time for the presentations at the end of the day. Please make sure that your Group stay to see **all** the presentations as this is only polite.



Barking & Dagenham Scout District

invite you to

# Sports Day

on

Saturday 27<sup>th</sup> June 2009

at

Mayesbrook Arena, Mayesbrook Park

Starting at 10 a.m.

Refreshments & Tuck Shop available



This event costs the district around

£500

All donations are welcome



## Cub Scout Track Events

Flat Race	C & D
Egg & Spoon Race	C & D
Skipping Race	C & D
Three Legged Race	C & D
Sack Race	C & D
Obstacle Race	C & D
Shuttle Relay	see rules

*Please listen to announcements so that you know when and where to go to compete in your events*

## Field Events

High Jump	Long Jump	Shot Putt
C	D	E
F	G	C
D	E	F
G	C	D
E	F	G

## Sections

## Scout/Explorer Track Events

Section E - Heats	100m
Section F - Heats	100m
Section G - Heats	100m
Section E - Heats	200m
Section F - Heats	200m
Section G - Heats	200m
Section E - Heats	400m
Section F - Heats	400m
Section G - Heats	400m
FINALS of above events if required	
Relay (see rules for who can compete)	4 x 100m
Invitation Mile	4 laps
The invitation mile is for Scouts, Explorers, Leaders and Parents <b>only</b> .	

## Sections

<b>Group C:</b>	Cubs Under 9½ years of age
<b>Group D:</b>	Cubs Over 9½ years of age
<b>Group E:</b>	Scouts Under 12 years of age
<b>Group F:</b>	Scouts Over 12 years of age
<b>Group G:</b>	Explorers Over 14 years of age

Age is determined on the day of the competition