



Third Edition of 12-Hour National Relay Walk, Jog and Run for Health

Ministry/Parastatal Body/Local Government/_____

Company/ Club etc: _____

Name of Team Leader: _____ Identity Card No: _____

Address: _____

Date of Birth: _____ Age: _____ Sex: _____

Phone _____ Mobile No: _____ E-mail: _____

Time Slot chosen:

Tick as appropriate

Morning

06 – 07 hr ☐ 07 – 08 hr ☐ 08 – 09 hr ☐ 09 – 10 hr ☐ 10 – 11 hr ☐ 11 – 12 hr ☐

Afternoon

12 – 13 hr ☐ 13 – 14 hr ☐ 14 – 15 hr ☐ 15 – 16 hr ☐ 16 – 17 hr ☐ 17 – 18 hr ☐

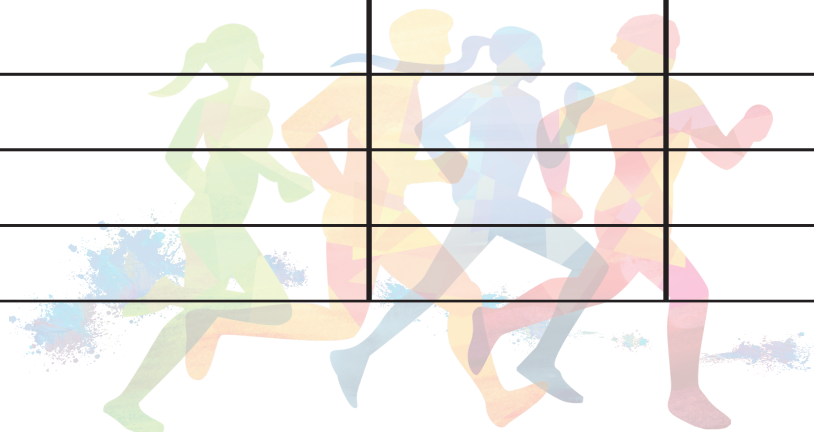
Waiver (MUST BE SIGNED)

On behalf of the above and staff below, We, the undersigned, confirm that we will participate in the 12-Hour National Relay Walk, Jog and Run for Health organized by the Ministry of Youth Empowerment, Sports and Recreation. The Ministry shall not be liable for any accident / mishap during the course of the activity. We also undertake to comply with all instructions that may be given to me by the responsible officers. We attest that we are physically fit and sufficiently trained for the completion of this event. Furthermore, we hereby grant full permission to use our names as well as any photograph of this event in which we may appear for any legitimate purpose, including advertising and promotion.

Signature:.....

Date:.....

SN	NAME	Identity Card No	Mobile Number	Slot
1				06:00 - 07:00
2				
3				
4				
1				07:00 - 08:00
2				
3				
4				
1				08:00 - 09:00
2				
3				
4				
1				09:00 - 10:00
2				
3				
4				
1				10:00 - 11:00
2				
3				
4				
1				11:00 - 12:00
2				
3				
4				



1				12:00 - 13:00
2				
3				
4				
1				13:00 - 14:00
2				
3				
4				
1				14:00 - 15:00
2				
3				
4				
1				15:00 - 16:00
2				
3				
4				
1				16:00 - 17:00
2				
3				
4				
1				17:00 - 18:00
2				
3				
4				



LATEST DATE FOR REGISTRATION: **17 November 2022** at **NOON**

Email: skappadoo@gmail.com

MINISTRY OF YOUTH EMPOWERMENT SPORTS AND RECREATION
Move for Health and Fun Relay

1.0 Date: 20 November 2022

2.0 Venue: Athletic Track & Field, Cote D'Or National Sports Complex Time: 0600 - 1800 hours

3.0 Objective

3.1 To sensitize the population to participate in regular physical activity to raise their health status. This will instil healthy habits and practices and in the long run foster a culture of sports among the population and the future generation.

4.0 Event & Number of Participants

4.1 Each Ministry, Parastatal, District/Municipal Council, Private Company, Association, University, Club, Federation etc. is invited to participate in the activity and to register at least 48 participants for the whole day (i.e 12 slots of 1 hour from 0600 to 1800 hours).

4.2 The 48 participants will be grouped into 12 teams of four participants who can either walk, jog or run for 1 hour. The first slot will start at 0600 o'clock in the morning and the last one will be from 1700 to 1800 hours. After the first hour, a new batch of four participants will start a new slot on the track.

4.3 The number of rounds each person of the team completes for each slot will be counted and computed.

4.4 After the 12 hours of the relay, the number of rounds covered by all the different groups will be added to have a global picture of the distance covered for this edition.

4.5 The start and end of laps would be at the finish line.

4.6 Teams that are unable to complete the 12 hours with 48 participants will not be ranked but their rounds will be counted.

4.7 Lanes will be allocated as follows:

- Run - 1-3 Lanes
- Jog/Walk/Jog - 4-6 Lanes
- Walking - 7-9 Lanes

4.8 Participants will have to reach the stadium at least 1 hour prior to their slot for registration.

4.9 Five minutes before the end of each I-hour slot, the arrival judge will blow a whistle to inform participants that only 5 minutes is left and the next group of participants to get ready. A second whistle will be blown to indicate the end of the I-hour time slot.

5.0 Time Slots

Slot	Morning Session (hrs)		Slot	Afternoon Session (hrs)	
1	0600	0700	7	1200	1300
2	0700	0800	8	1300	1400
3	0800	0900	9	1400	1500
4	0900	1000	10	1500	1600
5	1000	1100	11	1600	1700
6	1100	1200	12	1700	1800

6.0 Time Slot: 1600 to 1700 Hours

6.1 The slot 1600 to 1700 hours will be reserved for VIPS.

7.0 Health Check & Refreshment

7.1 Health checks would be carried out prior to participation.

7.2 Mineral Water will be provided to participants.

LATEST DATE FOR REGISTRATION: 17 November 2022 at NOON

Email: registry@msportsc.com