

# Croydon Harriers 90<sup>th</sup> Anniversary Celebration Fun and Photo Day

Sunday 11<sup>th</sup> July 2010 2.00pm

At

Croydon Arena and later at Trinity School

## Programme

Event	Age Group	Details
90m Football sprint	Under 11, U13 and U15	90m with four cones and a goal
90sec Challenge Walk	Any	How far can you go in 90sec.
Jog	“	“
Run	“	“
Race	“	“
Medicine Ball Challenge	Parent and athlete	With how many alternate throws can you cover 90m
VIP Birthday Cake Cutting	Everyone	Cutting by our International athletes. One piece each !. Ladies first
<b>Mass Photograph</b>	<b>Everyone</b>	
90 football passes in pairs over 400m	Anyone	Bring your own ball. Passes must go from lane to lane. No tackling !
90m Throws Challenge	U11	Nine football throws or less
90m Throws Challenge	Parent with son or daughter	One effort each at throws and jumps
Mass Relay Teams of 90	Everyone	900m, 90 “Runners” , 10m each
Buffet and films	Everyone	Sanderson Room, Trinity School 6.60 for 7.00 £10 adults, £6 U15s

Other thematic ideas will be considered.

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