UPSA DAY OF SPORTS

1ST

VC’S UPSA DAY OF SPORTS
(FUN GAMES/ACTIVITIES)

ON
WEDNESDAY, 18TH OCTOBER,
2017
9:30AM-5:30PM
@
THE SPORTS COMPLEX

UNDER THE DISTINGUISHED
PATRONAGE OF PROF.
ABEDNEGO FEEHI OKOE
AMARTEY
THE VICE-CHANCELLOR, UPSA

THEME:
SCHOLARSHIP WITH PROFESSIONALISM
THRIVES IN A HEALTHY SPORTS MAN
PROGRAMME

OPENING CEREMONY
9:30AM-10:30AM
9:30 – 10:00 - ASSEMBLY OF PARTICIPATING TEAMS
10:00 – 10:05 - OPENING PRAYER -
10:05 – 10:20 - OPENING SPEECH - V.C
10:20 – 10:30 - PROGRAMME LINE UP - HEAD/COACH
10:30 – 10:45 - AEROBIC DANCE

11:00-11:40AM
OPEN MATCH (FOOTBALL)
SENIOR MEMBERS VRS REGULAR SCHOOL
TAG OF PEACE/MUSICAL CHAIRS
2ND HALF OF THE OPENING MATCH

11:40-1:00AM
COURTS GAMES BEGINS
BASKETBALL (M/F)
VOLLEYBALL (M/F)
NETBALL (F)
TENNIS (M/F)
TABLE TENNIS (M/F)
INDOOR GAMES (M/F)
FOOTBALL MATCHES CONTINUES
UPSA WOCOM LADIES VRS UNIVERSITY LADIES TEAM

1:00PM-2:00PM
REFRESHMENT
INDOOR GAMES FINALS

1:00-4:30PM
GAMES SEMI / FINAL MATCHES

4:30-5:00PM
CLOSING CEREMONY
TEAMS ASSEMBLY
CLOSING REMARKS- V.C.
DECLARATION OF RESULTS –HEAD COACH
PRESENTATION OF AWARDS
DEPARTURE
PARTICIPATING TEAMS  COACH/CONTACT
1. SENIOR MEMBERS (UTAG AND GAUA)  MR
2. SENIOR STAFF  MR
3. JUNIOR STAFF  MR
4. REGULAR SCHOOL (MORNING)  MR
5. WEEKEND SCHOOL AND GRADUATE/EVENING  MR.

DISCIPLINES  OFFICIATING OFFICIALS
FOOTBALL (MF)  MR.
VOLLEYBALL (M/F)  MR.
BASKETBALL (M/F)  MR.
NETBALL  MR.
TENNIS  MR.

INDOOR GAMES
1. OWARE  8. TAG OF PEACE
2. LUDU  9. MUSICAL CHAIRS
3. SCRABBLE  10. SACK RACE
4. DRAFTS
5. CARDS
6. MONOPOLY
7. CHESS

FITTURES – GALA
DURATION:  MALE  (10/10MIN)
            FEMALE  (10/10MIN)

MATCH  TEAMS
1. SENIOR MEMBERS VRS  REGULAR SCH
2. G/W/E SCHOOL VRS  SENIOR STAFF
3. SENIOR MEMBERS VRS  G/W/E
4. JUNIOR STAFF VRS  SENIOR STAFF
5. REGULAR SCH VRS  G/W/E SCH
6. SENIOR STAFF VRS  REGULAR SCH
7. JUNIOR STAFF VRS  SENIOR MEMBERS
8. REGULAR SCH VRS  JUNIOR STAFF
9. SENIOR MEMBERS VRS  SENIOR STAFF
10. G/W/E SCH VRS  JUNIOR STAFF

NB: REPEAT FIXTURES IN ALL DISCIPLINES
**RULES AND REGULATIONS**

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<thead>
<tr>
<th>SPORT</th>
<th>POINTS</th>
<th>TIME</th>
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<tbody>
<tr>
<td>VOLLEY BALL</td>
<td>15</td>
<td>2 HALVES</td>
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<td>BASKETBALL</td>
<td>10/10MINS</td>
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<tr>
<td>NETBALL</td>
<td>15/15MIN</td>
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<td>TENNIS/T.T</td>
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**INDOOR GAMES (3 PARTICIPANTS EACH)**

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TEAM SHEETS FOR ALL DISCIPLINES SHOULD BE SUBMITTED LATEST BY 16/10/17

**NOTE: NO TEAM SHEET NO MATCH**

**TABLE OF RESULTS**

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<tr>
<th>TEAM</th>
<th>FOOTBALL</th>
<th>NETBALL</th>
<th>IN GMS</th>
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**APPRECIATION**

THE VICE-CHANCELLOR AND MANAGEMENT WISH TO EXPRESS THEIR GRATITUDE TO ALL, FOR SUPPORTING AND PARTICIPATING IN THE 1ST UPSA DAY OF SPORTS

THANK YOU.