

**UNIVERSITY OF NAIROBI  
DEPARTMENT OF SPORTS AND GAMES  
INTERNAL MEMO**

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**FROM :** Director, Sports and Games

**DATE :** 25/01/ 2018

**TO :** All Staff and Students

**REF :** UON /SA/SPG/3/7

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**SUBJECT: UON ANNUAL SPORTS DAY ON 23<sup>RD</sup> FEBRUARY 2018 AT MAIN CAMPUS SPORT GROUNDS**

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The University Management has approved that the UON Annual Sports day be held on 23<sup>rd</sup> of February, 2018. The day's events shall include both staff and students in selected Sports. The Department of Sports and Games has been charged with the responsibility to plan, organize and implement the pre-day's activities and the D-day's activities. For purposes of teams selection and preparations please see details below:

**1. VENUE AND DATE**

1. Venue: Main Campus Sport grounds

2. Important Dates:

- January 26<sup>th</sup> ,2018-Commencement of teams selection
- February 12<sup>th</sup> , 2018- Submission of lists of selected players/participants to the events secretariat(Sports and Games Department)
- February 23, 2018- The Sport Day

**2. SPORTS ACTIVITES**

- Aerobics -All teams at Chancellors Court
- Soccer -Men
- Basketball -Men &Women
- Volleyball -Men &Women
- Netball -Women Only
- Athletics

- ❖ 100M
- ❖ 200M
- ❖ 400M

} Men &Women

Relays

- ❖ 4x100M
- ❖ 4X400M

} Men &Women

- Crazy Olympics

- ❖ 100M Sack Race
- ❖ 100M Potatoe Race
- ❖ Filling Basket
- ❖ Three legged Race

} Men &Women

- ❖ Musical Chairs
- ❖ Caterpillar Walk
- ❖ Balloon Games

- Swimming Strokes/Activities

- ❖ 50M freestyle
  - ❖ 50M Backstroke
  - ❖ 50M Breaststroke
  - ❖ Water Polo
  - ❖ Water Trending
  - ❖ Team Relays  
4x50M
- } Men & Women

- Chess
  - Scrabbles
  - Darts
  - Table Tennis
  - Goal Ball  
( for Persons with disability)
  - Tug of War
- } Men & Women

### 3. PARTICIPATING COLLEGES/CAMPUSES/UNITS

- CESS
- CAVS
- KSC
- CHS
- SOB
- SOL
- CAE
- FA
- SOJ
- SOE
- CBPS
- IAGAS
- CENTRAL ADMINISTRATION (Including SWA)
- IDS
- KISUMU CAMPUS
- IDIS
- MOMBASA CAMPUS

#### 4. NUMBER OF PLAYERS PER TEAM

ACTIVITY(SPORT)	GENDER	NUMBER OF STUDENTS PLAYERS	NUMBER OF STAFF PLAYERS	TOTAL
Soccer	Men	20	20	40
Basketball	Men	12	12	24
	Women	12	12	24
Volleyball	Men	12	12	24
	Women	12	12	24
Netball	Women	14	14	28
Athletics	100m	2	2	4
	200m	2	2	4
	400m	2	2	4
Athletics Relays	4x100m	12	12	24
	4x400m	12	12	24
Aerobics	All Participants			
Crazy Olympics	20 Participants for each College /unit			
Swimming	15 Participants for each College/unit			
Chess	Men	4	4	8
	Women	4	4	8
Scrabble	Men	4	4	8
	Women	4	4	8
Darts	Men	5	5	10
	Women	5	5	10
Table tennis	Men	4	4	8
	Women	4	4	8
Goal ball	men	10	10	20
	Women	10	10	20
Tug of war	Men	10	10	20
	Women	10	10	20

**NB:**

Further information regarding the event and related technical issues will be communicated in due course.

**Mbaabu Murithi**  
**Director, Sports and Games**