

Registration
Now Open!

GET ACTIVE

in your lunchtime!

Socialise with your work colleagues as you challenge other local companies in fun, social, sporting activities. You'll keep fit and enjoy the great outdoors – and you may even become a **Legend in your Lunchtime!**



lunchtime legends

To register, visit our site:
www.lunchtimelegends.com.au

or contact us for further information

1800 466 090

Winter Registration Offer

10% discount for multiple team registrations from a single company, which can be for different sports. Offer applies to all registrations of two or more.

Lunchtime Legends offers you a great new way to enjoy your lunch break. Our competitions are devised to include everyone, regardless of age, sex or sporting ability.

Modified rules encourage participation and mean that you don't have to be a superb athlete to be involved. Players nominate a "Lunchtime Legend" from the opposing team based on overall fairness and the enjoyment a player brings to the game, rather than the most outstanding athlete on the field.

What's In It For Me or My Team?

Fun, fitness and a chance to step away from the office and return revitalised. Weekly competition results are published on the Lunchtime Legends web site so you can keep track of your team's progress, as well as who has been voted the weekly Lunchtime Legend. There's trophies for Winner and Runner up, as well as Legend of the series, presented at the catered Grand Final function.

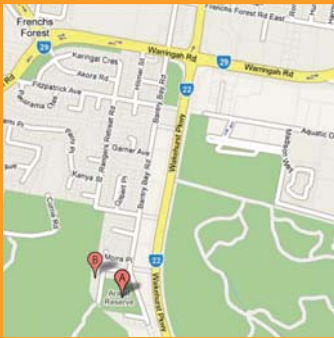
What's In It For My Company?

We all know the benefits of exercise. In addition to improving overall fitness, it relieves stress and makes for healthier staff. The social atmosphere encourages team building, which can boost staff morale and make for a much happier office.

HAVE FUN • KEEP FIT • SOCIALISE



www.lunchtimelegends.com.au



Which Sports are Available?

- Mixed Soccer
- Mixed Indoor Netball

The Competition Format

Lunchtime Legends runs as a round robin for the first 8 weeks of the competition, with the top 4 teams progressing to a knockout final series. The grand final is catered with trophies for Winner, Runner Up and Legend of the series.

Duration of Games

Matches generally run between 11:45am and 2:15pm, varying weekly depending on the draw, which is published in advance. Each match runs for 30 minutes and consists of 2 x 13min halves and a 2min half time break.

Where does it take place?

Competitions are staged in major business areas throughout Sydney. Registrations are currently open for the Frenchs Forest Winter Competition.

Games are played at: Ararat Reserve (A) & Sokol Hall (B)
Grattan Crescent, Frenchs Forest

When Does the Competition Start?

The Winter 2010 competition commences on Friday 30th July

Who Can Enter?

Companies can register a team, or individuals can form a team and enter. You should have at least two reserves on your team so that you have substitutes and to allow for people being unable to attend. We also now offer individual registrations, where we can place you in a team with other people who are keen to play.



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