



# SPRING INTO LUNCHTIME LEGENDS

## Super sports fun for everyone!

Rally your work colleagues and form a team to challenge other local companies in a fun, social sport competition. You'll keep fit and enjoy the camaraderie - and may even become a **legend in your Lunchtime!**



To register, visit our site:  
[www.lunchtimelegends.com.au](http://www.lunchtimelegends.com.au)

Or contact us for  
further information  
**1800 466 090**

### SPRING REGISTRATION OFFER

**Register more than one team in any of the Spring competitions & receive a 10% discount off each entry. Simply call 1800 466 090 to claim your discount**

#### What is Lunchtime Legends?

Lunchtime Legends is a great way to enjoy your lunch break. Our social sports 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 participate. At the conclusion of games, teams nominate a "Lunchtime Legend" from the opposing team based on overall fairness and enjoyment a player brings to the game rather than the most outstanding athlete on the field.

#### What's in it for Me and My Team?

Fun, Fitness and a chance to step out of the office and return revitalised. Weekly competition results are published on the Lunchtime Legends web site so you can keep track of your teams progress, as well as who has been voted the weekly Lunchtime Legend. At the conclusion of the competition, there's trophies for the Winner and Runner Up, as well as for the Legend of the series, presented at a 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**

# FUN • FIT • SOCIAL

## Which Sports are Available?

- Mixed Touch Football

## The Competition Format

Lunchtime legends runs as a 9 week round robin competition with the top 4 teams progressing to a finals series. The grandfinal is catered with trophies for Winner, Runner Up and Legend.

## Duration of Games

Games are usually played between 12 noon and 2.00pm on a given day once a week. Game times vary weekly depending on the draw, which is published in advance. Each match runs for 30 minutes, being 2 x 13 minute halves with a 2 minute half time break.

## Who Can Enter?

Companies can register a team, or individuals can form a team and enter. Each team is 6 a side, but you should have at least 2 reserves so that you have substitutes and to cover for people who may not be able to attend every week.

Mixed teams are played with 4 guys and 2 girls. We also accept individual registrations, with individuals placed in teams who need some support with numbers.

## When Does the Competition Start?

The Spring competition commences on Friday Oct 6th. The competition will run for 9 weeks plus finals.

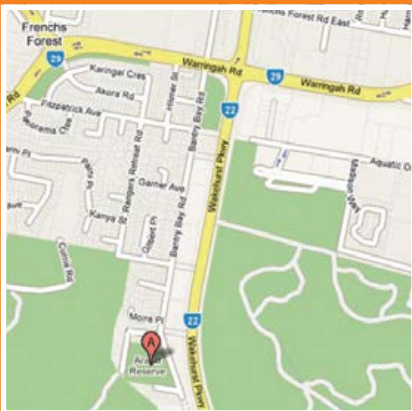


[www.lunchtimelegends.com.au](http://www.lunchtimelegends.com.au)

## Where does it take place?

Competitions are staged at major business locations around Sydney. Registrations are currently open for the Frenchs Forest Spring competition. Games are played at:

- Ararat Reserve,
- Grattan Crescent
- Frenchs Forest



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