



lunchtime legends

SUPER SUMMER FUN

Lunchtime fitness 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

Or contact us for
further information

1800 466 090

SUMMER REGISTRATION OFFER

Register more than one team in any of the Summer 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 Indoor Soccer
- Mixed Indoor Basketball
- Mens Indoor Soccer
- Mens Indoor Basketball
- Mixed Indoor Netball

The Competition Format

Lunchtime Legends runs as an 8 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 11.45am and 2.15pm 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 & enter. We also accept individual registrations which are placed into teams. Teams are 6 a side, except Netball has 7 and Basketball has 5.

Mixed teams have 4 guys & 2 girls, Netball has 3 guys & 4 girls, Basketball has 3 guys & 2 girls. We also recommend you have 2 reserves to cover for people who cannot always attend & for subs.

When Does the Competition Start?

The Summer competitions are available on either Tuesday or Thursday. Competition commences Tues Jan 31st and Thursday Feb 2nd running for 8 weeks plus finals.



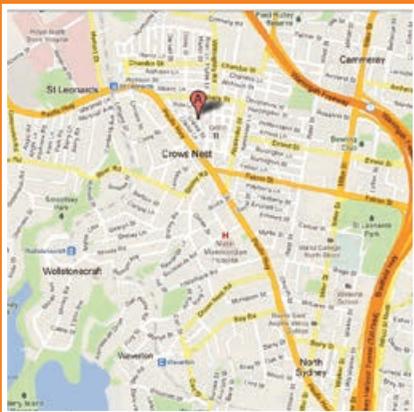
www.lunchtimelegends.com.au

Where does it take place?

Competitions are staged at major business locations around Sydney. Registrations are currently open for the North Sydney Indoor Summer competition. Games are played at:

North Sydney Indoor Sports Centre
Cnr Oxley & Clarke Streets, Crows Nest

A Free Shuttle Bus will operate through North Sydney CBD and Milsons Point on Tuesdays only.



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