



爾灣中文學校第22屆運動會 – 2011年12月11日

Irvine Chinese School 22nd Annual Sports Day, December 11, 2011 at 8:00 AM

爾灣中文學校第22屆校內運動會將於12月11日早上八點在 Irvine High School 舉行,此次活動除了發揚運動精神,以團結合作與趣味為宗旨,提供多項運動比賽項目,達到全校師生,家長同樂的目的。

The Irvine Chinese School is proud to present the 22nd annual Sports Day at 8:00 AM on December 11, 2011 at Irvine High School. Our goal is to promote better health, sportsmanship, teamwork, and fun with lots of activities and events. All parents, students and family members are invited to participate. (Irvine High School Address: 4321 Walnut Ave., Irvine, CA 92604)

報名截止日期 Registration Deadline: 11/06/2011.

Please return completed forms to your RPL ASAP!

運動會的比賽項目分為團體,個人與趣味三大類:. Sporting events consist of team competition, individual competition, and fun games.

- 團體競賽 Team:**
1. 接力 - 4 x 100 meter relay
 2. 親子接力 - Parent & child 4 x 50 meter relay. Each team must be composed of 2 parents and 2 children. Parents of any age/gender may participate.
 3. 趣味競賽 - Class Game Competitions

- 個人競賽 Individual:**
1. 賽跑 - 50 meters (up to 9 yrs of age) or 100 meters (10 yrs of age and older)
 2. 跳遠 - standing long jump (up to 9 yrs of age) or running long jump (10 yrs of age and older)

學生遊戲 Fun Games: 精彩又有趣項目! Come and participate in the exciting games!

- 精神獎評分法 Sportsmanship Award:**
1. 視學生、家長出席比率。Class with most students/parent participation
 2. 服裝之整齊劃一。Best team/class attire
 3. 休息區場地清潔。Cleanliness of the assigned rest area for the class
 4. 學生秩序和啦啦隊。Most well-behaved class showing team spirit
 5. 時間觀念。Most ready and on-time
 6. **報名表格準時交回! Return all registration forms on time!**

田徑賽規則 Track Field Rules:

- 不准在田徑賽區飲食。No food or drink on the track and field.
- 在觀眾席上要小心,不可胡鬧亂跑。Be careful when walking on the bleachers. No running or horseplay in these areas.
- 各項競賽,以比賽一次為準,沒有複賽。There is only one round for every event. The first round is considered final.
- 大隊接力賽,不可搶跑道。During team relay, each team must stay in their assigned lane and cannot cross over to other lanes.
- 跳遠每人以跳兩次為限,兩次均違例者,可加跳一次。2 long jump attempts per student. 3rd attempt is only given if the first 2 jumps are both invalid.

各位班代表,老師若有疑問,或是有建議,請與我們家長會聯絡,更歡迎自願幫忙之家長來電共襄盛舉,謝謝!

If you have any questions or suggestions, please contact your RPL or the Sports Day Coordinator via the email listed below. We welcome all parent volunteers to assist with the Sports Day! Please see your RPL for volunteer sign-up. Thank you very much! Any question, please send your inquiry to irvinechineseschoolpto@gmail.com.