

### A Summary of the Territory-wide Sports Events

Programmes	Target Groups	Programme Details
Corporate Games 2004	<ul style="list-style-type: none"> <li>• People at work (In 2003, over 200 corporations with more than 9000 athletes took part in the Games)</li> </ul>	<ul style="list-style-type: none"> <li>• Opening Ceremony on 3 October 2004 (Sunday) at Aberdeen Sports Ground.</li> <li>• A total of 14 competitions including badminton, indoor rowing, tennis, swimming, track &amp; field, 7-a-side and 11-a-side soccer, table tennis, squash, volleyball, basketball, distance run, snooker and photo contest will be organized.</li> </ul>
Masters Games 2004/2005	<ul style="list-style-type: none"> <li>• Aged 35 or above</li> </ul>	<ul style="list-style-type: none"> <li>• A total of 10 competitions including badminton, distance run, gateball, lawn bowls, orienteering, squash, swimming, table tennis, tai chi and tennis will be organized.</li> <li>• LCSD will send a delegation to take part in the World Masters Games in 2005.</li> </ul>
Age Group Competitions	<ul style="list-style-type: none"> <li>• Aged under 35</li> </ul>	<ul style="list-style-type: none"> <li>• A total of 3 competitions including badminton, table tennis and tennis will be organized.</li> <li>• The Competitions will cover 5 to 8 age groupings under two main categories, namely youths and adults.</li> </ul>
Healthy Exercise for All Campaign	<ul style="list-style-type: none"> <li>• All ages</li> <li>• The Campaign is jointly organized by the LCSD and the Department of Health</li> </ul>	<ul style="list-style-type: none"> <li>• Programmes include               <ul style="list-style-type: none"> <li>- Roving Sports Demonstrations</li> <li>- Roving Exhibition</li> <li>- Exercise Prescription Project</li> <li>- Stair Climbing and Brisk Walking Schemes</li> <li>- Fitness Programmes for different target groups including overweight children, senior citizens and persons with a disability</li> <li>- Hiking Scheme and Quali-walk Scheme</li> <li>- Dance for Health Programmes</li> <li>- “Prevention of falling” Exercise Promotional Scheme</li> <li>- Trial Scheme of Hydro-fitness for Senior Citizens</li> </ul> </li> </ul>