

International Sports Conference 2009

Tentative Programme:

	28/6 (Sun)	29/6 (Mon)	30/6 (Tue)	1/7 (Wed)	2/7(Thu)	3/7 (Fri)	4/7 (Sat)
08:00-08:45	<i>Aerobic/Broadcast Exercise</i>						
08:45-09:15	<i>Breakfast</i>						
Morning		Opening Ceremony at SPCC ² 10:15-10:30	Keynote Speaker (EDB) 09:30-10:45	Keynote Speaker (Physiotherapist) 09:30-10:45	Sports Clinic (BBG/BDM/SWM/ TTS/FEN-foil/epee) 09:00-12:00	Knock-out Competitions (BBG/BDM/SWM/ TTS/FEN-foil/epee) 09:00-13:00	Departure
		Keynote Speaker (HKSI) 10:30-11:45	Sports Clinic (BBG/BDM/SWM/ TTS/FEN-sabre) 11:00-13:00	Sports Clinic (BBG/BDM/SWM/ TTS/FEN-sabre) 11:00-13:00			
13:00-14:00		<i>Welcome Lunch</i>	<i>Lunch</i>				
Afternoon	Arrival & Registration at HKIEd ¹	Keynote Speaker (EAG) 14:15-15:30	Keynote Speaker (Nutritionist) 14:15-15:30	Free Activities 14:15 – 16:00	Sports Clinic (BBG/BDM/SWM/ TTS/FEN-foil/epee) 14:00-17:00	Final Competitions (BBG/BDM/SWM/ TTS/FEN-foil/epee) 14:00-17:00	Broadcast Exercise Performance Prize Presentation
		Aerobic / Broadcast Exercise 15:45-17:00	Sports Clinic (BBG/BDM/SWM/ TTS/FEN-foil/epee) 16:00-18:00	Sports Clinic (BBG/BDM/SWM/ TTS/FEN-foil/epee) 16:00-18:00			
18:00-19:00	<i>Dinner</i>					<i>Farewell Dinner</i>	
Evening 19:00-21:00	Orientation / Ice-breaking	Local Tour / Sight-seeing	Athletes Sharing (BDM/WSF)	Athletes Sharing (PE Dept)	Athletes Sharing: Ms Qian Hong (swimmer)	Free Activities (New Town Plaza)	
	Meeting		Reflection / Hse Meeting	Reflection / Hse Meeting	Strategic Planning / Hse Meeting		
22:00	<i>Lights Off</i>						

¹HKIEd Hong Kong Institute of Education

²SPCC St. Paul's Co-educational College