



PROGRAM

OF THE FESTIVAL „SPORT FOR ALL“

Palanga, 2011 May 27–29

Friday, May 27

Events in the Central City Stadium (Sports str. 3):

- from 12:00 Registration and accreditation of the participants (*Place: Festival Info pavilion the beginning of the street Basanavičius*)
17.00–18.00 Contest „Let's dance together“ participants training (*Place: Central city sport stadium*)
19.00–21.00 „Gymnastic for All“ training for mass exercises (*Place: Central city sport stadium*)

Saturday, May 28

Events in the Central City Stadium (Sports str. 3):

- 7.00–8.00 Morning gymnastics, running from the stadium to the seaside for swimming
8.00–10.30 Training for mass exercises for General gymnastic
9.00–11.00 Competition of „Mini ripka“ – ritinys (*warm-up stadium, Vytautostr. 17*)
10.00–13.30 Street basketball tournament 3 x 3 (Men, boys and mix teams)
10.00–18.00 Mini football 6 x 6 competition
11.00–13.00 Horseshoe-throwing contest
10.30–16.30 Society Žalgiris football competition
17.00–18.00 Contest „Let's dance together“

20.30–22.30 Festival opening ceremony

- from 22.30 Night orienteering competition

Events in the city:

- 8.00–9.30 Breathing meditation (*Birutės Hill*)
8.15–9.00 Morning gymnastics (*near the sea bridge*)
from 9.00 10 km healthy running (*start Jūratės and Kastyčio square*)
11.00–15.00 Competition for everyone: Darts, hands bend, penalty throw to the basket, air shooting, cycling, nordic walking, climbing, basket for kids, petanque, hel pong game, figurative cycling and other (*Basanavičiaus str. and Meilės av.*)
12.00–14.00 Skater's competition (*start: Vytauto and Dariaus and Girėno str.*)
15.00–17.00 Running: 1 km, 5 km and 10 km distance competition (*registration for start from 12.00 to 14.30 near to the stadium exit (Sporto str. 3)*)
13.00–17.00 Contest „Joy the Gymnastics“ (*Summer estrade, Vytauto str. 43*)

Main Stage (Jūratės and Kastyčio square, near the sea bridge)

- 8.15–9.00 Morning gymnastics – led by Joana (*near the sea bridge*)
12.00–18.00 „Eco fiesta“, „Gymnastics for all“, Aerobic and other ensembles;
18.00–20.00 The most famous street dance choreographers lessons „All can dance“

20.00–20.30 Festival parade from the sea bridge to the stadium.

Events near to the sea bridge (beach):

- 12.00–18.00 Volleyball, Flying disc, beach rugby competition
13.00–18.00 Handball, square competition
13.00–14.00 Women's running on the beach (500 and 1000 m)
13.30–14.30 Healthy Program : meditative walking , yoga
14.30–16.00 „Palestra“ competition
16.00–17.30 Tug of war competition (rope pulling)
16.00–16.30 Volley ball with the ballons

Sunday, May 30

Events in the central stadium (Sporto str. 3):

- 7.00–8.00 Morning gymnastics, running from the stadium to the seaside for swimming
8.00–10.00 Training for mass gymnastic exercises
10.00–14.00 Street basketball 3 x 3 for women's and girls
10.00–13.00 Mini football finals competition (6 x 6)
10.00–11.30 Throwing competition
10.30–11.30 Nordic walking training
11.00–13.00 Cycling driving contest

Events in the city:

- 8.00–9.30 Breathing meditation (*Birutės Hill*)
8.15–9.00 Morning gymnastics (*near the sea bridge*)
10.00–13.00 Volley ball with the ballons and beach volleyball final's
11.00–14.00 Orienteering competition (*Žvejų str., near hotel „Pušynas“*)
11.00–13.00 Orienteering race for Disabl (*start Dariaus and Girėno g. and Meilės av.*)

15.00–16.00 Closing event „See you!“ (city stadium Sporto g. 3)

MORE INFORMATION:

<http://www.sportasvisiems.lt>

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Participants for different events or competition's must do registration one hour before the start in the competition start place.