

# Intramural Sports Programme 2011/12

The Intramural Sports programme provides an excellent opportunity for individuals, groups of friends, staff, students and societies to compete in friendly, organised sporting events.

In addition trophies and medals are presented to the winners/runners up. The events are open to all, with enthusiasm being the only pre-requisite of entry.

## WINTER TERM 2011

Indoor 5-a-side Football Leagues	Leagues run for 7 weeks : Monday 4-5pm, Tuesday 2-3pm, Thursday 4-5pm, Friday 3-4pm. 1 match per day.	Starts week commencing 17 October
Badminton Tournament	Men's and ladies singles, doubles and mixed doubles.	Saturday 29 - Sunday 30 October
Squash Tournament	Men's and ladies singles.	Monday 7 November
Futsal Tournament	Different version of Football. Played in Sports Hall.	Friday 11 November
Table Tennis Tournament	Men's and ladies singles, doubles and mixed doubles.	Saturday 12 November
<b>Intramural Sports Day 1</b>	<b>Dodgeball and Ultimate Frisbee (Intramural teams only).</b>	<b>Saturday 19 November</b>
'Ivor Benveniste' Outdoor Football Tournament	1 day event played on the synthetic pitch. Teams of 5.	Sunday 20 November
<b>Intramural Sports Day 2</b>	<b>Basketball and Orienteering (Intramural teams only).</b>	<b>Sunday 27 November</b>
Indoor 3- a-side Football Tournament	Fast and furious! Played in Sports Hall.	Friday 2 December
Indoor Rounders Tournament	Men's, ladies or mixed teams. Teams of 7. Played in Sports Hall.	Tuesday 6 December
Cross Country Championship	1 ½ laps of campus.	Wednesday 7 December

## SPRING TERM 2012

<b>Intramural Sports Day 3</b>	<b>Volleyball &amp; Handball (Intramural teams only).</b>	<b>Sunday 22 January</b>
Indoor Cricket Leagues	League format leading to Knockout stages. Teams of 6. Monday 2-4pm & Thursday 2-4pm.	Starts week commencing 23 January
Outdoor 6-a-side Football Tournament	Played on full size pitches.	Tuesday 24 January
Indoor 5-a-side Football Leagues	Leagues run for 7 weeks on the following days: Monday 4-5pm, Tuesday 2-3pm, Thursday 4-5pm, Friday 3-4pm. 1 match per day.	Starts week commencing 30 January
Mixed Volleyball Tournament	Teams of 6, minimum of 2 males & 2 females on court at all times.	Saturday 4 February
Squash Handicapped Tournament	Men's and Ladies singles with handicapped scoring.	Monday 20 February
Ladies Indoor 5-a-side Football Tournament	Played in the Sports Hall. Teams of 5.	Friday 24 February
Badminton Doubles Handicapped Tournament	Men's, Ladies and Mixed doubles handicapped scoring.	Saturday 25 February
Racketlon Tournament	Play your opponent in each of the four racket-sports table tennis, badminton, squash and tennis one after the other.	Saturday 3 March
<b>Intramural Sports Day 4</b>	<b>Football 11-a -side and It's a Knockout (Intramural teams only).</b>	<b>Sunday 18 March</b>
Mixed Netball Tournament	Teams of 7, minimum of 3 men & 3 women on court at all times.	Tuesday 20 March
Dodgeball Tournament	Charity event 'Sports Relief' Played in Sports Hall.	Saturday 24 March

## SUMMER 2012

Tennis Tournament	Men's and ladies singles, doubles and mixed doubles.	Saturday 28 - Sunday 29 April
Indoor Knockout 5-a-side Football Tournament	Cup and Plate competition run on a knockout basis.	Starts week commencing 30 April
Outdoor Rounders Tournament	Men's, ladies or mixed teams. Teams of 8. Played on outdoor Rounders pitch.	Thursday 3 May

## ALUMNI WEEKEND EVENTS:

Outdoor 7-a -side Football Tournament	Played on full size grass pitches.	Sunday 6 May
7-a- side Rugby Tournament	Played on full size grass pitches.	
Indoor Mixed Hockey Tournament	Teams of 5.	
Open Netball Tournament	Open to student, staff and public teams.	
<b>Sports Awards Dinner</b>	<b>Formal presentation of University Sports Awards</b>	<b>Friday 11 May (evening)</b>

Application forms for the Intramural sports can be obtained from the Sports Centre Reception one month prior to the starting date. The majority of the closing dates are one week before the event itself.

To keep up to date with the Sports Centres events sign up to our mailing list: <https://www2.essex.ac.uk/secure/cs/maillinglists/sports-info.asp>