

SPORTS – ADULTS

- Archery
- Athletics – track and field
100m; 200m; 400m; 800m; 1500m; 5000m; racewalk; 4x100 relay;
4 x400 relay; shot put; ball throw; long jump; high jump; discus; javelin.
- Badminton
- Basketball (3-on-3)
- Cycling
10km closed course time trial
30km road race
20km team event
- Darts
- Football
- Golf
- Petanque
- Table Tennis
- Tennis
- Ten pin Bowling
- Squash
- Swimming
Freestyle (50m, 100m, 200m, 400m); breaststroke (50m, 100m);
backstroke (50m, 100m); butterfly (50m); 200m individual medley;
4x50m freestyle relay; 4x50m medley relay, 200+ relay.
- Volleyball
- Virtual Triathlon

SPORTS – CHILDREN

- Archery (15-17)
- Athletics:
25m, 50m, 100m, 200m, ball throw, high jump, long jump, shot putt)
- Badminton (9-11, 12-14, 15-17)
- Cycling 5km time trial (9-11, 12-14, 15-17)
- Darts (9-11, 12-14, 15-17)
- Squash (15-17)
- Swimming:
Freestyle (25m, 50m, 100m, 200m); breaststroke (25m, 50m, 100m);
backstroke (25m, 50m, 100m); butterfly (25m, 50m).
- Table Tennis (9-11, 12-14, 15-17)
- Ten Pin Bowling (9-11, 12-14, 15-17)
- Tennis (9-11, 12-14, 15-17)

SPORTS – DONORS

(including deceased donor families and living donors)

- Road Race
- 50m Freestyle
- Athletics
 - 100m sprint, ball throw, long jump