



Vancouver Island  
**CARIBBEAN HUB**

# Sports DAY

**TWO-DAY YOUTH & FAMILY EVENT ROOTED IN  
CULTURE, FUN, AND MOVEMENT!**

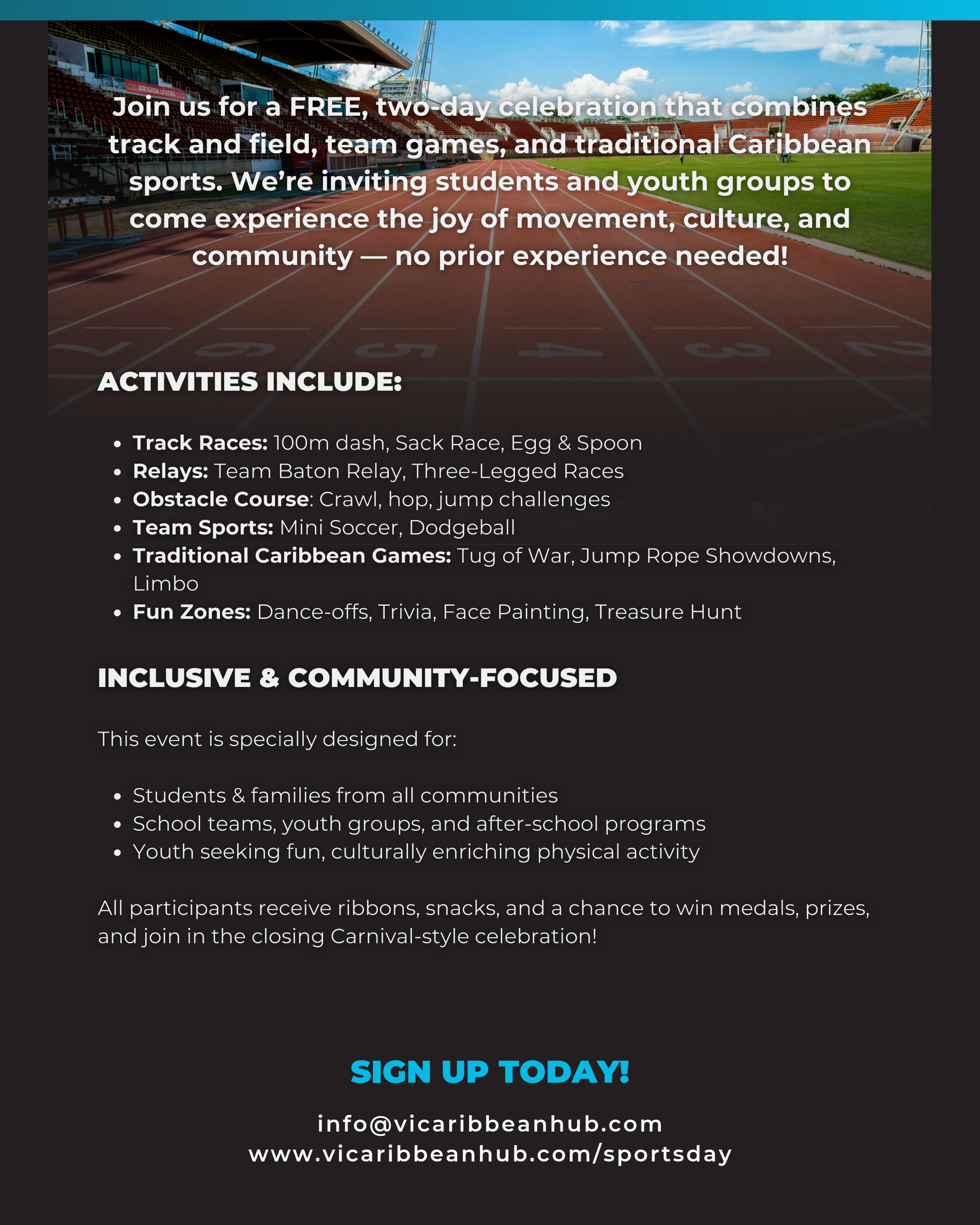
**JULY 5 & 6, 2025**  
**GOUDY FIELD, LANGFORD**

[www.vicaribbeanhub.com](http://www.vicaribbeanhub.com)

POWERED BY







**Join us for a FREE, two-day celebration that combines track and field, team games, and traditional Caribbean sports. We're inviting students and youth groups to come experience the joy of movement, culture, and community — no prior experience needed!**

## **ACTIVITIES INCLUDE:**

- **Track Races:** 100m dash, Sack Race, Egg & Spoon
- **Relays:** Team Baton Relay, Three-Legged Races
- **Obstacle Course:** Crawl, hop, jump challenges
- **Team Sports:** Mini Soccer, Dodgeball
- **Traditional Caribbean Games:** Tug of War, Jump Rope Showdowns, Limbo
- **Fun Zones:** Dance-offs, Trivia, Face Painting, Treasure Hunt

## **INCLUSIVE & COMMUNITY-FOCUSED**

This event is specially designed for:

- Students & families from all communities
- School teams, youth groups, and after-school programs
- Youth seeking fun, culturally enriching physical activity

All participants receive ribbons, snacks, and a chance to win medals, prizes, and join in the closing Carnival-style celebration!

**SIGN UP TODAY!**

**info@vicaribbeanhub.com**  
**www.vicaribbeanhub.com/sportsday**