



FRIDAY JUNE 5<sup>TH</sup> 2020

## The Calaroga Cup

The Calaroga Cup is an annual inter-school relay competition founded by The Friary's very own Dominican fathers. The history of this event dates back to the 1960s and has involved many of Dundalk's best athletes. The cup was originally sponsored by the Dominican fathers and was named after the birthplace of St. Dominic in Spain.

The Calaroga Cup is an integral part of St. Malachy's BNS Sports Day and school calendar. We are in the privileged position of hosting such a prestigious event. We have traditionally performed quite strongly in the Calaroga Cup, in fact we are the most successful team in the history of the cup.

It is therefore important that this year we continue our long standing tradition and affiliation to this illustrious sports day event and as a result have created The Virtual Calaroga Cup.

This year's Virtual Calaroga Cup is unique and an extra special occasion as we invite all the boys in the school to take part. Some of the school teachers and staff have also volunteered to participate.

### **HOW TO SET UP AND RECORD YOUR RESULT:**

1. This year's Virtual Calaroga Cup is still a relay race, but with a twist! The baton will be replaced by the egg. It will be based on Thursday's Egg & Spoon Race.
2. Your race will begin when the tester throws you the egg (or ball etc.) to catch.
3. When you catch the egg, you will then place it on the spoon and run to and around the cone and return to the start - just like in yesterday's Egg & Spoon Race.
4. When you return to the starting line you will then lift the egg off the spoon and throw it back to the tester to catch. This will mark the end of the race.
5. Feel free to watch the teachers' video demonstration on Seesaw or on the school website.

