

# *INDER prepares activities for the Day of Physical Education and Sports*

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Havana, November 4 (RHC)-- The National Institute of Sports, Physical Education and Recreation (INDER) will promote the celebration of the Day of Physical Education and Sports throughout the country this November 19th.

Activities will be held from this coming weekend until Sunday, November 22nd -- in pursuit of the broad enjoyment of sports lovers. Among those events that stand out are the All-Stars Game of the 60th National Baseball Series and the virtual calls of Maracuba and Marabana (21-22), due to the COVID-19.

Santiago de Cuba will host the All-Stars Game of the most outstanding players in baseball this current season, which will be held Sunday, November 8th. The festivities will be closed by the Maracuba and Marabana competitions, which have filled the hearts of thousands of national and foreign marathon

walkers.

To maintain the effervescence, short duration championships will be developed in different sports and exhibitions of combat disciplines, competitive art and martial arts.

There will be festivals of speed, throwing and jumping in athletics; also swimming and other sports-recreational festivals, as well as a virtual gathering of competitive aerobic gymnastics.

Granma province will be the main venue for the activities for the Day of Physical Education and Sports, celebrated every November 19th since 1985.

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