

FIFTH ANNUAL
ARNOLD JUMP ROPE COMPETITION
MARCH 3-5, 2017

**Greater Columbus Convention Center, Eisenman & Trott Rooms • 400 N High St, Columbus, Ohio
and Ohio Expo Center, Bricker Bldg • 717 E 17th Ave, Columbus, Ohio**

Host World Jump Rope Federation

Event Chairman Rochelle Boggs

Events **Open To All Crossfit Enthusiasts. Learn From The Best!** Double Under and Speed Jumping Instructional Clinics by World Jump Rope Speed Champions and Record Holders. Stop by and get advice and tips on some of the best speed ropes used by serious competitors and street jumping enthusiasts.

Friday, March 3 – 9:00 am - 5:30 pm • Greater Columbus Convention Center, Eisenman & Trott Rooms

The Arnold World Jump Rope Championships continues its fifth year of Competitive Jump Rope. Fees apply with Medals awarded in all divisions to the top 3 places. Events including: Male and Female, Single Rope Speed 1 x 30 sec, Open Single Rope Pairs Double Unders 2 x 30 sec, Open Double Dutch Speed Relay 3 x 40 sec, Open Double Dutch Speed 1 x 30 sec.

Saturday, March 4 – 9:00 am - 1:00 pm • Greater Columbus Convention Center, Eisenman & Trott Rooms

REGISTRATION: Includes participation in the Arnold Jump Rope Championship and the Buckeye Classic Qualifier. Early Online Registration Deadline is February 15, 2017. After February 15th, registration will add an additional late fee. WJR /Arnold Championship Tee Shirt (new design) pre-ordered by February 15, 2017.

Event registration/ information found at www.worldjumprope.org

2017 Arnold Fastest Jumpers - THE FINALS

FINALS Single Elimination Bracketed Tournament at the Arnold Classic - Jumpers having advanced from regional qualifiers of the Buckeye Classic Series, fall 2016 to spring 2017. Events including: Single Rope Speed both Male and Female (13 - U) and (14 - Over), Open Double Under Pairs 2 x 30 sec, and Open Double Dutch Speed 1 x 30 sec, will advance a total of 14 jumpers into the bracketed FINALS. Open Double Dutch Speed Relay 3 x 40 sec. will advance a total of 9 jumpers.

Qualifiers compete in this fast paced Single Elimination Olympic Style Tournament that will determine THE FASTEST Jumpers at the Arnold Sports Festival.

Saturday, March 4 – 1:00 am - 6:00 pm (approx time) • Greater Columbus Convention Center, Eisenman & Trott Rooms

Fun with Jump Rope. Come on down and give jump rope a try with World Jump Rope Ambassadors and The Ohio State Jump Rope Club.

Sunday, March 5 – 10:00 am - 4:00 pm • Arnold SportsWorld Kids & Teens Expo at the Ohio Expo Center, Bricker Bldg

For More Information Visit worldjumprope.org for additional tournament information and online registration. Visit arnoldsportsfestival.com for lodging, parking and spectator ticket information.

Spectator Admission Daily Arnold Fitness EXPO Tickets can be purchased IN ADVANCE at www.ticketmaster.com/arnold (3 EXPO Tickets for \$40; single for \$15) or at the door for \$20. 14 yrs. & under FREE if accompanied by an adult. Includes access to the Arnold Fitness EXPO and most events at the Columbus Convention Center as well as access to the Arnold SportsWorld and events at the Ohio Expo Center.