



WORLD JUMP ROPE FEDERATION'S  
 SPEED AND POWER CHALLENGE at the  
 ARNOLD CLASSIC EUROPE  
 hosted by Club de Salto de Montilla, Cordoba, Spain



**Where:** Fira de Barcelona, Gran Via, Barcelona,

**Tentative Daily Schedule-**

Friday, 22 Sept. 2017 10:00-18:00 Demonstrations

Saturday, 23 Sept. 2017 10:00-18:00 Speed and Power Challenge

Sunday, 24 Sept. 2017 10:00-12:00 WJR Ambassador Workshop1

13:00-15:00 WJR Ambassador Workshop2



**Gender divisions: Male, Female, Open**

**Age divisions: (12-Under), (13-16), (17-20), (21-30), (31-Over)**

**Events:** Single Rope Speed 1 x 30 sec. **Male and Female**

Single Rope Pairs Double Under 2 x 30 sec. **Open**

SR Burpees 1 x 60 sec. **Male and Female**

Long Rope Push Up - 30 sec. (turners can be supplied) **Male and Female**

SR Criss Cross Open 1 x 60 sec. **Male and Female**

Double Dutch Speed Relay 3 x 40 sec. **Open**

Double Dutch Speed 1 x 30 sec. **Open**

**FEES: 25 Euro per person for admission and Speed and Power Challenge**

**40 Euro per person for Sunday workshop**

**60 Euro per person for Challenge , Workshops AND a T- shirt**

**BEST BUY**



For additional information contact:

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