



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:

27 Euro per person for admission and Speed and Power Challenge

42 Euro per person for Sunday workshop

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

*A two Euro charge has been added to the registration fee for event insurance recently assessed

BEST BUY



For additional information contact:

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