



WORLD JUMP ROPE FEDERATION'S SPEED AND POWER CHALLENGE at the ARNOLD CLASSIC EUROPE



hosted by World Jump Rope Ambassador, Club Salto de Comba Montilla, Cordoba, Spain.

Where: Fira de Barcelona, Gran Via, Barcelona

Tentative Daily Schedule

Friday, 28 September 2018, (10:00 am - 18:00 pm) demonstrations.

Saturday, 29 September 2018, (10 am - 18:00 pm) Speed and Power Challenge.

Sunday, 30 September 2018:

10:00 - 12:00 WJR Ambassador Jump Rope Workshop Session 1.

13:00 - 15:00 WJR Ambassador Jump Rope Workshop Session 2.

Gender division: Male, Female, Open.

Ages 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

SRBurpies 1 x 60 sec. Male and Female

Long Rope Push up - 30 sec. (if needed, we supply the turners), 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, Workshop and T-Shirt.

For additional information contact:

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Additional information can be found at worldjumprope.org or arnoldclassiceurope.es.