



## Arnold Classic Africa Rope Skipping Programme

**SAGF**

19 May-2018



### Beginners Competition

<u>Event</u>	<u>Time</u>
Arrivals	08:00 – 08:15
Judges Briefing and Numbering	08:15 – 08:35
Warm Up All Levels	08:35 – 08:55
Level 1 – Level 3 Speed Events	09:00 – 09:45
Judges Briefing	09:45 – 10:00
Level 1 Free Style	10:00 – 10:20
Level 2 Free Style	10:20 – 10:40
Level 3 Free Style	10:40 – 11:00
<b>Medal Ceremony: 11:30 – 12:00</b>	
<b><u>Lunch 12:00 – 13:00</u></b>	
Advanced Grouping, Judges Session	13:00 – 13:15
Advanced Speed Events	13:15 – 14:00
Demonstration Warm-up, Judges Session	14:00 – 14:30
Demo Competition	14:45 – 15:15
<b>Medal Ceremony : 15:30 – 15:45</b>	
<i>End of Competition 😊</i>	