



Rope Skipping National Gym Games Provisional Program 2016

Day 1

Date	Time	Event	Category /level	Age Group
06/10/2016 Thursday	08:30am	Numbering , individuals Warm up and Judges Meeting / Briefing	Level 1-4	All ages
	09:00am			
	09:00am	Individual Speed Events	Level 1-4	All ages
	10:15am			
	10:30am	Tea Break and Judges Meeting		
	11:00am			
	11:00am	Single Rope Freestyle Individual Event	Level 1	All Ages
	11:20am			
	11:20am	Single Rope Freestyle Individual Event	Level 2	All ages
	11:40am			
	11:40pm	Single Rope Freestyle Individual Event	Level 3 - 4	All ages
	12:30pm			
	12:30pm	Lunch : All Judges Coaches and jumpers		
	01:30pm			
	01:30pm	Medal Ceremony	All Level 1 - 4	All ages
	02:30pm	Coaches Forum Meeting	All coaches invited	All Coaches
	03:30	Judges Meeting	Lev 5 - 7	All Judges
	04:30			

ROPE SKIPPING PROGRAMME MANAGEMENT TEAM

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Rope Skipping National Gym Games Provisional Program 2016

Day 2

Date	Time	Event	Category /level	Age Group
07/10/2016 Friday	08:30am	Numbering , individuals Warm up and Judges Meeting / Briefing	Level 5 - 6	All Ages
	09:00am			
	09:00am	Individual Speed Events	Level 5 - 6	All ages
	09:30am			
	09:30am	Triple Under Events	Lev 5 - 6	All Ages
	09:45am			
	10:00am	Tea Break and Judges Meeting		
	10:15am			
	10:15am	Single Rope Freestyle Individual Event	Level 5	All Ages
	10:45am			
	10:45am	Single Rope Freestyle Individual Event	Level 6	All ages
	11:15am			
	11:30am	Numbering	Lev 7	All Ages
	11:45am			
	12:00pm	Lunch : All Judges Coaches and Jumpers		
	12:45pm			
	01:00pm	Individual Speed Events and Triples	Level 7	All Ages
	01:30pm			
	01:30pm	Judges Meeting		
	01:45pm			
	01:45pm	Single Rope Freestyle Individual Event	Level 7	All ages
	02:00pm			
	02:15pm	Medal Ceremony	Level 5 -7	All Ages
	02:30pm			
	03:00pm	Technical Assembly		
	04:00pm			

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