

# JUMP ROPE

Wednesday, 04.06.2025			Thursday, 05.06.2025		
Time	Activity	Place	Time	Activity	Place
			9:00	Gym opening, setup of competition area	Sports hall
10:00 - 11:30	Judges refresher course	Hotel	10:00 - 12:30	IJRU Speed Competition, Round 1	Sports hall
12:00 - 13:30	Lunch break	Horizon Rest. Loutraki	12:30 - 14:00	Lunch break	Sports hall
19:30	Opening Ceremony	Loutraki	14:00 - 17:00	Jump Rope practice sessions	Sports hall
			14:00 - 17:00	How to create a freestyle?	Sports hall
Friday, 06.06.2025			Saturday, 07.06.2025		
Time	Activity	Place	Time	Activity	Place
9:00	Gym opening	Sports hall	9:00	Gym opening	Sports hall
10:00 - 12:30	IJRU Speed Competition, Round 2	Sports hall	10:00 - 12:30	IJRU Speed Competition, Round 3 Medal ceremony	Sports hall
12:30 - 14:00	Lunch break	Sports hall	12:30 - 14:00	Lunch break	Sports hall
14:00 - 17:00	Jump Rope practice sessions	Sports hall	14:00 - 17:00	Workshop Beginner	Sports hall
14:00 - 17:00	How to create a freestyle?	Sports hall	14:00 - 17:00	Workshop Beginner	Sports hall
			20.00	Closing Ceremony	Tank Park Loutraki