



ROPE SKIPPING

1st AFRICAN JUMP ROPE CHAMPIONSHIPS

City of Tshwane (Pretoria), RSA
Date: 2022/10/05 – 2022/10/08

African Champs and Gym Games Provisional Program 2022

Day 1: 06 October 2022

Date	Time	Event	Category /level Age Group	
06/10/2022 Thursday	10:00am	Arrival of Dignitaries		
	11:00am	Athletes Arrival and Numbering		
	11:00am	Tea and Coffee for Dignitaries		
	11:15am			
	11:30am	AFCH Opening Ceremony		
	12:15pm			
	12:30pm	Lunch		
	01:30pm	Warm Up Team Events and Judges Meeting		
	01:30pm	4x30sec speed	2X30sec Double Unders	AFCH & Gym Games All Ages
	02:00pm	4X30sec DD Speed	1X60sec DD Speed	
	02:00pm	Judges order and Meetings		Freestyles
	02:15pm			
	02:30pm	SR Pair Freestyle	DD3 Freestyle	AFCH & GG Team Freestyles All ages
	03:00pm	DD3 Freestyle		
	03:00pm	Judges reflection and Allocation for Days 2		
	05:00pm	Athlete Practice Session		
	05:00pm	Departure End of Day 1		

Esther Simelane
Secretary

Chairperson: Mpho Seate
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Mkhululi Gosa
Athlete Rep

Sonopo Tshilwane
Development

Zanele Magwaza
Participation

Keo Mokolopo-Meyer
Strategic Compliance



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Day 2: 07 October 2022

Date	Time	Event	Category /level Age Group	
07/10/2022 Friday	08:00am	Athletes and Judges Arrival		
	08:45am	Numbering 17&U		
	08:45am	Judges Meeting & Allocation		
	09:00am			
	09:00am	30Sec Sprint	1 x 180sec endurance	AFCH & GG Speed Events 17&U
	09:45am	Triple Unders		
	09:45am	Tea Break		
	10:00am	Judges Meeting & Allocation		
	10:00am	Freestyle		AFCH & Gym Games 17&U
	10:45am			
	10:45pm	Judges Allocation and Meeting		
	11:30pm	Numbering 18&O		
	11:30pm	30Sec Sprint	1 x 180sec endurance	AFCH & GG Speed Events 18&O
	12:30pm	Triple Unders		
	12:30pm	Lunch		
	01:30pm	Warm Up Free Styles and Judges Meeting		
	01:30pm	Freestyle		AFCH & GG Freestyle 18&O
	02:30pm			
	03:15pm	Individual Events Finals Announcement		
	03:30pm	Gym Games Medal Ceremony		
	04:00pm			
	04:00pm	Athlete Practice Session		
	05:45pm			
	06:00pm	Departure End of Day 2		

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Day 3: 08 October 2022

Date	Time	Event	Category /level Age Group	
08/10/2022 Saturday	08:00am	Judges Arrival		
	08:30am	Athletes Arrival and Numbering		
	08:30am	Judges Meeting & Allocation		
	09:00am			
	09:00am	Athletes Warm-up		
	11:00am			
	10:00am	Rope Skipping Technical Assembly		
	11:00am			
	11:00am	30Sec Sprint	1 x 180sec endurance	AFCH Speed Events
	11:45am	Triple Unders		Finals
	11:45am	Judges Allocation and Meetings		
	12:15pm	Freestyle		
	12:15pm	Freestyle		AFCH Freestyle
	12:45pm			Finals
	01:00pm	Lunch		
	02:00pm			
	02:00pm	Medal Ceremony		
	03:00pm	Individual Finals and Team Events Finals		
03:00pm	Closing Ceremony			
04:00pm				

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