

Floater Event:

1 Minute per athlete

Athletes will have 1 minute to get as many double unders as they can with an RX Smart Gear Kronos rope (1 pound heavy rope). Central will provide the ropes and athletes will have to make do with lengths of rope available.

Four athletes will participate in this event, going two at a time.

Open and 50+ athletes may choose to do single unders instead of double unders. Score will be 10:1.

Athletes can choose when they do this event but all teammates **MUST** do it at the same time and divisions must have this event done and their scorecards for this event turned in by the following times:

Open: 11am

50+: 11:30

40+: 12pm

RX'd: 1pm