

**2024
KING'S**

REGIONAL SPEED OFF

Date: : Saturday 11th May
Time : 3-5pm

Venue: King's Sport Centre
68 Gemvale Rd, Reedy Creek
Parking: Gate 3

Events:

- ✔ 30 second speed skipping
- ✔ 30 sec double unders
- ✔ 1.5min endurance
- ✔ 30 sec double foot jumping
- ✔ consecutive triple unders

Age groups will be from 8&U up to 19+

**There will be food and drinks available
for purchase!**

There will be ribbons!



Come and join in!

*This will be a fun event for
new skippers as well as for
athletes preparing for the
upcoming State
Championships!*

Individual single rope events

**Hosted by King's Skipperooos
and Skipping Queensland**

**Contact your club,
school or team to
register!**