

May 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|--------------------------------|--|-----------------------------|---------------|---------------|---------------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 Holiday | 15 Holiday | 16 Holiday |
| 17 Running Competition | 18 Table Tennis Competition | 19 Skipping Rope (Jump Rope Competition) | 20 Darts Championship | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

Notes:

Skipping rope (Jump Rope Competition)

A. Single Rope

1. Individual Speed (Male and Female) , 60 Seconds
2. Team Relay Speed (Mixed),4*30 Seconds
3. Individual Freestyle (Male and Female),45 to 75 Seconds
4. Pairs Freestyle (Mixed) 45 to 75 Seconds
5. Three Minute Speed (aka Endurance) (Male and Female) , 3 Minutes
6. Consecutive Triple Under (Male and Female)

B. Double Dutch

1. Speed Relay (Mixed) ,3*40 Seconds
2. Single Freestyle (Mixed),45 to 75 Seconds
3. Pairs Speed (Mixed) ,2*60 Seconds
4. Pairs Freestyle (Mixed),45 to 75 Seconds

C.Group Team Show ,4 Minutes Maximum (Begins at Regional Level)