



2026 JUMP ROPE CHALLENGE

**JUMP OFF TO A GOOD START
FOR THE NEW YEAR!**

February 7, 2026

10:00 am and 12:00 pm

Quay County Fairgrounds Exhibit Center

Age Groups:

Under 8

8 - 10

11 - 13

14 - 17

Adult

Senior over 50



**Pre-Register by
January 30, 2026**

**All participants will receive a
prize that day
1st place in each category will
receive an additional prize.**

**Each participant will jump
in 2 timed 30-second
rounds. Judges will count
the number of times the
right foot goes over the
rope. Participant totals will
be averaged to determine
the overall score.**

**Register at:
<https://forms.gle/7uwxYpYMxTYQCPZYA>
or scan the code**



**or text 575-815-4575
for the link**

***New Contest: Free Style Jump. You Bring the
Music and make up your own moves.
2 minute time limit (maximum).***

**Hosted by the Quay County Health Council's
Healthy Eating Active Living Committee**



Q C H C W o r k i n g F o r A H e a l t h i e r C o m m u n i t y

