

ABSTRACT. We study the pointwise asymptotic behaviour for the number of jumps of ergodic averages as the size of the oscillations decreases to zero. The study is carried out in the setting of Chacon-Ornstein averages. We find that under rather general conditions there exists a pointwise almost uniform asymptotics that relates the number and size of the jumps. The proof makes use of Bishop's upcrossing inequalities.