

GYMNASTICS TRAMPOLINE TRAINING SCHEDULE



GT TRAINING HALL - MEN AND WOMEN

DAY -4				DAY -3				DAY -2			
TRAINING				TRAINING				TRAINING			
12 AUGUST 2014	0900H	1030H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN	13 AUGUST 2014	0900H	1030H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL	14 AUGUST 2014	0900H	1030H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1030H	1200H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL		1030H	1200H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN		1030H	1200H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1400H	1530H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN		1400H	1530H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL		1400H	1530H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1530H	1700H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL		1530H	1700H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN		1530H	1700H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL

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15 AUGUST 2014	DAY -1		
	TRAINING		
	0900H	1030H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1030H	1200H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1400H	1530H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1530H	1700H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN

16 AUGUST 2014	Day 0		
	TRAINING		
	0900H	1030H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1030H	1200H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	YOG OPENING CEREMONY		

17 AUGUST 2014	Day 1		
	TRAINING		
	0900H	1030H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1030H	1200H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1400H	1530H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1530H	1700H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN

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18 AUGUST 2014	Day 2		
	TRAINING		
	0900H	1030H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1030H	1200H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1400H	1530H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
1530H	1700H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL	

19 AUGUST 2014	Day 3		
	TRAINING		
	0900H	1030H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1030H	1200H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1400H	1530H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
1530H	1700H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN	

20 AUGUST 2014	Day 4		
	TRAINING		
	0900H	1030H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
	1030H	1200H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL
	1400H	1530H	WOMEN: GEO , NAM , RUS , QAT EGY , GBR , JPN , USA AUS , MEX , FRA , CHN
1530H	1700H	MEM: RUS , EGY , UZB , BLR KAZ , CHN , NAM , POR GBR , USA , MEX , NZL	

GT TRAINING HALL - MEN AND WOMEN

21 AUGUST 2014	Day 5			22 AUGUST 2014	Day 6			23-28 AUGUST 2014	Days 7-12		
	COMPETITION - WOMEN				COMPETITION - MEN				POST-COMPETITION TRAINING		
	0800H	0845H	Warmup and Training		0800H	0845H	Warmup and Training		0900H	1200H	Open Training
	0900H	1100H	Podium Training		0900H	1100H	Podium Training				
	1145H	1315H	Competition Warm-up		1145H	1315H	Competition Warm-up				
	1330H	1440H	Competition Qualifications		1330H	1440H	Competition Qualifications				
	1440H	1510H	Competition Final		1440H	1510H	Competition Final				
	1510H	1520H	Award Ceremony		1510H	1520H	Award Ceremony				

GT ORIENTATION MEETING

Date: 20 AUGUST 2014

VENUE: Nanjing Olympic Sports Centre Gymnasium

TIME: 19:00 - 20:00

GT TRAINING HALL

VENUE: Nanjing Sport Institute Comprehensive
Gymnastics Hall

GYMNASTICS TRAMPOLINE COMPETITION SCHEDULE



WOMEN COMPETITIONS 21 AUGUST 2014 DAY 5

WARM-UP	Warm-up Hall		
	0800H	0810H	Arrival and Attendance
	0810H	0845H	General Warm-up

PODIUM TRAINING	FOP		
	0855H	March In	
	0900H	1100H	Podium Training
	1105H	March Out	

GT WARM-UP HALL / FOP

VENUE: Nanjing Olympic Sports Centre Gymnasium

QUALIFICATION	Warm-up Hall		
	1145H	1155H	Arrival and Attendance
	1155H	1225H	General Warm-up
	1225H	1315H	Warm-up
	FOP		
	1325H	March In	
	1330H	1405H	Routine 1
	1405H	1440H	Routine 2
	1440H	March Out	

FINAL	FOP		
	1440H	March In	
	1440H	1510H	Final Routine
	1510H	March Out	
	1510H	Award Ceremony	

GYMNASTICS TRAMPOLINE COMPETITION SCHEDULE



MEN COMPETITIONS 22 AUGUST 2014 DAY 6

WARM-UP	Warm-up Hall		
	0800H	0810H	Arrival and Attendance
	0810H	0845H	General Warm-up

PODIUM TRAINING	FOP		
	0855H	March In	
	0900H	1100H	Podium Training
	1105H	March Out	

GT WARM-UP HALL / FOP

VENUE: Nanjing Olympic Sports Centre Gymnasium

QUALIFICATION	Warm-up Hall		
	1145H	1155H	Arrival and Attendance
	1155H	1225H	General Warm-up
	1225H	1315H	Warm-up
	FOP		
	1325H	March In	
	1330H	1405H	Routine 1
	1405H	1440H	Routine 2
	1440H	March Out	

FINAL	FOP		
	1440H	March In	
	1440H	1510H	Final Routine
	1510H	March Out	
	1510H	Award Ceremony	