



1st Aere Trampoline World Cup - Competition Plan

Thursday 16.06.2016

	Competition Area		Warm Up Hall	
	Men	Women	Men	Women
8.00	Free Training		Free Training	
10.00	Free Training			
10.00				
			Free Training	
12.00				
12.00				
			Free Training	
16.00	Free Training			
16.00				
	Free Training			
18.00				
18.00				
20.00				

Friday 17.06.2016

	Competition Hall		Warm Up Hall	
	Individual Men	Individual Ladies	Individual Men	Individual Ladies
8.00 - 8.45				
8.45 - 9.30				
9.30 - 10.15				
10.15 - 11.00				
11.00 - 11.45	TRAINING GROUP A	TRAINING GROUP A	TRAINING GROUP B	TRAINING GROUP B
11.45 - 12.30	TRAINING GROUP B	TRAINING GROUP B	TRAINING GROUP C	TRAINING GROUP C
12.30 - 13.15	TRAINING GROUP C	TRAINING GROUP C	TRAINING GROUP D	TRAINING GROUP D
13.15 - 14.00	TRAINING GROUP D	TRAINING GROUP D	TRAINING GROUP E	TRAINING GROUP E
14.00 - 14.45	TRAINING GROUP E	TRAINING GROUP E	TRAINING GROUP F	TRAINING GROUP F

Saturday 18.06.2016

	Competition Hall		Warm Up Hall	
	Men	Ladies	Men	Ladies
8.00 - 9.00	General Warm Up		General Warm Up	
9.00 - 9.50	BREAK		Warm up Group 1	Warm up Group 1
9.50 - 10.00	Competition Opening			
10.00 - 10.50	Ind Competition Group 1	Ind Competition Group 1	Warm up Group 2	Warm up Group 2
10.50 - 11.40	Ind Competition Group 2	Ind Competition Group 2	BREAK	
11.40 - 12.30	BREAK		Warm up Group 3	Warm up Group 3
12.30 - 13.20	Ind Competition Group 3	Ind Competition Group 3	Warm up Group 4	Warm up Group 4
13.20 - 14.10	Ind Competition Group 4	Ind Competition Group 4	Warm up Group 5	
14.10 - 15.00	Ind Competition Group 5			
17.00 - 17.50	Synchro General Warm Up		Synchro General Warm Up	
17.50 - 18.40	BREAK		Warm up Group 1	Warm up Group 1
18.40 - 19.30	Syn Competition Group 1	Syn Competition Group 1	Warm up Group 2	Warm up Group 2
19.30 - 20.20	Syn Competition Group 2	Syn Competition Group 2		

Sunday 19.06.2016

	Competition Hall		Warm Up Hall		
	Men	Ladies	Men	Ladies	
13.00	Finalists Warm Up				
16.30					
16.30 - 17.00	BREAK			Individual Ladies Warm Up	
17.00 - 17.05		Finalist Presentation	Synchro Man Warm Up		
17.05 - 17.25		INDIVIDUAL LADIES FINAL			
17.25 - 17.30	Finalist Presentation		Synchro Ladies Warm Up		
17.30 - 17.50	SYNCHRO MAN FINAL				
17.50 - 17.55		Finalist Presentation	Individual Man Warm Up		
17.55 - 18.15		SYNCHRO LADIES FINAL			
18.15 - 18.20	Finalist Presentation				
18.20 - 18.50	INDIVIDUAL MAN FINAL				
18.50 - 19.00	BREAK				
19.00 - 19.30	AWARDING CEREMONIES				