



Rio 2016 Olympic Games

TRAMPOLINE GYMNASTICS
Training and Competition Schedule



Rio 2016 Olympic Games

Trampoline Gymnastics

Training groups

Group 1		Group 2		Group 3		Group 4	
RUS	F	CAN	F	CHN	F	BLR	F
RUS	M	CAN	M	CHN	F	BLR	F
RUS	M	JPN	F	CHN	M	BLR	M
FRA	F	JPN	M	CHN	M	POR	F
FRA	M	JPN	M	GBR	F	POR	M
BRA	M	GEO	F	GBR	F	KAZ	M
USA	F	UZB	F	GBR	M	NZL	M
USA	M	AUS	M	GER	F	UKR	F

Training groups for mens and womens

Training Schedule GT - Women							
Group 1	CAN	BLR	RUS	POR	FRA	USA	GER
Group 2	UZB	UKR	GEO	GBR	CHN	JPN	

Training Schedule GT - Men							
Group 1	CAN	RUS	KAZ	POR	FRA	USA	BRA
Group 2	BLR	NZL	GBR	JPN	CHN	AUS	



Rio 2016 Olympic Games Trampoline Gymnastics

Daily training times for Trampoline Gymnastic

Date	Place	Slot 1	Slot 2	Slot 3	Slot 4	Slot 5
		08h30 - 10h30	11h - 13h	15h30 - 17h30	18h - 20h	17h30 - 19h30
24-jul	Athletes' Park GT	---	---	GROUP 1 e 2	GROUP 3 e 4	---
25-jul		GROUP 4 e 3	GROUP 2 e 1	GROUP 4 e 3	GROUP 2 e 1	
26-jul		GROUP 2 e 4	GROUP 1 e 3	GROUP 2 e 4	GROUP 1 e 3	
27-jul		GROUP 3 e 1	GROUP 4 e 2	GROUP 3 e 1	GROUP 4 e 2	
28-jul		GROUP 2 e 3	GROUP 1 e 4	GROUP 2 e 3	GROUP 1 e 4	
29-jul		GROUP 4 e 1	GROUP 3 e 2	GROUP 4 e 1	GROUP 3 e 2	
30-jul	ROA Warm up Hall GT	GROUP 4 e 3	GROUP 1 e 2	GROUP 4 e 3	GROUP 1 e 2	
31-jul	ROA Warm up Hall GT	GROUP 2 e 1	GROUP 3 e 4	GROUP 2 e 1	GROUP 3 e 4	
1-Aug	Athletes' Park GT	GROUP 1 e 3	GROUP 4 e 2	GROUP 1 e 3	GROUP 4 e 2	
2-Aug		GROUP 2 e 4	GROUP 3 e 1	GROUP 2 e 4	GROUP 3 e 1	
3-Aug		GROUP 3 e 2	GROUP 1 e 4	GROUP 3 e 2	GROUP 1 e 4	
4-Aug		GROUP 4 e 1	GROUP 2 e 3	GROUP 4 e 1	GROUP 2 e 3	
5-Aug		GROUP 3 e 2	GROUP 1 e 4	---	---	
6-Aug		GROUP 2 e 3	GROUP 4 e 1	GROUP 2 e 3	GROUP 4 e 1	
7-Aug		GROUP 4 e 1	GROUP 3 e 2	GROUP 4 e 1	GROUP 3 e 2	
8-Aug		GROUP 1 e 2	GROUP 4 e 3	GROUP 1 e 2	GROUP 4 e 3	
9-Aug		GROUP 3 e 4	GROUP 2 e 1	GROUP 3 e 4	GROUP 2 e 1	
10-Aug		GROUP 2 e 1	GROUP 4 e 3	GROUP 2 e 1	GROUP 4 e 3	
11-Aug		GROUP Men	---	GROUP Men	---	GROUP Women
12-Aug		---	---	---	---	GROUP Men



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Competition & Training times for Trampoline Gymnastic

Date	Group	Place		
		Athletes' Park GT	ROA Warm up Hall GT	ROA FOP
11-Aug	Training Men	08h30 - 10h30		
	Training Men	15h30 - 17h30		
	Training Women	17h30 - 19h30		
	Women's Warm-up		09h40 - 11h30	
	Women's Podium Training			10h30 - 12h30
12-Aug	Men's Warm-up		08h10 - 10h00	
	Men's Podium Training			09h00 - 11h00
	Women's Warm-up		10h10 - 12h00	
	Women's Podium Training			11h00 - 13h00
	Women's Warm-up		13h10 - 16h00	
	Women's Competition (Q/F)			14h00 - 16h15
	Training Men	17h30 - 19h30		
13-Aug	Men's Warm-up		10h10 - 12h00	
	Men's Podium Training			11h00 - 13h00
	Men's Warm-up		13h10 - 16h00	
	Men's Competition (Q/F)			14h00 - 16h15