



ČESKÁ GYMNASTICKÁ FEDERACE

komise skoků na trampolíně

Zátokova 100/2, P.O.Box 40, 160 17 Praha 6, Česká republika

tel./fax: 257 210 811

e-mail: trampoliny@cstv.cz

web: <http://trampoliny.cstv.cz>

43rd Trampoline Friendship Cup 2015

GENERAL PROGRAM

1. General Program

| Friday 25 September 2015 | | | |
|----------------------------|-----------------|-----------------------------------|------------------------------|
| | all day | Arrivals | |
| | 15.00-20.30 | Accreditation | Sports Hall |
| | 15.00-21.00 | Free Training | Sports Hall |
| | -20.30 | Competition cards, Profiles | Sports Hall |
| | 21.30- | Accreditation (late arrivals) | Hotel Merkur |
| | 19.30-22.00 | Dinner | Hotel Merkur (Package B) |
| | 20.30-22.00 | Dinner | Hotel Břízky (Package A) |
| Saturday 26 September 2015 | | | |
| | 06.30-10.00 | Brekfast | Hotel Břízky (Package A) |
| | 06.30-10.00 | Breakfast | Hotel Merkur (Package B) |
| | 08.00-09.55 | Gen.Warm-up (morning ind comp.) | Sports Hall |
| | 09.00 | Information Meeting | Sports Hall |
| | 09.40 | Judges Trial Scoring | Sports Hall |
| | 10.00-13.00 | Qualification Round A | Sports Hall |
| | 11.30-14.30 | Lunch | Sports Hall (Packages A & B) |
| | 13.00-13.55 | Gen.Warm-up (afternoon ind comp.) | Sports Hall |
| | 14.00-17.00 | Qualifying Round (Seniors Indiv.) | Sports Hall |
| | 17.00-17.25 | General Warm-up (Finalists) | Sports Hall |
| | 17.30-20.45 | Opening Ceremony, Finals, Awards | Sports Hall |
| | 22.00-02.00 | Dinner Party & Disco | Eurocentrum |
| Sunday 27 September 2015 | | | |
| | 07.00-10.00 | Breakfast | Hotels (Package A & B) |
| | morning/all day | Departures | |





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TRAINING & COMPETITION

1. Training Schedule and General Warm-up

Friday 25 September 2015

15.00 - 21.00 - free training

Saturday 26 September 2015

08.00 - 09.55 - General Warm-up Girls & Boys 11-12, Boys 13-14, Girls & Boys 15-16 & 17-18

13.00 - 13.55 - General Warm-up Girls 13-14, Seniors

17.00 - 17.25 - General Warm-up Finalists

For synchro warm-up use the free training on Friday please.

2. Competition Schedule

Saturday 26 September 2015

10.00 - 13.00 Qualifying Round A

| | | Trampolines 1&2 | Trampolines 3&4 | Trampolines 5&6 |
|---------------|------|---------------------|--------------------|---------------------|
| 10.00 - 10.35 | Gr.1 | Ind Girls 15-16 (1) | Ind Boys 15-16 (1) | Ind Boys 11-12 |
| 10.35 - 11.15 | Gr.2 | Ind Girls 15-16 (2) | Ind Boys 15-16 (2) | Ind Girls 11-12 (1) |
| 11.15 - 11.50 | Gr.3 | Ind Girls 17-18 (1) | Ind Boys 17-18 (1) | Ind Girls 11-12 (2) |
| 11.50 - 12.25 | Gr.4 | Ind Girls 17-18 (2) | Ind Boys 17-18 (2) | Ind Boys 13-14 (1) |
| 12.25 - 13.00 | Gr.5 | | | Ind Boys 13-14 (2) |

14.00 - 17.00 Qualifying Round B

| | | | | |
|---------------|-------|-----------------|-------------------|---------------------|
| 14.00 - 14.35 | Gr.6 | Ind Women | Ind Men (1) | Ind Girls 13-14 (1) |
| 14.35 - 15.10 | Gr.7 | Syn Girls 15-16 | Ind Men (2) | Ind Girls 13-14 (2) |
| 15.10 - 15.45 | Gr.8 | Syn Girls 17-18 | Syn B 15-16+17-18 | Ind Girls 13-14 (3) |
| 15.45 - 16.20 | Gr.9 | Syn Women | Syn Men | Syn B 11-12+13-14 |
| 16.20 - 16.55 | Gr.10 | | | Syn G 11-12+13-14 |

17.30 - 20.10 Finals

| | | | | |
|---------------|------|--|----------------|-------------------|
| 17.30 - 17.40 | | Opening ceremony (track suite) | | |
| 17.40 - 18.00 | Gr.1 | Ind Girls 15-16 | Ind Boys 15-16 | Ind Girls 11-12 |
| 18.00 - 18.20 | Gr.2 | Ind Girls 17-18 | Ind Boys 17-18 | Ind Boys 11-12 |
| 18.20 - 18.40 | Gr.3 | Ind Women | Ind Men | Ind Girls 13-14 |
| 18.40 - 19.00 | Gr.4 | Syn Girls 15-16 | Syn Boys 15-16 | Ind Boys 13-14 |
| 19.00 - 19.20 | Gr.5 | Syn Girls 17-18 | Syn Boys 17-18 | Syn B 11-12+13-14 |
| 19.20 - 19.40 | Gr.6 | Syn Women | Syn Men | Syn G 11-12+13-14 |
| 19.40 - 20.45 | | Winner ceremony (competition attire, medalists only) | | |

The times can subject to changes according the course of competition. One max. 30 seconds warm-up per competitor / pair prior Qualifying Round and prior Finals.





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SHUTTLE SERVICES SCHEDULE

(priority for Accommodation Packages A & B)

Shuttle Service Schedule (priority for Package A & B)

The shuttle / bus service between the hotels Merkur and Břízky and Sports Hall will operate on Friday 25 October 2015 and on Saturday 26 October 2015 :

Hotel Merkur - Sports Hall - Hotel Břízky / return + Hotel Břízky - Eurocentrum / return

| Friday 25.09.2015 | | | | | | | | |
|-------------------|--------|-------|-------|-------|-------|-------|-------|-------|
| ↓ | Merkur | 14.30 | 15.30 | 16.30 | 17.30 | 18.30 | 19.30 | 20.30 |
| | Venue | 14.36 | 15.36 | 16.36 | 17.36 | 18.36 | 19.36 | 20.36 |
| | Břízky | 14.41 | 15.41 | 16.41 | 17.41 | 18.41 | 19.41 | 20.41 |
| | Břízky | 14.45 | 15.45 | 16.45 | 17.45 | 18.45 | 19.45 | 20.45 |
| | Venue | 14.52 | 15.52 | 16.52 | 17.52 | 18.52 | 19.52 | 20.52 |
| | Merkur | 14.59 | 15.59 | 16.59 | 17.59 | 18.59 | 19.59 | 21.59 |

| Saturday 26.09.2015 | | | | | | | | |
|---------------------|--------|------|------|------|------|-------|-------|-------|
| ↓ | Merkur | 7:35 | 8:05 | 8:35 | 9:05 | 11:05 | | |
| | Venue | 7:41 | 8:11 | 8:41 | 9:11 | 11:11 | 20:50 | |
| | Břízky | 7:46 | 8:16 | 8:46 | 9:16 | 11:16 | 20:55 | |
| | Břízky | 7:50 | 8:20 | 8:50 | 9:20 | 11:20 | | |
| | Venue | 7:57 | 8:27 | 8:57 | 9:27 | 11:27 | 21:00 | 21:15 |
| | Merkur | 8:04 | 8:34 | 9:04 | 9:34 | 11:34 | 21:07 | 21:22 |

| Saturday 26.09.2015 - Dinner party | | | | | | | | |
|------------------------------------|-------------|--|--|--|--|--|--|-------------|
| ↓ | Břízky | | | | | | | 21:40 |
| | Eurocentrum | | | | | | | 21:55 |
| | Eurocentrum | | | | | | | 24:00 02:00 |
| | Břízky | | | | | | | 00:15 02:15 |

Bus stops : regular public bus stops Jablonec n.N., Lázně (at hotel Merkur), Jablonec n.N., Plavecký bazén (at venue) and Jablonec n.N., Kamenná (at Eurocentrum) and temporary bus stop Jablonec n.N., Břízky (ask in the hotel reception for more information).

