



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>

44th Trampoline Friendship Cup 2016

GENERAL PROGRAM



Friday 07 October 2016			
	all day	Arrivals	
	12.00-21.00	Free Training	Sports Hall
	16.00-20.30	Accreditation	Sports Hall
	-20.30	Competition cards, Profiles	Sports Hall
	21.30-	Accreditation (late arrivals)	Hotel Merkur
	19.30-22.00	Dinner	Hotels (Package A & B)
Saturday 08 October 2016			
	06.30-10.00	Brekfast	Hotels (Package A & B)
	08.00-09.55	Gen.Warm-up (morning ind comp.)	Sports Hall
	09.00	Information Meeting	Sports Hall
	09.30	Judges Trial Scoring	Sports Hall
	10.00-13.00	Qualification Round A	Sports Hall
	11.00-15.00	Lunch	Sports Hall (Packages A & B)
	13.00-14.25	Gen.Warm-up (afternoon ind comp.)	Sports Hall
	14.30-16.20	Qualifying Round B	Sports Hall
	16.30-18.30	Qualifying Round C	Sports Hall
	18.30-18.50	General Warm-up (Finalists)	Sports Hall
	19.00-21.05	Opening Ceremony, Finals, Awards	Sports Hall
	22.00-02.00	Dinner Party & Disco	Eurocentrum
Sunday 09 October 2016			
	07.00-10.00	Breakfast	Hotels (Package A & B)
	all day	Departures	





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SKOKY NA TRAMPOLÍNĚ

44th Trampoline Friendship Cup 2016

TRAINING & COMPETITION

1. Training Schedule and General Warm-up

Friday 07 October 2015

12.00 - 21.00 - free training

Saturday 08 October 2016

08.00 - 09.55 - General Warm-up Juniors and Girls & Boys 11-12

13.00 - 14.25 - General Warm-up Seniors and Girls 13-14

18.30 - 18.50 - General Warm-up Finalists

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

2. Competition Schedule

Saturday 08 October 2016

10.00 - 13.00 Qualifying Round A

Trampolines 1&2

Trampolines 3&4

Trampolines 5&6

10.00 - 10.35	Gr.1	Ind Junior Girls (1)	Ind Junior Boys (1)	Ind Girls 11-12 (1)
10.35 - 11.15	Gr.2	Ind Junior Girls (2)	Ind Junior Boys (2)	Ind Girls 11-12 (2)
11.15 - 11.50	Gr.3	Ind Junior Girls (3)	Ind Junior Boys (3)	Ind Girls 11-12 (3)
11.50 - 12.25	Gr.4	Ind Junior Girls (4)	Ind Junior Boys (4)	Ind Boys 11-12 (1)
12.25 - 13.00	Gr.5	Ind Junior Girls (5)		Ind Boys 11-12 (2)

14.30 - 16.20 Qualifying Round B

Trampolines 1&2

Trampolines 3&4

Trampolines 5&6

14.30 - 15.05	Gr.6	Ind Sen.Women (1)	Ind Sen.Men (1)	Ind Girls 13-14 (1)
15.05 - 15.45	Gr.7	Ind Sen.Women (2)	Ind Sen.Men (2)	Ind Girls 13-14 (2)
15.45 - 16.20	Gr.8	Ind Sen.Women (3)	Ind Sen.Men (3)	

16.30 - 18.30 Qualifying Round C

Trampolines 1&2

Trampolines 3&4

Trampolines 5&6

16.30 - 17.10	Gr.9	Syn Junior Girls (1)	Syn Junior Boys (1)	Ind Boys 13-14 (1)
17.10 - 17.50	Gr.10	Syn Junior Girls (2)	Syn Junior Boys (2)	Ind Boys 13-14 (2)
17.50 - 18.30	Gr.11	Syn Sen.Women (1)	Syn Sen.Men (1)	

19.00 - 20.30 Finals

Trampolines 1&2

Trampolines 3&4

Trampolines 5&6

19.00 - 19.10		Opening ceremony (track suite)		
19.10 - 19.30	Gr.1	Ind Junior Girls	Ind Junior Boys	Ind Girls 11-12
19.30 - 19.50	Gr.2	Ind Sen.Women	Ind Sen.Men	Ind Boys 11-12
19.50 - 20.10	Gr.3	Syn Junior Girls	Syn Junior Boys	Ind Girls 13-14
20.10 - 20.30	Gr.4	Syn Sen.Women	Syn Sen.Men	Ind Boys 13-14

20.35 - 20.10 Winner ceremony (competition attire, medalists only)

20.35 - 20.40	1	Ind Girls 11-12	/	Ind Boys 11-12
20.40 - 20.45	2	Ind Girls 13-14	/	Ind Boys 13-14
20.45 - 20.50	3	Ind Junior Girls	/	Ind Junior Boys
20.50 - 20.55	4	Ind Sen.Women	/	Ind Sen.Men
20.55 - 21.00	5	Syn Junior Girls	/	Syn Junior Boys
21.00 - 21.05	6	Syn Sen.Women	/	Syn Sen.Men

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

(for Accommodation Packages A & B only)

Dedicated shuttle / bus service between the hotels Merkur, Na Baště, Sport and Břízky and Sports Hall will operate on Friday 07 October 2016 and on Saturday 08 October 2016.

All buses will be identified by the label "A3" and by the name of the target station.

Bus stops : regular public bus stops Jablonec n.N., **Lázně** (at hotel Merkur), Jablonec n.N., **Horní náměstí** (at hotel Na Baště), Jablonec n.N., **Plavecký bazén** (at venue) and Jablonec n.N., **Kamenná** (at Eurocentrum) and temporary bus stops Jablonec n.N., **Břízky** (ask in the hotel reception for more information) and Jablonec n.N., **Sport** (at the parking place near the hotel).

Friday 07 October 2016												
Bus	1	1	1	1	1	1	1	1	1	1	1	
Sport					14.25	15.25	16.25	17.25	18.25	19.25	20.25	
Merkur	11.30	12.30	13.30	14.30	15.30	16.30	17.30	18.30	19.30	20.30		
Na Baště	11.33	12.33	13.33	14.33	15.33	16.33	17.33	18.33	19.33	20.33		
Sports Hall	11.38	12.38	13.38	14.38	15.38	16.38	17.38	18.38	19.38	20.38		
Břízky	11.43	12.43	13.43	14.43	15.43	16.43	17.43	18.43	19.43	20.43		
Břízky	11.47	12.47	13.47	14.47	15.47	16.47	17.47	18.47	19.47	20.47		
Sports Hall	11.54	12.54	13.54	14.54	15.54	16.54	17.54	18.54	19.54	20.54		
Na Baště	11.58	12.58	13.58	14.58	15.58	16.58	17.58	18.58	19.58	20.58		
Merkur	12.02	13.02	14.02	15.02	16.02	17.02	18.02	19.02	20.02	21.02		
Sport					15.07	16.07	17.07	18.07	19.07	20.07	21.07	

Saturday 08 October 2016												
Bus	1	2	1	2	1	2	1	1	2	1	1	
Sport		7.40		8.10		8.40			10.55			17.45
Merkur	7.30	7.45	8.00	8.15	8.30	8.45	9.00	10.45	11.00			17.50
Na Baště	7.33	7.48	8.03	8.18	8.33	8.48	9.03	10.48	11.03			17.53
Sports Hall	7.38	7.53	8.08	8.23	8.38	8.53	9.08	10.53	11.08	14.15		17.58
Břízky	7.43		8.13		8.43	8.58	9.13	10.58			14.20	18.03
Břízky	7.45		8.15		8.45	9.00	9.15	11.00			14.22	18.05
Sports Hall	7.50		8.20		8.50	9.05	9.20	11.05			14.30	18.10
Merkur	7.59		8.29		8.59						14.36	
Sport		8.03		8.33							14.51	

Bus	2	1	1	Bus	2	1	2	1	1	1	
Sports Hall	21.10		21.30	Sport		22.10		22.20			
Břízky	21.15		21.35	Břízky	22.00		22.20				
Sports Hall	21.20	21.15	21.40	Eurocentrum	22.10	22.15	22.30	22.25	24.00	02.00	
Na Baště		21.19	21.44	Sport					00.05	02.05	
Merkur		21.23	21.48	Eurocentrum					00.15	02.15	
Sport	21.30		21.53	Břízky					00.25	02.25	

