



# ČESKÁ GYMNASTICKÁ FEDERACE

komise skoků na trampolíně

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

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## 37<sup>th</sup> Trampoline Friendship Cup 2009

# GENERAL PROGRAM

### 1. General Program

Friday 02 October 2009			
	all day	Arrivals	
	15.00-	Accreditation	Sports Hall until 20.30 Hotel Kladno 21.00 and later
	15.00-21.00	Free Training	Sports Hall
	19.00-21.30	Dinner	Hotel Kladno Café (Package A)
	19.30-20.30	Dinner	Hotel Astra (Package A)
	-20.30 Info meeting	Hand over Competitions cards and Athletes profiles	Sports Hall Hotel Kladno Transit restaurant
	21.00	Information Meeting	Hotel Kladno Transit restaurant
Saturday 03 October 2009			
	07.00-10.00	Breakfast	Hotels Kladno & Astra (Pack.A)
	08.30-11.00	Training per schedule	Sports Hall
	10.00	Judges Trial Scoring	Sports Hall
	12.30-13.30	Lunch pack delivery	Sports Hall (Package A)
	11.15-17.00	Qualifying Round	Sports Hall
	17.30-20.00	Opening Ceremony, Finals	Sports Hall
	21.30-02.00	Dinner Party & Disco	Hotel Kladno all restaurants
Sunday 04 October 2009			
	07.00-10.00	Breakfast	Hotels Kladno & Astra (Pack.A)
	Morning	Departures	

### 2. Shuttle Service Schedule (priority for Package A)

The shuttle / bus service between the hotels and Sports Hall will operate on Friday 02 October 2009 and on Saturday 03 October 2009 (departures) :

#### Hotel Kladno - Sports Hall - Hotel Kladno

Fri	Hotel	14.50	15.30	16.10	16.50	17.30	18.10	18.50	19.30	20.10	20.50
	Hall	15.00	15.40	16.20	17.00	17.40	18.20	19.00	19.40	20.20	21.00
Sat	Hotel	08.00	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	
	Hall	08.10	08.40	09.10	09.40	10.10	10.40	11.10	11.40		
	Hall	19.45	20.00	20.15	20.30	20.45					

#### Hotel Astra - Sports Hall - Hotel Astra /\*

Fri	Hotel Astra	16.15				Sat	Hotel Astra	09.15			
	Sports Hall		18.40				Sports Hall		20.15		

#### Hotel Astra - Hotel Kladno - Hotel Astra /\*

Fri	Hotel Astra	20.40				Sat	Hotel Astra	21.15			
	Hotel Kladno		22.30				Hotel Kladno		24.00	02.00	

/\* If you want to make the bus schedule from and to Hotel Astra more suitable, please call the OC emergency number (+420) 603 162 453.



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## **36<sup>th</sup> Trampoline Friendship Cup 2008**

# **TRAINING & COMPETITION**

### **1. Training Schedule and General Warm-up**

Friday 02 October 2009

15.00 - 21.00 - free training

Saturday 03 October 2009

08.30 - 09.00 - 30 athletes (10 male S/J + 12 female S/J + 8 Y male/female)  
- AUT, De Trampo's, Wales, Southampton, all SWE clubs

09.00 - 09.30 - 32 athletes (9 male S/J + 10 female S/J + 13 Y male/female)  
- Bockingen, Forza, TVIJ, all HUN, IRL and SUI participants

09.30 - 10.00 - 36 athletes (15 male S/J + 13 female S/J + 8 Y male/female)  
- France, Hoogezand, POL national team

10.00 - 10.30 - 39 athletes (13 male S/J + 11 female S/J + 15 Y male/female)  
- Apeldoorn, POL OSM, Poznan, Rzeszow

10.30 - 11.00 - 35 athletes (16 male S/J + 13 female S/J + 6 Y male/female)  
- CZE, Salford, ISR, UZB

### **2. Competition Schedule**

**Saturday 03 October 2009**

11.15 - 17.00 Qualifying Round

11.15 - 12.00 Individual Junior Girls & Boys & Youth Girls Gr. 1

12.00 - 12.45 Individual Junior Girls & Boys & Youth Girls Gr. 2

12.45 - 13.30 Individual Junior Girls & Boys & Youth Girls Gr. 3

13.30 - 14.10 Individual Senior Ladies & Men & Youth Boys Gr. 1

14.10 - 14.50 Individual Senior Ladies & Men & Youth Boys Gr. 2

14.50 - 15.30 Synchronised Junior Girls Gr. 1 & Individual Senior Men Gr. 3

15.30 - 16.15 Synchronised Junior Girls Gr. 2 & Junior Boys Gr. 1

16.15 - 17.00 Synchronised Senior Ladies & Senior Men Gr. 1

17.30 - 19.45 Finals

17.30 - 17.45 Opening ceremony (2 representatives per team, preferably male & female, track suite)

17.45 - 18.10 Individual Junior Girls & Boys & Youth Girls

18.10 - 18.35 Individual Senior Ladies & Men & Youth Boys

18.35 - 19.00 Synchronised Junior Girls & Boys

19.00 - 19.20 Synchronised Senior Ladies & Men

19.20 - 20.00 Winner ceremony (medalists only, competition attire)

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 the Finals.