



ČESKÁ GYMNASTICKÁ FEDERACE

komise skoků na trampolíně

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

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38th Trampoline Friendship Cup 2010

GENERAL PROGRAM

1. General Program

Friday 01 October 2010			
	all day	Arrivals	
	15.00-20.30	Accreditation	Sports Hall
	-20.30	Competition cards, Profiles	Sports Hall
	21.00-	Accreditation (late arrivals)	Hotels Astra & Galerie
	15.00-21.00	Free Training	Sports Hall
	20.00-21.30	Dinner	Hotel Astra (Package A)
	20.00-21.30	Dinner	Hotel Galerie (Package A)
Saturday 02 October 2010			
	07.00-10.00	Breakfast	Hotels Astra & Galerie (Pack.A)
	08.00-10.10	Training (Youth, Juniors)	Sports Hall
	09.35	Information Meeting	Sports Hall
	09.50	Judges Trial Scoring	Sports Hall
	12.30-13.30	Lunch sandwich pack delivery	Sports Hall (Package A)
	10.15-13.35	Qualifying Round (Youth, Juniors)	Sports Hall
	13.35-14.15	Training (Seniors)	Sports Hall
	14.15-16.30	Qualifying Round (Sen., Synchro)	Sports Hall
	16.30-16.50	Training (Finalists)	Sports Hall
	17.00-20.00	Opening Ceremony, Finals	Sports Hall
	21.30-02.00	Dinner Party & Disco	Hotel Kladno
Sunday 03 October 2010			
	07.00-10.00	Breakfast	Hotels Astra & Galerie (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 01 October 2010 and on Saturday 02 October 2010 (departures) :

Fri	Galerie	Hall	Astra	Hall	Galerie
	=====>				
Bus 1	14.40	15.00	15.15	15.30	15.50
Bus 1	15.55	16.15	16.30	16.45	17.05
Bus 1	17.10	17.30	17.45	18.00	18.20
Bus 1	18.25	18.45	19.00	19.15	19.35
Bus 1	19.40	20.00	20.15	x	x
Bus 1	x	x	x	20.50	21.10
Bus 2	x	20.50	21.05	x	X

Sat	Hotel ==> Sport Hall				
Galerie	07.45	08.30	09.15	12.00	
Astra	07.45	08.30	09.15	12.30	
Sport Hall ==> Hotel					
Galerie	Bus 1	19.45	20.15		
Astra	Bus 2	20.00			
Banquet					
Galerie & Astra			21.15		
return from banquet			24.15	02.10	



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TRAINING & COMPETITION

1. Training Schedule and General Warm-up

Friday 01 October 2010

15.00 - 21.00 - free training

Saturday 02 October 2010

08.00 - 10.10 - youth & juniors

13.35 - 14.15 - seniors

16.30 - 16.50 - finalists

2. Competition Schedule

Saturday 02 October 2010

10.15 - 13.35 Qualifying Round Youth & Juniors

10.15 - 10.55 Individual Youth Girls & Boys Gr.1

10.55 - 11.35 Individual Youth Girls & Boys Gr.2

11.35 - 12.15 Individual Junior Girls & Boys Gr.1

12.15 - 12.55 Individual Junior Girls & Boys Gr.2

12.55 - 13.35 Individual Junior Girls & Boys Gr.3

14.15 - 16.30 Qualifying Round Seniors & Synchro

14.15 - 14.45 Individual Senior Ladies & Men Gr.1

14.45 - 15.15 Individual Senior Ladies & Men Gr.2

15.15 - 16.00 Synchronised Junior Girls & Boys Gr.1

16.00 - 16.30 Synchronised Senior Ladies & Men Gr.1

17.00 - 19.45 Finals

17.00 - 17.15 Opening ceremony (2 representatives per team, preferably male & female, track suite)

17.15 - 17.35 Individual Youth Girls & Boys

17.35 - 18.00 Individual Junior Girls & Boys

18.00 - 18.25 Individual Senior Ladies & Men

18.25 - 18.50 Synchronised Junior Girls & Boys

18.50 - 19.10 Synchronised Senior Ladies & Men

19.10 - 19.50 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 Finals.