



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>

39th Trampoline Friendship Cup 2011

GENERAL PROGRAM

1. General Program

Friday 28 October 2011			
	all day	Arrivals	
	15.00-20.30	Accreditation	Sports Hall
	-20.30	Competition cards, Profiles	Sports Hall
	21.00-	Accreditation (late arrivals)	Hotel Astra
	15.00-21.00	Free Training	Sports Hall
	19.30-21.30	Dinner	Hotel Astra (Package A)
Saturday 29 October 2011			
	07.00-10.00	Breakfast	Hotel Astra (Pack.A)
	08.30-10.25	Training (Youth, Juniors)	Sports Hall
	09.30	Information Meeting	Sports Hall
	10.00	Judges Trial Scoring	Sports Hall
	12.30-13.30	Lunch sandwich pack delivery	Sports Hall (Package A)
	10.30-12.40	Qualifying Round (Youth, Juniors)	Sports Hall
	12.40-13.25	Training (Seniors)	Sports Hall
	13.30-15.30	Qualifying Round (Sen., Synchro)	Sports Hall
	15.30-15.55	Training (Finalists)	Sports Hall
	16.00-19.00	Opening Ceremony, Finals, Awards	Sports Hall
	20.30-02.00	Dinner Party & Disco	Hotel Astra
Sunday 03 October 2010			
	07.00-10.00	Breakfast	Hotel Astra (Pack.A)
	Morning	Departures	

2. Shuttle Service Schedule (priority for Package A)

The shuttle / bus service between the hotel Astra and Sports Hall will operate on Friday 28 October 2011 and on Saturday 29 October 2011 (departures) :

Hotel Astra - (Rozdělov) - Sports Hall - (Rozdělov) - Hotel Astra

Fri	Hotel	15.00	15.30	16.00	16.40	17.20	18.00	18.40	19.20	20.00	20.40
	Hall	15.15	15.45	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	11.00	11.20	12.00		
	Hall	08.15	08.45	09.15	09.45	10.15	11.20	11.40			
	Hall	19.00	19.30	20.00	20.30						

The bus stop Rozdělov (crossing Rakovnická – Husova) is close to the Penzion U Zlatého selátka. The bus will stop approx. 5 minutes after departure from Hotel Astra on the phone request only.



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TRAINING & COMPETITION

1. Training Schedule and General Warm-up

Friday 28 October 2011

15.00 - 21.00 - free training

Saturday 29 October 2011

08.30 - 10.25 - youth & juniors

12.40 - 13.25 - seniors

15.30 - 15.55 - finalists

2. Competition Schedule

Saturday 29 October 2011

10.30 - 12.40 Qualifying Round Youth & Juniors

10.30 - 11.20 Individual Youth Girls & Boys

11.20 - 12.00 Individual Junior Girls & Boys Gr.1

12.00 - 12.40 Individual Junior Girls & Boys Gr.2

13.30 - 15.30 Qualifying Round Seniors & Synchro

13.30 - 14.20 Individual Senior Ladies & Men

14.20 - 15.00 Synchronised Junior Girls & Boys

15.00 - 15.30 Synchronised Senior Ladies & Men

16.00 - 18.50 Finals

16.00 - 16.15 Opening ceremony (track suite)

16.15 - 16.35 Individual Youth Girls & Boys

16.35 - 17.00 Individual Junior Girls & Boys

17.00 - 17.25 Individual Senior Ladies & Men

17.25 - 17.50 Synchronised Junior Girls & Boys

17.50 - 18.10 Synchronised Senior Ladies & Men

18.10 - 18.50 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.