



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>

40th Trampoline Friendship Cup 2012

GENERAL PROGRAM

1. General Program

Friday 19 October 2012			
	all day	Arrivals	
	15.00-21.00	Accreditation	Sports Hall
	-21.00	Competition cards, Profiles	Sports Hall
	21.30-	Accreditation (late arrivals)	Hotel Merkur
	15.00-21.00	Free Training	Sports Hall
	19.30-22.00	Dinner	Hotel Merkur (Package B)
	20.30-21.30	Dinner	Hotel Břízky (Package A)
Saturday 20 October 2012			
	06.30-10.00	Brekfast	Hotel Břízky (Package A)
	06.45-10.00	Breakfast	Hotel Merkur (Package B)
	08.00-09.55	Training (Youth, Juniors)	Sports Hall
	09.00	Information Meeting	Sports Hall
	09.30	Judges Trial Scoring	Sports Hall
	10.00-13.00	Qualifying Round (Youth, Juniors)	Sports Hall
	11.30-14.00	Lunch	Sports Hall (Packages A & B)
	13.00-13.40	Training (Seniors)	Sports Hall
	13.40-16.40	Qualifying Round (Sen., Synchro)	Sports Hall
	15.40-15.55	Training (Finalists)	Sports Hall
	17.00-20.00	Opening Ceremony, Finals, Awards	Sports Hall
	21.30-02.00	Dinner Party & Disco	Eurocentrum
Sunday 21 October 2012			
	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 19 October 2012

15.00 - 21.00 - free training

Saturday 20 October 2012

08.00 - 09.55 - youth & juniors

13.00 - 13.40 - seniors

16.40 - 16.55 - finalists

2. Competition Schedule

Saturday 20 October 2012

10.00 - 13.00 Qualifying Round Youth & Juniors

10.00 - 10.40 Individual Youth Girls & Boys Gr.1

10.40 - 11.15 Individual Youth Girls & Boys Gr.2

11.15 - 11.50 Individual Junior Girls & Boys Gr.1

11.50 - 12.25 Individual Junior Girls & Boys Gr.2

12.25 - 13.00 Individual Junior Boys Gr.3

13.40 - 16.40 Qualifying Round Seniors & Synchro

13.40 - 14.20 Individual Senior Ladies & Men Gr.1

13.40 - 14.20 Individual Senior Ladies & Men Gr.2

15.00 - 15.35 Synchronised Junior Girls & Boys Gr.1

15.35 - 16.10 Synchronised Junior Girls & Boys Gr.2

16.10 - 16.40 Synchronised Senior Ladies & Men

17.00 - 19.50 Finals

17.00 - 17.15 Opening ceremony (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.



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SHUTTLE SERVICES SCHEDULE

(priority for Accommodation Packages A & B)

1. 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 19 October 2012 and on Saturday 20 October 2012 :

Hotel Merkur - Sports Hall - Hotel Břízky / return

Fri	Merkur	14:20	14:50	15:20	15:50	16:20	16:50	17:20	17:50	18:20	18:50
	Venue	14:26	14:56	15:26	15:56	16:26	16:56	17:26	17:56	18:26	18:56
	Břízky	14:31	15:01	15:31	16:01	16:31	17:01	17:31	18:01	18:31	19:01
	Břízky	14:35	15:05	15:35	16:05	16:35	17:05	17:35	18:05	18:35	19:05
	Venue	14:42	15:12	15:42	16:12	16:42	17:12	17:42	18:12	18:42	19:12
	Merkur	14:49	15:19	15:49	16:19	16:49	17:19	17:49	18:19	18:49	19:19
Fri	Merkur	19:20	19:50	20:20	20:50						
	Venue	19:26	19:56	20:26	20:56						
	Břízky	19:31	20:01	20:31	21:01						
	Břízky	19:35	20:05	20:35	21:05						
	Venue	19:42	20:12	20:42	21:12						
	Merkur	19:49	20:19	20:49	21:19						
Sat	Merkur	7:35	8:05	8:35	9:05	9:35	10:05	11:05	12:05	13:05	
	Venue	7:41	8:11	8:41	9:11	9:41	10:11	11:11	12:11	13:11	
	Břízky	7:46	8:16	8:46	9:16	9:46	10:16	11:16	12:16	13:16	
	Břízky	7:50	8:20	8:50	9:20	9:50	10:20	11:20	12:20	13:20	
	Venue	7:57	8:27	8:57	9:27	9:57	10:27	11:27	12:27	13:27	
	Merkur	8:04	8:34	9:04	9:34	10:04	10:34	11:34	12:34	13:34	
Sat	Venue	19:39	19:49	20:09	20:19						
	Břízky	19:44	19:54	20:14	20:24						
	Břízky	19:48	19:58	20:18	20:28						
	Venue	19:55	20:05	20:25	20:35	20:55					
	Merkur	20:02	20:12	20:32	20:42	21:02					

Hotel Břízky - Eurocentrum / return

from	Břízky	Eurocentrum
	21.10	on request up to 02.00

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).



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