ČESKÁ GYMNASTICKÁ FEDERACE
komise skoků na trampolíně
Zátopkova 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

41st Trampoline Friendship Cup 2013

G E N E R A L P R O G R A M

1. General Program

Friday 18 October 2013			
	all day	Arrivals	
	15.00-21.00	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	Hotel Merkur (Package B)
	20.30-21.30	Dinner	Hotel Břízky (Package A)
Saturday 19 October 2013			
	07.00-10.00	Brekfast	Hotel Břízky (Package A)
	07.00-10.00	Breakfast	Hotel Merkur (Package B)
	08.30-10.20	Training (Youth, Juniors)	Sports Hall
	09.30	Information Meeting	Sports Hall
	10.00	Judges Trial Scoring	Sports Hall
	10.30-13.00	Qualifying Round (Youth, Juniors)	Sports Hall
	11.30-14.00	Lunch	Sports Hall (Packages A & B)
	13.00-13.50	Training (Seniors)	Sports Hall
	14.00-16.20	Qualifying Round (Sen., Synchro)	Sports Hall
	16.20-16.50	Training (Finalists)	Sports Hall
	17.00-20.00	Opening Ceremony,Finals,Awards	Sports Hall
	21.00-02.00	Dinner Party & Disco	Eurocentrum
Sunday 20 October 2013			
	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 18 October 2013
15.00 - 21.00 - free training
Saturday 20 October 2012
08.30 - 10.20 - youth & juniors
13.00 - 13.50 - seniors
16.20 - 16.50 - finalists

2. Competition Schedule

Saturday 19 October 2013

10.30 - 13.00 Qualifying Round Youth & Juniors
10.30 - 11.10 Individual Youth Girls & Boys Gr.1
11.10 - 11.45 Individual Youth Boys Gr.2
11.45 - 12.20 Individual Junior Girls & Boys Gr.1
12.20 - 12.55 Individual Junior Girls & Boys Gr.2

14.00 - 16.20 Qualifying Round Seniors & Synchro
14.00 - 14.40 Individual Senior Ladies & Men Gr.1
14.40 - 15.20 Individual Senior Ladies & Men Gr.2
15.20 - 15.50 Synchronised Junior Girls & Boys
15.50 - 16.20 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 - 18.45 Synchronised Junior Girls & Boys
18.45 - 19.05 Synchronised Senior Ladies & Men
19.05 - 19.45 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 18 October 2013 and on Saturday 19 October 2013 :

Hotel Merkur - Sports Hall - Hotel Břízky / return

Friday					
Merkur	14.30	16.30	18.30	19.30	20.30
Venue	14.36	16.36	18.36	19.36	20.36
Břízky	14.41	16.41	18.41	19.41	20.41
Břízky	14.45	16.45	18.45	19.45	20.45
Venue	14.52	16.52	18.52	19.52	20.52
Merkur	14.59	16.59	18.59	19.59	21.59

Saturday					
Merkur	8:05	9:05	11:05		
Venue	8:11	9:11	11:11	19:50	
Břízky	8:16	9:16	11:16	19:55	
Břízky	8:20	9:20	11:20		
Venue	8:27	9:27	11:27	20:05	20:20
Merkur	8:34	9:34	11:34	20:12	20:27

Hotel Břízky - Eurocentrum / return

from	Břízky	Eurocentrum	
	20.50	24.00	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).