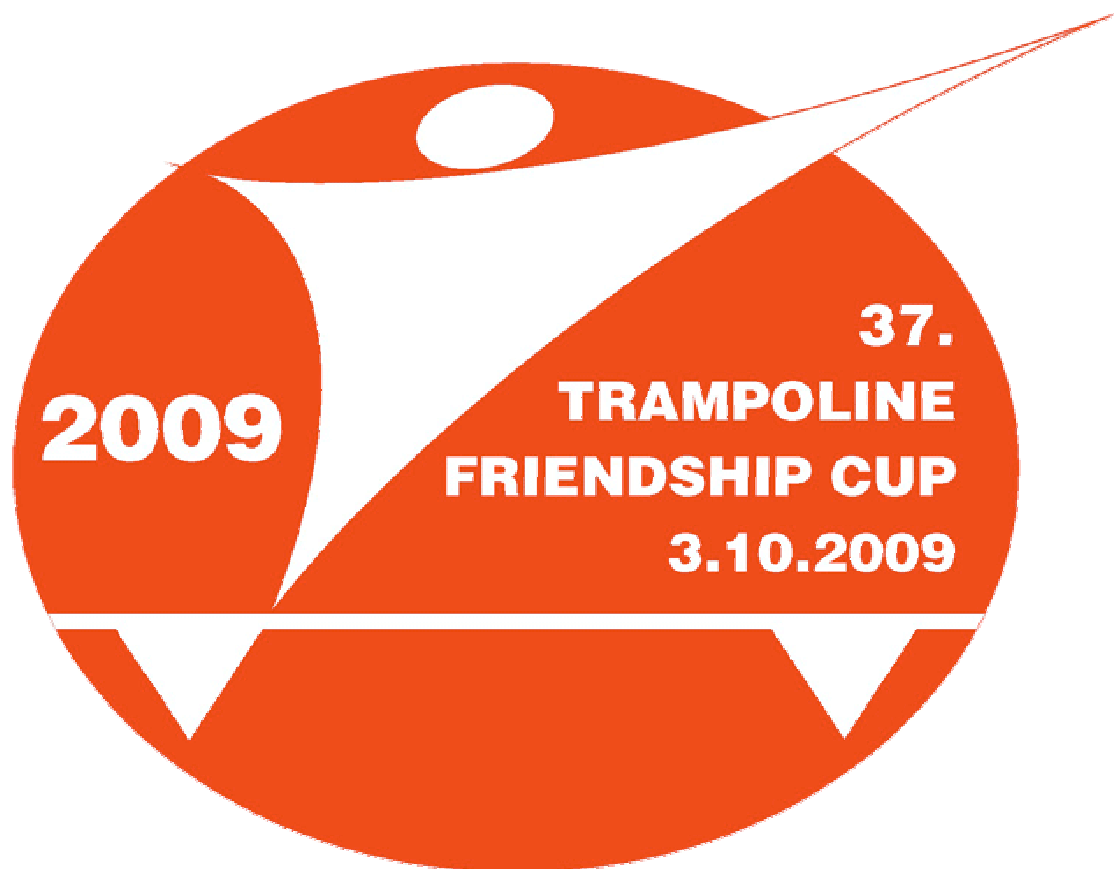


**37<sup>th</sup> International Trampoline Friendship Cup 2009  
(Olympic Hopefuls Competition)**



**W O R K P L A N**



## 1. Competition Venue

Sports Hall Kladno, Sportovců 817, Kladno, Czech Republic, Tel. (+ 420) 312 248 984

## 2. Accommodation

Hotel Kladno \*\*\*, Sítná 3113, Kladno, Czech Republic (Package A) - main official hotel  
Tel. (+ 420) 312 661 667

Hotel Astra\*\*\*, Srby 184, Tuchlovice, Czech Republic (Package A)  
Tel. (+420) 312 657 031

Student Hostel Domov mládeže, 5. května 1870, Kladno, Czech Republic (Package B)  
Tel. (+ 420) 312 243 165. Check out : 09.00 a.m. No towels provided.

The shuttle / bus service connecting the hotels and Sports Hall Kladno will operate on Friday 02 October 2009 and on Saturday 03 October 2009 (see the timetable in the separate paragraph). Priority for Package A.

## 3. Accreditation

The Accreditation Office will be open on Friday 02 October 2009 in :

- Sports Hall Kladno, Sportovců 817, Kladno 15.00-20.30
- Hotel Kladno\*\*\*, Sítná 3113, Kladno 21.00 and later

## 4. Insurance

The Organising Committee, the Czech Gymnastic Federation and the FIG can not be held responsible for any liabilities in the case of accidents, illness and the like. Therefore, all competitors and officials must make their own arrangements for an appropriate insurance (health, accident, etc.).

## 5. Information Meeting

The Information Meeting will be organised for the Heads of Delegations, Head coaches and Judges in the Hotel Kladno in Transit restaurant on Friday 02 October 2009 at 21.00.

## 6. Dinner Party

The Dinner Party and Disco will be organised in the Hotel Kladno restaurants on Saturday 03 October 2009 at 21.30-02.00. Casual clothing accepted.

Banquet Ticket is obligatory and includes two tickets for soft drink, wine, beer or coffee. The consumption of alcoholic beverages is prohibited until 18 years of age by the Czech law.

## 7. Meals (Package A only)

Dinner on Friday 02 October 2009	19.00-21.30	Hotel Kladno Café
	19.30-20.30	Hotel Astra

Dinner ticket is obligatory, the meal includes one soft drink, wine, beer or coffee.

Lunch pack on Saturday 03 October 2009	12.30-13.30	Sports Hall
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Sandwiches & fruits & drink pack will be delivered in the Sports Hall. Lunch ticket is obligatory.

## 8. Equipment

6x Eurotramp Trampolines, 2 for senior/junior male (individual & synchro) + 2 for senior/junior female (individual & synchro) + 2 for individual youth competitions. Acrosport synchro machines will be used.

## 9. 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

## 10. Judges Trial Scoring

Judges Trial scoring will be organised on Saturday 03 October 2009 at 10.00. All judges are invited to participate in the trials.

## 11. Competition Cards and Athletes' Profiles

The competition cards and Athletes' Profiles have to be handed over in the Sports Hall (Competition Secretary desk) on Friday 02 October 2009 until 20.30. The competition cards and Athletes' Profiles can be handed over during the Information Meeting in the hotel Kladno on Friday 02 October 2009 as well.

## 12. Competition Schedule

**Saturday 03 October 2000**

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.

### **13. Starting order**

The starting order has been decided by draw provided by scoring program Swescore. The starting order is published in separate document.

### **14. Competition Rules**

Valid FIG Trampoline Code of Points, FIG tie-break rules and FIG requirements for first routine will be applied. Eight (8) finalists (in addition, the host CZE federation is allowed one gymnast / pair in any competition / category in case if it is not represented at respective final).

Finals will start from zero, in the competitions / categories with less then ten (10) participating gymnasts / pairs all three routines will be counted.

First routines :

- Seniors : requirements for first routine for FIG events (FIG A)
- Juniors & youths : requirements for first routine for Juniors (FIG B)

Difficulty limit 1.8 pts per element in junior and youth category as per 2009 FIG Code of Points.

17 year old gymnasts / pairs can participate either in seniors or in juniors only.

In synchronised senior competitions also the senior / junior age mix pairs are allowed.

### **15. Ceremonies**

The participants of Opening Ceremony (2 participants per delegation, preferably male & female) are asked to wear the national / team track suit; the participants of Winners Ceremony (medalists only) have to wear the competition attire.

All countries participating in the Opening Ceremony are asked to appoint one flag-bearer.

Judges are asked to take part in the Opening Ceremony as well.

The participants are asked to assemble in the Assembly Area prior Opening / Winner Ceremony.

### **16. Competition March-In**

The competitors are asked to assemble in the assembly area prior each Competition March In. They have to wear the national / team track suit.

The judges are asked to be on their panel places and welcome the competitors during each Competition March-In.

### **17. Floor Managers**

3 Floor Managers are appointed to assemble the participants / competitors / pairs, organise the opening ceremony, competition and winner ceremony March-In and organise the competitors / pairs in the competition area.

### **18. Medical Care**

The physician will be present during the official training and competition.

## 19. Info Boxes

The Info Boxes will be installed in the Sports Hall near the Competition Secretariat / Judges podium to provide various written information to the delegations.

## 20. 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.

## 21. 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	

## **22. Special Bus transfer to Prague City center on Sunday**

There will be a special bus on Sunday 04 October at 09.00, that will operate from Hotel Kladno to the Prague airport (left luggage office) and continue from the Prague airport to Prague City Center with following outgoing stops :

- Prague Castle
- Lesser Town / Metro, Tram Station Malostranska (Charles Bridge, Old Town Square)
- Wenceslav Square (Wenceslav Square, Old Town Square)
- Holesovice railway station.

## **23. Organising Committee Message**

The Czech Gymnastics Federation, Organising Committee and all supporters and organisers are wishing the success to all participating delegations in the competition and pleasant stay in the city of Kladno and in the Czech Republic.

## **24. Organising Committee Emergency Numbers :**

(+420) 603 162 453 / (+420) 606 607 921