

**38th International Trampoline Friendship Cup 2010
(Olympic Hopefuls Competition)**



W O R K P L A N

(Training schedule corrected)

EUROTRAMP[®]



JIPAST

1. Competition Venue

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

2. Accommodation

Hotel Astra***, Srby 184, Tuchlovice, Czech Republic (Package A)

Tel. (+420) 312 657 031. Check out : 10.00 a.m.

Hotel Galerie****, Tyršovo náměstí 211, Unhošť, Czech Republic (Package A)

Tel. (+420) 312 698 684. Check out : 10.00 a.m.

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.

Student Hostel YMCA, K nemocnici 2007, Kladno, Czech Republic (Package B)

Tel. (+ 420) 312 247 416. Check out : 09.00 a.m. No towels provided.

The shuttle / bus service connecting the hotels and Sports Hall Kladno will operate on Friday 01 October 2010 and on Saturday 02 October 2010 (see the timetable in the separate paragraph). Priority for Package A.

3. Accreditation

The Accreditation Office will be open on Friday 01 October 2010 in :

- | | |
|--|-----------------|
| – Sports Hall Kladno, Sportovců 817, Kladno | 15.00-20.30 |
| – Hotel Astra***, Srby 184, Tuchlovice | 21.00 and later |
| – Hotel Galerie****, Tyršovo náměstí 211, Unhošť | 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

Brief Information Meeting will be organised for the Heads of Delegations + max. 1 other official per delegation in the Sports Hall on Saturday 02 October 2010 at 09.35.

6. Dinner Party

Hotel Kladno ***, Sítná 3113, Kladno, Czech Republic

The Dinner Party and Disco will be organised in the Hotel Kladno restaurants on Saturday 02 October 2010 at 21.30-02.00. Casual dress accepted.

The bus transport will be organised from Hotels Astra & Galerie to Hotel Kladno and back (Package A).

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 01 October 2010 20.00-21.30 Hotels Astra & Galerie

Dinner ticket is obligatory, water will be provided. Other drinks can be bought in the restarants.

Lunch pack on Saturday 02 October 2010 12.30-13.30 Sports Hall
Sandwiches & fruits & drink pack will be delivered in the Sports Hall. Lunch ticket is obligatory.

8. Equipment

4x Eurotramp Trampolines with 4x4 mm beds, 2 for male (individual & synchro) + 2 for female (individual & synchro) competitions. Acrosport TMD (Time and Synchro Measurement Device) will be used.

9. 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

10. Judges Trial Scoring

Judges Trial scoring will be organised on Saturday 03 October 2009 at 09.50. 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 01 October 2010 until 20.30 hrs.

12. 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.

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 march-in in the competition attire..

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

17. Floor Managers

2 Floor Managers are appointed to assembly 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 01 October 2010 and on Saturday 02 October 2010 (departures) :

Fri	Galerie	Hall	Astra	Hall	Galerie	Sat	Hotel ==> Sport Hall						
	=====>						Galerie	07.45	08.30	09.15	12.00		
Bus 1	14.40	15.00	15.15	15.30	15.50		Astra	07.45	08.30	09.15	12.30		
Bus 1	15.55	16.15	16.30	16.45	17.05		Sport Hall ==> Hotel						
Bus 1	17.10	17.30	17.45	18.00	18.20		Galerie	Bus 1	19.45	20.15			
Bus 1	18.25	18.45	19.00	19.15	19.35		Astra	Bus 2	20.00				
Bus 1	19.40	20.00	20.15	x	x		Banquet						
Bus 1	x	x	x	20.50	21.10		Galerie & Astra			21.15			
Bus 2	x	20.50	21.05	x	X		return from banquet			24.15	02.10		

21. 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	

22. Special Bus transfer to Prague City center on Sunday

On request the organiser will organise a special bus on Sunday 03 October at 09.00, that will operate from Hotel Astra - Galerie 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).

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