



Slovak Trampoline Open

TRAINING & COMPETITION SCHEDULE

1. Training, General Warm-up and Competition Schedule

Friday 17.11.2023

15.00 - 20.00 - Free training

Saturday 18 November 2023

08.30 - 09.25 - Free training

09.30 - 16.00 - Qualifying Round Groups á 40 min (warm-up 15 min in every group)

	Gr	Trampolines 1&2
09.30-10.10	1	Talent R2+R3 (12)
10.10-10.50	2	Girls up to 12 (10) Gr.1
10.50-11.30	3	Girls up to 12 (3) Gr.2 + Boys up to 12 (6)
11.30-12.10	4	Girls 13-14 (10) Gr.1
12.10-12.50	5	Girls 13-14 (4) Gr.2 + Boys 13-14 (5)
12.50-13.30	6	Women 15+ (10) Gr.1
13.30-14.10	7	Women 15+ (5) Gr.2 + Men15+(3)
14.10-14.50	8	Girls 13-14 SY (4) + Women 15+SY (5)

15.00 - 15.50 - General Warm-up Finalists

16.00 – 18.30 - Finals Groups 1-7 á 20 min (warm-up one touch á 45 sec)

	Gr	Trampolines 1&2
16.00		Opening ceremony (track suit)
16.10-16.30	1	Talent R3 (8)
16.30-16.50	2	Girls up to 12 (8)
16.50-17.10	3	Boys up to 12 (8)
17.10-17.30	4	Girls 13-14 (8)
17.30-17.50	5	Boys 13-14(4), Men15+(3)
17.50-18.10	6	Women 15+(8)
18.10-18.30	7	Girls 13-14 SY(3), Women 15+ SY(4)
18.45		Winner ceremony (<i>medalists only</i>)