



# Slovak Trampoline Open

## Košice (SVK), 27<sup>th</sup>-28<sup>th</sup> September 2024

### TRAINING & COMPETITION SCHEDULE

#### 1. Training, General Warm-up and Competition Schedule

##### Friday 27.09.2024

15.00 - 20.00 - Free training

##### Saturday 28 September 2024

08.30 - 09.25 - Free training

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

	<b>Gr</b>	<b>Trampolines 1&amp;2</b>
09.30-10.10	1	Girls up to 12 I. (10)
10.10-10.50	2	Girls II. up to 12 (6) + Boys up to 12 (6)
10.50-11.30	3	Girls junior 13-16 I. (10)
11.30-12.10	4	Girls junior 13-16 II. (10)
12.10-12.50	5	Girls junior 13-16 III. (5) + Boys junior 13-16 (7)
12.50-13.30	6	Women seniors 17+ (8) + Men seniors 17+ (2)
13.30-14.10	7	Synchro girls up to 14 (10) + Synchro boys up to 14 (1)
14.10-14.50	8	Synchro women 15+ (7)

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)

	<b>Gr</b>	<b>Trampolines 1&amp;2</b>
16.00		Opening ceremony (track suit)
16.10-16.30	1	Girls up to 12 (8)
16.30-16.45	2	Boys up to 12 (4)
16.45-17.05	3	Girls junior 13-16 (8)
17.05-17.25	4	Boys junior 13-16 (6)
17.25-17.45	5	Women 15+(6) + Men 15+ (2)
17.45-18.15	6	Synchro girls up to 14 (8) + boys up to 14 (1)
18.15-18.40	7	Synchro women 15+ (8)
18.45		Winner ceremony ( <i>medalists only</i> )