



34th FIG
TRAMPOLINE
GYMNASTICS
WORLD CHAMPIONSHIPS
TOKYO 2019



TRAINING SCHEDULE

Sunday, 25 November 2019

TRA Trampoline				
Time		Warm up area	Competition Hall	Training Hall
09.15	10.00	Group 1		
10.00	10.45	Group 2	Group 1	Group 9
10.45	11.30	Group 3	Group 2	Group 10
11.30	12.15	Group 4	Group 3	Group 11
12.15	13.00	Group 5	Group 4	Group 12
13.00	13.45	Group 6	Group 5	Group 1
13.45	14.30	Group 7	Group 6	Group 2
14.30	15.15	Group 8	Group 7	Group 3
15.15	16.00	Group 9	Group 8	Group 4
16.00	16.45	Group 10	Group 9	Group 5
16.45	17.30	Group 11	Group 10	Group 6
17.30	18.15	Group 12	Group 11	Group 7
18.15	19.00		Group 12	Group 8
19.00	19.45			

TUM Tumbling				
Time		Warm up area	Competition Hall	Training Hall
10.00	10.45	Group 1		Open Training
10.45	11.30	Group 2	Group 1	
11.30	12.15	Group 3	Group 2	
12.15	13.00	Group 4	Group 3	
13.00	13.45	Group 5	Group 4	
13.45	14.30	Group 6	Group 5	
14.30	15.15	Group 7	Group 6	
15.15	16.00	Group 8	Group 7	
16.00	16.45	Group 9	Group 8	
16.45	17.30	Group 10	Group 9	
17.30	18.15		Group 10	

DMT Double Mini-Trampoline				
Time		Warm up area	Competition Hall	Training Hall
10.00	10.45	Group 1		Open Training
10.45	11.30	Group 2	Group 1	
11.30	12.15	Group 3	Group 2	
12.15	13.00	Group 4	Group 3	
13.00	13.45	Group 5	Group 4	
13.45	14.30	Group 6	Group 5	
14.30	15.15	Group 7	Group 6	
15.15	16.00	Group 8	Group 7	
16.00	16.45	Group 9	Group 8	
16.45	17.30	Group 10	Group 9	
17.30	18.15		Group 10	

Appendix 6b

TRAINING SCHEDULE

Tuesday, 26 November 2019

TRA Trampoline				
Time		Warm up area	Competition Hall	Training Hall
09.15	10.00	Group 5		
10.00	10.45	Group 6	Group 5	Group 1
10.45	11.30	Group 7	Group 6	Group 2
11.30	12.15	Group 8	Group 7	Group 3
12.15	13.00	Group 9	Group 8	Group 4
13.00	13.45	Group 10	Group 9	Group 5
13.45	14.30	Group 11	Group 10	Group 6
14.30	15.15	Group 12	Group 11	Group 7
15.15	16.00	Group 1	Group 12	Group 8
16.00	16.45	Group 2	Group 1	Group 9
16.45	17.30	Group 3	Group 2	Group 10
17.30	18.15	Group 4	Group 3	Group 11
18.15	19.00		Group 4	Group 12
19.00	19.45			

TUM Tumbling				
Time		Warm up area	Competition Hall	Training Hall
10.00	10.45	Group 4		Open Training
10.45	11.30	Group 5	Group 4	
11.30	12.15	Group 6	Group 5	
12.15	13.00	Group 7	Group 6	
13.00	13.45	Group 8	Group 7	
13.45	14.30	Group 9	Group 8	
14.30	15.15	Group 10	Group 9	
15.15	16.00	Group 1	Group 10	
16.00	16.45	Group 2	Group 1	
16.45	17.30	Group 3	Group 2	
17.30	18.15		Group 3	

DMT Double Mini-Trampoline				
Time		Warm up area	Competition Hall	Training Hall
10.00	10.45	Group 4		Open Training
10.45	11.30	Group 5	Group 4	
11.30	12.15	Group 6	Group 5	
12.15	13.00	Group 7	Group 6	
13.00	13.45	Group 8	Group 7	
13.45	14.30	Group 9	Group 8	
14.30	15.15	Group 10	Group 9	
15.15	16.00	Group 1	Group 10	
16.00	16.45	Group 2	Group 1	
16.45	17.30	Group 3	Group 2	
17.30	18.15		Group 3	

Appendix 6b



TRAINING SCHEDULE

Wednesday, 27 November 2019

TRA Trampoline				
Time		Warm up area	Competition Hall	Training Hall
09.15	10.00	Group 9		
10.00	10.45	Group 10	Group 9	Group 5
10.45	11.30	Group 11	Group 10	Group 6
11.30	12.15	Group 12	Group 11	Group 7
12.15	13.00	Group 1	Group 12	Group 8
13.00	13.45	Group 2	Group 1	Group 9
13.45	14.30	Group 3	Group 2	Group 10
14.30	15.15	Group 4	Group 3	Group 11
15.15	16.00	Group 5	Group 4	Group 12
16.00	16.45	Group 6	Group 5	Group 1
16.45	17.30	Group 7	Group 6	Group 2
17.30	18.15	Group 8	Group 7	Group 3
18.15	19.00		Group 8	Group 4
19.00	19.45			

TUM Tumbling				
Time		Warm up area	Competition Hall	Training Hall
10.00	10.45	Group 7		Open Training
10.45	11.30	Group 8	Group 7	
11.30	12.15	Group 9	Group 8	
12.15	13.00	Group 10	Group 9	
13.00	13.45	Group 1	Group 10	
13.45	14.30	Group 2	Group 1	
14.30	15.15	Group 3	Group 2	
15.15	16.00	Group 4	Group 3	
16.00	16.45	Group 5	Group 4	
16.45	17.30	Group 6	Group 5	
17.30	18.15		Group 6	

DMT Double Mini-Trampoline				
Time		Warm up area	Competition Hall	Training Hall
10.00	10.45	Group 7		Open Training
10.45	11.30	Group 8	Group 7	
11.30	12.15	Group 9	Group 8	
12.15	13.00	Group 10	Group 9	
13.00	13.45	Group 1	Group 10	
13.45	14.30	Group 2	Group 1	
14.30	15.15	Group 3	Group 2	
15.15	16.00	Group 4	Group 3	
16.00	16.45	Group 5	Group 4	
16.45	17.30	Group 6	Group 5	
17.30	18.15		Group 6	

Appendix 6b



TRAINING SCHEDULE

Thursday, 28 November 2019 - Sunday, 01 December 2019

TRA Trampoline			
Time	Warm up area	Competition Hall	Training Hall
	Warm-up as per competition schedule	COMPETITION	Free Training

TUM Tumbling			
Time	Warm up area	Competition Hall	Training Hall
	Warm-up as per competition schedule	COMPETITION	Free Training

DMT Double Mini-Trampoline			
Time	Warm up area	Competition Hall	Training Hall
	Warm-up as per competition schedule	COMPETITION	Free Training

Appendix 6b

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