



34th FIG
TRAMPOLINE
GYMNASTICS
WORLD CHAMPIONSHIPS
TOKYO 2019



34th FIG TRAMPOLINE GYMNASTICS WORLD CHAMPIONSHIPS

Thursday, 28 November 2019

								QUALIFICATION								
T		Training Area		W		Warm up area				C		Field of Play				
TRA		TUM		DMT		from	to	Trampoline men		Trampoline Women		TUMBLING				
Open Training 10:00 - 18:00	Open Training 10:00 - 18:00	Open Training 10:00 - 18:00	08.50	09.50	TRA MEN Group 1				TUM WOMEN Group 1							
			09.50	10.50	TRA MEN Group 2		TRA WOMEN Group 1		TUM WOMEN Group 2							
			10.50	11.50	TRA MEN Group 3		TRA WOMEN Group 2		TUM WOMEN Group 3							
			11.50	12.50					TUM WOMEN Group 4							
									DMT							
			12.50	13.50	TRA MEN Group 4		TRA WOMEN Group 3		DMT MEN Group 1							
			13.50	14.50	TRA MEN Group 5		TRA WOMEN Group 4		DMT MEN Group 2							
			14.50	15.50	TRA MEN Group 6		TRA WOMEN Group 5		DMT MEN Group 3							
			15.50	16.50					DMT MEN Group 4							
			16.50	17.50	TRA MEN Group 7		TRA WOMEN Group 6		DMT WOMEN Group 1							
			17.50	18.50	TRA MEN Group 8		TRA WOMEN Group 7		DMT WOMEN Group 2							
			18.50	19.50	TRA MEN Group 9		TRA WOMEN Group 8		DMT WOMEN Group 3							
10.00	11.00	TRA MEN Group 1				TUM WOMEN Group 1										
11.00	12.00	TRA MEN Group 2		TRA WOMEN Group 1		TUM WOMEN Group 2										
12.00	13.00	TRA MEN Group 3		TRA WOMEN Group 2		TUM WOMEN Group 3										
13.00	14.00					TUM WOMEN Group 4										
						DMT										
14.00	15.00	TRA MEN Group 4		TRA WOMEN Group 3		DMT MEN Group 1										
15.00	16.00	TRA MEN Group 5		TRA WOMEN Group 4		DMT MEN Group 2										
16.00	17.00	TRA MEN Group 6		TRA WOMEN Group 5		DMT MEN Group 3										
17.00	18.00					DMT MEN Group 4										
18.00	19.00	TRA MEN Group 7		TRA WOMEN Group 6		DMT WOMEN Group 1										
19.00	20.00	TRA MEN Group 8		TRA WOMEN Group 7		DMT WOMEN Group 2										
20.00	21.00	TRA MEN Group 9		TRA WOMEN Group 8		DMT WOMEN Group 3										



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Friday, 29 November 2019

							QUALIFICATION								
T		Training Area		W	Warm up area			C	Field of Play						
TRA	TUM	DMT	from	to	Synchro men	Synchro women	TUMBLING	from	to	Synchro men	Synchro women	TUMBLING			
Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	08.50	09.50	SYN MEN Group 1	SYN WOMEN Group 1	TUM MEN Group 1								
			09.50	10.50	SYN MEN Group 2	SYN WOMEN Group 2	TUM MEN Group 2								
			10.50	11.50	SYN MEN Group 3	SYN WOMEN Group 3	TUM MEN Group 3								
			11.50	12.50	SYN MEN Group 4		TUM MEN Group 4								
										10.00	11.00	SYN MEN Group 1		TUM MEN Group 1	
										11.00	12.00	SYN MEN Group 2	SYN WOMEN Group 1	TUM MEN Group 2	
										12.00	13.00	SYN MEN Group 3	SYN WOMEN Group 2	TUM MEN Group 3	
										13.00	14.00	SYN MEN Group 4	SYN WOMEN Group 3	TUM MEN Group 4	
			from	to	Trampoline men	Trampoline women	DMT				FINALS - TEAMS				
			16.20	16.50			DMT MEN Team				from	to	Trampoline men	Trampoline women	DMT
										17.00	17.25			DMT MEN Team	
			16.50	17.20			TUM WOMEN Team							TUMBLING	
										17.30	17.55			TUM WOMEN Team	
										18.00	18.10	Award ceremonies DMT M Team & TUM W Team			
			17.35	18.05			DMT WOMEN Team							DMT	
										18.15	18.40			DMT WOMEN Team	
			18.05	18.35			TUM MEN Team							TUMBLING	
										18.45	19.10			TUM MEN Team	
18.50	19.20			TRA WOMEN Team				19.15	19.25	Award ceremonies DMT W Team & TUM M Team					
19.30	20.00	TRA MEN Team						19.30	20.05		TRA WOMEN Team				
							20.10	20.45	TRA MEN Team						
							20.50	21.00	Award ceremonies TRA W & M Team						



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Appendix 7

34th FIG TRAMPOLINE GYMNASTICS WORLD CHAMPIONSHIPS

Saturday, 30 November 2019

Saturday, 30 November 2019											
T Training area			W Warm-up area					SEMI-FINALS - IND			
TRA	TUM	DMT	from	to	Warm up finalists - TRA	Warm up finalists - TUM	Warm up finalists - DMT	C	Field of Play		
								from	to	Trampoline men	Trampoline women
Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	14.05	14.50	Semi-Finalists Gr.1						
			15.00	15.45	Semi-Finalists Gr.2			15.00	15.50	IND MEN Group 1	IND WOMEN Group 1
								15.55	16.45	IND MEN Group 2	IND WOMEN Group 2
								FINALS - SYN / TUM / DMT			
			16.20	16.50		Finalists TUM WOMEN					TUMBLING
			16.55	17.25			Finalists DMT MEN	17.00	17.30		TUM WOMEN FINAL
											DMT
			17.35	18.05				17.35	18.05		DMT MEN FINAL
			17.45	18.15	Finalists SYN WOMEN			18.10	18.20	Award ceremonies TUM W & DMT M	
			18.15	18.45	Finalists SYN MEN					SYN TRA	
								18.25	18.50	SYN WOMEN FINAL	
								18.55	19.20	SYN MEN FINAL	
								19.25	19.35	Award ceremonies SYN W & SYN M	



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Appendix 7

Sunday, 01 December 2019

			FINALS - DMT W / TUM M / IND W / IND M									
T	Training area		W	Warm-up area			C	Field of Play				
TRA	TUM	DMT	from	to	Warm up finalists - TRA	Warm up finalists - TUM	Warm up finalists - DMT	from	to			
Free Training for FINALISTS 9:00 - 18:00	Free Training for FINALISTS 9:00 - 18:00	Free Training for FINALISTS 9:00 - 18:00	13.20	13.50			DMT WOMEN				DMT	
									14.00	14.30		DMT WOMEN FINAL
			13.55	14.25		TUM MEN					TUMBLING	
									14.35	15.05		TUM MEN FINAL
									15.10	15.20	Award ceremonies DMT W & TUM M	
											IND TRA	
			14.15	15.15	IND WOMEN				15.25	15.55	IND WOMEN FINAL	
			15.20	15.50	IND MEN				16.00	16.30	IND MEN FINAL	
									16.35	16.45	Award ceremonies IND W & IND M	

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