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LIBEREC**



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**THURSDAY 28/11  
MEN  
16:00-20:00**

**FRIDAY 29/11  
WOMEN  
14:00-20:00**

**SATURDAY 30/11  
FINALS MEN&WOMEN  
14:00-18:00**



# **OLYMPIC HOPES CUP**

**SPORT PARK LIBEREC ————— GYMNASTIC HALL**

## **WORKPLAN**



The competition in artistic gymnastic was established in the last decade as a contest of four countries of “Visegrad”. The level of competition was very high right from the beginning. A team of volunteers from Gymnastics Liberec organized this event in 2006 – still under name VISEGRAD 2006. The competition was opened to all countries in that year. In 2009 the event was renamed to Olympic Hopes’ Cup OHC LIBEREC and it became a regular and prestigious competition of young gymnasts from all over the world. It is a competition of teams of boys and girls and there is no other event like this in the whole Europe.

## **2019 COUNTRY PARTICIPANTS**

**AUSTRALIA**

**CHINA**

**CZECH REPUBLIC**

**ENGLAND**

**HUNGARY**

**ISRAEL**

**LUXEMBOURG**

**NAMIBIA**

**NORWAY**

**POLAND**

**ROMANIA**

**SOUTH AFRICA**

**SLOVENIA**

**SLOVAKIA**

**WALES**

**OLYMPIC HOPES CUP 2019**  
INTERNATIONAL COMPETITION IN ARTISTIC GYMNASTICS



**DATE: 27.11. - 01.12. 2019**

**VENUE: SPORT PARK LIBEREC – GYMNASTICS HALL, Jeronýmova 570/22, 460 07 Liberec 7**

**APPARATUS SUPPLIER: SPIETH, DIONY**

**HOST FEDERATION:**

**CZECH GYMNASTICS FEDERATION, Zátopkova 100/2, 160 17 Praha 6, Czech Republic**

**Phone: +420 242 429 260**

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**Contact persons:**

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**LOCAL ORGANIZING COMMITTEE:**

**GYMNASTIKA LIBEREC, Jeronýmova 570/22, 460 07 Liberec 7, Czech Republic**

**Email: [info@gymlib.cz](mailto:info@gymlib.cz)**

**Web: [www.gymlib.cz](http://www.gymlib.cz), [www.ohcliberec.com](http://www.ohcliberec.com)**

**Contact person:**

**Mr DRÁBEK Libor, +420 732 821 612**



**TIME SCHEDULE**

<b>Wednesday 27.11.2019</b>	9:00-19:00	Free Training	MAG & WAG	FOP
	17:00-20:00	Accreditation	MAG & WAG	FOP
	17:30-21:00	Dinner	MAG & WAG	Stadion
	19:00-19:30	Orientation & Technical Meeting	MAG	Bufet
<b>Thursday 28.11.2019</b>	7:00-10:30	Breakfast	MAG & WAG	La Fonduta
	8:00-10:00	Free Training	MAG	FOP
	10:00-15:05	Training acc. to the Schedule	WAG	FOP
	11:00-14:00	Lunch	MAG & WAG	La Fonduta
	15:30	Judges Meeting	MAG	Judo Gym
	15:05-15:15	Break		FOP
	15:15-16:05	Warm up (Subdivison I)	MAG	FOP
	<b>16:15-18:15</b>	<b>Competition (Subdivision I)</b>	<b>MAG</b>	<b>FOP</b>
	17:00-19:00	Accreditation (only judges)	WAG	FOP
	<b>18:30</b>	<b>Opening Ceremony (Subdivision I/II)</b>	<b>MAG</b>	<b>FOP</b>
	17:30-22:00	Dinner	MAG & WAG	Stadion
	18:45-19:45	Warm up (Subdivison II)	MAG	FOP
	19:00-19:30	Orientation & Technical Meeting	WAG	Judo Gym
	<b>19:45-21:45</b>	<b>Competition (Subdivision II)</b>	<b>MAG &amp; WAG</b>	<b>FOP</b>
	<b>22:00</b>	<b>Victory Ceremony</b>	<b>MAG</b>	<b>FOP</b>
<b>Friday 29.11.2019</b>	7:00-10:30	Breakfast	MAG & WAG	La Fonduta
	8:00-10:00	Free Training	WAG	FOP
	10:00-12:00	Free Training	MAG	FOP
	11:00-14:00	Lunch	MAG & WAG	La Fonduta
	12:30-13:45	Warm up acc. to the Schedule (Subdivison I)	WAG	FOP
	12:00	Judges Meeting	WAG	Judo Gym
	<b>13:45-15:45</b>	<b>Competition (Subdivision I)</b>	<b>WAG</b>	<b>FOP</b>
	15:45-16:00	Break		FOP
	16:00-17:27	Warm up acc. to the Schedule (Subdivison II)	WAG	FOP
	<b>17:40-17:50</b>	<b>Opening Ceremony (Subdivision I/II)</b>	<b>WAG</b>	<b>FOP</b>
	17:30-22:00	Dinner	MAG & WAG	Stadion
	<b>17:50-20:20</b>	<b>Competition (Subdivision II)</b>	<b>WAG</b>	<b>FOP</b>
	<b>20:30-20:45</b>	<b>Victory Ceremony</b>	<b>WAG</b>	<b>FOP</b>
<b>Saturday 30.11.2019</b>	7:00-10:30	Breakfast	MAG & WAG	La Fonduta
	8:00-12:00	Free Training	MAG & WAG	FOP
	11:00-14:00	Lunch	MAG & WAG	La Fonduta
	12:30	Judges Meeting	MAG	Judo Gym

# OLYMPIC HOPES CUP 2019

INTERNATIONAL COMPETITION IN ARTISTIC GYMNASTICS



	13:00	Judges Meeting	WAG	Judo Gym
	13:00-13:50	Warm up	MAG & WAG	FOP
	<b>14:00-14:30</b>	<b>FX final MAG</b>	<b>MAG</b>	<b>FOP</b>
	<b>14:30-15:00</b>	<b>PH Final MAG / VT Final WAG</b>	<b>MAG &amp; WAG</b>	<b>FOP</b>
	<b>15:00-15:30</b>	<b>SR Final MAG / UB Final WAG</b>	<b>MAG &amp; WAG</b>	<b>FOP</b>
	<b>15:30-16:00</b>	<b>VT Final MAG / BB Final WAG</b>	<b>MAG &amp; WAG</b>	<b>FOP</b>
	<b>16:00-16:30</b>	<b>PB Final MAG / FX Final WAG</b>	<b>MAG &amp; WAG</b>	<b>FOP</b>
	<b>16:30-17:00</b>	<b>HB Final MAG</b>	<b>MAG</b>	<b>FOP</b>
		<b>Victory Ceremony always after two AF</b>	<b>MAG &amp; WAG</b>	<b>FOP</b>
	19:00-23:00	Banket & Disco	MAG & WAG	Bowling
<b>Sunday 1.12.2019</b>	7:00-10:30	Breakfast	MAG & WAG	La Fonduta

**FOP** *Field of play*

**MAG START LIST**

Subdivision	FX	PH	SR	VT	PB	HB
1	<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE</i>	
1		<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE</i>
1	<i>LUX+CZE</i>		<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>
1	<i>RSA</i>	<i>LUX+CZE</i>		<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>
1	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE</i>		<i>SLO</i>	<i>POL</i>
1	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE</i>		<i>SLO</i>
2	<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>		
2		<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>	
2			<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>
2	<i>AUS</i>			<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>
2	<i>CZE 1</i>	<i>AUS</i>			<i>CHN</i>	<i>HUN</i>
2	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>			<i>CHN</i>

**MAG COMPETITION SCHEDULE**  
**28.11.2019**

	time	min.	VT	UB	BYE	BB	FX	BYE	area	
SUBDIVISION 1 WARM UP	15:15-16:15	60							FOP	
									FOP	
									FOP	
									FOP	
									FOP	
									FOP	
SUBDIVISION 1 COMPETITION	16:15-16:35	20	<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE 1</i>		FOP	
	16:35-16:55	20		<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE 1</i>	FOP	
	16:55-17:15	20	<i>LUX+CZE 1</i>		<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>	FOP	
	17:15-17:35	20	<i>RSA</i>	<i>LUX+CZE 1</i>		<i>SLO</i>	<i>POL</i>	<i>CZE 2</i>	FOP	
	17:35-17:55	20	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE 1</i>		<i>SLO</i>	<i>POL</i>	FOP	
	17:55-18:15	20	<i>POL</i>	<i>CZE 2</i>	<i>RSA</i>	<i>LUX+CZE 1</i>		<i>SLO</i>	FOP	
	18:30	15	<b>MAG Opening Ceremony</b>							
SUBDIVISION 2 WARM UP	18:45-19:45	60							FOP	
									FOP	
									FOP	
									FOP	
									FOP	
									FOP	
SUBDIVISION 2 COMPETITION	19:45-20:05	20	<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>			FOP	
	20:05-20:25	20		<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>		FOP	
	20:25-20:45	25			<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>	FOP	
	20:45-21:05	20	<i>AUS</i>			<i>CHN</i>	<i>HUN</i>	<i>CZE 1</i>	FOP	
	21:05-21:25	20	<i>CZE 1</i>				<i>CHN</i>	<i>HUN</i>	FOP	
	21:25-21:45	20	<i>HUN</i>	<i>CZE 1</i>	<i>AUS</i>			<i>CHN</i>	FOP	
	22:00-22:15	15	<b>MAG Victory Ceremony</b>							FOP

**WAG START LIST**

Subdivision	VT	UB	BYE	BB	FX	BYE
1	<i>MIX1</i>	<i>MIX2</i>	POL	<i>MIX3</i>	ROU	ENG
1	ENG	<i>MIX1</i>	<i>MIX2</i>	POL	<i>MIX3</i>	ROU
1	ROU	ENG	<i>MIX1</i>	<i>MIX2</i>	POL	<i>MIX3</i>
1	<i>MIX3</i>	ROU	ENG	<i>MIX1</i>	<i>MIX2</i>	POL
1	POL	<i>MIX3</i>	ROU	ENG	<i>MIX1</i>	<i>MIX2</i>
1	<i>MIX2</i>	POL	<i>MIX3</i>	ROU	ENG	<i>MIX1</i>
2	CHN	CZE	<i>MIX4</i>	HUN	RSA	WAL
2	WAL	CHN	CZE	<i>MIX4</i>	HUN	RSA
2	RSA	WAL	CHN	CZE	<i>MIX4</i>	HUN
2	HUN	RSA	WAL	CHN	CZE	<i>MIX4</i>
2	<i>MIX4</i>	HUN	RSA	WAL	CHN	CZE
2	CZE	<i>MIX4</i>	HUN	RSA	WAL	CHN

*MIX1*            *NOR+CZE*            3+2  
*MIX2*            *NAM+CZE*            4+1  
*MIX3*            *SVK+SLO*            3+1  
*MIX4*            *ISR+CZE*            5+1



**WAG TRAINING SCHEDULE**  
**28.11.2019**

time	min.	VT	UB	BB	FX	area
9:40-10:00	20	Stretching area				Judo gym
10:00-10:15	15	General warm up				FOP
10:15-10:35	20	ENG	POL	MIX2	MIX3	FOP
10:35-10:55	20	MIX3	ENG	POL	MIX2	FOP
10:55-11:15	20	MIX2	MIX3	ENG	POL	FOP
11:15-11:35	20	POL	MIX2	MIX3	ENG	FOP
11:15-11:35	20	Stretching area				Judo gym
11:35-11:50	15	General warm up				FOP
11:50-12:10	20	MIX1	WAL	MIX4	ROU	FOP
12:10-12:30	20	ROU	MIX1	WAL	MIX4	FOP
12:30-12:50	20	MIX4	ROU	MIX1	WAL	FOP
12:50-13:10	20	WAL	MIX4	ROU	MIX1	FOP
12:50-13:10	20	Stretching area				Judo gym
13:10-13:25	15	General warm up				FOP
13:25-13:50	25	CHN	CZE	HUN	RSA	FOP
13:50-14:15	25	RSA	CHN	CZE	HUN	FOP
14:15-14:40	25	HUN	RSA	CHN	CZE	FOP
14:40-15:05	25	CZE	HUN	RSA	CHN	FOP

MIX1	NOR+CZE	3+2
MIX2	NAM+CZE	4+1
MIX3	SVK+SLO	3+1
MIX4	ISR+CZE	5+1

**WAG COMPETITION SCHEDULE**

**29.11.2019**

	time	min.	VT	UB	BYE	BB	FX	BYE	area	
SUBDIVISION 1 WARM UP	12:10-12:30	20	Stretching area							Judo gym
	12:30-12:45	15	General warm up							FOP
	12:45-12:55	10	ENG	MIX1	MIX2	POL	MIX3	ROU	FOP	
	12:55-13:05	10	ROU	ENG	MIX1	MIX2	POL	MIX3	FOP	
	13:05-13:15	10	MIX3	ROU	ENG	MIX1	MIX2	POL	FOP	
	13:15-13:25	10	POL	MIX3	ROU	ENG	MIX1	MIX2	FOP	
	13:25-13:35	10	MIX2	POL	MIX3	ROU	ENG	MIX1	FOP	
13:35-13:45	10	MIX1	MIX2	POL	MIX3	ROU	ENG	FOP		
SUBDIVISION 1 COMPETITION	13:45-14:05	20	MIX1	MIX2	POL	MIX3	ROU	ENG	FOP	
	14:05-14:25	20	ENG	MIX1	MIX2	POL	MIX3	ROU	FOP	
	14:25-14:45	20	ROU	ENG	MIX1	MIX2	POL	MIX3	FOP	
	14:45-15:05	20	MIX3	ROU	ENG	MIX1	MIX2	POL	FOP	
	15:05-15:25	20	POL	MIX3	ROU	ENG	MIX1	MIX2	FOP	
15:25-15:45	20	MIX2	POL	MIX3	ROU	ENG	MIX1	FOP		
	15:45-16:00	15	<b>Break</b>							
SUBDIVISION 2 WARM UP	15:40-16:00	20	Stretching area							Judo gym
	16:00-16:15	15	General warm up							FOP
	16:15-16:27	12	WAL	CHN	CZE	MIX4	HUN	RSA	FOP	
	16:27-16:39	12	RSA	WAL	CHN	CZE	MIX4	HUN	FOP	
	16:39-16:51	12	HUN	RSA	WAL	CHN	CZE	MIX4	FOP	
	16:51-17:03	12	MIX4	HUN	RSA	WAL	CHN	CZE	FOP	
	17:03-17:15	12	CZE	MIX4	HUN	RSA	WAL	CHN	FOP	
17:15-17:27	12	CHN	CZE	MIX4	HUN	RSA	WAL	FOP		
	17:40	10	<b>WAG Opening Ceremony</b>							FOP
SUBDIVISION 2 COMPETITION	17:50-18:15	25	CHN	CZE	MIX4	HUN	RSA	WAL	FOP	
	18:15-18:40	25	WAL	CHN	CZE	MIX4	HUN	RSA	FOP	
	18:40-19:05	25	RSA	WAL	CHN	CZE	MIX4	HUN	FOP	
	19:05-19:30	25	HUN	RSA	WAL	CHN	CZE	MIX4	FOP	
	19:30-19:55	25	MIX4	HUN	RSA	WAL	CHN	CZE	FOP	
	19:55-20:20	25	CZE	MIX4	HUN	RSA	WAL	CHN	FOP	
	20:30-20:45	15	<b>WAG Victory Ceremony</b>							FOP

MIX1	NOR+CZE	3+2
MIX2	NAM+CZE	4+1
MIX3	SVK+SLO	3+1
MIX4	ISR+CZE	5+1

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