



ČESKÁ GYMNASTICKÁ FEDERACE

komise skoků na trampolíně

Zátopkova 100/2, P.O.Box 40, 160 17 Praha 6, Česká republika

tel./fax: 257 210 811

e-mail: trampoliny@cstv.cz

web: <http://trampoliny.cstv.cz>

v.08.10.2019

47th Trampoline Friendship Cup 2019 GENERAL PROGRAM

Thursday 10 October 2019			
	all day	Arrivals	
	15.00-21.00	Free Training Ind & Syn	Sports Hall
	15.00-20.30	Accreditation	Sports Hall
	-20.30	Competition cards, Profiles	Sports Hall
	21.30-	Accreditation (late arrivals)	Hotel Merkur
	19.30-22.00 20.00-21.30	Dinner	Hotel Břízky, Hotel Merkur Hotel Sport
Friday 11 October 2019			
	07.00-09.00 07.30-09.00	Breakfast	Hotel Břízky, Hotel Merkur Hotel Sport
	09.00-10.30	Accreditation	Sports Hall
	09.00-12.50	Gen.Warm-up Ind (11-12, 13-14 girls, Jun) 09.00-10.55 competition groups no. 1-2 10.55-12.50 competition groups no. 3-4	Sports Hall (41, 46, 41)
	10.30	Information meeting for delegations	Sports Hall meeting room
	11.00-15.00	Lunch	Sports Hall (with lunch ticket)
	12.30-12.45	Judges Trial Scoring	Sports Hall judges' podium
	13.00-17.30	Qualification (11-12, 13-14 girls, Jun) 13.00-16.10 Qualification Ind 16.10-16.35 General Warm-up Syn (11, 10, 10) 16.40-17.30 Qualification Syn	Sports Hall
	17.30-20.30	Free Training Ind & Syn	Sports Hall
	19.00-21.00 19.30-21.00	Dinner	Hotel Břízky, Hotel Merkur Hotel Sport
Saturday 12 October 2019			
	07.00-09.00 07.30-09.00	Brekfast	Hotel Břízky, Hotel Merkur Hotel Sport
	08.30-10.50	Gen.Warm-up (13-14 boys, Sen)	Sports Hall (18, 25, 33)
	11.00-15.00	Lunch	Sports Hall (with lunch ticket)
	11.00-14.15	Qualification (13-14 boys, Sen) 11.00-13.15 Qualification Ind 13.15-13.40 General Warm-up Syn (5, 6, 12) 13.45-14.15 Qualification Syn	Sports Hall
	14.15-15.20	General Warm-up (Finalists)	Sports Hall
	15.30-18.30	Opening Ceremony, Finals, Awards	Sports Hall
	20.30-02.00	Dinner Party & Disco	Hotel Praha
Sunday 13 October 2019			
	07.00-10.00 07.30-09.00	Breakfast	Hotel Břízky, Hotel Merkur Hotel Sport
	all day	Departures	





ČESKÁ GYMNASTICKÁ FEDERACE

komise skoků na trampolíně

Zátokova 100/2, P.O.Box 40, 160 17 Praha 6, Česká republika

tel./fax: 257 210 811

e-mail: trampoliny@cstv.cz

web: <http://trampoliny.cstv.cz>

v.08.10.2019

47th Trampoline Friendship Cup 2019

TRAINING & COMPETITION

1. Training Schedule and General Warm-up

Thursday 10 October 2019

15.00 - 21.00 - free training (Individuals & Synchro)

Friday 11 October 2019

09.00 - 12.50 - General Warm-up Competition Groups 1-4 (Individuals)

09.00 - 10.55 Competition groups 1-2

10.55 - 12.50 Competition groups 3-4

16.10 - 16.35 - General Warm-up Competition Groups 5-6 (Synchro)

17.30 - 20.30 - free training (Individuals & Synchro)

Saturday 12 October 2019

08.30 - 10.50 - General Warm-up Competition Groups 7-9 (Individuals)

13.15 - 13.40 - General Warm-up Competition Group 10 (Synchro)

14.15 - 15.20 - General Warm-up Finalists

2. Competition Schedule

Friday 11 October 2019

13.00 - 16.10 Qualifying Round Ind **Trampolines 1&2** **Trampolines 3&4** **Trampolines 5&6**

13.00 - 13.45	Gr.1	Ind Boys 11-12 (1) 12	Ind Girls 11-12 (1) 10	Ind Girls 13-14 (1) 11
13.45 - 14.30	Gr.2	Ind Junior Girls (1) 10	Ind Girls 11-12 (2) 9	Ind Girls 13-14 (2) 10
14.30 - 15.20	Gr.3	Ind Junior Girls (2) 10	Ind Junior Boys (1) 14	Ind Girls 13-14 (3) 10
15.20 - 16.10	Gr.4	Ind Junior Girls (3) 9	Ind Junior Boys (1) 13	Ind Girls 13-14 (4) 10

16.40 - 17.30 Qualifying Round Syn **Trampolines 1&2** **Trampolines 3&4** **Trampolines 5&6**

16.40 - 17.05	Gr.5	Syn Junior Girls (1) 5	Syn Girls 11-12 (1) 3	Syn Girls 13-14 (1) 6
17.05 - 17.30	Gr.6	Syn Junior Girls (2) 6	Syn Junior Boys (1) 7	Syn Girls 13-14 (2) 5

Saturday 12 October 2019

11.00 - 13.15 Qualifying Round Ind **Trampolines 1&2** **Trampolines 3&4** **Trampolines 5&6**

11.00 - 11.45	Gr.7	Ind Sen Women (1) 9	Ind Sen Men (1) 9	Ind Boys 13-14 (1) 11
11.45 - 12.30	Gr.8	Ind Sen Women (2) 9	Ind Sen Men (2) 8	Ind Boys 13-14 (2) 11
12.30 - 13.15	Gr.9		Ind Sen Men (3) 8	Ind Boys 13-14 (3) 11

13.45 - 14.15 Qualifying Round Syn **Trampolines 1&2** **Trampolines 3&4** **Trampolines 5&6**

13.45 - 14.15	Gr.10	Syn Sen Women (1) 5	Syn Sen Men (1) 6	Syn Boys 13-14 (1) 12
---------------	-------	---------------------	-------------------	-----------------------

15.30 - 18.05 Finals **Trampolines 1&2** **Trampolines 3&4** **Trampolines 5&6**

15.30 - 15.35		Opening ceremony (track suit)		
15.35 - 16.05	Gr.1	Ind Boys 11-12	Ind Girls 11-12	Ind Girls 13-14
16.05 - 16.35	Gr.2	Ind Junior Girls	Ind Junior Boys	Ind Boys 13-14
16.35 - 16.55	Gr.3	Ind Senior Girls	Ind Sen Men	
16.55 - 17.15	Gr.4		Syn Girls 11-12	Syn Girls 13-14
17.15 - 17.45	Gr.5	Syn Junior Girls	Syn Junior Boys	Syn Boys 13-14
17.45 - 18.05	Gr.6	Syn Senior Women	Syn Senior Men	

18.05 - 18.30 Winner ceremony (track suit, medalists only)

The times can subject to changes according the course of competition. One max. 30 seconds warm-up per competitor / pair prior Qualifying Round and prior Finals.





ČESKÁ GYMNASTICKÁ FEDERACE

komise skoků na trampolíně

Zátopkova 100/2, P.O.Box 40, 160 17 Praha 6, Česká republika

tel./fax: 257 210 811

e-mail: trampoliny@cstv.cz

web: http://trampoliny.cstv.cz

v.08.10.2019

47th Trampoline Friendship Cup 2019

SHUTTLE SERVICES SCHEDULE

(for Accommodation Packages A & B only)

Dedicated shuttle / bus service between the hotels Sport, Merkur and Břízky and Sports Hall will operate on Thursday 10 October 2019, Friday 11 October 2019 and on Saturday 12 October 2019.

Bus stops :

- hotel Sport parking place near the hotel
- hotel Merkur regular public bus stops Jablonec n.N., **Lázně**
- Sports Hall (venue) Jablonec n.N., **Plavecký bazén** (is also closest to Student hostel SOŠ)
- hotel Praha Jablonec n.N., near the hotel
- hotel Břízky temporary bus stops Jablonec n.N., **Břízky** (ask in the hotel reception for more information).

Thursday 10 October 2019

↓	Sport	14.25	15.25	16.25	17.25	18.25	19.25						
	Merkur	14.30	15.30	16.30	17.30	18.30	19.30						
↓	Sports Hall	14.36	15.36	16.36	17.36	18.36	19.36	20.36					
	Břízky	14.41	15.41	16.41	17.41	18.41	19.41	20.41					
↓	Břízky	14.45	15.45	16.45	17.45	18.45	19.45						
	Sports Hall	14.52	15.52	16.52	17.52	18.52	19.52	20.52					
↓	Merkur	14.59	15.59	16.59	17.59	18.59	19.59	20.59					
	Sport	15.04	16.04	17.04	18.04	19.04	20.04	21.04					

Friday 11 October 2019

↓	Sport	8.20	9.00	09.55	10.55	11.55	13.55	14.55	16.15	16.55	17.55		
	Merkur	8.25	9.05	10.00	11.00	12.00	14.00	15.00	16.20	17.00	18.00		
↓	Sports Hall	8.31	9.11	10.06	11.06	12.06	14.06	15.06	16.30	17.06	18.06	19.06	20.06
	Břízky	8.36	9.16	10.11	11.11	12.11	14.11	15.11	16.35	17.11	18.11	19.11	20.11
↓	Břízky	8.40	9.20	10.15	11.15	12.15	14.15	15.15		17.15	18.15		
	Sports Hall	8.47	9.27	10.22	11.22	12.22	14.22	15.22	16.40	17.22	18.22	19.22	20.22
↓	Merkur			10.29	11.29	12.29	14.29	15.29	16.47	17.29	18.29	19.29	20.29
	Sport			10.34	11.34	12.34	14.34	15.34	16.52	17.34	18.34	19.34	20.34

Saturday 12 October 2019

↓	Sport	8.20	9.00	09.55	10.55	11.55	13.55	14.55	(note)	(note)			
	Merkur	8.25	9.05	10.00	11.00	12.00	14.00	15.00					
↓	Sports Hall	8.31	9.11	10.06	11.06	12.06	14.06	15.06	18.45				
	Břízky	8.36	9.16	10.11	11.11	12.11	14.11	15.11	18.50				
↓	Břízky	8.40	9.20	10.15	11.15	12.15	14.15	15.15					
	Sports Hall	8.47	9.27	10.22	11.22	12.22	14.22	15.22	18.55	19.15			
↓	Merkur			10.29	11.29	12.29	14.29	15.29	19.02	19.22			
	Sport			10.34	11.34	12.34	14.34	15.34	19.07	19.27			
↓	Břízky	20.05		20.40									
	Sports Hall*	20.10		20.45									
↓	Sport		20.25		20.55								
	Hotel Praha	20.20	20.30	20.50	21.00								
		(note)	(note)	(note)	(note)								
						↓	Hotel Praha	0.00	0.20	1.50	2.10		
							Sports Hall*	0.05		1.55			
							Břízky	0.10					
							Sport		0.25	2.00	2.15		

(note) the times may be adjusted according the end of the competition and award ceremony

* for the closing party the bus will stop at the Sports Hall for accommodation Package C (Student hostel SOŠ) that is in walking distance

