



**49th International Trampoline
Competition of Friendship 2022**
(Youth Olympic Hopefuls' Competition)
Jablonec nad Nisou (CZE), 7th-8th October 2022



TRAINING & COMPETITION SCHEDULE

1. Training and Warm-up Schedule

Thursday 06 October 2022

14.00 - 21.00 - Free training, organizer may limit number of participants in warm-up and competition areas

Friday 07 October 2022

08.50 - 10.50 - General Warm-up Competition Groups 1-4 (warm-up area 08.30 - 10.20)

Area / Group	Group 1	Group 2	Group 3	Group 4
warm-up area (floor)	08.30 - 08.50	09.00 - 09.20	09.30 - 09.50	10.00 - 10.20
competition area (trampolines)	08.50 - 09.20	09.20 - 09.50	09.50 - 10.20	10.20 - 10.50

14.20 - 16.20 - General Warm-up Competition Groups 5-8 (warm-up area 13.50 - 15.50)

Area / Group	Group 5	Group 6	Group 7	Group 8
warm-up area (floor)	13.30 - 13.50	14.00 - 14.20	14.30 - 14.50	15.00 - 15.20
competition area (trampolines)	13.50 - 14.20	14.20 - 14.50	14.50 - 15.20	15.20 - 15.50

19.20 - 20.00 - Free training Age Group 11-12 (all 3 sets of trampolines can be used)

Saturday 08 October 2022

08.20 - 10.20 - General Warm-up Competition Groups 9-13 (warm-up area 08.30 - 10.10)

Area / Trampolines 1&2, 3&4 - Group	Group 9	Group 10	Group 11	Group 12
Area / Tramp. 5&6 - Start. Number	boys 1.-14.	boys 15.-27.	b.28.-34,+g.1.-6.	girls 7.-19.
warm-up area (floor)	08.00 - 08.20	08.30 - 08.50	09.00 - 09.20	09.30 - 09.50
competition area (trampolines)	08.20 - 08.50	08.50 - 09.20	09.20 - 09.50	09.50 - 10.20

13.40 - 14.00 - General Warm-up Semi-Finalists

14.50 - 15.50 - General Warm-up Finalists

2. Competition Schedule

Friday 07 October 2022

11.00 - 13.40 - Qualifying Round Groups 1-4

		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
11.00-11.40	Gr.1	Ind Girls 15-16 (1) 10	Ind Boys 15-16 (1) 11	Ind Girls 13-14 (1) 10	10.40-11.00
11.40-12.20	Gr.2	Ind Girls 15-16 (2) 10	Ind Boys 15-16 (2) 11	Ind Girls 13-14 (2) 10	11.20-11.40
12.20-13.00	Gr.3	Syn Girls 11-12 (1) 5	Ind Boys 15-16 (3) 11	Ind Girls 13-14 (3) 9	12.00-12.20
13.00-13.40	Gr.4	Syn Boys 11-12 (1) 9	Ind Boys 15-16 (4) 10	Ind Girls 13-14 (4) 9	12.40-13.00

16.30 - 19.30 - Qualifying Round Groups 5-8

		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
16.00-16.50	Gr.5	Ind Sen Women (1) 10	Ind Sen Men (1) 11	Ind Boys 13-14 (1) 10	15.40-16.00
16.50-17.40	Gr.6	Ind Sen Women (2) 10	Ind Sen Men (2) 10	Ind Boys 13-14 (2) 10	16.30-16.50
17.40-18.30	Gr.7	Ind Sen Women (3) 10	Ind Sen Men (3) 10	Ind Boys 13-14 (3) 9	17.20-17.40
18.30-19.20	Gr.8	Ind Sen Women (4) 9	Ind Sen Men (4) 10		18.10-18.30

Saturday 08 October 2022

11.00 - 13.40 - Qualifying Round Groups 9-13

		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
10.30-11.10	Gr.9	Syn Sen Women (1) 6	Syn Sen Men (1) 6	Ind Boys 11-12 (1) 12	10.10-10.30
11.10-11.50	Gr.10	Syn Sen Women (1) 6	Syn Sen Men (2) 6	Ind Boys 11-12 (2) 11	10.50-11.10
11.50-12.30	Gr.11	Syn Girls 13-16 (2) 7	Syn Boys 13-16 (1) 8	Ind Boys 11-12 (3) 11	11.30-11.50
12.30-13.05	Gr.12	Syn Girls 13-14 (1) 8	Syn Boys 13-16 (2) 7	Ind Girls 11-12 (1) 10	12.10-12.30
13.05-13.40	Gr.13	Syn Boys 13-14 (1) 6		Ind Girls 11-12 (2) 9	11.55-13.05

14.00 - 14.40 - Semi-Finals Groups 1-2

		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
14.00-14.20	Gr.1	Ind Sen Women (1) 8	Ind Sen Men (1) 8		13.20-14.20
14.20-14.40	Gr.2	Ind Sen Women (2) 8	Ind Sen Men (2) 8		

16.00 - 19.00 - Finals

		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
16.00-16.10		Opening ceremony (track suit)			
16.10-16.35	Gr.1	Ind Junior.Girls 15-16		Ind AG Girls 11-12	15.50-16.10
16.35-17.00	Gr.2		Ind Junior Boys 15-16	Ind AG Boys 11-12	16.15-16.35
17.00-17.25	Gr.3	Ind Senior Women		Ind AG Girls 13-14	16.40-17.00
17.25-17.50	Gr.4		Ind Senior Men	Ind AG Boys 13-14	17.05-17.25
17.50-18.15	Gr.5	Syn Junior Girls 13-16	Syn Junior Boys 13-16	Syn 11-12 girls+boys	17.30-17.50
18.15-18.40	Gr.6	Syn Senior Women	Syn Senior Men	Syn 13-14 girls+boys	17.55-18.15
18.40-19.00		Winner ceremony (medalists only)			

The times can subject to changes according the course of competition. In Qualifying Round, 40 respective 50 min. for every standard starting group (10 min. warm-up + 30 respective 40 min. competition). In Semi-Finals and Finals, one max. 45 seconds warm-up per competitor / pair (measured from the moment when previous gymnast / pair left the trampoline).

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