



**52nd International Trampoline
Competition of Friendship 2025**
(Youth Olympic Hopefuls' Competition)
Jablonec nad Nisou (CZE), 17th-18th October 2025



TRAINING & COMPETITION SCHEDULE

1. Allocation of categories and Trampoline sets

	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	Trampolines 7&8
All days	Ind Girls 11-12	Ind Boys 11-12	Ind Jun Girls	Ind Girls 13-14
All phases	Syn Girls 11-12	Syn Boys 11-12	Syn Jun Girls	Syn Girls 13-14
	Ind Sen Women	Ind Sen Men	Ind Jun Boys	Ind Boys 13-14
	Syn Sen Women	Syn Sen Men	Syn Jun Girls	Syn Girls 13-14

2. Training, General Warm-up and Competition Schedule

Thursday 16 October 2025

09.15 - 13.00 - Scheduled training (based primary on Travel Forms and arrival information received)
09.15 - 10.30 - Glympic Nevele, Triffis Alkmar
10.30 - 11.45 - Azerbaijan, Denmark, Danish TCs, OGF TT, Fusion Gymnastics Wales, T&T Express
11.45 - 13.00 - Colombia, Acrobateam, Switzerland, TV Grenchen, NKL Liestal, GymVaud, ZTV
13.00 - 21.00 - Free training, organizer may limit number of participants in competition area if too busy

Friday 17 October 2025

08.30 - 09.20 - Free training

09.30 - 14.30 - Qualifying Round Groups 1-5 á 60 min (warm-up 20 min in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	Trampolines 7&8
09.30-10.30	1	Ind Girls 11-12 (1) 13	Ind Boys 11-12 (1) 10	Ind Junior Boys (1) 11	x
10.30-11.30	2	Ind Girls 11-12 (2) 12	Ind Boys 11-12 (2) 10	Ind Junior Boys (2) 11	Ind Boys 13-14 (1) 12
11.30-12.30	3	Ind Sen Women (1) 12	Ind Sen Men (1) 10	Ind Junior Boys (3) 10	Ind Boys 13-14 (2) 12
12.30-13.30	4	Ind Sen Women (2) 12	Ind Sen Men (2) 10	Ind Junior Boys (4) 10	Ind Boys 13-14 (3) 11
13.30-14.30	5	Ind Sen Women (3) 12	Ind Sen Men (3) 10	Ind Junior Boys (5) 10	x

15.00 - 20.00 - Qualifying Round Groups 6-10 á 60 min (warm-up 20 min. in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	Trampolines 7&8
15.00-16.00	6	Ind Sen Women (4) 12	Ind Sen Men (4) 10	Ind Junior Girls (1) 13	Ind Girls 13-14 (1) 10
16.00-17.00	7	Ind Sen Women (5) 11	Ind Sen Men (5) 10	Ind Junior Girls (2) 12	Ind Girls 13-14 (2) 10
17.00-18.00	8	Ind Sen Women (6) 11	Ind Sen Men (6) 10	Ind Junior Girls (3) 12	Ind Girls 13-14 (3) 10
18.00-19.00	9	Ind Sen Women (7) 11	Ind Sen Men (7) 10	Ind Junior Girls (4) 12	Ind Girls 13-14 (4) 10
19.00-20.00	10	x	x	Ind Junior Girls (5) 12	Ind Girls 13-14 (5) 10

30 min prior the start of any qualification groups the gymnasts may use stretching area on the second floor.

Saturday 18 October 2025

08.30 - 09.20 - Free training

09.30 - 13.10 - Qualifying Round Groups 11-14 á 55 min (warm-up 20 min in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	Trampolines 7&8
09.30-10.25	11	Syn Sen Women (1) 9	Syn Sen Men (1) 8	Syn Junior Girls (1) 9	Syn Girls 13-14 (1) 10
10.25-11.20	12	Syn Sen Women (2) 9	Syn Sen Men (2) 8	Syn Junior Girls (2) 8	Syn Girls 13-14 (2) 10
11.20-12.15	13	Syn Sen Women (3) 8	Syn Sen Men (3) 7	Syn Junior Boys (1) 9	Syn Boys 13-14 (1) 7
12.15-13.10	14	Syn Girls 11-12 (1) 6	Syn Boys 11-12 (1) 4	Syn Junior Boys (1) 9	x

30 min prior the start of any qualification groups the gymnasts may use stretching area on the second floor.



NÁRODNÍ
SPORTOVNÍ
AGENTURA



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GYMNASTICKÁ
FEDERACE



JABLONEC
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13.30 - 15.10 - Semi-Finals Groups 1-2 á 55 min (warm-up 20 min in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	Trampolines 7&8
13.30-14.20	1	Ind Sen Women (1) 12	Ind Sen Men (1) 12	x	x
14.20-15.10	2	Ind Sen Women (2) 12	Ind Sen Men (2) 12	x	x

30 min prior the start of any semi-final groups the gymnasts may use stretching area on the second floor.

15.10 - 15.50 - General Warm-up Finalists

16.00 - 19.10 - Finals Groups 1-6 á 25 min (warm-up one touch á 45 sec)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	Trampolines 7&8
16.00-16.10		Opening ceremony (1 male, 1 female per team, 1 flag bearer for 1 country, in track suit)			
16.10-16.35	1	Ind Girls 11-12	Ind Boys 11-12	x	Ind Girls 13-14
16.35-17.00	2	Ind Sen Women	x	Ind Jun Girls	x
17.00-17.25	3	x	Ind Sen Men	Ind Jun Boys	Ind Boys 13-14
17.25-17.50	4	Syn Girls 11-12	Syn Boys 11-12	x	Syn Girls 13-14
17.50-18.15	5	Syn Sen Women	x	Syn Junior Girls	x
18.15-18.40	6	x	Syn Sen Men	Syn Jun Boys	Syn Boys 13-14
18.50-19.10		Winner ceremony (<i>medallists only</i>)			

20 min prior the start of any final group the gymnasts may use stretching area on the second floor.

The times can subject to changes according the course of competition.

v.12.10.2025