

TUESDAY 29.09.2026



TRAINING PROGRAMME

COMPETITION AREA			WARM UP AREA		
Time	TRAMPOLINE		Time	TRAMPOLINE	
	TRA LADIES	TRA MEN		TRA LADIES	TRA MEN
14.00	WORLD CUP FREE TRAINING		14.00		
19.00			19.00		

WEDNESDAY 30.09.2026



TRAINING & COMPETITION PROGRAMME

COMPETITION AREA				WARM UP AREA	
Time	TRAMPOLINE		Time	TRAMPOLINE	
	TRA LADIES	TRA MEN		TRA LADIES	TRA MEN
8.00 - 9.15	WORLD CUP FREE TRAINING		AERE TRAMPOLINE CUP		

THURSDAY 01.10.2026



TRAINING & COMPETITION PROGRAMME

COMPETITION AREA				WARM UP AREA	
Time	TRAMPOLINE		Time	TRAMPOLINE	
	TRA LADIES	TRA MEN		TRA LADIES	TRA MEN
8.00 - 11.45	WORLD CUP FREE TRAINING		AERE TRAMPOLINE CUP		
AERE TRAMPOLINE CUP					
		18.00 - 20.00	WORLD CUP FREE TRAINING		WORLD CUP FREE TRAINING
18.30 - 20.00	WORLD CUP FREE TRAINING				

FRIDAY 02.10.2026



TRAINING & COMPETITION PROGRAMME

COMPETITION AREA				WARM UP AREA	
Time	TRAMPOLINE		Time	TRAMPOLINE	
	TRA LADIES	TRA MEN		TRA LADIES	TRA MEN
			9.00 - 9.45	TRA TRAINING GROUP 1	TRA TRAINING GROUP 1
9.45 - 10.30	TRA TRAINING GROUP 1	TRA TRAINING GROUP 1	9.45 - 10.30	TRA TRAINING GROUP 2	TRA TRAINING GROUP 2
10.30 - 11.15	TRA TRAINING GROUP 2	TRA TRAINING GROUP 2	10.30 - 11.15	TRA TRAINING GROUP 3	TRA TRAINING GROUP 3
11.15 - 12.00	TRA TRAINING GROUP 3	TRA TRAINING GROUP 3	11.15 - 12.00	TRA TRAINING GROUP 4	TRA TRAINING GROUP 4
12.00 - 12.45	TRA TRAINING GROUP 4	TRA TRAINING GROUP 4	12.00 - 12.45	TRA TRAINING GROUP 5	TRA TRAINING GROUP 5
12.45 - 13.30	TRA TRAINING GROUP 5	TRA TRAINING GROUP 5	12.45 - 13.30	TRA TRAINING GROUP 6	TRA TRAINING GROUP 6
13.30 - 14.15	TRA TRAINING GROUP 6	TRA TRAINING GROUP 6	13.30 - 14.15	TRA TRAINING GROUP 7	TRA TRAINING GROUP 7
14.15 - 15.00	TRA TRAINING GROUP 7	TRA TRAINING GROUP 7	14.15 - 16.10		
15.00 - 17.00				16.10 - 17.00	SYN MIX Q1 Group 1
			17.00 - 17.50	SYN MIX Q1 Group 2	
17.50 - 18.40	SYN MIX Q1 Group 2				

SATURDAY 03.10.2026



COMPETITION PROGRAMME

COMPETITION AREA			WARM UP AREA		
Time	TRAMPOLINE		Time	TRAMPOLINE	
	TRA LADIES	TRA MEN		TRA LADIES	TRA MEN
			8.10 - 9.00	Q1 - IND LADIES Group 1	Q1 - IND MEN Group 1
9.00 - 9.50	Q1 - IND LADIES Group 1	Q1 - IND MEN Group 1	9.00 - 9.50	Q1 - IND LADIES Group 2	Q1 - IND MEN Group 2
9.50 - 10.40	Q1 - IND LADIES Group 2	Q1 - IND MEN Group 2	9.50 - 10.40	Q1 - IND LADIES Group 3	Q1 - IND MEN Group 3
10.40 - 11.30	Q1 - IND LADIES Group 3	Q1 - IND MEN Group 3	10.40 - 11.30	Q1 - IND LADIES Group 4	Q1 - IND MEN Group 4
11.30 - 12.20	Q1 - IND LADIES Group 4	Q1 - IND MEN Group 4	11.30 - 12.10	BREAK	
12.20 - 13.00	BREAK		12.10 - 13.00		Q1 - IND MEN Group 5
13.00 - 13.50		Q1 - IND MEN Group 5	13.00 - 13.50		Q1 - IND MEN Group 6
13.50 - 14.40		Q1 - IND MEN Group 6	13.50 - 16.10	BREAK	
14.40 - 16.10	SYNCHRO FREE TRAINING				
16.10 - 17.00	BREAK		16.10 - 17.00	Q1 - SYN LADIES Group 1	Q1 - SYN MEN Group 1
17.00 - 17.50	Q1 - SYN LADIES Group 1	Q1 - SYN MEN Group 1	17.00 - 17.50	Q1 - SYN LADIES Group 2	Q1 - SYN MEN Group 2
17.50 - 18.40	Q1 - SYN LADIES Group 2	Q1 - SYN MEN Group 2			

SUNDAY 04.10.2026



COMPETITION PROGRAMME

COMPETITION AREA			WARM UP AREA		
Time	TRAMPOLINE		Time	TRAMPOLINE	
	TRA LADIES	TRA MEN		TRA LADIES	TRA MEN
9.20 - 10.00			9.20 - 10.00	Q2 - IND LADIES Group 1	Q2 - IND MEN Group 1
10.00 - 10.40	Q2 - IND LADIES Group 1	Q2 - IND MEN Group 1	10.00 - 10.40	Q2 - IND LADIES Group 2	Q2 - IND MEN Group 2
10.40 - 11.20	Q2 - IND LADIES Group 2	Q2 - IND MEN Group 2	10.40 - 11.30	BREAK	
11.20 - 14.00			11.30 - 13.20	IND. FINALISTS FREE TRAINING	
			13.20 - 13.55	SYN LADIES FINAL	
			13.55 - 14.00	SYN LADIES FINAL LINE UP	
14.00 - 14.05	FINALISTS PRESENTATION		14.00 - 14.35		SYN MEN FINAL
14.05 - 14.30	SYN LADIES FINAL		14.35 - 14.40		SYN MEN FINAL LINE UP
14.30 - 14.40	AWARDING CEREMONY		14.40 - 15.15	IND LADIES FINAL	
14.40 - 14.45		FINALISTS PRESENTATION	15.15 - 15.20	IND LADIES FINAL LINE UP	
14.45 - 15.10		SYN MEN FINAL	15.20 - 15.55		IND MEN FINAL
15.10 - 15.20		AWARDING CEREMONY	15.55 - 16.00		IND MEN FINAL LINE UP
15.20 - 15.25	FINALISTS PRESENTATION		16.00 - 16.35	SYN MIX FINAL	
15.25 - 15.50	IND LADIES FINAL		16.35 - 16.40	SYN MIX FINAL LINE UP	
15.50 - 16.00	AWARDING CEREMONY				
16.00 - 16.05		FINALISTS PRESENTATION			
16.05 - 16.30		IND MEN FINAL			
16.30 - 16.40		AWARDING CEREMONY			
16.40 - 16.45	FINALISTS PRESENTATION				
16.45 - 17.15	SYN MIX FINAL (TWO TOUCHES)				
17.15 - 17.25	AWARDING CEREMONY				