



**53rd International Trampoline
Competition of Friendship 2026**
(Youth Olympic Hopefuls' Competition)
Jablonec nad Nisou (CZE), 8th-10th October 2026



TRAINING & COMPETITION SCHEDULE

1. Allocation of categories and Trampoline sets

	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
All days	Ind Junior Girls	Ind Junior Boys	Ind Girls 11-12
All phases	Ind Senior Women	Ind Senior Men	Ind Boys 11-12
	Syn Junior Girls	Syn Junior Men	Ind Girls 13-14
	Syn Senior Women	Syn Senior Men	Ind Boys 13-14
	Syn Junior Mix	Syn Senior Mix	Syn 11-12
			Syn 13-14

2. Training, General Warm-up and Competition Schedule

Wednesday 07 October 2026

- 09.15 - 13.00 - Scheduled training (based primary on Travel Forms, arrival information & requests received)
Scheduled teams can also use Free training afterwards.
- 09.15 - 10.30 - Dutch Trampoline Selection (33)
- 10.30 - 11.45 - WIK Oostende, Colombia, Spain, MTV Bad Kreuznach (27)
- 11.45 - 13.00 - Azerbaijan, Begin Holon, Salto Ashkelon, Hapoel Begin Holon (20)
- 13.00 - 20.00 - Free training, organizer may limit number of participants in competition area, if too busy

Thursday 08 October 2026

- 09.00 - 11.45 - Free training
- 11.45 - 12.50 - Free training synchro only
- 13.00 - 17.30 - Qualifying Round Synchro Groups 1-5 á 60 min (warm-up 20 min in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
11.45-12.50	1-5	free training		
13.00-14.00	1	Syn Junior Mix (1) 10	Syn Senior Mix (1) 11	X
14.00-15.00	2	Syn Senior Women (1) 9	Syn Junior Boys (1) 11	Syn 11-12 (1) 10
15.00-16.00	3	Syn Senior Women (2) 8	Syn Senior Men (1) 9	Syn 13-14 (1) 12
16.00-16.45	4	Syn Junior Girls (1) 7	x	X
16.40-17.30	5	Syn Junior Girls (1) 7	x	X

- 17.30 - 20.30 - Free training, organizer may limit number of participants in competition area if too busy

Friday 09 October 2026

- 08.30 - 09.20 - General Warm-up groups 1-4
- 09.30 - 13.30 - Qualifying Round Individual Groups 1-4 á 60 min (warm-up 20 min in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
08.30-09.20	1-4	general warm-up		
09.30-10.30	1	Ind Junior Girls (1) 11	Ind Junior Boys (1) 9	Ind Boys 11-12 (1) 10
10.30-11.30	2	Ind Junior Girls (2) 11	Ind Junior Boys (2) 9	Ind Girls 13-14 (1) 10
11.30-12.30	3	Ind Junior Girls (3) 11	Ind Junior Boys (3) 8	Ind Girls 13-14 (2) 10
12.30-13.30	4	Ind Junior Girls (4) 11	Ind Junior Boys (4) 8	Ind Girls 13-14 (3) 9

- 13.30 - 14.20 - General Warm-up groups 5-9
- 14.30 - 19.30 - Qualifying Round Individual Groups 5-9 á 60 min (warm-up 20 min. in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
13.30-14.20	5-9	general warm-up		
14.30-15.30	5	Ind Senior Women (1) 12	Ind Senior Men (1) 9	Ind Girls 11-12 (1) 12
15.30-16.30	6	Ind Senior Women (2) 12	Ind Senior Men (2) 9	Ind Girls 11-12 (2) 12
16.30-17.30	7	Ind Senior Women (3) 11	Ind Senior Men (3) 8	Ind Boys 13-14 (1) 9
17.30-18.30	8	Ind Senior Women (4) 11	Ind Senior Men (4) 8	Ind Boys 13-14 (2) 9
18.30-19.30	9	Ind Senior Women (5) 11	x	Ind Boys 13-14 (3) 8



Saturday 10 October 2026

08.30 - 09.50 - General Warm-up Semi-Finalists

10.00 - 13.20 - Semi-Finals Groups 1-2 á 45 min & 3-4 á 55 min (warm-up 20 min in every group)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
08.30-09.50	1-4	general warm-up		X
10.00-10.45	1	Ind Junior Girls (1) 8	Ind Junior Boys (1) 8	X
10.45-11.30	2	Ind Junior Girls (2) 8	Ind Junior Boys (2) 8	X
11.30-12.25	3	Ind Senior Women (3) 12	Ind Senior Men (3) 8	X
12.25-13.20	4	Ind Senior Women (4) 12	Ind Senior Men (4) 8	X

13.20 - 14.50 - General Warm-up Finalists

15.00 - 18.30 - Finals Groups 1-6 á 25 min (warm-up one touch á 45 sec)

	Gr	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
13..20-14.50	1-7	general warm-up		
15.00-15.10		Opening ceremony (1 male, 1 female per team, 1 flag bearer for 1 country, in track suit)		
15.10-15.35	1	Syn Junior Mix 8	Syn Senior Mix 8	X
15.35-16.00	2	Ind Junior Girls 8	Ind Junior Boys 8	Ind Girls 11-12 8
16.00-16.25	3	Ind Senior Women 8	x	Ind Boys 11-12 8
16.25-16.50	4	x	Ind Senior Men 8	Ind Girls 13-14 8
16.50-17.15	5	Syn Junior Girls 8	Syn Junior Boys 8	Ind Boys 13-14 8
17.15-17.40	6	Syn Senior Women 8	x	Syn 11-12
17.40-18.05	7	x	Syn Senior Men 8	Syn 13-14
18.05-18.30		Winner ceremony (<i>medallists only</i>)		

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

v.04.10.2026