

**WEDNESDAY**  
28/11/2018  
ARRIVAL

09.00 - 19.00 free training MEN & WOMEN **GYM**  
17.00 - 19.00 accreditation MEN & WOMEN **GYM**  
18.00 - 21.00 dinner **La Fonduta**  
19.00 - 19.30 technical meeting MEN **Bufet**

**THURSDAY**  
29/11/2018  
MEN

07.00 - 10.00 breakfast **La Fonduta**  
08.00 - 11.00 free training MEN **GYM**  
10.00 - 15.00 free training WOMEN **GYM**  
11.00 - 14.00 lunch **La Fonduta**  
16.30 judges meeting MEN **JUDO**  
15.50 - 16.50 warm up MEN **GYM**  
17.00 Opening ceremony MEN **GYM**  
17.15 - 19.15 competition MEN **GYM**  
17.00 - 19.00 accreditation WOMEN **GYM**  
Victory ceremony MEN - after the MEN competition **GYM**  
18.00 - 21.00 dinner **La Fonduta**  
19.30 - 20.00 technical meeting WOMEN **JUDO**

**FRIDAY**  
30/11/2018  
WOMEN

07.00 - 10.00 breakfast **La Fonduta**  
08.00 - 11.00 free training WOMEN **GYM**  
10.00 - 12.30 free training MEN **GYM**  
11.00 - 14.00 lunch **La Fonduta**  
12.00 judges meeting WOMEN **JUDO**  
12.30 - 13.40 warm up WOMEN (1st Subdivision - 5 teams - bye after floor and before vault) **GYM**  
14.00 Opening ceremony WOMEN (participation of all teams is obligatory) **GYM**  
14.15 - 16.15 competition WOMEN (1st Subdivision - 5 teams) **GYM**  
16.30 - 17.20 warm up WOMEN (2nd Subdivision) **GYM**  
17.25 - 19.30 competition WOMEN (2nd Subdivision - 4 teams) **GYM**  
Victory ceremony WOMEN - after the WOMEN competition **GYM**  
18.00 - 21.00 dinner **La Fonduta**  
20.00 - 21.00 free training MEN & WOMEN finalists **GYM**

**SATURDAY**  
1/12/2018  
FINAL  
MEN&WOMEN

8 finalists at each apparatus  
07.00 - 10.00 breakfast **La Fonduta**  
08.00 - 12.00 free training MEN & WOMEN **GYM**  
11.00 - 14.00 lunch **La Fonduta**  
12.30 judges meeting MEN **JUDO**  
13.00 judges meeting WOMEN **JUDO**  
13.00 - 13.50 warm up MEN & WOMEN **GYM**  
14.00 - 14.30 Floor MEN **GYM**  
14.30 - 15.00 Pommel Horse MEN, Vault WOMEN **GYM**  
15.00 - 15.30 Rings MEN, Uneven Bars WOMEN **GYM**  
15.30 - 16.00 Vault MEN, Beam WOMEN **GYM**  
16.00 - 16.30 Parallel Bars MEN, Floor WOMEN **GYM**  
16.30 - 17.00 Horizontal Bar MEN **GYM**  
Victory ceremony of finalists will be after each apparatus performance **GYM**  
19.00 - 23.00 Banquet & disco **Bowling**

**SUNDAY**  
2/12/2018  
DEPARTURE

6.00 - 10.00 breakfast **La Fonduta**

# OLYMPIC HOPES CUP 2018

# TIMETABLE