



**OHC
LIBEREC**



WWW.OHCLIBEREC.COM

**THURSDAY 28/11
MEN
16:00-20:00**

**FRIDAY 29/11
WOMEN
14:00-20:00**

**SATURDAY 30/11
FINALS MEN&WOMEN
14:00-18:00**



OLYMPIC HOPES CUP

SPORT PARK LIBEREC ————— GYMNASTIC HALL

WORKPLAN



The competition in artistic gymnastic was established in the last decade as a contest of four countries of "Visegrad". The level of competition was very high right from the beginning. A team of volunteers from Gymnastics Liberec organized this event in 2006 – still under name VISEGRAD 2006. The competition was opened to all countries in that year. In 2009 the event was renamed to Olympic Hopes' Cup OHC LIBEREC and it became a regular and prestigious competition of young gymnasts from all over the world. It is a competition of teams of boys and girls and there is no other event like this in the whole Europe.

2019 COUNTRY PARTICIPANTS

AUSTRALIA

CHINA

CZECH REPUBLIC

ENGLAND

HUNGARY

ISRAEL

LUXEMBOURG

NAMIBIA

NORWAY

POLAND

ROMANIA

SOUTH AFRICA

SLOVENIA

SLOVAKIA

WALES



OLYMPIC HOPES CUP 2019
INTERNATIONAL COMPETITION IN ARTISTIC GYMNASTICS



DATE: 27.11. - 01.12. 2019

VENUE: SPORT PARK LIBEREC – GYMNASTICS HALL, Jeronýmova 570/22, 460 07 Liberec 7

APPARATUS SUPPLIER: SPIETH, DIONY

HOST FEDERATION:

CZECH GYMNASTICS FEDERATION, Zátopkova 100/2, 160 17 Praha 6, Czech Republic

Phone: +420 242 429 260

Email: cgf@gymfed.cz

Web: www.gymfed.cz

Contact persons:

| | | |
|--------------------------|--------------------------|---|
| Mr SLAVÍK Roman, | +420 739 300 960, | slavik@gymfed.cz |
| Ms KOČOVÁ Tereza, | +420 775 664 295, | kocova@gymfed.cz |

LOCAL ORGANIZING COMMITTEE:

GYMNASTIKA LIBEREC, Jeronýmova 570/22, 460 07 Liberec 7, Czech Republic

Email: info@gymlib.cz

Web: www.gymlib.cz, www.ohcliberec.com

Contact person:

Mr DRÁBEK Libor, +420 732 821 612



TIME SCHEDULE

| | | | | |
|-----------------------------|--------------------|--|------------|------------|
| Wednesday 27.11.2019 | 9:00-19:00 | Free Training | MAG & WAG | FOP |
| | 17:00-20:00 | Accreditation | MAG & WAG | FOP |
| | 17:30-21:00 | Dinner | MAG & WAG | Stadion |
| | 19:00-19:30 | Orientation & Technical Meeting | MAG | Bufet |
| Thursday 28.11.2019 | 7:00-10:30 | Breakfast | MAG & WAG | La Fonduta |
| | 8:00-10:00 | Free Training | MAG | FOP |
| | 10:00-15:05 | Training acc. to the Schedule | WAG | FOP |
| | 11:00-14:00 | Lunch | MAG & WAG | La Fonduta |
| | 15:30 | Judges Meeting | MAG | Judo Gym |
| | 15:05-15:15 | Break | | FOP |
| | 15:15-16:05 | Warm up (Subdivison I) | MAG | FOP |
| | 16:15-18:15 | Competition (Subdivision I) | MAG | FOP |
| | 17:00-19:00 | Accrediation (only judges) | WAG | FOP |
| | 18:30 | Opening Ceremony (Subdivision I/II) | MAG | FOP |
| | 17:30-22:00 | Dinner | MAG & WAG | Stadion |
| | 18:45-19:45 | Warm up (Subdivison II) | MAG | FOP |
| | 19:00-19:30 | Orientation & Technical Meeting | WAG | Judo Gym |
| | 19:45-21:45 | Competition (Subdivision II) | MAG | FOP |
| | 22:00 | Victory Ceremony | MAG | FOP |
| Friday 29.11.2019 | 7:00-10:30 | Breakfast | MAG & WAG | La Fonduta |
| | 8:00-10:00 | Free Training | WAG | FOP |
| | 10:00:12:00 | Free Training | MAG | FOP |
| | 11:00-14:00 | Lunch | MAG & WAG | La Fonduta |
| | 12:30-13:45 | Warm up acc. to the Schedule (Subdivison I) | WAG | FOP |
| | 12:00 | Judges Meeting | WAG | Judo Gym |
| | 13:45-15:45 | Competition (Subdivision I) | WAG | FOP |
| | 15:45-16:00 | Break | | FOP |
| | 16:00-17:27 | Warm up acc. to the Schedule (Subdivison II) | WAG | FOP |
| | 17:40-17:50 | Opening Ceremony (Subdivision I/II) | WAG | FOP |
| | 17:30-22:00 | Dinner | MAG & WAG | Stadion |
| | 17:50-20:20 | Competition (Subdivision II) | WAG | FOP |
| | 20:30-20:45 | Victory Ceremony | WAG | FOP |
| Saturday 30.11.2019 | 7:00-10:30 | Breakfast | MAG & WAG | La Fonduta |
| | 8:00-12:00 | Free Training | MAG & WAG | FOP |
| | 11:00-14:00 | Lunch | MAG & WAG | La Fonduta |
| | 12:30 | Judges Meeting | MAG | Judo Gym |

OLYMPIC HOPES CUP 2019

INTERNATIONAL COMPETITION IN ARTISTIC GYMNASTICS



| | | | | |
|-------------------------|--------------------|---|----------------------|------------|
| | 13:00 | Judges Meeting | WAG | Judo Gym |
| | 13:00-13:50 | Warm up | MAG & WAG | FOP |
| | 14:00-14:30 | FX final MAG | MAG | FOP |
| | 14:30-15:00 | PH Final MAG / VT Final WAG | MAG & WAG | FOP |
| | 15:00-15:30 | SR Final MAG / UB Final WAG | MAG & WAG | FOP |
| | 15:30-16:00 | VT Final MAG / BB Final WAG | MAG & WAG | FOP |
| | 16:00-16:30 | PB Final MAG / FX Final WAG | MAG & WAG | FOP |
| | 16:30-17:00 | HB Final MAG | MAG | FOP |
| | | Victory Ceremony always after two AF | MAG & WAG | FOP |
| | 19:00-23:00 | Banket & Disco | MAG & WAG | Bowling |
| Sunday 1.12.2019 | 7:00-10:30 | Breakfast | MAG & WAG | La Fonduta |

FOP *Field of play*

MAG START LIST

| Subdivision | FX | PH | SR | VT | PB | HB |
|-------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 1 | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE</i> | |
| 1 | | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE</i> |
| 1 | <i>LUX+CZE</i> | | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> |
| 1 | <i>RSA</i> | <i>LUX+CZE</i> | | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> |
| 1 | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE</i> | | <i>SLO</i> | <i>POL</i> |
| 1 | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE</i> | | <i>SLO</i> |
| 2 | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> | | |
| 2 | | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> | |
| 2 | | | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> |
| 2 | <i>AUS</i> | | | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> |
| 2 | <i>CZE 1</i> | <i>AUS</i> | | | <i>CHN</i> | <i>HUN</i> |
| 2 | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> | | | <i>CHN</i> |

MAG COMPETITION SCHEDULE
28.11.2019

| | time | min. | FX | PH | SR | VT | PB | HB | area | |
|------------------------------|-------------|------|-----------------------------|------------------|------------------|------------------|------------------|------------------|------|-----|
| SUBDIVISION 1 WARM UP | 15:15-16:15 | 60 | | | | | | | FOP | |
| | | | | | | | | | FOP | |
| | | | | | | | | | | FOP |
| | | | | | | | | | | FOP |
| | | | | | | | | | | FOP |
| | | | | | | | | | | FOP |
| SUBDIVISION 1 COMPETITION | 16:15-16:35 | 20 | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE 1</i> | | FOP | |
| | 16:35-16:55 | 20 | | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE 1</i> | FOP | |
| | 16:55-17:15 | 20 | <i>LUX+CZE 1</i> | | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> | FOP | |
| | 17:15-17:35 | 20 | <i>RSA</i> | <i>LUX+CZE 1</i> | | <i>SLO</i> | <i>POL</i> | <i>CZE 2</i> | FOP | |
| | 17:35-17:55 | 20 | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE 1</i> | | <i>SLO</i> | <i>POL</i> | FOP | |
| | 17:55-18:15 | 20 | <i>POL</i> | <i>CZE 2</i> | <i>RSA</i> | <i>LUX+CZE 1</i> | | <i>SLO</i> | FOP | |
| | 18:30 | 15 | MAG Opening Ceremony | | | | | | | |
| SUBDIVISION 2 WARM UP | 18:45-19:45 | 60 | | | | | | | FOP | |
| | | | | | | | | | FOP | |
| | | | | | | | | | FOP | |
| | | | | | | | | | FOP | |
| | | | | | | | | | FOP | |
| | | | | | | | | | FOP | |
| SUBDIVISION 2 COMPETITION | 19:45-20:05 | 20 | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> | | | FOP | |
| | 20:05-20:25 | 20 | | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> | | FOP | |
| | 20:25-20:45 | 25 | | | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> | FOP | |
| | 20:45-21:05 | 20 | <i>AUS</i> | | | <i>CHN</i> | <i>HUN</i> | <i>CZE 1</i> | FOP | |
| | 21:05-21:25 | 20 | <i>CZE 1</i> | | | | <i>CHN</i> | <i>HUN</i> | FOP | |
| | 21:25-21:45 | 20 | <i>HUN</i> | <i>CZE 1</i> | <i>AUS</i> | | | <i>CHN</i> | FOP | |
| | 22:00-22:15 | 15 | MAG Victory Ceremony | | | | | | FOP | |

WAG START LIST

| Subdivision | VT | UB | BYE | BB | FX | BYE |
|-------------|------|------|------|------|------|------|
| 1 | MIX1 | MIX2 | POL | MIX3 | ROU | ENG |
| 1 | ENG | MIX1 | MIX2 | POL | MIX3 | ROU |
| 1 | ROU | ENG | MIX1 | MIX2 | POL | MIX3 |
| 1 | MIX3 | ROU | ENG | MIX1 | MIX2 | POL |
| 1 | POL | MIX3 | ROU | ENG | MIX1 | MIX2 |
| 1 | MIX2 | POL | MIX3 | ROU | ENG | MIX1 |
| 2 | CHN | CZE | MIX4 | HUN | RSA | WAL |
| 2 | WAL | CHN | CZE | MIX4 | HUN | RSA |
| 2 | RSA | WAL | CHN | CZE | MIX4 | HUN |
| 2 | HUN | RSA | WAL | CHN | CZE | MIX4 |
| 2 | MIX4 | HUN | RSA | WAL | CHN | CZE |
| 2 | CZE | MIX4 | HUN | RSA | WAL | CHN |

MIX1 *NOR+CZE* *3+2*
MIX2 *NAM+CZE* *4+1*
MIX3 *SVK+SLO* *3+1*
MIX4 *ISR+CZE* *5+1*

WAG TRAINING SCHEDULE
28.11.2019

| time | min. | VT | UB | BB | FX | area |
|-------------|------|-----------------|------|------|------|----------|
| 9:40-10:00 | 20 | Stretching area | | | | Judo gym |
| 10:00-10:15 | 15 | General warm up | | | | FOP |
| 10:15-10:35 | 20 | ENG | POL | MIX2 | MIX3 | FOP |
| 10:35-10:55 | 20 | MIX3 | ENG | POL | MIX2 | FOP |
| 10:55-11:15 | 20 | MIX2 | MIX3 | ENG | POL | FOP |
| 11:15-11:35 | 20 | POL | MIX2 | MIX3 | ENG | FOP |
| 11:15-11:35 | 20 | Stretching area | | | | Judo gym |
| 11:35-11:50 | 15 | General warm up | | | | FOP |
| 11:50-12:10 | 20 | MIX1 | WAL | MIX4 | ROU | FOP |
| 12:10-12:30 | 20 | ROU | MIX1 | WAL | MIX4 | FOP |
| 12:30-12:50 | 20 | MIX4 | ROU | MIX1 | WAL | FOP |
| 12:50-13:10 | 20 | WAL | MIX4 | ROU | MIX1 | FOP |
| 12:50-13:10 | 20 | Stretching area | | | | Judo gym |
| 13:10-13:25 | 15 | General warm up | | | | FOP |
| 13:25-13:50 | 25 | CHN | CZE | HUN | RSA | FOP |
| 13:50-14:15 | 25 | RSA | CHN | CZE | HUN | FOP |
| 14:15-14:40 | 25 | HUN | RSA | CHN | CZE | FOP |
| 14:40-15:05 | 25 | CZE | HUN | RSA | CHN | FOP |

| | | |
|------|---------|-----|
| MIX1 | NOR+CZE | 3+2 |
| MIX2 | NAM+CZE | 4+1 |
| MIX3 | SVK+SLO | 3+1 |
| MIX4 | ISR+CZE | 5+1 |

WAG COMPETITION SCHEDULE

29.11.2019

| | time | min. | VT | UB | BYE | BB | FX | BYE | area | |
|--------------------------------------|-------------|------|-----------------------------|------|------|------|------|------|------|----------|
| SUBDIVISION 1 WARM UP | 12:10-12:30 | 20 | Stretching area | | | | | | | Judo gym |
| | 12:30-12:45 | 15 | General warm up | | | | | | | FOP |
| | 12:45-12:55 | 10 | ENG | MIX1 | MIX2 | POL | MIX3 | ROU | FOP | |
| | 12:55-13:05 | 10 | ROU | ENG | MIX1 | MIX2 | POL | MIX3 | FOP | |
| | 13:05-13:15 | 10 | MIX3 | ROU | ENG | MIX1 | MIX2 | POL | FOP | |
| | 13:15-13:25 | 10 | POL | MIX3 | ROU | ENG | MIX1 | MIX2 | FOP | |
| | 13:25-13:35 | 10 | MIX2 | POL | MIX3 | ROU | ENG | MIX1 | FOP | |
| SUBDIVISION 1 COMPETITION | 13:35-13:45 | 10 | MIX1 | MIX2 | POL | MIX3 | ROU | ENG | FOP | |
| | 13:45-14:05 | 20 | MIX1 | MIX2 | POL | MIX3 | ROU | ENG | FOP | |
| | 14:05-14:25 | 20 | ENG | MIX1 | MIX2 | POL | MIX3 | ROU | FOP | |
| | 14:25-14:45 | 20 | ROU | ENG | MIX1 | MIX2 | POL | MIX3 | FOP | |
| | 14:45-15:05 | 20 | MIX3 | ROU | ENG | MIX1 | MIX2 | POL | FOP | |
| | 15:05-15:25 | 20 | POL | MIX3 | ROU | ENG | MIX1 | MIX2 | FOP | |
| | 15:25-15:45 | 20 | MIX2 | POL | MIX3 | ROU | ENG | MIX1 | FOP | |
| | 15:45-16:00 | 15 | Break | | | | | | | |
| SUBDIVISION 2 WARM UP | 15:40-16:00 | 20 | Stretching area | | | | | | | Judo gym |
| | 16:00-16:15 | 15 | General warm up | | | | | | | FOP |
| | 16:15-16:27 | 12 | WAL | CHN | CZE | MIX4 | HUN | RSA | FOP | |
| | 16:27-16:39 | 12 | RSA | WAL | CHN | CZE | MIX4 | HUN | FOP | |
| | 16:39-16:51 | 12 | HUN | RSA | WAL | CHN | CZE | MIX4 | FOP | |
| | 16:51-17:03 | 12 | MIX4 | HUN | RSA | WAL | CHN | CZE | FOP | |
| | 17:03-17:15 | 12 | CZE | MIX4 | HUN | RSA | WAL | CHN | FOP | |
| | 17:15-17:27 | 12 | CHN | CZE | MIX4 | HUN | RSA | WAL | FOP | |
| | 17:40 | 10 | WAG Opening Ceremony | | | | | | | FOP |
| SUBDIVISION 2 COMPETITION | 17:50-18:15 | 25 | CHN | CZE | MIX4 | HUN | RSA | WAL | FOP | |
| | 18:15-18:40 | 25 | WAL | CHN | CZE | MIX4 | HUN | RSA | FOP | |
| | 18:40-19:05 | 25 | RSA | WAL | CHN | CZE | MIX4 | HUN | FOP | |
| | 19:05-19:30 | 25 | HUN | RSA | WAL | CHN | CZE | MIX4 | FOP | |
| | 19:30-19:55 | 25 | MIX4 | HUN | RSA | WAL | CHN | CZE | FOP | |
| | 19:55-20:20 | 25 | CZE | MIX4 | HUN | RSA | WAL | CHN | FOP | |
| | 20:30-20:45 | 15 | WAG Victory Ceremony | | | | | | | FOP |

| | | |
|------|---------|-----|
| MIX1 | NOR+CZE | 3+2 |
| MIX2 | NAM+CZE | 4+1 |
| MIX3 | SVK+SLO | 3+1 |
| MIX4 | ISR+CZE | 5+1 |

OLYMPIC HOPES CUP 2019
INTERNATIONAL COMPETITION IN ARTISTIC GYMNASTICS

