



**51st International Trampoline
Competition of Friendship 2024**
(Youth Olympic Hopefuls' Competition)
Jablonec nad Nisou (CZE), 11th-12th October 2024



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 10 October 2024

10.30 - 21.00 - Free training, organizer may limit number of participants in competition area

Friday 11 October 2024

08.30 - 09.50 - Free training

10.00 - 13.40 - Qualifying Round Groups 1-4 á 55 min (warm-up 20 min in every group)

| | Gr | Trampolines 1&2 | Trampolines 3&4 | Trampolines 5&6 | Trampolines 7&8 |
|-------------|----|------------------------|-----------------------|------------------------|------------------------|
| 10.00-10.55 | 1 | Ind Girls 11-12 (1) 10 | Ind Boys 11-12 (1) 13 | Ind Junior Boys (1) 11 | Ind Girls 13-14 (1) 11 |
| 10.55-11.50 | 2 | Ind Girls 11-12 (2) 10 | Ind Boys 11-12 (2) 13 | Ind Junior Boys (2) 11 | Ind Girls 13-14 (2) 11 |
| 11.50-12.45 | 3 | Ind Girls 11-12 (3) 10 | x | Ind Junior Boys (3) 11 | Ind Girls 13-14 (3) 11 |
| 12.45-13.40 | 4 | x | x | Ind Junior Boys (4) 11 | Ind Girls 13-14 (4) 11 |

14.00 - 20.00 - Qualifying Round Groups 5-10 á 60 min (warm-up 20 min. in every group)

| | Gr | Trampolines 1&2 | Trampolines 3&4 | Trampolines 5&6 | Trampolines 7&8 |
|-------------|----|----------------------|--------------------|-------------------------|-----------------------|
| 14.00-15.00 | 5 | Ind Sen Women (1) 11 | Ind Sen Men (1) 11 | Ind Junior Girls (1) 10 | X |
| 15.00-16.00 | 6 | Ind Sen Women (2) 11 | Ind Sen Men (2) 11 | Ind Junior Girls (2) 10 | Ind Boys 13-14 (1) 10 |
| 16.00-17.00 | 7 | Ind Sen Women (3) 10 | Ind Sen Men (3) 11 | Ind Junior Girls (3) 10 | Ind Boys 13-14 (2) 10 |
| 17.00-18.00 | 8 | Ind Sen Women (4) 10 | Ind Sen Men (4) 10 | Ind Junior Girls (4) 10 | Ind Boys 13-14 (3) 10 |
| 18.00-19.00 | 9 | Ind Sen Women (5) 10 | Ind Sen Men (5) 10 | Ind Junior Girls (5) 10 | Ind Boys 13-14 (4) 10 |
| 19.00-20.00 | 10 | Ind Sen Women (6) 10 | Ind Sen Men (5) 10 | Ind Junior Girls (6) 10 | x |

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

Saturday 12 October 2024

08.30 - 09.20 - Free training

09.30 - 11.30 - Qualifying Round Groups 11-12 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 | 11 | Sy Sen Women (1) 10 | Syn Sen Men (1) 9 | Syn Junior Boys (1) 13 | Syn Girls 13-14 (1) 12 |
| 10.30-11.30 | 12 | Sy Sen Women (2) 9 | Syn Sen Men (2) 8 | Syn Junior Girls (1) 11 | Syn Boys 13-14 (1) 15 |

11.30 - 12.05 - Qualifying Round Group 13 á 35 min (warm-up 15 min)

| | Gr | Trampolines 1&2 | Trampolines 3&4 | Trampolines 5&6 | Trampolines 7&8 |
|-------------|----|-----------------------|----------------------|------------------------|-----------------|
| 11.30-12.05 | 13 | Syn Girls 11-12 (1) 8 | Syn Boys 11-12 (1) 3 | Syn Junior Girls (2) 6 | x |

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



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12.20 - 14.00 - Semi-Finals Groups 1-2 á 50 min (warm-up 20 min in every group)

| | Gr | Trampolines 1&2 | Trampolines 3&4 | Trampolines 5&6 | Trampolines 7&8 |
|-------------|----|----------------------|--------------------|-----------------|-----------------|
| 12.20-13.10 | 1 | Ind Sen Women (1) 12 | Ind Sen Men (1) 12 | x | x |
| 13.10-14.00 | 2 | Ind Sen Women (2) 12 | Ind Sen Men (2) 12 | x | x |

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

14.10 - 15.20 - General Warm-up Finalists

15.30 - 18.40 - 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 |
|-------------|----|---|-----------------|------------------|-----------------|
| 15.30-15.40 | | Opening ceremony (track suit) | | | |
| 15.40-16.05 | 1 | Ind Girls 11-12 | Ind Boys 11-12 | x | Ind Girls 13-14 |
| 16.05-16.30 | 2 | Ind Sen Women | x | Ind Jun Girls | x |
| 16.30-16.55 | 3 | x | Ind Sen Men | Ind Jun Boys | Ind Boys 13-14 |
| 16.55-17.20 | 4 | Syn Girls 11-12 | Syn Boys 11-12 | x | Syn Girls 13-14 |
| 17.20-17.45 | 5 | Syn Sen Women | x | Syn Junior Girls | x |
| 17.45-18.10 | 6 | x | Syn Sen Men | Syn Jun Boys | Syn Boys 13-14 |
| 18.20-18.40 | | Winner ceremony (<i>medalists 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.03.10.2024



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