



Provisional Workplan 2024

Dutch Trampoline Open 4th edition

V.4 - date: 8-3-2024

Contents

Dutch Trampoline Open 4th edition	0
1. GENERAL INFORMATION	2
2. CONTACT INFORMATION	2
3. VENUE, PARKING, MAPS OF THE FACILITIES.....	3
Parking information at the venue (free) and solar carport.....	3
Map of the facility	3
4. GENERAL PROGRAM	7
5. SERVICES	8
Meals	8
Transportation.....	8
6. SHOPS NEARBY	13
7. INSURANCE	14
8. FLAGS	14
9. OFFICIAL LANGUAGE	14
10. ACCREDITATION AND ID CARDS.....	14
11. COMPETITION CARDS.....	15
12. AWARDING CEREMONIES	15
13. MEETINGS.....	15
14. EQUIPMENT	16
15. OPENING CEREMONY	16
16. STARTING ORDER	16
17. WARM UP	16
18. TRAINING	17
19. MARCH IN.....	17
20. COMPETITION INFORMATION	17
21. SOCIAL MEDIA	18
22. Training on days before and after Competition:	18
Missing information?	18
Partners:	18
Appendices to the program (details: added March 8)	19
Appendix 1 FRIDAY - TRAINING BLOCKS	19
Appendix 2 SPECIFICS SATURDAY – INDIVIDUAL QUALIFICATION	20
Appendix 3 SPECIFICS SUNDAY – SYN QUAL. AND ALL FINALS.....	24

1. GENERAL INFORMATION

This Work Plan has been developed in accordance with the FIG rules and regulations that are mentioned in the Directives for this competition.

This provisional version is based on definitive entries, and will be replaced by updated versions if necessary.

The Work Plan contains updated information of the provisional schedules as mentioned in the Directives.

2. CONTACT INFORMATION

LOC phone, +31 6 31172615 (telephone or WhatsApp).

Organizing committee

Sven Mooij	President
Jimmy Demmers	Secretary
Irene Pronk	Competition Director
Alice Mooij	Event organization & Finances

Stichting Dutch Trampoline Open

Jimmy Demmers
p/a Pater Schiphorststraat 25, 1827 NK Alkmaar
phone: 0031 610169220
e-mail: info@dutchtrampolineopen.com
website: <https://www.dutchtrampolineopen.com>

Transportation (contact and special demands)

Coordinator. Manja Eversdijk,
phone: 0031 620533185
e-mail: mapieversdijk@ziggo.nl with cc info@dutchtrampolineopen.com

Meals (contact and special demands)

- After December 31 No longer use the Registration program to book service packs or separate meals
- If needed: email info@dutchtrampolineopen.com

Emergencies

112

Medical services:

On Friday, Saturday and Sunday medical services (First Aid and sport therapists*) are present. During competition, a medical doctor will be present as well.

*Sports therapists: situated in the stretch/relax area

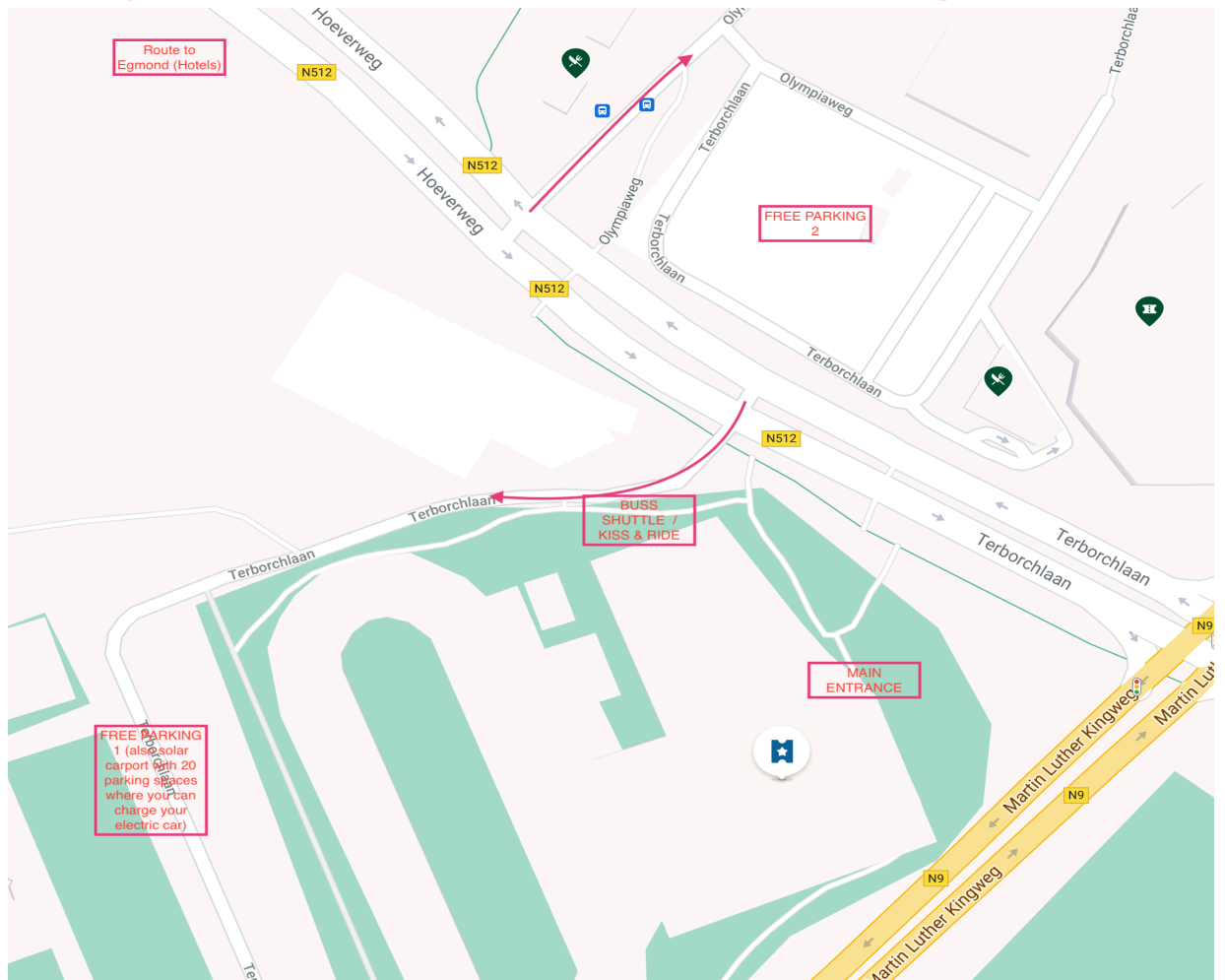
Chief medical officer, Bo Bet: +31 6 47434481 (telephone or WhatsApp) or by the LOC phone, +31 6 31172615 (telephone or WhatsApp).

3. VENUE, PARKING, MAPS OF THE FACILITIES



Venue: De Meent, Terborchlaan 301, Alkmaar
phone number: 0031 72 5489310
e-mail: info@alkmaarsport.nl
website: www.dementalkmaar.nl

Parking information at the venue (free) and solar carport

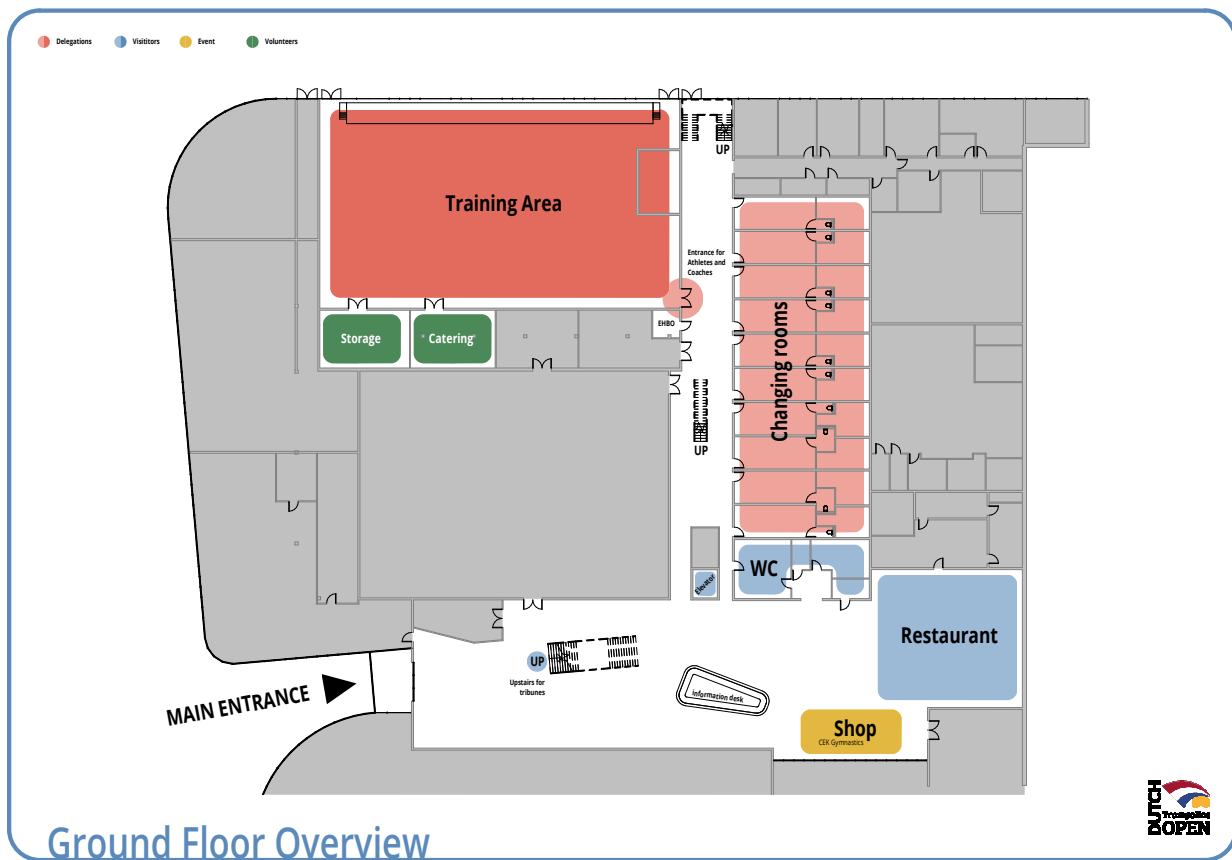


Map of the facility



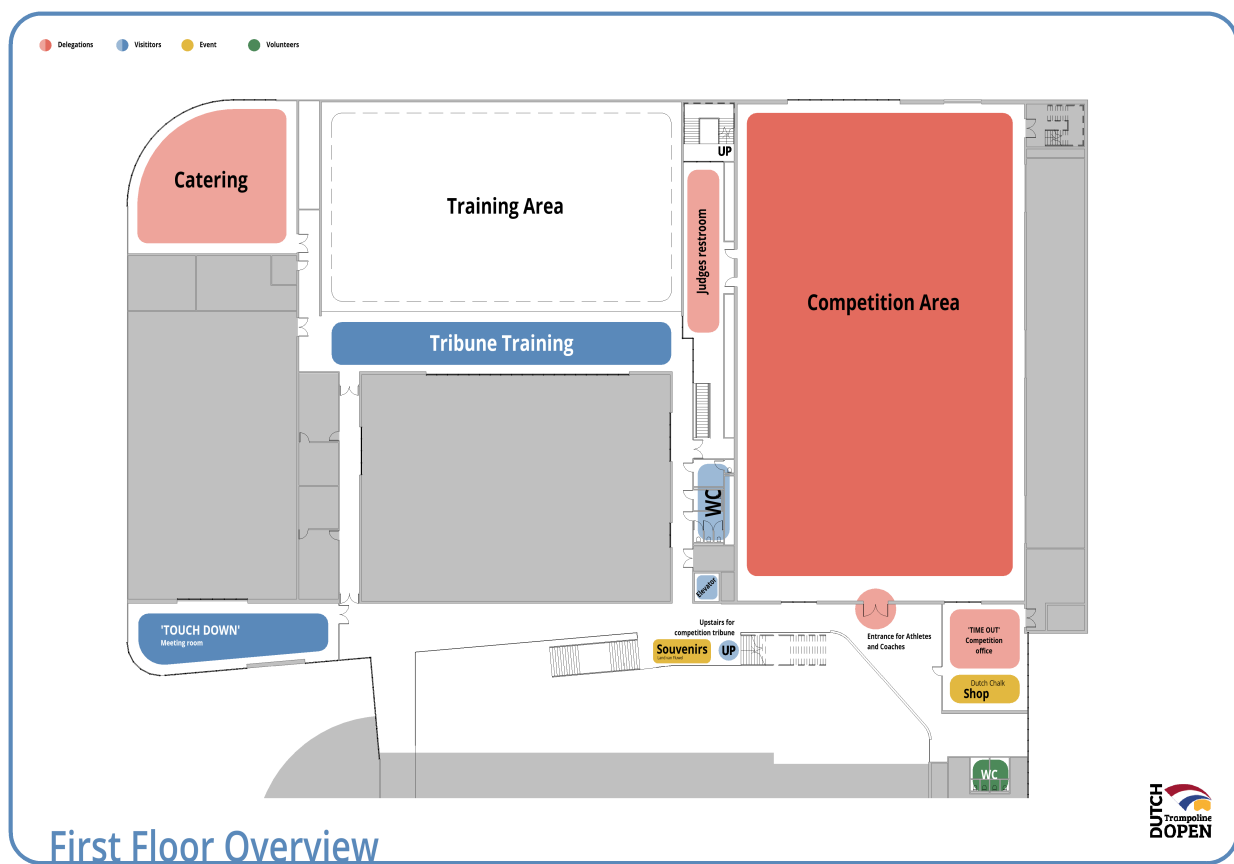
Ground floor

- Warm-up and training hall
- Dressing rooms
- Medical room



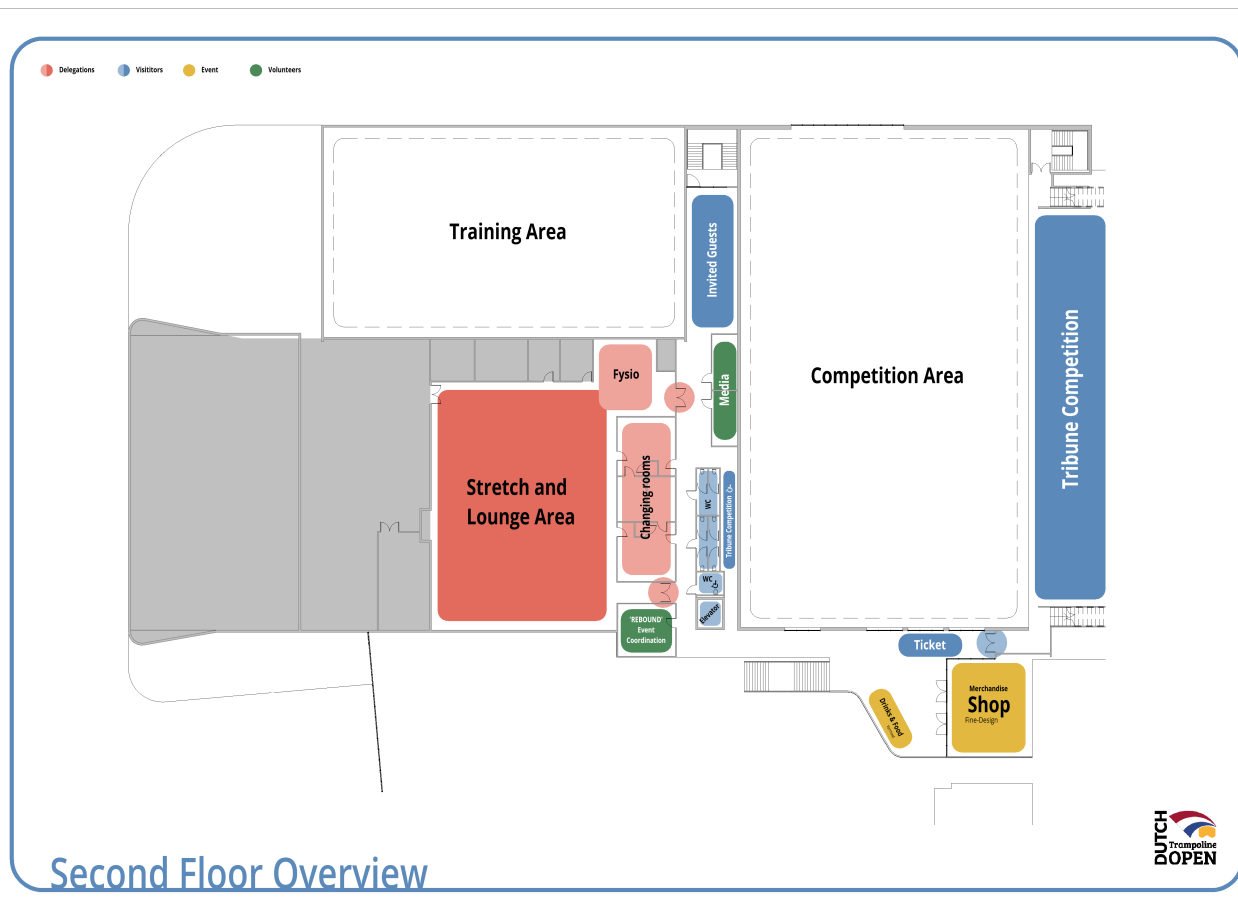
First floor

- Competition area
- Competition office
- March in assembly
- Delegation meals
- Orientation meeting
- Judges meetings and meals



Second floor

- Entrance to public tribune
- Stretch and relax area
- Merchandise sale
- Event-partners



4. GENERAL PROGRAM

Thursday – March 14			
All day		Arrivals	
15:00	17:30	World Cup Finals & awarding cerem.	
18:00	20:00	free training (upon request)	Warmup Competition hall
Friday – March 15			
(note: first half hour of training blocks: Stretch & Relax hall 2nd fl.)			
All day		Arrival of Delegations and officials	
13:00	21:00	Accreditations	Competition Office 1 st fl.
12:30	14:55	Training block 0	
13:30	15:55	Training block 1	
14:30	16:55	Training block 2	
15:30	17:55	Training block 3	
16:30	18:55	Training block 4	
17:30	21:00	Training block 5 (FREE TRAINING)	
17:00	20:30	Delegations dinner (when booked)	Spiegelzaal 1 st fl.
21:00	21:30	Orientation meeting	Touch Down 1 st fl.
	18:30	Deadline hand over COMP.CARDS	Competition Office 1 st fl.
Saturday - March 16			
All day		Information	Competition Office 1 st fl.
07:30	18:00	Preparation	Stretch & Relax hall 2 nd fl.
08:20	08:45	Judges meeting and instruction	Touch Down 1 st fl.
09:00	20:00	IND Qualification *	Competition hall 1 st fl.
Sunday, March 17			
All day		Information	Competition Office 1 st fl.
07:30	18:30	Preparation	Stretch & Relax hall 2 nd fl.
08:20	08:45	Judges' meeting and instructions	Touch Down 1 st fl.
09:00	12:00	SYN Qualification	Competition hall 1 st fl.
12:30	14:45	SYN Finals + Awarding ceremonies	Competition hall 1 st fl.
15:15	16:00	TEAM Finals	Competition hall 1 st fl.
16:15		Opening ceremony	Competition hall 1 st fl.
16:15	19:00	IND FINALS	Competition hall 1 st fl.
19:15	20:00	Awarding ceremonies	Competition hall 1 st fl.
Monday, March 18			
All day		Departure delegations and officials	

5. SERVICES

Meals

The LOC offers service packs which include lunch (Saturday, Sunday) and dinner (Friday, Saturday, Sunday). One drink is included with every meal.

Participants can only obtain those meals when booked and paid in advance; during the event it is only limited possible to order extra meals as the quantity of meals is ordered in advance at an external party.

PROVISIONAL Schedule Delegation meals (Delegations Restaurant [1st fl.]:

Friday	– dinner	17:00-20:30
Saturday	– lunch	12:00-14:00
	– dinner	17:00-20:30
Sunday	– lunch	11:30-14:30
	– dinner	17:00-19:30

Meals and other services must be ordered online before December 31. The costs for the meals must be paid upon receipt of the invoice to the LOC by January 10, by Bank transfer

In case of cancelation after December 31, obligatory to pay all costs.

For coaches, during breaks coffee/tea/fruits will be provided at the coaches coffee corner.

Transportation

Each Delegation has to send in the Travel Schedule Form to obtain transportation services.

Arrival at Schiphol Airport: We will welcome you at the airport and guide you to the bus stop.



in the red circles you see the exit location and nearby the bus stop of your (BAK)Dutch Trampoline Open bus.

Your depart to the airport on Monday:

You will get information about the time of depart from your Hotel.

THE BUS WILL NOT WAIT.....SO BE AT THE BUS STOP WELL IN TIME !!

Some Delegations who have to check in later in the afternoon, have the opportunity to visit Amsterdam. On your request, we will transport you to Schiphol airport early in the morning, as that is the best option for luggage storage. Also there is a very regular connection between the airport and Amsterdam Central Station.

(following information will be checked and be actualized in a next version)

For traveling by train between the airport and the city center of Amsterdam, you might need help with the OV-tickets and with how the OV entrance gates work.

You have the possibility to use NS Travel Assistance:

- . Requesting NS Travel Assistance
- . Online: via the Online Assistance Request
- . Telephone: call NS at +31(0)30 - 2357822 (24/7)

- . Travel Assistance request conditions
- . Always at least 1 hour before departure time,
- . Mention the date, departure time and departure- and arrival stations.
(Schiphol AirPort - Amsterdam Central Station)

Luggage depot Schiphol:

You can find the depot in the basement between Arrivals 1 and Arrivals 2. Just follow the signs.

Trains leaving from Amsterdam Central Station to Schiphol Airport normally depart from platform 13a - 14a - 14b – 15a. The trip will take about 15 minutes. Be advised to take the direct connection otherwise you need to change train at Amsterdam Sloterdijk. On the website (Competition info / tourism) we have some tips for your short stay in Amsterdam.

Bus (shuttle) schedule

- bus cards are included in service packs
- bus cards are also available at the Competition Office at cost € 15,00 per day.

Bus schedule Friday

Shuttlebus schedule Dutch Trampoline Open 2024 March			Friday 15
Hotel de Boei	Hotel Golfzang	De Meent	
DEPART	DEPART	ARRIVAL	
13:00 H 14:00 H 15:00 H 16:00 H 17:00 H 18:00 H 19:00 H 20:00 H	13:02 H 14:02 H 15:02 H 16:02 H 17:02 H 18:02 H 19:02 H 20:02 H	13:15 H 14:15 H 15:15 H 16:15 H 17:15 H 18:15 H 19:15 H 20:15 H	
De Meent			Hotel de Boei
DEPART			ARRIVAL
13:30 H 14:30 H 15:30 H 16:30 H 17:30 H 18:30 H 19:30 H 20:30 H			13:47 H 14:47 H 15:47 H 16:47 H 17:47 H 18:47 H 19:47 H 20:47 H
21:00 H 21:30 H 22:00 H			21:17 H 21:47 H 22:17 H

Bus schedule Saturday

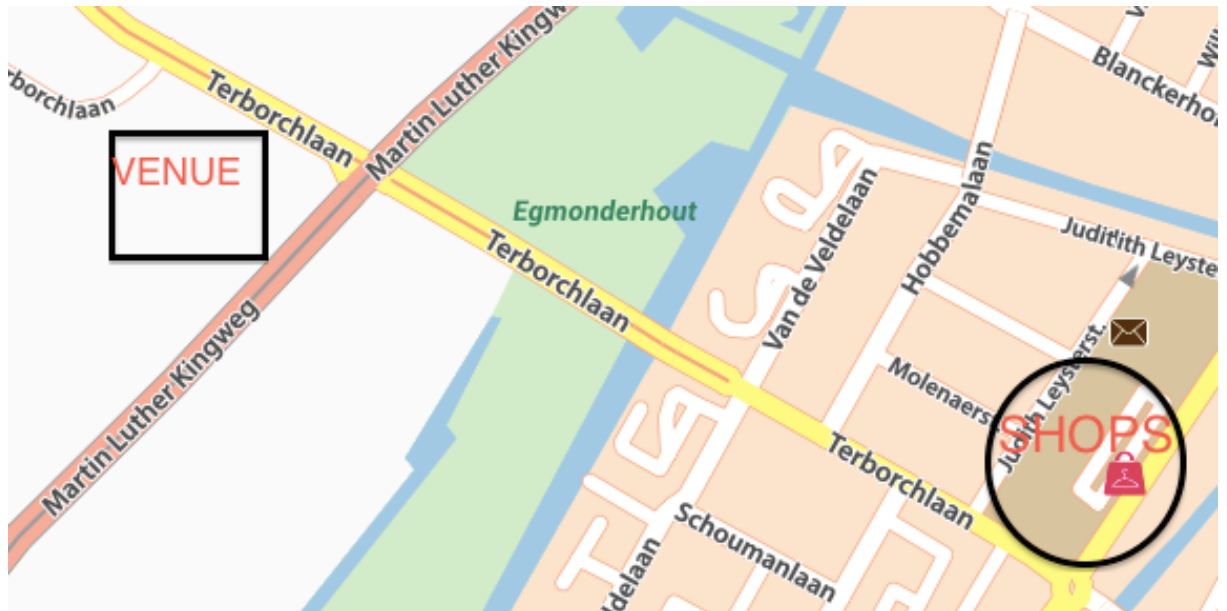
Shuttlebus schedule Dutch Trampoline Open 2024 March		Saturday 16
Hotel de Boei	Hotel Golfzang	De Meent
DEPART	DEPART	ARRIVAL
07:10 H	07:12 H	07:25 H
08:00 H	08:02 H	08:15 H
09:00 H	09:02 H	09:15 H
10:00 H	10:02 H	10:15 H
11:00 H	11:02 H	11:15 H
12:00 H	12:02 H	12:15 H
13:00 H	13:02 H	13:15 H
14:00 H	14:02 H	14:15 H
15:00 H	15:02 H	15:15 H
16:00 H	16:02 H	16:15 H
17:00 H	17:02 H	17:15 H
18:00 H	18:02 H	18:15 H
19:00 H	19:02 H	19:15 H
20:00 H	20:02 H	20:15 H
21:00 H	21:02 H	21:15 H
De Meent	Hotel Golfzang	Hotel de Boei
DEPART	ARRIVAL	ARRIVAL
07:30 H	07:45 H	07:47 H
08:30 H	08:45 H	08:47 H
09:30 H	09:45 H	09:47 H
10:30 H	10:45 H	10:47 H
11:30 H	11:45 H	11:47 H
12:30 H	12:45 H	12:47 H
13:30 H	13:45 H	13:47 H
14:30 H	14:45 H	14:47 H
15:30 H	15:45 H	15:47 H
16:30 H	16:45 H	16:47 H
17:30 H	17:45 H	17:47 H
18:30 H	18:45 H	18:47 H
19:30 H	19:45 H	19:47 H
20:30 H	20:45 H	20:47 H
21:30 H	21:45 H	21:47 H

Bus schedule Sunday

Shuttlebus schedule Dutch Trampoline Open 2024 March		Sunday 17
Hotel de Boei	Hotel Golfzang	De Meent
DEPART	DEPART	ARRIVAL
07:10 H	07:12 H	07:25 H
08:00 H	08:02 H	08:15 H
09:00 H	09:02 H	09:15 H
10:00 H	10:02 H	10:15 H
11:00 H	11:02 H	11:15 H
12:00 H	12:02 H	12:15 H
13:00 H	13:02 H	13:15 H
14:00 H	14:02 H	14:15 H
15:00 H	15:02 H	15:15 H
16:00 H	16:02 H	16:15 H
17:00 H	17:02 H	17:15 H
18:00 H	18:02 H	18:15 H
19:00 H	19:02 H	19:15 H
20:00 H	20:02 H	20:15 H
21:00 H	21:02 H	21:15 H
De Meent	Hotel Golfzang	Hotel de Boei
DEPART	ARRIVAL	ARRIVAL
07:30 H	07:45 H	07:47 H
08:30 H	08:45 H	08:47 H
09:30 H	09:45 H	09:47 H
10:30 H	10:45 H	10:47 H
11:30 H	11:45 H	11:47 H
12:30 H	12:45 H	12:47 H
13:30 H	13:45 H	13:47 H
14:30 H	14:45 H	14:47 H
15:30 H	15:45 H	15:47 H
16:30 H	16:45 H	16:47 H
17:30 H	17:45 H	17:47 H
18:30 H	18:45 H	18:47 H
19:30 H	19:45 H	19:47 H
20:30 H	20:45 H	20:47 H
21:30 H	21:45 H	21:47 H

6. SHOPS NEARBY

- Nearby the sports center there is a small area with shops and supermarkets. It's easy to reach by foot. Walk to Winkelcentrum Hoefplan, Van Ostadelaan 294, 1816 JH Alkmaar. GOOGLE MAPS is a handy tool



It is a 1 km walk from the venue to the closest shopping center (take the walkway beneath the overpass) with: supermarkets, bakery, pharmacy, bookshop, cafeteria, wine store, grocery, cafe/petit restaurant, etc.

Supermarket: open all days 08:00-21:00

General opening hours of other shops: Friday and Saturday 09:00-18:00 (pharmacy 09:00-17:00)

- *During your stay in Egmond aan Zee you will find a variety of shops on walking distance.*
- *Our website ("visitors") gives you an impression of the city center of Alkmaar.*

7. INSURANCE

The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.

The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.

The LOC may verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.

Participation is at own risk. The foundation Dutch Trampoline Open is not responsible for accidents, loss and/or robbery and/or missing persons and/or goods.

8. FLAGS

There will be no flags or anthems during the podium presentation. There will be a parade of the flags at the start of the evening preliminaries on Saturday.

9. OFFICIAL LANGUAGE

The official language of the competition is English. Interpretation from and into any other language must be organized by the delegations. Information Meetings and Judging Meetings will be held in English. Announcements will be made in English and Dutch.

10. ACCREDITATION AND ID CARDS

All Delegation members will receive a lanyard with accreditation ID card.

The accreditation ID card is personal, non-transferable and compulsory to receive access to * the Stretch/Relax Hall

* the Training/Warm up hall (only in group as per the accreditation card) and

* the Venue.

All participants and officials are required to wear the ID-cards at all times.

Accreditation will take place at the Competition Office [1st. fl.]

During accreditation, heads of Delegations must check the correct names of their complete Delegation, verify service requirements, travel schedule and make any necessary (rest)payments.

11. COMPETITION CARDS

Competition Cards for both individual and synchronized competition (and for the team finals) are available for download at www.dutchtrampolineopen.com / "Registration and Forms" and at the Competition Office as well. The online registration program provides you with competition cards, pre-printed with names and competition class for each registered athlete/synchronized pair as well (available until January 31)

All Competition Cards should be written in FIG terminology and be returned at the Competition Office before the deadline:

Deadlines are:

For individual competition:	Friday, 18:30
For synchronized competition	Saturday, 14:00
For Team Finals:	Sunday, 11:00

When filled out online latest March 12, the cards will be printed at the Competition Office.

12. AWARDING CEREMONIES

All medal winners are invited, wearing competition attire, also the team coaches of medal winning teams are invited.

13. MEETINGS

ORIENTATION MEETING

The Information Meeting for the Head of Delegations, coaches and judges will take place Friday, 21:00-21:30 at the TOUCH DOWN (1sts fl.)

All Delegations are expected to be represented at this meeting during which actual detailed information regarding the Dutch Trampoline Open will be provided.

All information will be presented in English.

JUDGES MEETING AND SUPERIOR JUDGE

The judges meetings, which are compulsory for all judges, will take place at the Touch Down Judges room [1st fl.]

Saturday: 08:20

Sunday: 08:20

Trial judging will be performed during the 2-touch of the first Qualification Rotation.

On both competition days, a judge with highest FIG level will be appointed as Superior Jury.

14. EQUIPMENT

- Eurotramp Ultimate 4x4 – 03150
- Supplementary frames;
- safety mats with wedges;
- surrounding mats 300x200x20 and 200x200x20 art.id Eurotramp: 03000. Complete set.
- Training Hall: same apparatus and equipment.
- HDTS: Eurotramp Measurement System HDTS01

All Eurotramp equipment is available for sale after the tournament (price list on our website)

15. OPENING CEREMONY

There will be a short official opening ceremony prior to the evening Qualification rotations on Saturday.

16. STARTING ORDER

drawing of lots for the starting order

Each Delegation with 1 or 2 coaches will, by draw of lots, as much as possible exclusively be competing in “even“ or in “uneven” rotations, so coaches are able to coach and support all of their athletes in the Warm up hall as well in the Competition hall.

The OC reserves the right to change the groups (and the number of competitors per group) depending on the number of competitors that arrive in Alkmaar.

The final starting order will be established after the nominative entries. The start list will be published at Sporttech.io, and will also be available at the Orientation meeting (and will be posted in the Venue on information stands during competition days as well).

For starting order in Finals, see: Competition Rules.

The list of finalists and the two reserves will be posted at the Venue after Qualifications.

17. WARM UP

Prior to Warm up, athletes can prepare themselves in the Stretch / Relax Hall [2nd fl.]. This hall is accessible only for athletes during the day; this space must offer a relax moment and therefore no music or noisy activity is allowed.

Before each rotation there is a 50 minutes warm up at the Warm up hall (at panels, similar to the competition panels)

Panel 1: C01-C03-C08-C09 / C11-C13-C18-C19

Panel 2: C04-C07-C10 / C14-C17-C20

Panel 3: C02-C05-C06 / C12-C16-C15

After Warm up, athletes have 10 minutes to prepare for March In.

Finals: during the warm-up immediately prior to competition, the gymnasts are required to wear competition attire.

The warm up prior to the Team Finals will be in the competition hall.

18. TRAINING

Training sessions will take place in the Warm up hall and/or the Competition hall; division and rules according to General Program (Training/Competition Schedule)

During training, only competitors and coaches will be allowed to enter the floor.

The Warm up hall has a free accessible stand for public on the 1st floor.

19. MARCH IN

The gymnasts are asked to be present at the assembly area 5 minutes prior to each competition rotation for march-in. They must wear competition attire.

- After march in of each individual qualification or final rotation there will be a 2-touch before competition starts; also there will be a 2-touch for each synchronized qualification rotation.

- After march in for Synchronized Finals and Team Finals* there will be a 1-touch.

*We will invite the team coaches to march in for the Team Finals, to present themselves together with their team.

20. COMPETITION INFORMATION

Seating for Delegations:

Sections in the competition hall are reserved for all delegation members.

All delegation members must take a seat in that area.

Information will be provided at the Competition Office. Representatives of the Delegations are asked to check in the Competition Office on a regular basis.

- See the Competition Rules of the LOC at

<https://dutchtrampolineopen.com/competition-info/competition-rules/>

A summary of tie-break rules is available at the Competition Office.

21. SOCIAL MEDIA

follow us at:

internet: <https://www.dutchtrampolineopen.com>
facebook: <https://www.facebook.com/dutchtrampolineopen>
instagram: <https://www.instagram.com/dutchtrampolineopen>
twitter: <https://twitter.com/DutchTrampOpen>
YouTube: <https://www.youtube.com/channel/UCfDbUVgrAGhpVL3WvfKdhw>

to be announced

Live stream (with live commentary during the finals) and live scores (sporttech): the LOC will inform you at <https://www.dutchtrampolineopen.com> / "livestream"

22. Training on days before and after Competition:

At info@dutchtrampolineopen.com arrangements can be made as well as (best until December 31) in the online registration program

Missing information?

Please consult Directives and Competition Rules of the Dutch Trampoline Open.



Partners:

Organization



Institutional Partners



Technical Partners



Sponsors



Appendices to the program (details: added March 8)

Appendix 1 | FRIDAY - TRAINING BLOCKS

- Training blocks 1/4: each block limited to 65 athletes; training on 3 panels equal to competition panels.
- Entrance only at the timeslots corresponding with the training block number on your accreditation card.
- Each Delegation may choose training in the free training block instead of in the granted training block 0/1/2/3/4.

Block 0	
TOTAL:	

Block 1	
WIK Oostende	6
G.V Sparta Ermelo	15
Espoon Telinaiturit	5
Triffis Alkmaar	20
TSH Heerenveen	9
TOTAL:	54

Block 2	
G.V Pro Patria Zoeterm	10
Sparta Tramp.Cl. SICO	6
SC Cottbus Turnen	8
Hessischer Turnverb.	19
TV IJmuiden	9
Centre d'Entrainement	3
TOTAL:	55

Block 3	
Asteris Pefkis	14
TV Unterbach	2
Flik-Flak	27
GV Swentibold Sittard	1
Trampolini Liberec	8
Gymn.Fed. Vlaanderen	15
Forza Gymnastica	3
TOTAL:	70

Block 4	
Bayerischer Turnverb.	9
KDO Apeldoorn	22
Slovak Gymn. Fed.	2
Sportac '86 Deinze	4
MTV Stuttgart	1
MTV Bad Kreuznach	10
TB Ruit	6
Carlisle Tramp. Club	4
TSV Victoria Clarholz	7
Fed, Catalana Gimnàst.	7
TOTAL:	72

Block 5 (FREE TRAINING)	
TV Actief	4
TV Nellingen	2
Swiss Gymn. Fed.	7
Lenig & Vlugg	11
French Gymn. Fed.	14
Gymmax vzw	9
Agilitas Bunschoten	1
Springbokken	4
SV Brackwede	3
Niedersächs. Turnerb.	12
SC Kati	1
TG Münster	6
TSH Börsingfeld	1
Kazakhstan Gymn Fed.	6
RGV Ruurlo	4
Turnoss	12
Gym XL Amersfoort	5
TV Immenstadt	1
Azerbaijan Gymn. Fed.	13
Latvian Gymn. Fed.	1
TOTAL:	117

FRIDAY TIMESCHEDULE PER TRAINING GROUP

	Block 0		Block 1		Block 2	
Stretch/relax hall 2 nd fl.	12:30	12:55	13:30	13:55	14:30	14:55
Warm up hall ground fl.	13:30	13:55	14:00	14:55	15:00	15:55
Competition hall 2 nd fl.	14:00	14:55	15:00	15:55	16:00	16:55

	Block 3		Block 4		Block 5	
Stretch/relax hall 2 nd fl.	15:30	15:55	16:30	16:55	17:30	20:00
Warm up hall ground fl.	16:00	16:55	17:00	17:55	18:00	21:00
Competition hall 2 nd fl.	17:00	17:55	18:00	18:55	19:00	21:00

Appendix 2 | SPECIFICS SATURDAY - INDIVIDUAL QUALIFICATION

Saturday - Competition(s) per rotation

Morning IND QUAL	Panel 1		Panel 2		Panel 3	
Rotation 1	C 01	(10)	C 04	(15)	C 02	(14)
Rotation 2	C 03	(12)	C 04	(15)	C 02	(14)
Rotation 3	C 03	(11)	C 04	(15)	C 05	(11)
Rotation 4	C 03	(11)	C 04	(15)	C 05	(11)

Afternoon IND QUAL	Panel 1		Panel 2		Panel 3	
Rotation 5	C 08	(14)	C 07	(12)	C 05	(11)
Rotation 6	C 08	(14)	C 07	(12)	C 06	(13)
Rotation 7	C 08	(15)	C 07	(12)	C 06	(13)
Rotation 8	C 08	(14)	C 10	(08)	C 06	(13)

Evening IND QUAL	Panel 1		Panel 2		Panel 3	
Rotation 9	C 09	(13)	C 10	(10)	C 06	(13)
Rotation 10	C 09	(11)	C 10	(10)	C 06	(12)
Rotation 11						

Saturday - Time schedule per rotation

	Stretch & relax hall		Warm up hall		Competition hall		
					MARCH IN	2-TOUCH	COMPETITION
Rotation 1	07:45	08:00	08:00	08:50	09:00	...09:15	...10:00
Rotation 2	08:45	09:00	09:00	09:50	10:00	...10:15	...11:00
Rotation 3	09:45	10:00	10:00	10:50	11:00	...11:15	...12:00
Rotation 4	10:45	11:00	11:00	11:50	12:00	...12:15	...13:00

Judges lunch: 13:00-13:30

Delegations lunch: 12:00-14:00

	Stretch & relax hall		Warm up hall		Competition hall		
					MARCH IN	2-TOUCH	COMPETITION
Rotation 5	12:15	12:30	12:30	13:20	13:30	...13:45	...14:30
Rotation 6	13:15	13:30	13:30	14:20	14:30	...14:45	...15:30
Rotation 7	14:15	14:30	10:00	10:50	15:30	...15:45	...16:30
Rotation 8	15:15	15:30	11:00	11:50	16:30	...16:45	...17:30

Judges dinner: 17:30-18:00

Delegations dinner: 17:00-20:30

	Stretch & relax hall		Warm up hall		Competition hall		
					MARCH IN	2-TOUCH	COMPETITION
JUDGES MARCH IN, FLAG PARADE, OFFICIAL MOMENT					MARCH IN	2-TOUCH	COMPETITION
Rotation 9	16:45	17:00	17:00	17:50	18:00	...18:15	...19:00
Rotation 10	17:45	18:00	18:00	18:50	19:00	...19:15	...20:00
Rotation 11	18:45	19:00	19:00	19:50	20:00	...20:15	...21:00

Saturday - Detailed time schedule for each rotation

ROTATION	1	2	3	4	5	6	7	8	9	10	11
Stretch & relax hall	07:45-08:00	08:45-09:00	09:45-10:00	10:45-11:00	12:15-12:30	13:15-13:30	14:15-14:30	15:15-15:30	16:45-17:00	17:45-18:00	18:45-19:00
Warmup hal	08:00-08:50	09:00-09:50	10:00-10:50	11:00-11:50	12:30-13:20	13:30-14:20	14:30-15:20	15:30-16:20	17:00-17:50	18:00-18:50	19:00-19:50
March in	09:00	10:00	11:00	12:00	13:30	14:30	15:30	16:30	18:00	19:00	20:00
2-touch & Competition	09:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:30-14:30	14:30-15:30	15:30-16:30	16:30-17:30	18:00-19:00	19:00-20:00	20:00-21:00

Saturday – Competition groups per panel

PANEL 1	Rot. 1	Rot. 2	Rot. 3	Rot. 4	Rot. 5	Rot. 6	Rot. 7	Rot. 8	Rot. 9	Rot. 10	Rot. 11
C01 11/12 B	C01										
C03 13/14 B		Group 1	Group 2	Group 3							
C08 17-21 G					Group 1	Group 2	Group 3	Group 4			
C10 MEN									Group 1	Group 2	

PANEL 2	Rot. 1	Rot. 2	Rot. 3	Rot. 4	Rot. 5	Rot. 6	Rot. 7	Rot. 8	Rot. 9	Rot. 10	Rot. 11
C04 13/14 G	Group 1	Group 2	Group 3	Group 4							
C07 17/21 GB					Group 1	Group 2	Group 3				
C10 WOMEN								Group 1	Group 2	Group 3	

PANEL 3	Rot. 1	Rot. 2	Rot. 3	Rot. 4	Rot. 5	Rot. 6	Rot. 7	Rot. 8	Rot. 9	Rot. 10	Rot. 11
C02 11/12 G	Group 1	Group 2									
C05 15/16 B			Group 1	Group 2	Group 3						
C06 15/16 G						Group 1	Group 2	Group 3	Group 4	Group 5	

Saturday - Time schedule for each competition group

PANEL 1					
Competition	Rotat.	Stretch&relax	Warm up	march in	2-touch / comp.
C01 11-12y BOYS	Rotat.1	- 08:00	08:00-08:50	09:00	09:00-10:00
C03 13-14y BOYS	Rotat.2	- 09:00	09:00-09:50	10:00	10:00-11:00
"	Rotat.3	- 10:00	10:00-10:50	11:00	11:00-12:00
"	Rotat.4	- 11:00	11:00-11:50	12:00	12:00-13:00
C08 17-21y GIRLS	Rotat.5	- 12:30	12:30-13:20	13:30	13:30-14:30
"	Rotat.6	- 13:30	13:30-14:20	14:30	14:30-15:30
"	Rotat.7	- 14:30	14:30-15:20	15:30	15:30-16:30
"	Rotat.8	- 15:30	15:30-16:20	16:30	16:30-17:30
C09 Senior Men	Rotat.9	- 17:00	17:00-17:50	18:00	18:00-19:00
"	Rotat.10	- 18:00	18:00-18:50	19:00	19:00-20:00
	Rotat.11	- 19:00	19:00-19:50	20:00	20:00-21:00

PANEL 2					
Competition	Rotat.	Stretch&relax	Warm up	march in	2-touch / comp.
C04 13-14y GIRLS	Rotat.1	- 08:00	08:00-08:50	09:00	09:00-10:00
"	Rotat.2	- 09:00	09:00-09:50	10:00	10:00-11:00
"	Rotat.3	- 10:00	10:00-10:50	11:00	11:00-12:00
"	Rotat.4	- 11:00	11:00-11:50	12:00	12:00-13:00
C07 17-21y BOYS	Rotat.5	- 12:30	12:30-13:20	13:30	13:30-14:30
"	Rotat.6	- 13:30	13:30-14:20	14:30	14:30-15:30
"	Rotat.7	- 14:30	14:30-15:20	15:30	15:30-16:30
C10 Senior Women	Rotat.8	- 15:30	15:30-16:20	16:30	16:30-17:30
"	Rotat.9	- 17:00	17:00-17:50	18:00	18:00-19:00
"	Rotat.10	- 18:00	18:00-18:50	19:00	19:00-20:00
	Rotat.11	- 19:00	19:00-19:50	20:00	20:00-21:00

PANEL 3					
Competition	Rotat.	Stretch&relax	Warm up	march in	2-touch / comp.
C02 11-12y GIRLS	Rotat.1	- 08:00	08:00-08:50	09:00	09:00-10:00
"	Rotat.2	- 09:00	09:00-09:50	10:00	10:00-11:00
C05 15-16y BOYS	Rotat.3	- 10:00	10:00-10:50	11:00	11:00-12:00
"	Rotat.4	- 11:00	11:00-11:50	12:00	12:00-13:00
"	Rotat.5	- 12:30	12:30-13:20	13:30	13:30-14:30
C06 15-16y GIRLS	Rotat.6	- 13:30	13:30-14:20	14:30	14:30-15:30
"	Rotat.7	- 14:30	14:30-15:20	15:30	15:30-16:30
"	Rotat.8	- 15:30	15:30-16:20	16:30	16:30-17:30
"	Rotat.9	- 17:00	17:00-17:50	18:00	18:00-19:00
"	Rotat.10	- 18:00	18:00-18:50	19:00	19:00-20:00
	Rotat.11	- 19:00	19:00-19:50	20:00	20:00-21:00

Saturday – Entrance times for the competition groups

Entrance to the stretch & relax hall				
07:45 - 08:00	Rotation 1	C01 – group 1	C04 – group 1	C02 – group 1
08:45 - 09:00	Rotation 2	C03 – group 1	C04 – group 2	C02 – group 2
09:45 - 10:00	Rotation 3	C03 – group 2	C04 – group 3	C05 – group 1
10:45 - 11:00	Rotation 4	C03 – group 3	C04 – group 4	C05 – group 2
12:15 - 12:30	Rotation 5	C08 – group 1	C07 – group 1	C05 – group 3
13:15 - 13:30	Rotation 6	C08 – group 2	C07 – group 2	C06 – group 1
14:15 - 14:30	Rotation 7	C08 – group 3	C07 – group 3	C06 – group 2
15:15 - 15:30	Rotation 8	C08 – group 4	C10 – group 1	C06 – group 3
16:45 - 17:00	Rotation 9	C09 – group 1	C10 – group 2	C06 – group 4
17:45 - 18:00	Rotation 10	C09 – group 2	C10 – group 3	C06 – group 5
18:45 - 19:00	Rotation 11			

Entrance to the warm up hall				
08:00 - 08:50	Rotation 1	C01 – group 1	C04 – group 1	C02 – group 1
09:00 - 09:50	Rotation 2	C03 – group 1	C04 – group 2	C02 – group 2
10:00 - 10:50	Rotation 3	C03 – group 2	C04 – group 3	C05 – group 1
11:00 - 11:50	Rotation 4	C03 – group 3	C04 – group 4	C05 – group 2
12:30 - 13:20	Rotation 5	C08 – group 1	C07 – group 1	C05 – group 3
13:30 - 14:20	Rotation 6	C08 – group 2	C07 – group 2	C06 – group 1
14:30 - 15:20	Rotation 7	C08 – group 3	C07 – group 3	C06 – group 2
15:30 - 16:20	Rotation 8	C08 – group 4	C10 – group 1	C06 – group 3
17:00 - 17:50	Rotation 9	C09 – group 1	C10 – group 2	C06 – group 4
18:00 - 18:50	Rotation 10	C09 – group 2	C10 – group 3	C06 – group 5
19:00 - 19:50	Rotation 11			

March in time / 2-touch and competition				
09:00 - 10:00	Rotation 1	C01 – group 1	C04 – group 1	C02 – group 1
10:00 - 11:00	Rotation 2	C03 – group 1	C04 – group 2	C02 – group 2
11:00 - 12:00	Rotation 3	C03 – group 2	C04 – group 3	C05 – group 1
12:00 - 13:00	Rotation 4	C03 – group 3	C04 – group 4	C05 – group 2
13:30 - 14:30	Rotation 5	C08 – group 1	C07 – group 1	C05 – group 3
14:30 - 15:30	Rotation 6	C08 – group 2	C07 – group 2	C06 – group 1
15:30 - 16:30	Rotation 7	C08 – group 3	C07 – group 3	C06 – group 2
16:30 - 17:30	Rotation 8	C08 – group 4	C10 – group 1	C06 – group 3
18:00 - 19:00	Rotation 9	C09 – group 1	C10 – group 2	C06 – group 4
19:00 - 20:00	Rotation 10	C09 – group 2	C10 – group 3	C06 – group 5
20:00 - 21:00	Rotation 11			

Appendix 3 | SPECIFICS SUNDAY – SYN QUAL. AND ALL FINALS

Sunday - Competition(s) per panel

SYN QUAL	Panel 1		Panel 2		Panel 3	
Rotation 1	C11/C13/C18	(1+6+7)	C14	(11)	C12/C16	(8+7)
Rotation 2	C18	(14)	C17	(9)	C16	(16)
Rotation 3	C19	(6)	C20	(10)	C15	(11)
Judges lunch (12:00-12:30) / Delegations lunch (11:30-14:30)						

SYN FINALS	Panel 1		Panel 2		Panel 3	
SF rotation 1	C11/C13	(1+4)	C14	(8)	C12	(6)
SF rotation 2*	C18/C19	(8+4)	C17/C20	(6+7)	C16/C15	(8+8)
<i>*SF rotation 2: "1-touch and comp. C1st" / "1-touch and competitoin C2nd"</i>						

TEAM FINALS	Panel 1: Senior Teams		Panel 2 Age Group Teams	
Team Finals	C07 / C10	(15)	C01 / C06	(15)

IND FINALS	Panel 1		Panel 2		Panel 3	
IF rotation 1	C 01	(7)	C xx	(xx)	C 02	(8)
IF rotation 2	C 03	(8)	C 04	(8)	C 05	(8)
IF rotation 3	C 08	(8)	C 07	(8)	C 06	(8)
IF rotation 4	C 09	(8)	C10	(8)		

Sunday - Time schedule per rotation

SYN QUAL.	Stretch & relax hall		Warm up hall		Competition hall		
					MARCH IN	2-TOUCH	COMPETITION
Rotation 1	07:45	08:00	08:00	08:50	09:00	...09:1510:00
Rotation 2	08:45	09:00	09:00	09:50	10:00	...10:15	...11:00
Rotation 3	09:45	10:00	10:00	10:50	11:00	...11:15	...12:00

Judges lunch: 12:00-12:30

Delegations lunch: 11:30-14:30

30 min. break; preparing for synchronized finals

SYN FINALS	Stretch & relax hall		Warm up hall		Competition hall		
					MARCH IN	1-TOUCH	COMPETITION
SF rotation 1	11:35	11:50	11:50	12:20	12:30	...12:45	...13:15
SF rotation 2	12:20	12:35	12:35	13:05	13:15	...13:30	...14:00
AWARDING CEREMONY SYNCHRONIZED 14:15 – 14:45							

30 min. break; preparing for team finals

TEAM FINALS	Stretch & relax hall		Competition hall (Warm up)		Competition hall		
					MARCH IN	1-TOUCH	COMPETITION
Team Finals	14:30	14:45	14:45	15:15	15:15	15:20...16:00

Delegations dinner: 17:00-19:30

IND FINALS	Stretch & relax hall		Warm up hall		Competition hall		
					MARCH IN	2-TOUCH	COMPETITION
JUDGES					16:15		
IF Rotation 1	15:15	15:30	15:30	16:05	16:15	16:25...	...17:00
IF Rotation 2	16:00	16:15	16:15	16:50	17:00	17:10...	...17:45
IF Rotation 3	16:45	17:00	17:00	17:35	17:45	17:55...	...18:30
IF Rotation 4	17:30	17:45	17:45	18:20	18:30	18:40...	...19:15

Awarding Ceremonies: 19:15-20:00

Judges dinner: 19:15-20:30

Sunday - Detailed time schedule for each rotation

ROTATIONS 1 / 3 – SYNCHRONIZED QUALIFICATIONS

ROTATION	1	2	3	4
Stretch & relax hall	07:45-08:00	08:45-09:00	09:45-10:00	10:45-11:00
Warmup hal	08:00-08:50	09:00-09:50	10:00-10:50	11:00-11:50
March in	09:00	10:00	11:00	12:00
2-touch & Competition	09:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00

PANEL 1				
C11 11-12 Y BOYS	C11 – group 1			
C13 13-14 Y BOYS	C13 – group 1			
C18 17-21 Y GIRLS	C18 – group 1	C18 – group 2		
C19 MEN OPEN			C19 – group 1	
PANEL 2				
C14 13-14 Y GIRLS	C14 – group 1			
C17 17-21 Y BOYS		C17 – group 1		
C20 WOMAN OPEN			C20 – group 1	
PANEL 3				
C12 11-12 Y GIRLS	C12 – group 1			
C16 15-16 Y GIRLS	C16 – group 1	C16 – group 2		
C15 15-16 Y BOYS			C15 group 1	

ROTATIONS 4 / 5 – SYNCHRONIZED FINALS

ROTATION	SF-1	SF-2	SF-3
Stretch & relax hall	11:35-11:50	12:20-12:35	13:30-13:45
Warmup hal	11:50-12:20	12:35-13:05	13:50-14:20
March in	12:30	13:15	14:30
1-touch & Competition	12:30-13:15	13:15-14:00	14:30-15:00

PANEL 1			
C11 11-12 Y BOYS	C11		
C13 13-14 Y BOYS	C13		
C18 17-21 Y GIRLS		C18	
C19 MEN OPEN		C19	
PANEL 2			
C14 13-14 Y GIRLS	C14		
C17 17-21 Y BOYS		C17	
C20 WOMAN OPEN		C20	
PANEL 3			
C12 11-12 Y GIRLS	C12		
C16 15-16 Y GIRLS		C16	
C15 15-16 Y BOYS		C15	

ROTATION 6 - TEAM FINALS

ROTATION	Team Finals
Stretch & relax hall	14:30-14:45
Competition hall	14:45-15:15
March in	15:15
1-touch & Competition	15:15-16:00

PANEL 1 SENIOR TEAMS

PANEL 2 AGE GROUP TEAMS

ROTATIONS 7 / 10 - INDIVIDUAL FINALS

ROTATION	IF 1	IF 2	IF 3	IF 4
Stretch & relax hall	15:15-15:30	16:00-16:15	16:45-17:00	17:30-17:45
Warmup hal	15:30-16:05	16:15-16:50	17:00-17:35	17:45-18:20
March in	16:15	17:00	17:45	18:30
2-touch & Competition	16:25-17:00	17:10-17:45	17:55-18:30	18:40-19:15

PANEL 1				
C01 11-12y BOYS	C01			
C03 13-14y BOYS		C03		
C08 17-21y GIRLS			C08	
C09 SENIOR MEN				C09
PANEL 2				
X	X			
C04 13-14y GIRLS		C04		
C07 17-21y BOYS			C07	
C10 SENIOR WOMAN				C10
PANEL 3				
C02 11-12y GIRLS	C02			
C05 15-16y BOYS		C05		
C06 15-16y GIRLS			C06	
X				X

Sunday - Time schedule for each Rotation

PANEL 1					
SYN QUAL.	Rotation	Stretch&relax	Warm up	march in	2-touch / comp.
C11 11-12y BOYS	Rotat. 1	- 08:00	08:00-08:50	09:00	09:00-10:00
C13 13-14y BOYS	"				
C18 17-21y GIRLS	"				
C18 17-21y GIRLS	Rotat. 2	- 09:00	09:00-09:50	10:00	10:00-11:00
C19 SENIOR MEN	Rotat. 3	- 10:00	10:00-10:50	11:00	11:00-12:00
SYN FINALS	Rotation	Stretch&relax	Warm up	march in	1-touch / comp.
C11 11-12y BOYS	SF Rot.1	- 11:50	11:50-12:20	12:30	12:30-13:15
C13 13-14y BOYS	*				
C18 17-21y GIRLS	SF Rot.2	- 12:35	12:35-13:05	13:15	13:15-14:00
C19 SENIOR MEN	"			13:45	
TEAM FINALS	Rotation	Stretch&relax	Warm up (comp.hall)	march in	1-touch / comp.
Senior Teams	TF	- 14:45	14:45-15:15	15:15	15:15-16:00
IND FINALS	Rotation	Stretch&relax	Warm up	march in	2-touch / comp.
C01 11-12y BOYS	IF Rotat.1	- 15:30	15:30-16:05	16:15	16:15-17:00
C03 13-14y BOYS	IF Rotat.2	- 16:15	16:15-16:50	17:00	17:00-17:45
C08 17-21y GIRLS	IF Rotat.3	- 17:00	17:00-17:35	17:45	17:45-18:30
C09 MEN OPEN	IF Rotat.4	- 17:45	17:45-18:20	18:30	18:30-19:15

PANEL 2					
SYN QUAL.	Rotation	Stretch&relax	Warm up	march in	2-touch / comp.
C14 13-14y GIRLS	Rotat. 1	- 08:00	08:00-08:50	09:00	09:00-10:00
C17 17-21y BOYS	Rotat. 2	- 09:00	09:00-09:50	10:00	10:00-11:00
C20 SENIOR WOMEN	Rotat. 3	- 10:00	10:00-10:50	11:00	11:00-12:00
SYN FINALS	Rotation	Stretch&relax	Warm up	march in	1-touch / comp.
C14 13-14y GIRLS	SF Rot.1	- 11:50	11:50-12:20	12:30	12:30-13:15
C17 17-21y BOYS	SF Rot.2	- 12:35	12:35-13:05	13:15	13:15-14:00
C20 SENIOR WOMEN	"	-		13:45	
TEAM FINALS	Rotation	Stretch&relax	Warm up (comp.hall)	march in	1-touch / comp.
Age Group Teams	TF	- 14:45	14:45-15:15	15:15	15:15-16:00
IND FINALS	Rotation	Stretch&relax	Warm up	march in	2-touch / comp.
X	IF Rotat.1				
C04 13-14y GIRLS	IF Rotat.2	- 16:15	16:15-16:50	17:00	17:00-17:45
C07 17-21y BOYS	IF Rotat.3	- 17:00	17:00-17:35	17:45	17:45-18:30
C10 WOMEN OPEN	IF Rotat.4	- 17:45	17:45-18:20	18:30	18:30-19:15

PANEL 3					
SYN QUAL.	Rotation	Stretch&relax	Warm up	march in	2-touch / comp.
C12 11-12y GIRLS	Rotat. 1	- 08:00	08:00-08:50	09:00	09:00-10:00
C16 15-16y GIRLS	"	-			
C16 15-16y GIRLS	Rotat. 2	- 09:00	09:00-09:50	10:00	10:00-11:00
C15 15-16y BOYS	Rotat. 3	- 10:00	10:00-10:50	11:00	11:00-12:00
SYN FINALS	Rotation	Stretch&relax	Warm up	march in	1-touch / comp.
C12 11-12y GIRLS	SF Rot.1	- 11:50	11:50-12:20	12:30	12:30-13:15
C16 15-16y GIRLS	SF Rot.2	- 12:35	12:35-13:05	13:15	13:15-14:00
C15 15-16y BOYS	"	-		13:45	
TEAM FINALS	Rotation	Stretch&relax	Warm up (comp.hall)	march in	1-touch / comp.
X	TF	-			
IND FINALS	Rotation	Stretch&relax	Warm up	march in	2-touch / comp.
C02 11-12y GIRLS	IF Rotat.1	- 15:30	15:30-16:05	16:15	16:15-17:00
C05 15-16y BOYS	IF Rotat.2	- 16:15	16:15-16:50	17:00	17:00-17:45
C06 15-16y GIRLS	IF Rotat.3	- 17:00	17:00-17:35	17:45	17:45-18:30
X	IF Rotat.4	- 17:45	17:45-18:20	18:30	18:30-19:15

Sunday – Entrance times for the competition groups

Entrance to the stretch & relax hall				
07:45 - 08:00	C11 / C13 / C18	C14	C12 / C16-gr.1	
08:45 - 09:00	C18	C17	C16-gr.2	
09:45 - 10:00	C19	C20	C15	
11:35- 11:50	C11 / C13	C14	C12	
12:20-12:35	C18 / C19	C17 / C20	C16 / C15	
14:30 - 14:45	C31	C30		
15:15-15:30	C01	X	C02	
16:00-16:15	C03	C04	C05	
16:45 - 17:00	C08	C07	C06	
17:30 - 17:45	C09	C10	X	

Entrance to the warm up hall				
08:00 – 08:50	C11 / C13 / C18	C14	C12 / C16-gr.1	
09:00 – 09:50	C18	C17	C16-gr.2	
10:00 – 10:50	C19	C20	C15	
11:50 - 12:20	C11 / C13	C14	C12	
12:35 – 15:05	C18 / C19	C17 / C20	C16 / C15	
14:45 - 15:15	C31	C30		In comp.hall
15:30 - 16:05	C01	X	C02	
16:15 - 16:50	C03	C04	C05	
17:00 - 17:35	C08	C07	C06	
17:45-18:20	C09	C10	X	

March in time / 1 or 2-touch and competition				
09:00 - 10:00	C11 / C13 / C18	C14	C12 / C16-gr.1	
10:00 - 11:00	C18	C17	C16-gr.2	
11:00 - 12:00	C19	C20	C15	
12:30 - 13:15*	C11 / C13	C14	C12	
13:15 - 14:00*	C18 / C19	C17 / C20	C16 / C15	
14:45 - 15:15	C31	C30	WARM UP	COMP.HALL
15:15 - 16:00*	C31	C30		
16:15 - 17:00	C01	X	C02	& JUDGES
17:00 - 17:45	C03	C04	C05	
17:45 - 18:30	C08	C07	C06	
18:30 - 19:15	C09	C10	X	

All Team & Individual finalists:

March in for awarding ceremony and closure at 19:15 (-20:00)