



FIG Trampoline World Cup Competition
Ciudad de Valladolid



Valladolid – ESP

Valladolid – ESP
October 4th to 6th 2019

WORK PLAN

Valladolid (Spain)
3rd – 7th October 2019

2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

1. GENERAL INFORMATION

This Work Plan has been developed in accordance with the following FIG rules:

- FIG Statutes;
- FIG Technical Regulations;
- FIG Judges' Rules;
- FIG Trampoline, Tumbling and Double Mini-Trampoline Code of Points 2017-2020;
- FIG World Cup Competitions and Series;
- Medical Organisation of the Official FIG Competitions;
- Doping Control Rules;
- FIG Media Rules;
- FIG Apparatus Norms;
- FIG Advertising and Publicity Rules;
- FIG Regulations for Awards Ceremonies;
- And subsequent decisions of the FIG Executive Committee & FIG TRA-TC.

2. ORGANISING COMMITTEE

Fernando Nieto
Miguel Vicente
Cristina Fraguas
Ada Pazos
Carmen Martín
Ángel Álvarez

President
Competition Director
Competition Director
Competition Manager
Secretariat
Logistics



3. FIG TECHNICAL DELEGATE

Mr. Dmitri Poliaroush (BLR), FIG TC 2nd Vice-President

4. ORGANISING COMMITTEE COORDINATES

Federación de Gimnasia de Castilla y León

Apdo. 6210. 47080 Valladolid. SPAIN

<http://www.gimnasiacastillayleon.es>

Competition Website: <http://www.wcuptraesp.com/>

Competition Facebook: <https://www.facebook.com/TrpWCupValladolid>

Contact person: Miguel Vicente (+34 637873223 ; mvicentem@yahoo.es)

5. HOST FEDERATION

Real Federación Española de Gimnasia

Calle Ferraz, 16, 7º derecha.

28008 Madrid (España)

www.rfegimnasia.es

Contact person: Cristina Fraguas (secretaria-gym@rfegimnasia.es)

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6. COMPETITION VENUE

Pabellón Polideportivo Pisuerga
Plaza de México, s/n. 47014 Valladolid. SPAIN
Phone number: +34 983 476 166
Fax: +34 983 476 208

7. OFFICIAL LANGUAGE

The official language of the competition is English. However, all announcements during the competition will also be made in Spanish. Official interpretation from and into any other language must be organised by the delegations.

8. NATIONAL ANTHEM - FLAG

All participating delegations are requested to bring a CD of their national anthem and their national flag (approx. size 180 cm x 90 cm). These materials must be handed in to the OC Secretariat by the head of delegation upon arrival at the time of accreditation.

9. VISA

All participating federations requiring an official invitation to obtain a visa are asked to contact the OC **immediately** by e-mail.

10. INSURANCE

Federations are obliged to cover the expenses of insurance for all members of their delegation (illness, accident and repatriation) and to bring the evidence of such insurance. Insurance can be sent in advance by email and will be checked (collecting copies of it) during accreditation.

11. ACCREDITATION ID CARDS

All members of each delegation will receive an accreditation ID Card. This card is personal, non transferable and compulsory to access the Venue (both training and competition halls). All participants are required to wear their ID Cards **at all times during the event**.

Accreditation will take place at the Secretariat Office in the Venue (see Appendix 1). All delegations will be directed to the Secretariat as soon as they arrive to the Venue. All delegations travelling by car must go first to the Secretariat in order to receive their ID Cards.

During accreditation, heads of delegation must check the correct names of their delegation, verify accommodation requirements, complete any necessary payments, hand in their national anthem and national flag, check FIG licenses and provide their confirmation of insurance. Age control will be completed by Secretariat at the arrival moment, even passports can be send in advance via email.

As far as the number of accreditations per country is concerned, the FIG Rules and the Directives will be applied.

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12. TRANSPORT

All delegations booking their accommodation with the Organizing Committee will get their transfers by bus from and to Madrid Barajas Airport free of charge. Those delegations booking their accommodation outside the OC will be provided with transportation by the OC at the cost included in the directives of the event.

There will be a bus shuttle commuting all hotels accommodating delegations with the Venue. Sercotel and Silken Juan de Austria hotels are at a walking distance to the Venue, so no buses will be provided. In case of needing this service, Heads of Delegations should contact the OC to check its availability. Appendixes 2 provide your team with a map and a detailed route from each hotel to the Venue.

A detailed buses schedule will be handed in at the moment of arrival of the delegations. However, the Organizing Committee is ready to provide your team with additional transportation, if needed. Please contact the OC at the Secretariat Office to report these needs.

Delegations arriving to Valladolid prior to the event will be offered a training schedule accordingly. The training hall will be available at the following time slots:

Monday, Tuesday and Wednesday: 09:00-13:00 and 15:30-19:30

Please note that transportation will not be provided during these days, so it will depend on the delegations' own arrangements. The Organizing Committee may help you in booking this transportation.

13. MEALS

The OC will not provide any meal at the Venue. Breakfast, lunch and dinner are served at the hotels and all the costs are included in the offered prizes.

14. CULTURAL PROGRAMME

To be announced on site.

15. ORIENTATION MEETING

Orientation Meeting will take place Friday 4th October 2017 at 11:00. It will take place in the Press Room of the Venue (see Appendix 1).

All Heads of Delegation must attend the meeting. One extra official per delegation may also attend. The FIG Technical Delegate and the OC will provide detailed information regarding the competition.

At 12:00, the Major of Valladolid will offer a reception to all the heads of delegation and one extra official per delegation. Additional invitations could be granted upon request. A bus will drive everybody to the Town Hall from the venue immediately after the Orientation Meeting.

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16. GENERAL PROGRAMME

Thursday 3rd October

All day	Arrival of delegations	
11:00-15:00	Free training for TRA, TUM and DMT	Competition Hall
17:00-21:00	Free training for TRA, TUM and DMT	Competition Hall
9:00-21:00	Free training for TRA	Training Hall
9:00-11:00	Free training for TUM	Training Hall
15:00-17:00	Free training for TUM	Training Hall
9:00-11:00	Free training for DMT	Warm-up Hall
15:00-17:00	Free training for DMT	Warm-up Hall

Friday 4th October

8:20-19:40	Training as per schedule	Competition & Training Halls
11:00-11:45	Orientation Meeting	Press Room (Venue)
12:00-12:30	Official Reception	Valladolid Town Hall
17:00-18:00	Judges' Meeting World Cup	Press Room (Venue)
19:30	Return Competition Cards	Secretariat

Saturday 5th October

10:00-19:00	Training per competition group TRA	Training Hall
11:00-20:00	Preliminaries Individual TRA	Competition Hall
10:00-13:00	Training per competition group DMT	Warm-up Hall
11:00-14:00	Preliminaries DMT	Competition Hall
14:30-19:00	Training per competition group DMT	Training Hall
15:30-20:00	Preliminaries TUM	Competition Hall

Sunday 6th October

10:10-12:40	Training per competition group SYN	Training Hall
11:00-13:30	Preliminaries Synchro	Competition Hall
16:00-16:30	Opening Ceremony of Finals	Competition Hall
15:15-19:50	Training for finalists	Training and Warm-up Halls
16:30-20:30	World Cup Finals DMT Women SYN Women TUM Men TUM Women SYN Men DMT Men TRA Women TRA Men	Competition Hall
22:00-01:00	Banquet	Palacio Condes de Gamazo

Monday 9th October

All day	Departure of Delegations
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A detailed schedule for the whole competition is provided in Appendixes 3 and 4.

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17.MEDAL AWARD CEREMONIES

Only the medal winners are invited to participate and must appear in their National Federation track suit.

18.MEDIA CONFERENCE

Gold medal winners may be requested to present to the media immediately after the closing ceremony, on Sunday 6th October in the Press Room. Attendance is compulsory and will be notified during the competition to the Heads of Delegation.

19.EQUIPMENT

TRA and DMT: Eurotramp
TUM: Skakoun Original
TMD: Eurotramp

20.TRAINING – WARM UP

Official training sessions will start on Thursday 3rd October at 9.00 in both the Competition and Training Halls, always according to the competition hall schedule (Appendix 3) and the training hall schedules (Appendix 4). In case of any change, an updated version will be provided upon arrival of each delegation.

IMPORTANT: Access to both competition and training halls will be strictly following the official schedules.

21.STARTING ORDER – DRAWING OF LOTS

The draw for qualifications' starting order took place in Lausanne on 18 September 2019. It can be downloaded at the following website address:

https://www.gymnastics.sport/asset.php?id=fidb_8739

In case of any change, an updated version will be provided upon arrival.

Starting order for the finals will be in the order of merit, according to FIG Rules. The list of finalists and the two reserves will be distributed to the Heads of Delegation after the qualifications.

Please note: The World Cup Competition draw, the competition groups, the starting lists, the training groups, the training schedule and the competition schedule are based on the assumption that all registered federations will participate in accordance with their definitive registrations. Should there be any changes to participating numbers at the time of the competition, the FIG Technical Delegate in consultation with the Organising Committee, reserve the right to make adjustments, which will facilitate the smooth running of the competition.

22.JUDGES' MEETING AND DRAWING OF PANELS

Judges' meeting, which is compulsory for all judges, will take place on Friday 4th October at 19:30 in the Press Room.

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The judges draw for the qualification rounds will take place by the end of the judges' instructions. The Chairs of Judges' panels and the difficulty judges will be nominated by the FIG Technical Delegate. All other judges will be drawn.

The composition of the panels for the finals will be decided by the FIG Technical Delegate. It will be published at least two hours prior to the beginning of the final.

23.COMPETITION CARDS

All competition cards must be delivered at the Secretariat before Friday 4th October at 19:30. A full set of competition cards will be sent by email to all delegations prior to the event.

24.SUPERIOR JURY AND JURY OF APPEAL

The composition of the Superior Jury will be announced upon arrival to Valladolid. FIG Technical Delegate will act as President of this Superior Jury.

25.SCORES AND RESULTS

All scoring will be provided by Sofstation. Execution, Difficulty, ToF and HD scores of each routine and the final results will be shown on electronic score boards in the competition hall.

A detailed list of results will be distributed via email to the Heads of Delegation after the qualifications and the finals. At the end of the competition each delegation will receive a USB with all results.

26.VIDEO RECORDING

All routines will be video recorded by the OC.

27.SEATING FOR THE DELEGATIONS

Sections in the competition hall are reserved for all delegation members, and all delegation members must take a seat in this area. Special seating will be allocated for the Heads of Delegation.

28.DOPING CONTROLS

During the competition, several doping controls will be conducted, according to the FIG Rules and Procedures. More information will be provided during the Orientation Meeting.

29.MEDICAL SERVICES AND MASSAGE

Medical services will be provided by Talus Fisioterapia at the Venue. Massage facilities for accompanying masseurs of the delegations will be available.

30.BANQUET

Closing banquet will be held at Palacio de Condes de Gamazo. Buses will pick participants at their respective hotels and drive back to them after the end of the banquet.

All delegations booking their accommodation with the Organizing Committee will get their tickets free of charge. Those delegations booking their accommodation outside the OC will be

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provided banquet tickets at the cost included in the directives of the event, just in case there are seats left in the hotel for the banquet.

31. INFORMATION AND CORRESPONDENCE DURING COMPETITION

Every delegation will have a mailbox located at the OC Secretariat in the Venue. Access to the mailbox is only provided for those holding a Head of Delegation accreditation ID Card. A signature may be required for each delivery.

All information, requests and correspondence regarding this competition should be addressed to the OC.

32. TICKETS FOR THE COMPETITION

Tickets to access the venue during competition can be purchased at the following prices:

Friday evening: 2 euros
Saturday: 10 euros
Sunday: 10 euros
All competition: 15 euros



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Appendixes

APPENDIX 1. Map of the Venue

APPENDIXES 2. Maps Hotels-Venue

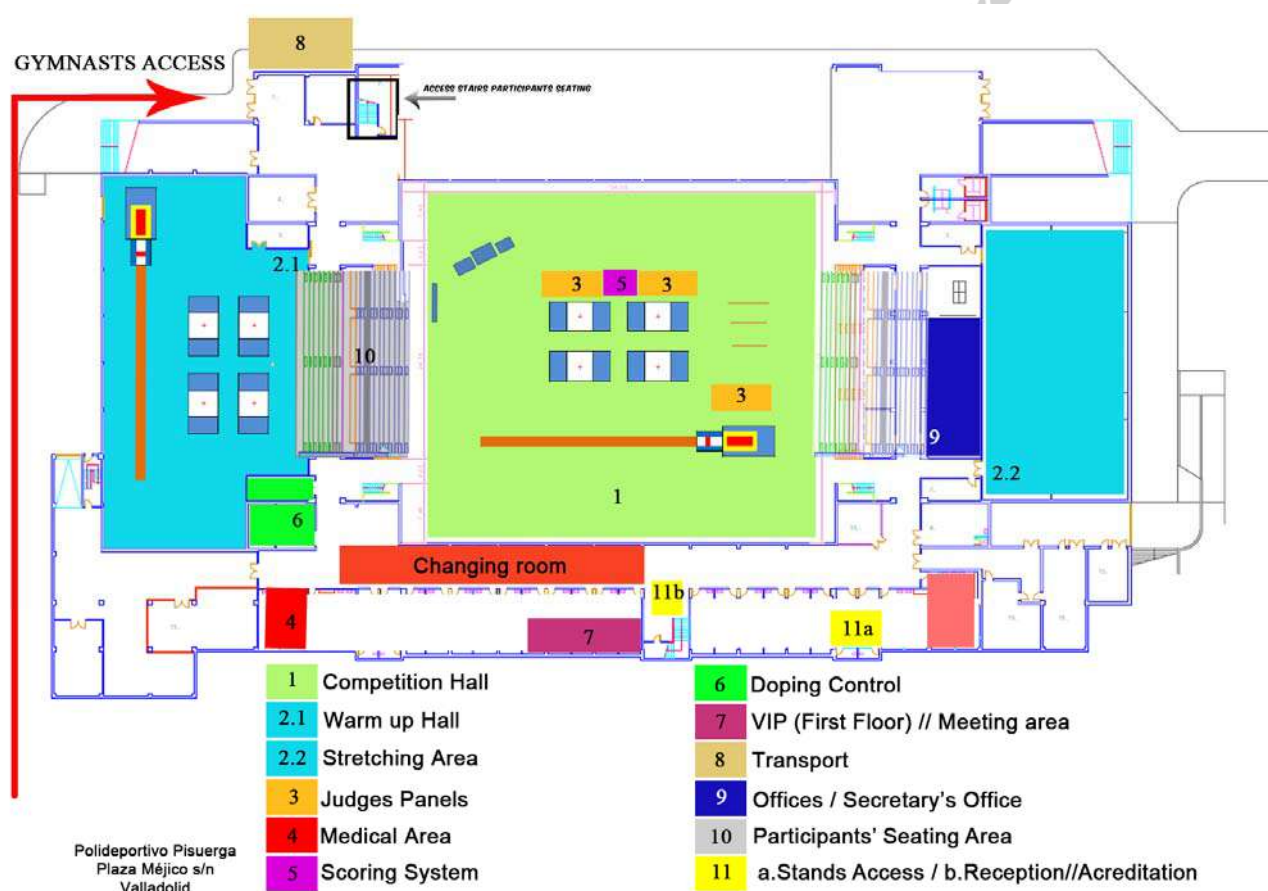
APPENDIXES 3. General Programme - Competition Hall Schedules

APPENDIXES 4. General Programme - Training Hall Schedules

APPENDIXES 5. General Programme - Warm-up Hall Schedules

APPENDIXES 6. Composition of Training Groups (Day 2 – Friday 4)

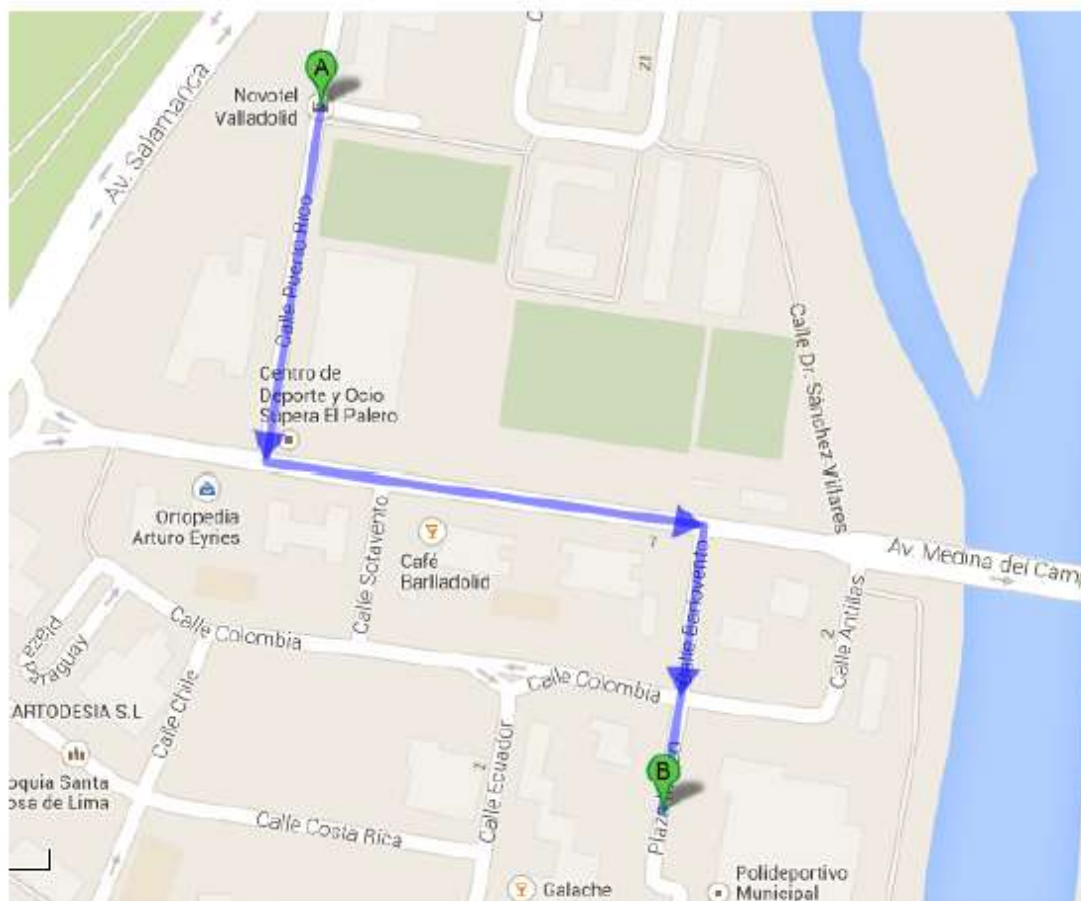
APPENDIX 1. MAP OF THE VENUE



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APPENDIX 2a. MAP SERCOTEL-VENUE

Hotel NOVOTEL (Calle Puerto Rico s/n)– Polideportivo PISUERGA (Plaza Méjico s/n)
¿Cómo llegar? // How to get to the sports hall? // Comment on peut y arriver? //
Wie kommt man hin?



NOVOTEL VALLADOLID (A)

1. Dirígete al sur por la Calle Puerto Rico hacia Av. Medina del Campo.
2. Gira a la izquierda hacia Av. Medina del Campo y continúe recto 200 metros.
3. Gira a la derecha hacia Calle Barlovento.
4. Continua recto hacia Plaza Méjico POLIDEPORTIVO PISUERGA (B)

1. Take Puerto Rico Street and go south towards Medina del Campo Av.
2. Turn left on Medina del Campo Av. and go straight ahead 200 metres.
3. Turn right and take Barlovento Street.
4. Go straight ahead towards Plaza Méjico -POLIDEPORTIVO PISUERGA (B)

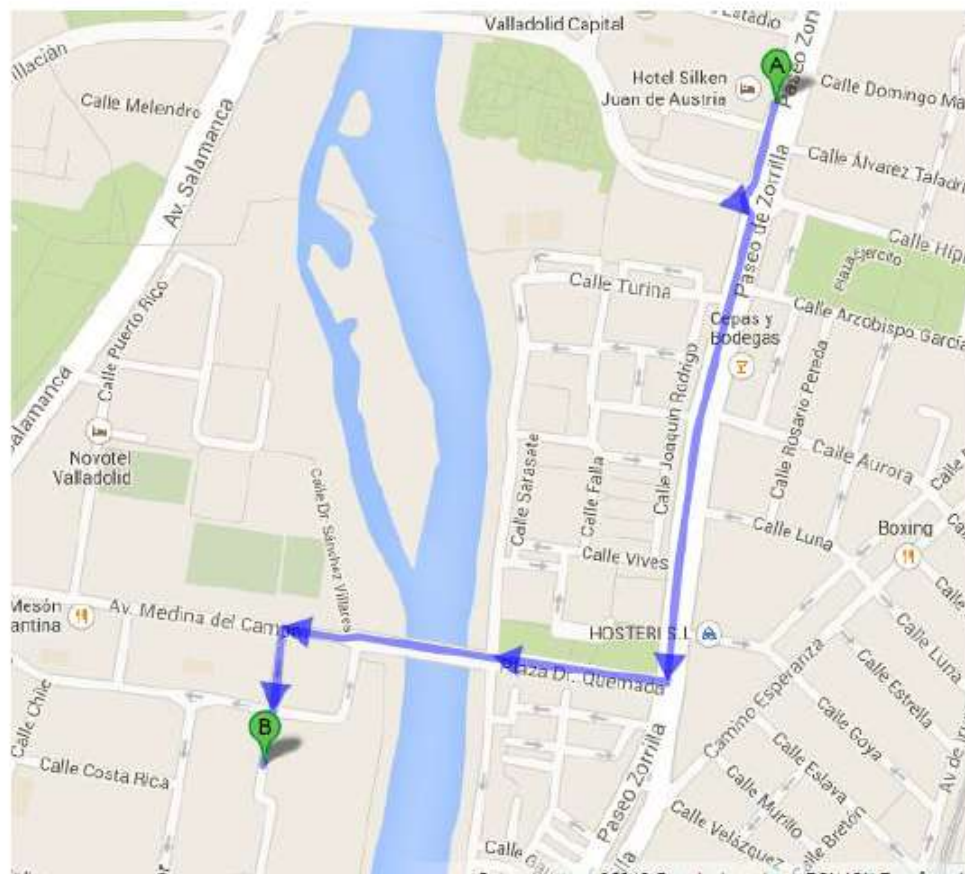
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APPENDIX 2b. MAP SILKEN JUAN DE AUSTRIA-VENUE

Hotel SILKEN JUAN DE AUSTRIA (Paseo Zorrilla 108) – Polideportivo PISUERGA (Plaza Méjico s/n)

¿Cómo llegar? // How to get to the sports hall? // Comment on peut y arriver? //

Wie kommt man hin?



HOTEL SILKEN JUAN DE AUSTRIA VALLADOLID (A)

1. Diríjase al sur por el Paseo Zorrilla durante 600 metros.
2. Gire a la derecha hacia Plaza Dr. Quemada.
3. Continúe recto y cruce el puente. Gire a la izquierda hacia la Calle Barlovento.
4. Continua recto hacia Plaza Méjico POLIDEPORTIVO PISUERGA (B)

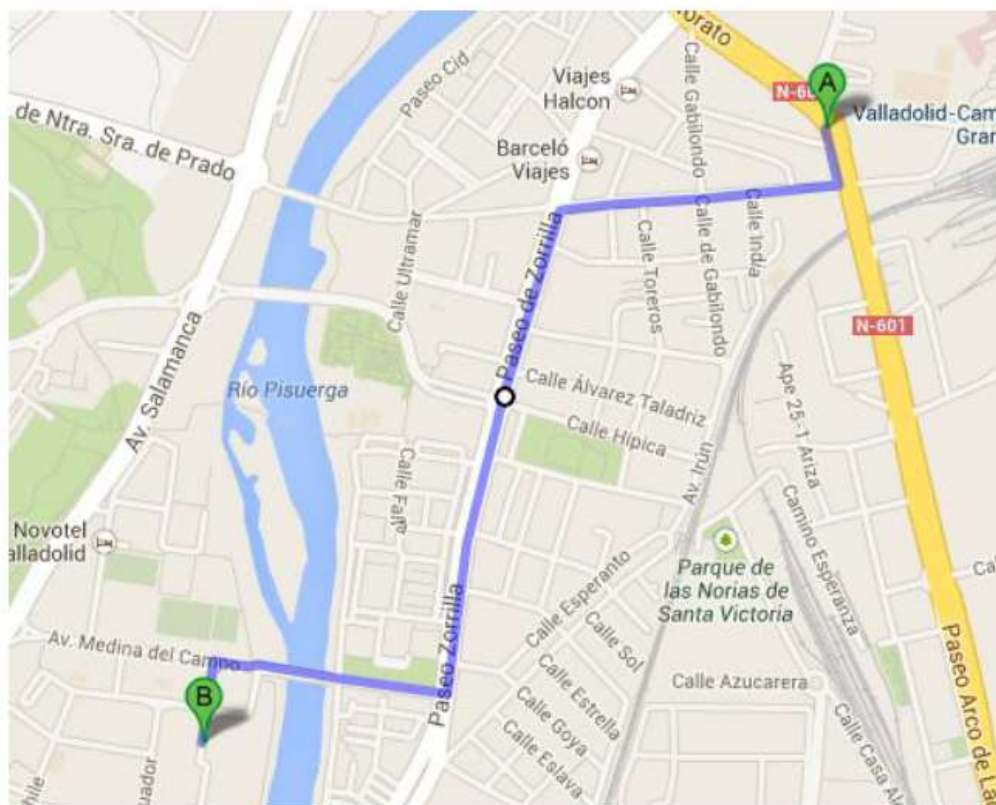
1. Go south along Paseo Zorrilla and continue for 600 metres.
2. Turn right on Plaza Dr. Quemada.
3. Go straight ahead and cross the bridge. Turn left on Barlovento Street.
4. Go straight ahead towards Plaza Méjico -POLIDEPORTIVO PISUERGA (B)

APPENDIX 2c. MAP HOTEL PARQUE-VENUE

Hotel PARQUE (Calle García Morato 17) – Polideportivo PISUERGA (Plaza Méjico s/n)

¿Cómo llegar? // How to get to the sports hall? // Comment on peut y arriver? //

Wie kommt man hin?



HOTEL PARQUE VALLADOLID (A)

1. Diríjase al sur durante 100 metros por la calle San José.
2. Gire a la derecha hacia la calle Puente Colgante.
3. Gire a la izquierda hacia Paseo Zorrilla y continúe durante 900 metros.
4. Gire a la derecha hacia Plaza Dr. Quemada.
5. Continúe recto y cruce el puente. Gire a la izquierda hacia la Calle Barlovento.
6. Continua recto hacia Plaza Méjico - POLIDEPORTIVO PISUERGA (B)

1. Head south for 100 meters on San José Street.
2. Turn right on Puente Colgante Street.
3. Turn left on Paseo Zorrilla and continue for 900 metres.
4. Turn right on Plaza Dr. Quemada.
5. Go straight ahead and cross the bridge. Turn left on Barlovento Street.
6. Go straight ahead towards Plaza Méjico -POLIDEPORTIVO PISUERGA (B)

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APPENDIX 3a. GENERAL PROGRAMME – COMPETITION HALL (DAY 1, Thursday 3)

COMPETITION HALL		Thursday, 3 October 2019 / Jueves, 3 de octubre de 2019																			
		COMPETITION HALL / SALA DE COMPETICIÓN																			
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING				
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#
9:00	10:00	Training for International Age Group Competition participants																			
10:00	11:00																				
11:00	12:00																				
12:00	13:00	FREE TRAINNG - WORLD CUP																			
13:00	14:00																				
14:00	15:00																				
15:00	16:00	Training for International Age Group Competition participants																			
16:00	17:00																				
17:00	18:00																				
18:00	19:00	FREE TRAINNG - WORLD CUP																			
19:00	20:00																				
20:00	21:00																				



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APPENDIX 3b. GENERAL PROGRAMME – COMPETITION HALL (DAY 2: Friday 4)

Competition Hall		Friday, 4 October 2019 / Viernes, 4 de octubre de 2019																								
		Competition Hall / Sala de Competición																								
		Trampolines 1-2					Trampolines 3-4					DMT					Tumbling									
Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#							
9:00	9:10	TRA W - Training Group A (10)					TRA M - Training Group A (14)																			
9:10	9:20	RUS (4) + MEX (3) + BLR (2) + EGY (1)					CHN (7) + AUS (3) + POL (3) + ALG (1)																			
9:20	9:30																									
9:30	9:40																									
9:40	9:50	TRA W - Training Group B (9)					TRA M - Training Group B (13)					DMT W - Training Group A (8)					TUM M - Training Group A (12)									
9:50	10:00	UKR (4) + BRA (2) + NZL (2) + ITA (1)					JPN (6) + AZE (3) + POR (4)																			
10:00	10:10																									
10:10	10:20																									
10:20	10:30	TRA W - Training Group C (10)					TRA M - Training Group C (13)					CAN (4) + ESP (3) + POR (1)					BEL (1) + DEN (2) + FRA (2) + JPN (4) + POR (3)									
10:30	10:40	CHN (6) + AUS (4)					RUS (5) + EGY (3) + SWE (3) + DEN (2)																			
10:40	10:50																									
10:50	11:00	TRA W - Training Group D (9)					TRA M - Training Group D (14)					DMT W - Training Group B (8)					TUM M - Training Group B (11)									
11:00	11:10	JPN (6) + POR (3)					USA (5) + ESP (4) + UKR (4) + GEO (1)					USA (4) + GBR (2) + RUS (1) + SWE (1)					AUS (3) + AZE (1) + CAN (2) + RUS (1) + USA (4)									
11:10	11:20																									
11:20	11:30																									
11:30	11:40	TRA W - Training Group E (10)					TRA M - Training Group E (13)					DMT M - Training Group A (11)					TUM W - Training Group A (12)									
11:40	11:50	FRA (4) + NED (2) + BUL (2) + GEO (1) + GRE (1)					BLR (4) + GER (4) + AUT (2) + BEL (2) + CZE (1)																			
11:50	12:00																									
12:00	12:10	TRA W - Training Group F (10)					TRA M - Training Group F (13)					BEL (3) + CAN (4) + ESP (4)					AUS (1) + BEL (4) + CAN (2) + DEN (1) + FRA (4)									
12:10	12:20	ESP (5) + GBR (4) + CZE (1)					CAN (4) + KAZ (4) + BUL (2) + IRI (2) + UZB (1)																			
12:20	12:30																									
12:30	12:40	TRA W - Training Group G (9)					TRA M - Training Group G (13)					DMT M - Training Group B (10)					TUM W - Training Group B (11)									
12:40	12:50	CAN (4) + GER (4) + COL (1)					FRA (4) + MEX (3) + COL (2) + BRA (2) + ITA (2)					USA (4) + GBR (2) + POR (1) + RUS (1) + SWE (2)					GBR (3) + JPN (1) + MEX (1) + POR (1) + RUS (1) + USA (4)									
12:50	13:00																									
13:00	13:10																									
13:10	13:20	TRA W - Training Group H (9)					TRA M - Training Group H (13)																			
13:20	13:30	USA (5) + SUI (1) + SWE (1) + TUR (1) + UZB (1)					GBR (4) + NZL (4) + SUI (2) + TUR (2) + IRL (1)																			
13:30	13:40																									
13:40	13:50	TRA W - Training Group A (10)					TRA M - Training Group A (14)																			
13:50	14:00	RUS (4) + MEX (3) + BLR (2) + EGY (1)					CHN (7) + AUS (3) + POL (3) + ALG (1)																			
14:00	14:10																									
14:10	14:20	TRA W - Training Group B (9)					TRA M - Training Group B (13)					DMT W - Training Group A (8)					TUM M - Training Group A (12)									
14:20	14:30	UKR (4) + BRA (2) + NZL (2) + ITA (1)					JPN (6) + AZE (3) + POR (4)					CAN (4) + ESP (3) + POR (1)					BEL (1) + DEN (2) + FRA (2) + JPN (4) + POR (3)									
14:30	14:40																									
14:40	14:50																									
14:50	15:00	TRA W - Training Group C (10)					TRA M - Training Group C (13)					DMT W - Training Group B (8)					TUM M - Training Group B (11)									
15:00	15:10	CHN (6) + AUS (4)					RUS (5) + EGY (3) + SWE (3) + DEN (2)																			
15:10	15:20																									
15:20	15:30	TRA W - Training Group D (9)					TRA M - Training Group D (14)					USA (4) + GBR (2) + RUS (1) + SWE (1)					AUS (3) + AZE (1) + CAN (2) + RUS (1) + USA (4)									
15:30	15:40	JPN (6) + POR (3)					USA (5) + ESP (4) + UKR (4) + GEO (1)																			
15:40	15:50																									
15:50	16:00	TRA W - Training Group E (10)					TRA M - Training Group E (13)					DMT M - Training Group A (11)					TUM W - Training Group A (12)									
16:00	16:10	FRA (4) + NED (2) + BUL (2) + GEO (1) + GRE (1)					BLR (4) + GER (4) + AUT (2) + BEL (2) + CZE (1)					BEL (3) + CAN (4) + ESP (4)					AUS (1) + BEL (4) + CAN (2) + DEN (1) + FRA (4)									
16:10	16:20																									
16:20	16:30																									
16:30	16:40	TRA W - Training Group F (10)					TRA M - Training Group F (13)					DMT M - Training Group B (10)					TUM W - Training Group B (11)									
16:40	16:50	ESP (5) + GBR (4) + CZE (1)					CAN (4) + KAZ (4) + BUL (2) + IRI (2) + UZB (1)																			
16:50	17:00																									
17:00	17:10	TRA W - Training Group G (9)					TRA M - Training Group G (13)					USA (4) + GBR (2) + POR (1) + RUS (1) + SWE (2)					GBR (3) + JPN (1) + MEX (1) + POR (1) + RUS (1) + USA (4)									
17:10	17:20	CAN (4) + GER (4) + COL (1)					FRA (4) + MEX (3) + COL (2) + BRA (2) + ITA (2)																			
17:20	17:30																									
17:30	17:40	TRA W - Training Group H (9)					TRA M - Training Group H (13)																			
17:40	17:50	USA (5) + SUI (1) + SWE (1) + TUR (1) + UZB (1)					GBR (4) + NZL (4) + SUI (2) + TUR (2) + IRL (1)																			
17:50	18:00																									
18:00	18:10	Break					Break					Break					Break									
18:10	18:20	TRA					11-12 AG					Boys					1					9				
18:20	18:30																									
18:30	18:40																									
18:40	18:50	TRA					11-12 AG					Boys					1					8				
18:50	19:00																									
19:00	19:10	TRA					13-14 AG					Boys					1					10				
19:10	19:20	TRA					13-14 AG					Boys					1					7				
19:20	19:30																									
19:30	19:40																									
19:40	19:50	Break					Break					Break					Break									
19:50	20:00	TRA					13-14 AG					Boys					2					10				
20:00	20:10																									
20:10	20:20																									
20:20	20:30	TRA					13-14 AG					Boys					2					9				
20:30	20:40																									
20:40	20:50	TRA					13-14 AG					Boys					2					8				
20:50	21:00																									
21:00	21:10																									
21:10	21:20	TRA					13-14 AG					Boys					1					7				
21:20	21:30																									
21:30	21:40																									
21:40	21:50	TRA					13-14 AG					Boys					1					9				
21:50	22:00																									
22:00	22:10																									

2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

APPENDIX 3c. GENERAL PROGRAMME – COMPETITION HALL (DAY 3; Saturday 5)

COMPETITION HALL		Saturday, 5 October 2019 / Sábado, 5 de octubre de 2019																													
		COMPETITION HALL / SALA DE COMPETICIÓN																													
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING														
Apparatus		Event	Gender	Gr.	#	Apparatus		Event	Gender	Gr.	#	Apparatus		Event	Gender	Gr.	#	Apparatus		Event	Gender	Gr.	#								
9:00	9:10	TRA	15-16 AG	Girls	1	10	TRA	15-16 AG	Boys	1	10	DMT	13-14 AG	Girls	1	10	TUM	11-12 AG	G & B	1	3+1										
9:10	9:20																	13-14 AG	Boys	1	3										
9:20	9:30											TRA	15-16 AG	Girls	2	9	TRA	15-16 AG	Boys	2	9	DMT	13-14 AG	Boys	1	11	TUM	13-14 AG	Girls	1	15
9:30	9:40																														
9:40	9:50	TRA	15-16 AG	Girls	3	9	TRA	15-16 AG	Boys	3	9											DMT	15-16 AG	Girls	1	9					
9:50	10:00																														
10:00	10:10											TRA	15-16 AG	Girls	1	12	TRA	WCUP	Men	1	12	DMT	WCUP	Women	1	8					
10:10	10:20																														
10:20	10:30	TRA	15-16 AG	Girls	2	12	TRA	WCUP	Men	2	12											DMT	WCUP	Women	2	8					
10:30	10:40																														
10:40	10:50											TRA	WCUP	Women	2	12	TRA	WCUP	Men	2	12	DMT	WCUP	Men	1	11					
10:50	11:00																														
11:00	11:10	TRA	WCUP	Women	3	11	TRA	WCUP	Men	3	12											DMT	WCUP	Men	2	10					
11:10	11:20																														
11:20	11:30											TRA	WCUP	Women	4	12	TRA	WCUP	Men	4	11										
11:30	11:40																														
11:40	11:50	TRA	WCUP	Women	5	12	TRA	WCUP	Men	5	13																				
11:50	12:00																														
12:00	12:10											TRA	WCUP	Women	6	11	TRA	WCUP	Men	6	13										
12:10	12:20																														
12:20	12:30	TRA	WCUP	Women	7	13	TRA	WCUP	Men	7	13																				
12:30	12:40																														
12:40	12:50											TRA	WCUP	Women	8	13	TRA	WCUP	Men	8	13										
12:50	13:00																														
13:00	13:10	TRA	WCUP	Women	9	9	TRA	17-21 AG	Boys	1	10											DMT	15-16 AG	Boys	1	9					
13:10	13:20																														
13:20	13:30											TRA	17-21 AG	Girls	2	8	TRA	17-21 AG	Boys	2	10	DMT	15-16 AG	Boys	2	9					
13:30	13:40																														
13:40	13:50	TRA	17-21 AG	Girls	3	8	TRA	17-21 AG	Boys	3	9																				
13:50	14:00																														
14:00	14:30											Break					Break					Break					Break				
14:30	14:40											TRA	WCUP	Women	4	12	TRA	WCUP	Men	4	11	TUM	WCUP	Women	1	11					
14:40	14:50																														
14:50	15:00																														
15:00	15:10																														
15:10	15:20	TRA	WCUP	Women	5	12	TRA	WCUP	Men	5	13																				
15:20	15:30																														
15:30	15:40																														
15:40	15:50																														
15:50	16:00	TRA	WCUP	Women	6	11	TRA	WCUP	Men	6	13																				
16:00	16:10																														
16:10	16:20																														
16:20	16:30																														
16:30	16:40	TRA	WCUP	Women	7	13	TRA	WCUP	Men	7	13																				
16:40	16:50																														
16:50	17:00																														
17:00	17:10																														
17:10	17:20	Break					Break					Break					Break														
17:20	17:30	TRA	17-21 AG	Girls	1	9	TRA	WCUP	Men	7	13	TUM	WCUP	Men	1	11															
17:30	18:00																														
18:00	18:10																														
18:10	18:20																														
18:20	18:30																														
18:30	18:40																														
18:40	18:50						TRA	WCUP	Men	8	13																				
18:50	19:00																														
19:00	19:10																														
19:10	19:20																														
19:20	19:30																														
19:30	19:40																														
19:40	19:50	TRA	17-21 AG	Girls	2	8	TRA	17-21 AG	Boys	2	10	DMT	15-16 AG	Boys	2	9															
19:50	20:00																														
20:00	20:10																														
20:10	20:20																														
20:20	20:30	TRA	17-21 AG	Girls	3	8	TRA	17-21 AG	Boys	3	9																				
20:30	20:40																														
20:40	20:50																														
20:50	21:00																														
21:00	21:10	TRA	17-21 AG	Girls	1	9	TRA	17-21 AG	Boys	1	10	DMT	15-16 AG	Boys	1	10															
21:10	21:20																														
21:20	21:30																														
21:30	21:40																														
21:40	21:50	TRA	17-21 AG	Girls	2	8	TRA	17-21 AG	Boys	2	10																				
21:50	22:00																														
22:00	22:10																														
22:10	22:20																														

2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

APPENDIX 3d. GENERAL PROGRAMME – COMPETITION HALL (DAY 4; Sunday 6)

COMPETITION HALL		Sunday, 6 October 2019 / Domingo, 6 de octubre de 2019																			
		COMPETITION HALL / SALA DE COMPETICIÓN																			
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING				
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#
9:00	9:25	TRA	11-12 AG	Girls	F	8						DMT	15-16 AG	Boys	F	8	TUM	15-16 AG	Girls	F	8
9:25	9:50						TRA	11-12 AG	Boys	F	8	DMT	17-21 AG	Boys	F	8	TUM	17-21 AG	Girls	F	8
9:50	10:15	TRA	13-14 AG	Girls	F	8						DMT	15-16 AG	Girls	F	8	TUM	15-16 AG	Boys	F	8
10:15	10:40						TRA	13-14 AG	Boys	F	8	DMT	17-21 AG	Girls	F	8	TUM	13-14 AG	Girls	F	8
10:40	11:00	Age group Medal Award Ceremony					Age group Medal Award Ceremony					Age group Medal Award Ceremony					Age group Medal Award Ceremony				
11:00	11:50	SYNCHRO	WCUP	Women	1	12	SYNCHRO	WCUP	Men	1	11										
11:50	12:40	SYNCHRO	WCUP	Women	2	12	SYNCHRO	WCUP	Men	2	11										
12:40	13:30						SYNCHRO	WCUP	Men	3	11										
13:30	14:00	Break					Break					Break					Break				
14:00	14:25	TRA	15-16 AG	Girls	F	8						DMT	11-12 AG	Boys	F	8					
14:25	14:50						TRA	15-16 AG	Boys	F	8	DMT	13-14 AG	Boys	F	8					
14:50	15:15	TRA	17-21 AG	Girls	F	8						DMT	11-12 AG	Girls	F	8					
15:15	15:40						TRA	17-21 AG	Boys	F	8	DMT	13-14 AG	Girls	F	8					
15:40	16:00	Age group Medal Award Ceremony					Age group Medal Award Ceremony					Age group Medal Award Ceremony					Age group Medal Award Ceremony				
16:00	16:30	OPENING CEREMONY					OPENING CEREMONY					OPENING CEREMONY					OPENING CEREMONY				
16:30	16:55											DMT	WCUP	Women	F	8					
16:55	17:20	SYNCHRO	WCUP	Women	F	8															
17:20	17:45																TUM	WCUP	Men	F	8
17:45	18:00	World Cup Medal Award Ceremony										World Cup Medal Award Ceremony					World Cup Medal Award Ceremony				
18:00	18:25																TUM	WCUP	Women	F	8
18:25	18:50						SYNCHRO	WCUP	Men	F	8										
18:50	19:15											DMT	WCUP	Men	F	8					
19:15	19:30						World Cup Medal Award Ceremony					World Cup Medal Award Ceremony					World Cup Medal Award Ceremony				
19:30	19:55	TRA	WCUP	Women	F	8															
19:55	20:20						TRA	WCUP	Men	F	8										
20:20	20:30	World Cup Medal Award Ceremony					World Cup Medal Award Ceremony														
22:00	1:00	Farewell banquet																			

Valladolid – ESP
October 4th to 6th 2019

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APPENDIX 4a. TRAINING HALL SCHEDULE (DAY 1; Thursday 3)

TRAINING HALL		Thursday, 3 October 2019 / Jueves, 3 de octubre de 2019																																																																																																																																																																									
		TRAINING HALL / SALA DE ENTRENAMIENTO (GIMNASIO)																																																																																																																																																																									
		TRAMPOLINES 1-2					TRAMPOLINES 3-4										TUMBLING																																																																																																																																																										
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#						Apparatus	Event	Gender	Gr.	#																																																																																																																																																						
9:00	10:00	FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					FREE TRAINING - WORLD CUP (TUM)																																																																																																																																																										
10:00	11:00																FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					Training for International Age Group Competition participants (TUM)																																																																																																																																											
11:00	12:00																															FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					FREE TRAINING - WORLD CUP (TUM)																																																																																																																												
12:00	13:00																																														FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					Training for International Age Group Competition participants (TUM)																																																																																																													
13:00	14:00																																																													FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					FREE TRAINING - WORLD CUP (TUM)																																																																																														
14:00	15:00																																																																												FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					Training for International Age Group Competition participants (TUM)																																																																															
15:00	16:00																																																																																											FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					FREE TRAINING - WORLD CUP (TUM)																																																																
16:00	17:00																																																																																																										FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					Training for International Age Group Competition participants (TUM)																																																	
17:00	18:00																																																																																																																									FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					FREE TRAINING - WORLD CUP (TUM)																																		
18:00	19:00																																																																																																																																								FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					Training for International Age Group Competition participants (TUM)																			
19:00	20:00																																																																																																																																																							FREE TRAINING - WORLD CUP					FREE TRAINING - WORLD CUP					NO DMT AVAILABLE IN THIS HALL					FREE TRAINING - WORLD CUP (TUM)				
20:00	21:00																																																																																																																																																																						FREE TRAINING - WORLD CUP				



2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

APPENDIX 4b. TRAINING HALL SCHEDULE (DAY 2; Friday 4)

TRAINING HALL		Friday, 4 October 2019 / Viernes, 4 de octubre de 2019																								
		TRAINING HALL / SALA DE ENTRENAMIENTO (GIMNASIO)																								
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING									
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#					
8:20	8:30	TRA W - TRAINING GROUP A (10)					TRA M - TRAINING GROUP A (14)					No DMT available in this hall														
8:30	8:40	RUS (4) + MEX (3) + BLR (2) + EGY (1)					CHN (7) + AUS (3) + POL (3) + ALG (1)																			
8:40	8:50	TRA W - TRAINING GROUP B (9)					TRA M - TRAINING GROUP B (13)																			
8:50	9:00	UKR (4) + BRA (2) + NZL (2) + ITA (1)					JPN (6) + AZE (3) + POR (4)																			
9:00	9:10	TRA W - TRAINING GROUP C (10)					TRA M - TRAINING GROUP C (13)															TUM M - TRAINING GROUP A (12)				
9:10	9:20	CHN (6) + AUS (4)					RUS (5) + EGY (3) + SWE (3) + DEN (2)																			
9:20	9:30	TRA W - TRAINING GROUP D (9)					TRA M - TRAINING GROUP D (14)																			
9:30	9:40	JPN (6) + POR (3)					USA (5) + ESP (4) + UKR (4) + GEO (1)																			
9:40	9:50	TRA W - TRAINING GROUP E (10)					TRA M - TRAINING GROUP E (13)															TUM M - TRAINING GROUP B (11)				
9:50	10:00	FRA (4) + NED (2) + BUL (2) + GEO (1) + GRE (1)					BLR (4) + GER (4) + AUT (2) + BEL (2) + CZE (1)																			
10:00	10:10	TRA W - TRAINING GROUP F (10)					TRA M - TRAINING GROUP F (13)																			
10:10	10:20	ESP (5) + GBR (4) + CZE (1)					CAN (4) + KAZ (4) + BUL (2) + IRI (2) + UZB (1)																			
10:20	10:30	TRA W - TRAINING GROUP G (9)					TRA M - TRAINING GROUP G (13)															TUM W - TRAINING GROUP A (12)				
10:30	10:40	CAN (4) + GER (4) + COL (1)					FRA (4) + MEX (3) + COL (2) + BRA (2) + ITA (2)																			
10:40	10:50	TRA W - TRAINING GROUP H (9)					TRA M - TRAINING GROUP H (13)																			
10:50	11:00	USA (5) + SUI (1) + SWE (1) + TUR (1) + UZB (1)					GBR (4) + NZL (4) + SUI (2) + TUR (2) + IRL (1)																			
11:00	11:10	TRA W - TRAINING GROUP A (10)					TRA M - TRAINING GROUP A (14)															TUM W - TRAINING GROUP B (11)				
11:10	11:20	RUS (4) + MEX (3) + BLR (2) + EGY (1)					CHN (7) + AUS (3) + POL (3) + ALG (1)																			
11:20	11:30	TRA W - TRAINING GROUP B (9)					TRA M - TRAINING GROUP B (13)																			
11:30	11:40	UKR (4) + BRA (2) + NZL (2) + ITA (1)					JPN (6) + AZE (3) + POR (4)																			
11:40	11:50	TRA W - TRAINING GROUP C (10)					TRA M - TRAINING GROUP C (13)															TUM M - TRAINING GROUP A (12)				
11:50	12:00	CHN (6) + AUS (4)					RUS (5) + EGY (3) + SWE (3) + DEN (2)																			
12:00	12:10	TRA W - TRAINING GROUP D (9)					TRA M - TRAINING GROUP D (14)																			
12:10	12:20	JPN (6) + POR (3)					USA (5) + ESP (4) + UKR (4) + GEO (1)																			
12:20	12:30	TRA W - TRAINING GROUP E (10)					TRA M - TRAINING GROUP E (13)															TUM W - TRAINING GROUP B (11)				
12:30	12:40	FRA (4) + NED (2) + BUL (2) + GEO (1) + GRE (1)					BLR (4) + GER (4) + AUT (2) + BEL (2) + CZE (1)																			
12:40	12:50	TRA W - TRAINING GROUP F (10)					TRA M - TRAINING GROUP F (13)																			
12:50	13:00	ESP (5) + GBR (4) + CZE (1)					CAN (4) + KAZ (4) + BUL (2) + IRI (2) + UZB (1)																			
13:00	13:10	TRA W - TRAINING GROUP G (9)					TRA M - TRAINING GROUP G (13)															TUM W - TRAINING GROUP A (12)				
13:10	13:20	CAN (4) + GER (4) + COL (1)					FRA (4) + MEX (3) + COL (2) + BRA (2) + ITA (2)																			
13:20	13:30	TRA W - TRAINING GROUP H (9)					TRA M - TRAINING GROUP H (13)																			
13:30	13:40	USA (5) + SUI (1) + SWE (1) + TUR (1) + UZB (1)					GBR (4) + NZL (4) + SUI (2) + TUR (2) + IRL (1)																			
13:40	13:50	TRA W - TRAINING GROUP A (10)					TRA M - TRAINING GROUP A (14)															TUM W - TRAINING GROUP B (11)				
13:50	14:00	RUS (4) + MEX (3) + BLR (2) + EGY (1)					CHN (7) + AUS (3) + POL (3) + ALG (1)																			
14:00	14:10	TRA W - TRAINING GROUP B (9)					TRA M - TRAINING GROUP B (13)																			
14:10	14:20	UKR (4) + BRA (2) + NZL (2) + ITA (1)					JPN (6) + AZE (3) + POR (4)																			
14:20	14:30	TRA W - TRAINING GROUP C (10)					TRA M - TRAINING GROUP C (13)															TUM M - TRAINING GROUP A (12)				
14:30	14:40	CHN (6) + AUS (4)					RUS (5) + EGY (3) + SWE (3) + DEN (2)																			
14:40	14:50	TRA W - TRAINING GROUP D (9)					TRA M - TRAINING GROUP D (14)																			
14:50	15:00	JPN (6) + POR (3)					USA (5) + ESP (4) + UKR (4) + GEO (1)																			
15:00	15:10	TRA W - TRAINING GROUP E (10)					TRA M - TRAINING GROUP E (13)															TUM M - TRAINING GROUP B (11)				
15:10	15:20	FRA (4) + NED (2) + BUL (2) + GEO (1) + GRE (1)					BLR (4) + GER (4) + AUT (2) + BEL (2) + CZE (1)																			
15:20	15:30	TRA W - TRAINING GROUP F (10)					TRA M - TRAINING GROUP F (13)																			
15:30	15:40	ESP (5) + GBR (4) + CZE (1)					CAN (4) + KAZ (4) + BUL (2) + IRI (2) + UZB (1)																			
15:40	15:50	TRA W - TRAINING GROUP G (9)					TRA M - TRAINING GROUP G (13)															TUM W - TRAINING GROUP A (12)				
15:50	16:00	CAN (4) + GER (4) + COL (1)					FRA (4) + MEX (3) + COL (2) + BRA (2) + ITA (2)																			
16:00	16:10	TRA W - TRAINING GROUP H (9)					TRA M - TRAINING GROUP H (13)																			
16:10	16:20	USA (5) + SUI (1) + SWE (1) + TUR (1) + UZB (1)					GBR (4) + NZL (4) + SUI (2) + TUR (2) + IRL (1)																			
16:20	16:30	TRA W - TRAINING GROUP A (10)					TRA M - TRAINING GROUP A (14)															TUM W - TRAINING GROUP B (11)				
16:30	16:40	RUS (4) + MEX (3) + BLR (2) + EGY (1)					CHN (7) + AUS (3) + POL (3) + ALG (1)																			
16:40	16:50	TRA W - TRAINING GROUP B (9)					TRA M - TRAINING GROUP B (13)																			
16:50	17:00	UKR (4) + BRA (2) + NZL (2) + ITA (1)					JPN (6) + AZE (3) + POR (4)																			
17:00	17:10	TRA W - TRAINING GROUP C (10)					TRA M - TRAINING GROUP C (13)					TUM M - TRAINING GROUP A (12)														
17:10	17:20	CHN (6) + AUS (4)					RUS (5) + EGY (3) + SWE (3) + DEN (2)																			
17:20	17:30	TRA W - TRAINING GROUP D (9)					TRA M - TRAINING GROUP D (14)																			
17:30	17:40	JPN (6) + POR (3)					USA (5) + ESP (4) + UKR (4) + GEO (1)																			
17:40	17:50	TRA W - TRAINING GROUP E (10)					TRA M - TRAINING GROUP E (13)					TUM M - TRAINING GROUP B (11)														
17:50	18:00	FRA (4) + NED (2) + BUL (2) + GEO (1) + GRE (1)					BLR (4) + GER (4) + AUT (2) + BEL (2) + CZE (1)																			
18:00	18:10	TRA W - TRAINING GROUP F (10)					TRA M - TRAINING GROUP F (13)																			
18:10	18:20	ESP (5) + GBR (4) + CZE (1)					CAN (4) + KAZ (4) + BUL (2) + IRI (2) + UZB (1)																			
18:20	18:30	TRA W - TRAINING GROUP G (9)					TRA M - TRAINING GROUP G (13)					TUM W - TRAINING GROUP A (12)														
18:30	18:40	CAN (4) + GER (4) + COL (1)					FRA (4) + MEX (3) + COL (2) + BRA (2) + ITA (2)																			
18:40	18:50	TRA W - TRAINING GROUP H (9)					TRA M - TRAINING GROUP H (13)																			
18:50	19:00	USA (5) + SUI (1) + SWE (1) + TUR (1) + UZB (1)					GBR (4) + NZL (4) + SUI (2) + TUR (2) + IRL (1)																			
19:00	19:10	Break					Break					TUM W - TRAINING GROUP B (11)														
19:10	19:20																									
19:20	19:30																									
19:30	19:40																									
19:40	19:50	TRA	11-12 AG	Girls	1	11	TRA	11-12 AG	Boys	1	14	TUM					15-16 AG	Boys	1	9						
19:50	20:00																									
20:00	20:10																									
20:10	20:20																									
20:20	20:30	TRA	13-14 AG	Girls	1	13	TRA	13-14 AG	Boys	1	10	TUM					15-16 AG	Girls	1	12						
20:30	20:40																									
20:40	20:50																									
20:50	21:00																									
21:00	21:10	TRA	13-14 AG	Girls	2	13	TRA	13-14 AG	Boys	2	10	TUM					17-21 AG	G & B	1	7 + 2						
21:10	21:20																									
21:20	21:30																									
21:30	21:40																									

2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

APPENDIX 4c. TRAINING HALL SCHEDULE (DAY 3; Saturday 5)

TRAINING HALL		Saturday, 5 October 2019 / Sábado, 5 de octubre de 2019																																																
		TRAINING HALL / SALA DE ENTRENAMIENTO (GIMNASIO)																																																
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING																																	
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#																													
8:20	8:30	TRA	15-16 AG	Girls	1	10	TRA	15-16 AG	Boys	1	10	No DMT available in this hall													TUM	11-12 AG	G & B	1	3+1																					
8:30	8:40																									13-14 AG	Boys	1	3																					
8:40	8:50																								TUM	13-14 AG	Girls	1	15																					
8:50	9:00																																																	
9:00	9:10																																																	
9:10	9:20																																																	
9:20	9:30																																																	
9:30	9:40	TRA	15-16 AG	Girls	2	9	TRA	15-16 AG	Boys	2	9																																							
9:40	9:50																																																	
9:50	10:00																																																	
10:00	10:10																																																	
10:10	10:20	TRA	WCUP	Women	3	9	TRA	15-16 AG	Boys	3	9																																							
10:20	10:30																																																	
10:30	10:40																																																	
10:40	10:50																																																	
10:50	11:00	TRA	WCUP	Women	1	12	TRA	WCUP	Men	1	12																																							
11:00	11:10																																																	
11:10	11:20																																																	
11:20	11:30																																																	
11:30	11:40	TRA	WCUP	Women	2	12	TRA	WCUP	Men	2	12																																							
11:40	11:50																																																	
11:50	12:00																																																	
12:00	12:10																																																	
12:10	12:20	TRA	WCUP	Women	3	11	TRA	WCUP	Men	3	12																																							
12:20	12:30																																																	
12:30	12:40																																																	
12:40	12:50																																																	
12:50	13:00	TRA	WCUP	Women	3	11	TRA	WCUP	Men	3	12																																							
13:00	13:10																																																	
13:10	13:20																																																	
13:20	13:50																																																	
13:50	14:00	Break					Break																		No DMT available in this hall																									
14:00	14:10	TRA	WCUP	Women	4	12	TRA	WCUP	Men	4	11																																							
14:10	14:20																																																	
14:20	14:30																																																	
14:30	14:40																																																	
14:40	14:50	TRA	WCUP	Women	5	12	TRA	WCUP	Men	5	13																																							
14:50	15:00																																																	
15:00	15:10																																																	
15:10	15:20																																																	
15:20	15:30	TRA	WCUP	Women	6	11	TRA	WCUP	Men	6	13																																							
15:30	15:40																																																	
15:40	15:50																																																	
15:50	16:00																																																	
16:00	16:10	TRA	WCUP	Women	6	11	TRA	WCUP	Men	6	13																																							
16:10	16:20																																																	
16:20	16:30																																																	
16:30	16:40																																																	
16:40	16:50	Break					Break																															No DMT available in this hall												
16:50	17:20	TRA	17-21 AG	Girls	1	9	TRA	WCUP	Men	7	13																																							
17:20	17:30																																																	
17:30	17:40																																																	
17:40	17:50																																																	
17:50	18:00																																																	
18:00	18:10																																																	
18:10	18:20																																																	
18:20	18:30																																																	
18:30	18:40																																																	
18:40	18:50																																																	
18:50	19:00																																																	
19:00	19:10																																																	
19:10	19:20	TRA	17-21 AG	Girls	3	8	TRA	17-21 AG	Boys	3	9																																							
19:20	19:30																																																	
19:30	19:40																																																	
19:40	19:50																																																	
19:50	20:00	TRA	17-21 AG	Girls	2	8	TRA	17-21 AG	Boys	2	10																																							
20:00	20:10																																																	
20:10	20:20																																																	
20:20	20:30																																																	
20:30	20:40	TRA	17-21 AG	Girls	3	8	TRA	17-21 AG	Boys	3	9																																							
20:40	20:50																																																	
20:50	21:00																																																	
21:00	21:10																																																	
21:10	21:20																																																	

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APPENDIX 4d. TRAINING HALL SCHEDULE (DAY 4; Sunday 6)

TRAINING HALL		Sunday, 6 October 2019 / Domingo, 6 de octubre de 2019																													
		TRAINING HALL / SALA DE ENTRENAMIENTO (GIMNASIO)																													
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING														
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#										
8:35	9:00	TRA	11-12 AG	Girls	F	8						No DMT available in this hall					TUM	15-16 AG	Girls	F	8										
9:00	9:25						TRA	11-12 AG	Boys	F	8						TUM	17-21 AG	Girls	F	8										
9:25	9:50	TRA	13-14 AG	Girls	F	8											TUM	15-16 AG	Boys	F	8										
9:50	10:15						TRA	13-14 AG	Boys	F	8						TUM	13-14 AG	Girls	F	8										
		Age group Medal Award Ceremony					Age group Medal Award Ceremony										Age group Medal Award Ceremony														
10:10	11:00	SYNCHRO	WCUP	Women	1	12	SYNCHRO	WCUP	Men	1	11																				
11:00	11:50	SYNCHRO	WCUP	Women	2	12	SYNCHRO	WCUP	Men	2	11																				
11:50	12:40						SYNCHRO	WCUP	Men	3	11																				
		Break					Break										Break														
13:35	14:00	TRA	15-16 AG	Girls	F	8											No DMT available in this hall														
14:00	14:25						TRA	15-16 AG	Boys	F	8																				
14:25	14:50	TRA	17-21 AG	Girls	F	8																									
14:50	15:15						TRA	17-21 AG	Boys	F	8																				
		Age group Medal Award Ceremony					Age group Medal Award Ceremony																				Age group Medal Award Ceremony				
		OPENING CEREMONY					OPENING CEREMONY																				OPENING CEREMONY				
16:05	16:30																														
16:30	16:55	SYNCHRO	WCUP	Women	F	8																									
16:55	17:20																										TUM	WCUP	Men	F	8
		World Cup Medal Award Ceremony																									World Cup Medal Award Ceremony				
17:35	18:00																TUM	WCUP	Women	F	8										
18:00	18:25						SYNCHRO	WCUP	Men	F	8																				
18:25	18:50																														
							World Cup Medal Award Ceremony					World Cup Medal Award Ceremony																			
19:05	19:30	TRA	WCUP	Women	F	8																									
19:30	19:55						TRA	WCUP	Men	F	8																				
		World Cup Medal Award Ceremony					World Cup Medal Award Ceremony																								

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APPENDIX 5a. WARM-UP HALL SCHEDULE (DAY 1; Thursday 3)

WARM-UP HALL		Thursday, 3 October 2019 / Jueves, 3 de octubre de 2019																			
		WARM-UP HALL / SALA DE CALENTAMIENTO (FRONTÓN)																			
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT									
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#					
9:00	10:00	Training for International Age Group Competition participants					Training for International Age Group Competition participants					FREE TRAINING - WORLD CUP (DMT)					NO TUMBLING AVAILABLE IN THIS HALL				
10:00	11:00																				
11:00	12:00																				
12:00	13:00											Training for International Age Group Competition participants (DMT)									
13:00	14:00																				
14:00	15:00																				
15:00	16:00											FREE TRAINING - WORLD CUP (DMT)									
16:00	17:00																				
17:00	18:00																				
18:00	19:00											Training for International Age Group Competition participants (DMT)									
19:00	20:00																				
20:00	21:00																				



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APPENDIX 5b. WARM-UP HALL SCHEDULE (DAY 2: Friday 4)

WARM-UP HALL		Friday, 4 October 2019 / Viernes, 4 de octubre de 2019																		
		WARM-UP HALL / SALA DE CALENTAMIENTO (FRONTÓN)																		
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING			
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.
8:20	8:30	Training for International Age Group Competition participants (GIRLS)					Training for International Age Group Competition participants (BOYS)					DMT W - TRAINING GROUP A (8) CAN (4) + ESP (3) + POR (1) DMT W - TRAINING GROUP B (8) USA (4) + GBR (2) + RUS (1) + SWE (1) DMT M - TRAINING GROUP A (11) BEL (3) + CAN (4) + ESP (4) DMT M - TRAINING GROUP B (10) USA (4) + GBR (2) + POR (1) + RUS (1) + SWE (2) Training for International Age Group Competition participants (DMT) DMT W - TRAINING GROUP A (8) CAN (4) + ESP (3) + POR (1) DMT W - TRAINING GROUP B (8) USA (4) + GBR (2) + RUS (1) + SWE (1) DMT M - TRAINING GROUP A (11) BEL (3) + CAN (4) + ESP (4) DMT M - TRAINING GROUP B (10) USA (4) + GBR (2) + POR (1) + RUS (1) + SWE (2) Training for International Age Group Competition participants (DMT)					No TUMBLING available in this hall			
8:30	8:40																			
8:40	8:50																			
8:50	9:00																			
9:00	9:10																			
9:10	9:20																			
9:20	9:30																			
9:30	9:40																			
9:40	9:50																			
9:50	10:00																			
10:00	10:10																			
10:10	10:20																			
10:20	10:30																			
10:30	10:40																			
10:40	10:50																			
10:50	11:00	Training for International Age Group Competition participants (GIRLS)					Training for International Age Group Competition participants (GIRLS)					DMT W - TRAINING GROUP A (8) CAN (4) + ESP (3) + POR (1) DMT W - TRAINING GROUP B (8) USA (4) + GBR (2) + RUS (1) + SWE (1) DMT M - TRAINING GROUP A (11) BEL (3) + CAN (4) + ESP (4) DMT M - TRAINING GROUP B (10) USA (4) + GBR (2) + POR (1) + RUS (1) + SWE (2) Training for International Age Group Competition participants (DMT)					No TUMBLING available in this hall			
11:00	11:10																			
11:10	11:20																			
11:20	11:30																			
11:30	11:40																			
11:40	11:50																			
11:50	12:00																			
12:00	12:10																			
12:10	12:20																			
12:20	12:30																			
12:30	12:40																			
12:40	12:50																			
12:50	13:00																			
13:00	13:10																			
13:10	13:20																			
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15:50	16:00																			
16:00	16:10																			
16:10	16:20																			
16:20	16:30																			
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16:50	17:00																			
17:00	17:10																			
17:10	17:20																			
17:20	17:30																			
17:30	17:40																			
17:40	17:50																			
17:50	18:00																			
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19:30	19:40																			
19:40	19:50																			
19:50	20:00																			
20:00	20:10																			
20:10	20:20																			
20:20	20:30																			
20:30	20:40																			
20:40	20:50																			
20:50	21:00																			
21:00	21:10																			
21:10	21:20																			

No TUMBLING available in this hall

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APPENDIX 5c. WARM-UP HALL SCHEDULE (DAY 3: Saturday 5)

WARM-UP HALL		Saturday, 5 October 2019 / Sábado, 5 de octubre de 2019																			
		WARM-UP HALL / SALA DE CALENTAMIENTO (FRONTÓN)																			
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING				
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#
8:20	8:30											DMT	13-14 AG	Girls	1	10					
8:30	8:40																				
8:40	8:50																				
8:50	9:00																				
9:00	9:10											DMT	13-14 AG	Boys	1	11					
9:10	9:20																				
9:20	9:30											DMT	15-16 AG	Girls	1	9					
9:30	9:40																				
9:40	9:50											DMT	15-16 AG	Girls	2	9					
9:50	10:00																				
10:00	10:10																				
10:10	10:20																				
10:20	10:30											DMT	WCUP	Women	1	8					
10:30	10:40																				
10:40	10:50																				
10:50	11:00											DMT	WCUP	Women	2	8					
11:00	11:10																				
11:10	11:20																				
11:20	11:30	Training for International Age Group Competition participants (GIRLS)					Training for International Age Group Competition participants (BOYS)					DMT	WCUP	Men	1	11					
11:30	11:40																				
11:40	11:50																				
11:50	12:00																				
12:00	12:10											DMT	WCUP	Men	2	10					
12:10	12:20																				
12:20	12:30																				
12:30	12:40																				
12:40	12:50																				
12:50	13:00																				
13:00	13:10																				
13:10	13:20																				
13:20	13:50	Break					Break					Break									
13:50	14:00																				
14:00	14:10																				
14:10	14:20																				
14:20	14:30																				
14:30	14:40																				
14:40	14:50																				
14:50	15:00																				
15:00	15:10																				
15:10	15:20	Training for International Age Group Competition participants (GIRLS)					Training for International Age Group Competition participants (BOYS)					Training for International Age Group Competition participants (DMT)									
15:20	15:30																				
15:30	15:40																				
15:40	15:50																				
15:50	16:00																				
16:00	16:10																				
16:10	16:20																				
16:20	16:30																				
16:30	16:40																				
16:40	16:50																				
16:50	17:20	Break					Break					Break									
17:20	17:30																				
17:30	17:40																				
17:40	17:50																				
17:50	18:00																				
18:00	18:10																				
18:10	18:20																				
18:20	18:30																				
18:30	18:40																				
18:40	18:50																				
18:50	19:00																				
19:00	19:10																				
19:10	19:20																				
19:20	19:30																				
19:30	19:40	TRA	17-21 AG	Girls	1	9	TRA	17-21 AG	Boys	1	10	DMT	15-16 AG	Boys	1	9					
19:40	19:50																				
19:50	20:00																				
20:00	20:10																				
20:10	20:20	TRA	17-21 AG	Girls	2	8	TRA	17-21 AG	Boys	2	10	DMT	15-16 AG	Boys	2	9					
20:20	20:30																				
20:30	20:40																				
20:40	20:50																				
20:50	21:00	TRA	17-21 AG	Girls	3	8	TRA	17-21 AG	Boys	3	9										
21:00	21:10																				
21:10	21:20																				

No TUM available in this hall

2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

APPENDIX 5d. WARM-UP HALL SCHEDULE (DAY 4; Sunday 6)

WARM-UP HALL		Sunday, 6 October 2019 / Domingo, 6 de octubre de 2019																			
		WARM-UP HALL / SALA DE CALENTAMIENTO (FRONTÓN)																			
		TRAMPOLINES 1-2					TRAMPOLINES 3-4					DMT					TUMBLING				
		Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#	Apparatus	Event	Gender	Gr.	#
8:35	9:00	TRA	11-12 AG	Girls	F	8						DMT	15-16 AG	Boys	F	8	No TUM available in this hall				
9:00	9:25						TRA	11-12 AG	Boys	F	8	DMT	17-21 AG	Boys	F	8					
9:25	9:50	TRA	13-14 AG	Girls	F	8						DMT	15-16 AG	Girls	F	8					
9:50	10:15						TRA	13-14 AG	Boys	F	8	DMT	17-21 AG	Girls	F	8					
		Age group Medal Award Ceremony					Age group Medal Award Ceremony					Age group Medal Award Ceremony									
10:10	11:00	SYNCHRO	WCUP	Women	1	12	SYNCHRO	WCUP	Men	1	11										
11:00	11:50	SYNCHRO	WCUP	Women	2	12	SYNCHRO	WCUP	Men	2	11										
11:50	12:40						SYNCHRO	WCUP	Men	3	11										
		Break					Break					Break									
13:35	14:00	TRA	15-16 AG	Girls	F	8						DMT	11-12 AG	Boys	F	8					
14:00	14:25						TRA	15-16 AG	Boys	F	8	DMT	13-14 AG	Boys	F	8					
14:25	14:50	TRA	17-21 AG	Girls	F	8						DMT	11-12 AG	Girls	F	8					
14:50	15:15						TRA	17-21 AG	Boys	F	8	DMT	13-14 AG	Girls	F	8					
		Age group Medal Award Ceremony					Age group Medal Award Ceremony					Age group Medal Award Ceremony									
		OPENING CEREMONY					OPENING CEREMONY					OPENING CEREMONY									
16:05	16:30											DMT	WCUP	Women	F	8					
16:30	16:55	SYNCHRO	WCUP	Women	F	8															
16:55	17:20																				
		World Cup Medal Award Ceremony										World Cup Medal Award Ceremony									
17:35	18:00																				
18:00	18:25						SYNCHRO	WCUP	Men	F	8										
18:25	18:50											DMT	WCUP	Men	F	8					
							World Cup Medal Award Ceremony					World Cup Medal Award Ceremony									
19:05	19:30	TRA	WCUP	Women	F	8															
19:30	19:55						TRA	WCUP	Men	F	8										
		World Cup Medal Award Ceremony					World Cup Medal Award Ceremony														

2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

APPENDIX 6a. TRAINING GROUPS TRA (Day 2, Friday 4)

TRAMPOLINE											
TRA W		TRA M		TRA M Gr. A		TRA M Gr. B		TRA M Gr. C		TRA M Gr. D	
AUS	4	ALG	1	CHN	7	JPN	6	RUS	5	USA	5
BLR	2	AUS	3	AUS	3	AZE	3	EGY	3	ESP	4
BRA	2	AUT	2	POL	3	POR	4	SWE	3	UKR	4
BUL	2	AZE	3	ALG	1	Total	13	DEN	2	GEO	1
CAN	4	BEL	2	Total	14			Total	13	Total	14
CHN	6	BLR	4								
COL	1	BRA	2								
CZE	1	BUL	2	TRA M Gr. E		TRA M Gr. F		TRA M Gr. G		TRA M Gr. H	
EGY	1	CAN	4	BLR	4	CAN	4	FRA	4	GBR	4
ESP	5	CHN	7	GER	4	KAZ	4	MEX	3	NZL	4
FRA	4	COL	2	AUT	2	BUL	2	COL	2	SUI	2
GBR	4	CZE	1	BEL	2	IRI	2	BRA	2	TUR	2
GEO	1	DEN	2	CZE	1	UZB	1	ITA	2	IRL	1
GER	4	EGY	3	Total	13	Total	13	Total	13	Total	13
GRE	1	ESP	4								
ITA	1	FRA	4	TRA W Gr. A		TRA W Gr. B		TRA W Gr. C		TRA W Gr. D	
JPN	6	GBR	4	RUS	4	UKR	4	CHN	6	JPN	6
MEX	3	GEO	1	MEX	3	BRA	2	AUS	4	POR	3
NED	2	GER	4	BLR	2	NZL	2				
NZL	2	IRI	2	EGY	1	ITA	1				
POR	3	IRL	1	Total	10	Total	9	Total	10	Total	9
RUS	4	ITA	2								
SUI	1	JPN	6	TRA W Gr. E		TRA W Gr. F		TRA W Gr. G		TRA W Gr. H	
SWE	1	KAZ	4	FRA	4	ESP	5	CAN	4	USA	5
TUR	1	MEX	3	NED	2	GBR	4	GER	4	SUI	1
UKR	4	NZL	4	BUL	2	CZE	1	COL	1	SWE	1
USA	5	POL	3	GEO	1					TUR	1
UZB	1	POR	4	GRE	1					UZB	1
Total	76	RUS	5	Total	10	Total	10	Total	9	Total	9
	9,5	SUI	2								
		SWE	3								
		TUR	2								
		UKR	4								
		USA	5								
		UZB	1								
		Total	106								
			13,25								

Valladolid – ESP
October 4th to 6th 2019

2019 FIG Trampoline Gymnastics World Cup Ciudad de Valladolid

APPENDIX 6b. TRAINING GROUPS TUM and DMT (Day 2, Friday 4)

DOUBLE MINITRAMPOLINE				TUMBLING			
DMT W		DMT M		TUM W		TUM M	
CAN	4	BEL	3	AUS	1	AUS	3
ESP	3	CAN	4	BEL	4	AZE	1
GBR	2	ESP	4	CAN	2	BEL	1
POR	1	GBR	2	DEN	1	CAN	2
RUS	1	POR	1	FRA	4	DEN	2
SWE	1	RUS	1	GBR	3	FRA	2
USA	4	SWE	2	JPN	1	JPN	4
16		USA	4	MEX	1	POR	3
		21		POR	1	RUS	1
				RUS	1	USA	4
				USA	4	23	
				23			
DMT W Gr. A		DMT M Gr. A		TUM W Gr. A		TUM M Gr. A	
CAN	4	BEL	3	AUS	1	BEL	1
ESP	3	CAN	4	BEL	4	DEN	2
POR	1	ESP	4	CAN	2	FRA	2
Total	8	Total	11	DEN	1	JPN	4
				FRA	4	POR	3
				Total	12	Total	12
DMT W Gr. B		DMT M Gr. B		TUM W Gr. B		TUM M Gr. B	
GBR	2	GBR	2	GBR	3	AUS	3
RUS	1	POR	1	JPN	1	AZE	1
SWE	1	RUS	1	MEX	1	CAN	2
USA	4	SWE	2	POR	1	RUS	1
Total	8	USA	4	RUS	1	USA	4
		Total	10	USA	4	Total	11
				Total	11		