



30th FIG TRAMPOLINE GYMNASTICS
WORLD AGE GROUP COMPETITIONS



TRAINING SCHEDULE

Monday 13 November 2023

TRA Trampoline				
Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

TUM Tumbling				
Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

DMT Double Mini-Trampoline				
Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

Tuesday 14 November 2023

TRA Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 8		Group 1
09:45	10:30	Group 9	Group 8	Group 2
10:30	11:15	Group 10	Group 9	Group 3
11:15	12:00	Group 11	Group 10	Group 4
12:00	12:45	Group 12	Group 11	Group 5
12:45	13:30	Group 13	Group 12	Group 6
13:30	14:15	Group 14	Group 13	Group 7
14:15	15:00	Group 15	Group 14	Group 8
15:00	15:45	Group 1	Group 15	Group 9
15:45	16:30	Group 2	Group 1	Group 10
16:30	17:15	Group 3	Group 2	Group 11
17:15	18:00	Group 4	Group 3	Group 12
18:00	18:45	Group 5	Group 4	Group 13
18:45	19:30	Group 6	Group 5	Group 14
19:30	20:15	Group 7	Group 6	Group 15
20:15	21:00		Group 7	

TUM Tumbling				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 8		Group 1
09:45	10:30	Group 9	Group 8	Group 2
10:30	11:15	Group 10	Group 9	Group 3
11:15	12:00	Group 11	Group 10	Group 4
12:00	12:45	Group 12	Group 11	Group 5
12:45	13:30	Group 13	Group 12	Group 6
13:30	14:15	Group 14	Group 13	Group 7
14:15	15:00	Group 15	Group 14	Group 8
15:00	15:45	Group 1	Group 15	Group 9
15:45	16:30	Group 2	Group 1	Group 10
16:30	17:15	Group 3	Group 2	Group 11
17:15	18:00	Group 4	Group 3	Group 12
18:00	18:45	Group 5	Group 4	Group 13
18:45	19:30	Group 6	Group 5	Group 14
19:30	20:15	Group 7	Group 6	Group 15
20:15	21:00		Group 7	

DMT Double Mini-Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 8		Group 1
09:45	10:30	Group 9	Group 8	Group 2
10:30	11:15	Group 10	Group 9	Group 3
11:15	12:00	Group 11	Group 10	Group 4
12:00	12:45	Group 12	Group 11	Group 5
12:45	13:30	Group 13	Group 12	Group 6
13:30	14:15	Group 14	Group 13	Group 7
14:15	15:00	Group 15	Group 14	Group 8
15:00	15:45	Group 1	Group 15	Group 9
15:45	16:30	Group 2	Group 1	Group 10
16:30	17:15	Group 3	Group 2	Group 11
17:15	18:00	Group 4	Group 3	Group 12
18:00	18:45	Group 5	Group 4	Group 13
18:45	19:30	Group 6	Group 5	Group 14
19:30	20:15	Group 7	Group 6	Group 15
20:15	21:00		Group 7	

*Access to the Warm-up Hall & Training Hall is permitted 45 minutes in advance of the time indicated, for a general warm-up period prior to the allocated session using the apparatus

Wednesday 15 November 2023

TRA Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 12		Group 4
09:45	10:30	Group 13	Group 12	Group 5
10:30	11:15	Group 14	Group 13	Group 6
11:15	12:00	Group 15	Group 14	Group 7
12:00	12:45	Group 1	Group 15	Group 8
12:45	13:30	Group 2	Group 1	Group 9
13:30	14:15	Group 3	Group 2	Group 10
14:15	15:00	Group 4	Group 3	Group 11
15:00	15:45	Group 5	Group 4	Group 12
15:45	16:30	Group 6	Group 5	Group 13
16:30	17:15	Group 7	Group 6	Group 14
17:15	18:00	Group 8	Group 7	Group 15
18:00	18:45	Group 9	Group 8	Group 1
18:45	19:30	Group 10	Group 9	Group 2
19:30	20:15	Group 11	Group 10	Group 3
20:15	21:00		Group 11	

TUM Tumbling				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 12		Group 4
09:45	10:30	Group 13	Group 12	Group 5
10:30	11:15	Group 14	Group 13	Group 6
11:15	12:00	Group 15	Group 14	Group 7
12:00	12:45	Group 1	Group 15	Group 8
12:45	13:30	Group 2	Group 1	Group 9
13:30	14:15	Group 3	Group 2	Group 10
14:15	15:00	Group 4	Group 3	Group 11
15:00	15:45	Group 5	Group 4	Group 12
15:45	16:30	Group 6	Group 5	Group 13
16:30	17:15	Group 7	Group 6	Group 14
17:15	18:00	Group 8	Group 7	Group 15
18:00	18:45	Group 9	Group 8	Group 1
18:45	19:30	Group 10	Group 9	Group 2
19:30	20:15	Group 11	Group 10	Group 3
20:15	21:00		Group 11	

DMT Double Mini-Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 12		Group 4
09:45	10:30	Group 13	Group 12	Group 5
10:30	11:15	Group 14	Group 13	Group 6
11:15	12:00	Group 15	Group 14	Group 7
12:00	12:45	Group 1	Group 15	Group 8
12:45	13:30	Group 2	Group 1	Group 9
13:30	14:15	Group 3	Group 2	Group 10
14:15	15:00	Group 4	Group 3	Group 11
15:00	15:45	Group 5	Group 4	Group 12
15:45	16:30	Group 6	Group 5	Group 13
16:30	17:15	Group 7	Group 6	Group 14
17:15	18:00	Group 8	Group 7	Group 15
18:00	18:45	Group 9	Group 8	Group 1
18:45	19:30	Group 10	Group 9	Group 2
19:30	20:15	Group 11	Group 10	Group 3
20:15	21:00		Group 11	

*Access to the Warm-up Hall & Training Hall is permitted 45 minutes in advance of the time indicated, for a general warm-up period prior to the allocated session using the apparatus

Thursday 16 November 2023

TRA Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 8
09:45	10:30			Group 9
10:30	11:15			Group 10
11:15	12:00			Group 11
12:00	12:45			Group 12
12:45	13:30			Group 13
13:30	14:15			Group 14
14:15	15:00			Group 15
15:00	15:45			Group 1
15:45	16:30			Group 2
16:30	17:15			Group 3
17:15	18:00			Group 4
18:00	18:45			Group 5
18:45	19:30			Group 6
19:30	20:15			Group 7
20:15	21:00			

TUM Tumbling				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 8
09:45	10:30			Group 9
10:30	11:15			Group 10
11:15	12:00			Group 11
12:00	12:45			Group 12
12:45	13:30			Group 13
13:30	14:15			Group 14
14:15	15:00			Group 15
15:00	15:45			Group 1
15:45	16:30			Group 2
16:30	17:15			Group 3
17:15	18:00			Group 4
18:00	18:45			Group 5
18:45	19:30			Group 6
19:30	20:15			Group 7
20:15	21:00			

DMT Double Mini-Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 8
09:45	10:30			Group 9
10:30	11:15			Group 10
11:15	12:00			Group 11
12:00	12:45			Group 12
12:45	13:30			Group 13
13:30	14:15			Group 14
14:15	15:00			Group 15
15:00	15:45			Group 1
15:45	16:30			Group 2
16:30	17:15			Group 3
17:15	18:00			Group 4
18:00	18:45			Group 5
18:45	19:30			Group 6
19:30	20:15			Group 7
20:15	21:00			

*Access to the Training Hall is permitted 45 minutes in advance of the time indicated and 30 minutes for the Warm-up Hall, for a general warm-up period prior to the allocated session using the apparatus

Friday 17 November 2023

TRA Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 12
09:45	10:30			Group 13
10:30	11:15			Group 14
11:15	12:00			Group 15
12:00	12:45			Group 1
12:45	13:30			Group 2
13:30	14:15			Group 3
14:15	15:00			Group 4
15:00	15:45			Group 5
15:45	16:30			Group 6
16:30	17:15			Group 7
17:15	18:00			Group 8
18:00	18:45			Group 9
18:45	19:30			Group 10
19:30	20:15			Group 11
20:15	21:00			

TUM Tumbling				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 12
09:45	10:30			Group 13
10:30	11:15			Group 14
11:15	12:00			Group 15
12:00	12:45			Group 1
12:45	13:30			Group 2
13:30	14:15			Group 3
14:15	15:00			Group 4
15:00	15:45			Group 5
15:45	16:30			Group 6
16:30	17:15			Group 7
17:15	18:00			Group 8
18:00	18:45			Group 9
18:45	19:30			Group 10
19:30	20:15			Group 11
20:15	21:00			

DMT Double Mini-Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 12
09:45	10:30			Group 13
10:30	11:15			Group 14
11:15	12:00			Group 15
12:00	12:45			Group 1
12:45	13:30			Group 2
13:30	14:15			Group 3
14:15	15:00			Group 4
15:00	15:45			Group 5
15:45	16:30			Group 6
16:30	17:15			Group 7
17:15	18:00			Group 8
18:00	18:45			Group 9
18:45	19:30			Group 10
19:30	20:15			Group 11
20:15	21:00			

*Access to the Training Hall is permitted 45 minutes in advance of the time indicated and 30 minutes for the Warm-up Hall, for a general warm-up period prior to the allocated session using the apparatus

Saturday 18 November 2023

TRA Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 1
09:45	10:30			Group 2
10:30	11:15			Group 3
11:15	12:00			Group 4
12:00	12:45			Group 5
12:45	13:30			Group 6
13:30	14:15			Group 7
14:15	15:00			Group 8
15:00	15:45			Group 9
15:45	16:30			Group 10
16:30	17:15			Group 11
17:15	18:00			Group 12
18:00	18:45			Group 13
18:45	19:30			Group 14
19:30	20:15			Group 15
20:15	21:00			

TUM Tumbling				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 1
09:45	10:30			Group 2
10:30	11:15			Group 3
11:15	12:00			Group 4
12:00	12:45			Group 5
12:45	13:30			Group 6
13:30	14:15			Group 7
14:15	15:00			Group 8
15:00	15:45			Group 9
15:45	16:30			Group 10
16:30	17:15			Group 11
17:15	18:00			Group 12
18:00	18:45			Group 13
18:45	19:30			Group 14
19:30	20:15			Group 15
20:15	21:00			

DMT Double Mini-Trampoline				
Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 1
09:45	10:30			Group 2
10:30	11:15			Group 3
11:15	12:00			Group 4
12:00	12:45			Group 5
12:45	13:30			Group 6
13:30	14:15			Group 7
14:15	15:00			Group 8
15:00	15:45			Group 9
15:45	16:30			Group 10
16:30	17:15			Group 11
17:15	18:00			Group 12
18:00	18:45			Group 13
18:45	19:30			Group 14
19:30	20:15			Group 15
20:15	21:00			

*Access to the Training Hall is permitted 45 minutes in advance of the time indicated and 30 minutes for the Warm-up Hall, for a general warm-up period prior to the allocated session using the apparatus

TRA Trampoline			
Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	Open Training [09:00 - 13:00] Refer to Competition Schedule

TUM Tumbling			
Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	Open Training [09:00 - 13:00] Refer to Competition Schedule

DMT Double Mini-Trampoline			
Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	Open Training [09:00 - 13:00] Refer to Competition Schedule

Version 1 - 28/09/2023

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