



37th FIG TRAMPOLINE GYMNASTICS  
WORLD CHAMPIONSHIPS



TRAINING SCHEDULE

Monday 06 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 07 November 2023

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

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

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

\*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

# TRAINING SCHEDULE

Wednesday 08 November 2023

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

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

| DMT Double Mini-Trampoline |       |               |                  |                |
|----------------------------|-------|---------------|------------------|----------------|
| Time                       |       | Warm-up Hall* | Competition Hall | Training Hall* |
|                            |       |               |                  |                |
| 10:00                      | 10:45 | Group 7       |                  |                |
| 10:45                      | 11:30 | Group 8       | Group 7          | Group 1        |
| 11:30                      | 12:15 | Group 9       | Group 8          | Group 2        |
| 12:15                      | 13:00 | Group 10      | Group 9          | Group 3        |
| 13:00                      | 13:45 | Group 11      | Group 10         | Group 4        |
| 13:45                      | 14:30 | Group 1       | Group 11         | Group 5        |
| 14:30                      | 15:15 | Group 2       | Group 1          | Group 6        |
| 15:15                      | 16:00 | Group 3       | Group 2          | Group 7        |
| 16:00                      | 16:45 | Group 4       | Group 3          | Group 8        |
| 16:45                      | 17:30 | Group 5       | Group 4          | Group 9        |
| 17:30                      | 18:15 | Group 6       | Group 5          | Group 10       |
| 18:15                      | 19:00 |               | Group 6          | 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 09 November 2023 - Sunday 12 November 2023

| TRA Trampoline                |                               |                               |                                                |
|-------------------------------|-------------------------------|-------------------------------|------------------------------------------------|
| Time                          | Warm-up Hall                  | Competition Hall              | Training Hall                                  |
| Refer to Competition Schedule | Refer to Competition Schedule | Refer to Competition Schedule | Open Training<br>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<br>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<br>Refer to Competition Schedule |