

# Time Schedule Frivolten Cup 2024

Version 2024-04-28  
18:30

## Thursday May 9th

08:00-09:00 Breakfast  
 10:00-21:00 Open training  
 13:00-15:00 Lunch  
 17:00-18:30 Free swimming in the pool (1<sup>st</sup> pass max 100 persons at the time)  
 18:00-20:00 Dinner  
 19:00-20:30 Free swimming in the pool (2<sup>nd</sup> pass max 100 persons at the time)  
 20:00 Competition cards for Friday's competitions must be handed in  
 21:00 Information meeting for judges and coaches (In the school – dining room)

## Friday May 10th

07:00-09:00 Breakfast  
 07:00-08:20 Open training  
 08:20-09:40 Training (1<sup>st</sup> work pass competitors only)

09:45-12:25 1<sup>st</sup> work pass Preliminaries. Two touch DMT (U-classes competition start )

	<u>TRI Podium 1</u>	<u>TRI Podium 2</u>	<u>DMT</u>
09:45		U12 girls group 1	
10:25	U12 boys group 1	U12 girls group 2	U15-16 girls 1
11:05	U12 boys group 2	U12 girls group 3	U15-16 girls 2
11:45		U12 girls group 4	U15-16 boys

12:00-14:00 Lunch  
 12:25-14:10 Training (2<sup>nd</sup> work pass competitors only )

<b>Recommended Lunch schedule</b>	
12:00	Afternoon competitors
12:30	Judges + Crew
13:00	Morning competitors

14:15-16:55 2<sup>nd</sup> work pass Preliminaries Two touch DMT (U-classes competition start )

	<u>TRI Podium 1</u>	<u>TRI Podium 2</u>	<u>DMT</u>
14:15		U15-16 girls group 1	
14:55	U15-16 boys group 1	U15-16 girls group 2	
15:35	U15-16 boys group 2	U15-16 girls group 3	
16:15		U15-16 girls group 4	

16:55-18:55 Training (3<sup>rd</sup> work pass competitors only).

17:30-19:30 Dinner

<b>Recommended Dinner schedule</b>	
17:30	Evening competitors
18:00	Judges + Crew
18:30	Afternoon competitors

19:00-20:45 3<sup>rd</sup> work pass Preliminaries, Two touch DMT (U-classes competition start )

	<u>TRI Podium 1</u>	<u>TRI Podium 2</u>	<u>DMT Podium 1</u>	<u>DMT Podium 2</u>
19:00	U13-14 boys group 1	U13-14 girls group 1	U12 girls 1	U12 boys
19:40	U13-14 boys group 2	U13-14 girls group 2	U12 girls 2	Junior boys
20:20	U13-14 boys group 3	U13-14 girls group 3	Junior girls	Open men 1
21:00		U13-14 girls group 4	Open ladies	Open men 2

21:40-23:00 Open training for Trampoline Junior and Open classes + Finalists

20:00-21:00 Free swimming in the pool (max 100 persons)

21:00 Competition cards for Saturday preliminaries must be handed in

23:00 Training closed

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## Saturday May 11th

07:00-09:00 Breakfast  
07:00-08:55 Open training for Junior and Open Trampoline

09:00-13:15 Preliminaries trampoline, One touch (for all groups)

	<u>TRI Podium 1</u>	<u>TRI Podium 2</u>	<u>DMT Podium 1</u>	<u>DMT Podium 2</u>
09:00	Junior boys	Junior girls	U13-14 girls 1	U13-14 boys 1
09:45	Open men group 1	Open ladies group 1	U13-14 girls 2	U13-14 boys 2
10:30	Open men group 2	Open ladies group 2	U13-14 girls 3	
11:30	Open men group 3	Open ladies group 3		
12:30	Open men group 4	Open ladies group 4		

12:30-14:30 Lunch

13:30-15:15 Open training for Finalists

14:30-15:25 Cleaning of stands, floor and trampolines

15:30 Opening of the final competition

One touch (for all groups, U classes included )

Recommended Lunch schedule	
12:30	Youth Finalists
13:30	Judges + Crew
13:45	All Others

Competition order: one trampoline – two DMT – other trampoline – two DMT ...

**TRI-Podium 2, DMT- Podium 2, DMT- Podium 1, TRI- Podium 1, DMT- Podium 1 ....**

	<u>TRI Podium 1</u>	<u>TRI Podium 2</u>	<u>DMT Podium 1</u>	<u>DMT Podium 2</u>
15:35			<b>Open men</b>	<b>Open ladies</b>
16:15	<b>U12 boys</b>	<b>U12 girls</b>	<b>Junior boys</b>	<b>Junior girls</b>
16:50	<b>U13-14 boys</b>	<b>U13-14 girls</b>	<b>U15-16 boys</b>	<b>U15-16 girls</b>
	<b>Judges swap ( FIG Panels moving to Trampoline, National panels moving to DMT)</b>			
17:25	<b>U15-16 boys</b>	<b>U15-16 girls</b>	<b>U13-14 boys</b>	<b>U13-14 girls</b>
18:00	<b>Junior boys</b>	<b>Junior girls</b>	<b>U12 boys</b>	<b>U12 girls</b>
18:35	<b>Open men</b>	<b>Open ladies</b>		

19:00 Two Trick competition  
19:30 March in for all competitors and prize ceremony  
21:00 Banquet Dinner and disco at the house of people (the community park in Herrljunga)

## Sunday May 12th

07:30-09:00 Breakfast  
Departure  
Departure time for the bus to the airports. Each club has this information in the club folder

**Note!** All times for the start groups during the competition is preliminary. The competition may be slower or faster, so make sure that the competitors are prepared for march in, a good time before the group is scheduled to start.