





**FIG WORLD CUP PALAIO FALIRO, ATHENS (GRE) Podium Training "TAE KWON DO STADIUM"**  
**17/3/22**

		WARM UP AREA 40'	TRAINING HALL 50'				PODIUM WITH MUSIC 30'
START							
ORDER	NAME	FLOOR 6	FLOOR 5	FLOOR 4	FLOOR 3	FLOOR 2	FLOOR 1
1	4 SEN= 2 FRA + 2 GER	8:00			8:40		9:30
2	3 SEN= 2 ROU + 1 NZL	8:30	9:10				10:00
3	3 SEN= 1 AUS + + 1 CZE + 1 MAS	9:00			9:40		10:30
4	4 SEN= 2 KAZ + 2 BUL	9:30	10:10				11:00
5	4 SEN= 2 ITA + 2 GRE	10:00			10:40		11:30
6	3 SEN= + 2 ISR + 1 EST	10:30	11:10				12:00
7	3 SEN= 1 ESP + 2 LAT	11:00			11:40		12:30-13:10
1	2 GR= POL + KAZ	12:05		12:45-13:35			
2	2 GR= FRA + GRE	12:05				12:45-13:35	
3	2 GR= ISR + EST	13:05		13:45-14:35			
		WARM UP AREA 30'	TRAINING HALL 50'				PODIUM WITH MUSIC 30'
START							
ORDER	NAME	FLOOR 6	FLOOR 5	FLOOR 4	FLOOR 3	FLOOR 2	FLOOR 1
1	4 SEN= 2 FRA + 2 GER	14:30		15:00-15:50			
2	3 SEN= 2 ROU + 1 NZL	14:30				15:00-15:50	
3	3 SEN= 1 AUS + + 1 CZE + 1 MAS	15:30				16:00-16:50	
4	4 SEN= 2 KAZ + 2 BUL	15:30		16:00-16:50			
5	4 SEN= 2 ITA + 2 GRE	16:30				17:00-17:50	
6	3 SEN= + 2 ISR + 1 EST	16:30		17:00-17:50			
7	3 SEN= 1 ESP + 2 LAT	17:30		18:00-18:50			
1	2 GR= POL + KAZ	17:30			18:00		18:50
2	2 GR= FRA + GRE	18:00	18:30				19:20
3	2 GR= ISR + EST	18:30			19:00		19:50-20:20