

TUESDAY 24.05.2022
TRAINING PROGRAMME



COMPETITION AREA					WCUP TRA WARM UP AREA	DMT/TUM WARM UP AREA			AERE CUP TRA WARM UP AREA
Time	TRAMPOLINE	DMT	TUM	Time	TRA	DMT	TUM	Time	TRA
				15.00 - 17.00	WORLD CUP FREE TRAINING				
17.00 - 20.00	WORLD CUP FREE TRAINING								

WEDNESDAY 25.05.2022
TRAINING PROGRAMME



COMPETITION AREA					WCUP TRA WARM UP AREA	DMT/TUM WARM UP AREA			AERE CUP TRA WARM UP AREA
Time	TRA	DMT	TUM	Time	TRA	DMT	TUM	Time	TRA
				9.00 - 14.00	WORLD CUP FREE TRAINING				
				14.00 - 15.00					
				15.00 - 17.00	WORLD CUP FREE TRAINING	WORLD CUP FREE TRAINING			
				17.00 - 19.00			WORLD CUP FREE TRAINING		

**THURSDAY 26.05.2022
TRAINING PROGRAMME**



COMPETITION AREA						WCUP TRA WARM UP AREA	DMT/TUM WARM UP AREA			AERE CUP TRA WARM UP AREA
Time	TRAMPOLINE		DMT	TUM	Time	TRA	DMT	TUM	Time	TRA
	TRA MEN	TRA LADIES								
					8.15 - 11.15	WORLD CUP FREE TRAINING				
					11.15 - 12.00	WCUP GROUP 1	WCUP GROUP 1			
12.00 - 12.45	WCUP GROUP 1 (12)	WCUP GROUP 1 (8)	WCUP GROUP 1 (12)		12.00 - 12.45	WCUP GROUP 2	WCUP GROUP 2			
12.45 - 13.30	WCUP GROUP 2 (12)	WCUP GROUP 2 (8)	WCUP GROUP 2 (11)		12.45 - 13.30	WCUP GROUP 3	WCUP GROUP 3			
13.30 - 14.15	WCUP GROUP 3 (11)	WCUP GROUP 3 (9)	WCUP GROUP 3 (11)		13.30 - 14.15	WCUP GROUP 4		WCUP GROUP 1		
14.15 - 15.00	WCUP GROUP 4 (12)	WCUP GROUP 4 (9)			WCUP GROUP 1 (11)	14.15 - 15.00	WCUP GROUP 5			
15.00 - 15.45	WCUP GROUP 5 (11)	WCUP GROUP 5 (9)		WCUP GROUP 2 (11)	15.00 - 15.45	WCUP GROUP 6				
15.45 - 16.30	WCUP GROUP 6 (12)	WCUP GROUP 6 (9)			15.45 - 16.30					
									16.30 - 19.30	FREE TRAINING

FRIDAY 27.05.2022
TRAINING PROGRAMME



COMPETITION AREA						WCUP TRA WARM UP AREA		DMT/TUM WARM UP AREA			AERE CUP TRA WARM UP AREA	
Time	TRAMPOLINE		DMT	TUM	Time	TRA	DMT	TUM	Time	TRA		
	TRA MEN	TRA LADIES										
					8.20 - 9.00	Ind Qualification Group 1						
9.00 - 11.40	WORLD CUP PRELIMS				9.00 - 9.40	Ind Qualification Group 2	DMT LADIES Qualification Group 1					
					9.40 - 10.20	Ind Qualification Group 3	DMT MEN Qualification Group 1					
					10.20 - 11.00	Ind Qualification Group 4	DMT MEN Qualification Group 2					
					11.00 - 11.50							
					11.50 - 12.30	Ind Qualification Group 5						
12.30 - 15.10	WORLD CUP PRELIMS				12.30 - 13.10	Ind Qualification Group 6						
					13.10 - 13.50	Ind Qualification Group 7 (MEN)		TUM LADIES Qualification Group 1				
					13.50 - 14.30			TUM MEN Qualification Group 1				
					14.30 - 15.10							
									15.10 - 17.10		FREE TRAINING	
					17.10 - 18.00	Ind SEMIFINAL Group 1						
					18.00 - 18.50	Ind SEMIFINAL Group 2						
18.00 - 19.40	WORLD CUP TRA SEMIFINALS											

SATURDAY 28.05.2022
TRAINING PROGRAMME



COMPETITION AREA					WCUP TRA WARM UP AREA	DMT/TUM WARM UP AREA			AERE CUP TRA WARM UP AREA				
Time	TRAMPOLINE		DMT	TUM	Time	TRA	DMT	TUM	Time	TRA			
	TRA MEN	TRA LADIES											
					9.05 - 9.45	Syn Competition Group 1	WORLD CUP FINALISTS FREE TRAINING		9.05 - 12.00	WORLD CUP INDIVIDUAL FINALISTS FREE TRAINING			
9.45 - 12.00	SYN PRELIMS				9.45 - 10.30	Syn Competition Group 2							
					10.30 - 11.15	Syn Competition Group 3							
					11.15 - 12.00								
					12.00 - 13.35								
					13.35 - 14.00			TUM LADIES					
14.00 - 17.20	WCUP FINALS				14.00 - 14.25			TUM MEN					
					14.25 - 14.50	SYN LADIES							
					14.50 - 15.15	SYN MEN							
					15.15 - 15.40		DMT LADIES						
					15.40 - 16.05		DMT MEN						
					16.05 - 16.30	TRA LADIES							
					16.30 - 16.55	TRA MEN							