Trampoline Gymnastics

Competition and Training Schedule

Revised on 19 September

September 25 (Fri)

TRAINING VENUE					
	Arrival	Stretching Area		Apparatus Training	
		15 min		120 min	
		Start	Finish	Start	Finish
Men's Group	8:30	8:45	9:00	9:00	11:00
Women's Group	10:45	11:00	11:15	11:15	13:15

September 26 (Sat) GTR Podium Training

COMPETITION VENUE							
	Arrival	Stretching Area		Warm-up		FOP	
		15 min		65 min		60 min	
		Start	Finish	Start	Finish	Start	Finish
Men's Group	7:45	8:00	8:15	8:15	9:20	9:30	10:30
Women's Group	10:45	11:00	11:15	11:15	12:20	12:30	13:30

TRAINING VENUE					
	Arrival	Stretching Area		Apparatus Training	
		30 min		90 min	
		Start	Finish	Start	Finish
Men's Group	15:45	16:00	16:30	16:30	18:00
Women's Group	17:15	17:30	18:00	18:00	19:30

September 27 (Sun) GTR Men's and Women's Qualifications and Finals

COMPETITION VENUE							
	Arrival	Stretching Area		Warm-up		FOP	
		30 min		30 min			
		Start	Finish	Start	Finish	Start	Finish
Men's Group Apparatus Training	8:35	8:50	9:20	9:20	9:50	10:00	11:00
Men's Qualification						11:30	12:30
Men's Final & Super Final						13:00	13:30
Victory Ceremony						13:30	13:45
Women's Group Apparatus Training	15:35	15:50	16:20	16:20	16:50	17:00	18:00
Women's Qualification						18:30	19:25
Women's Final & Super Final						19:55	20:25
Victory Ceremony						20:25	20:40