# 39th Trampoline & Tumbling World Championships

NANJING (CHN) / 05 November - 08 November 2026

## COMPETITION SCHEDULE

version **31.10.2026**

### Wednesday 04 November 2026

| T | Training Hall | | W | Warm-up Hall* | | | | C | Field of Play / Competition Hall | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TRA | TUM | DMT | from | to | TRA MEN Warm-up | TRA WOMEN Warm-up | TUM Warm-up | DMT Warm-up | from | to | TRA MEN | TRA WOMEN | TUM | DMT |
| | | | | | | | | | | | QUALIFICATION (Q1) | | | |
| Training as scheduled | Training as scheduled | Training as scheduled | 15:30 | 16:20 | | SYN MIXED - Group 1 | TUM MEN - Group 1 | DMT WOMEN - Group 1 | 15:45 | 16:16 | Opening Ceremony | | | |
| | | | 16:20 | 17:10 | | SYN MIXED - Group 2 | TUM MEN - Group 2 | DMT WOMEN - Group 2 | 16:30 | 17:20 | | SYN MIXED - Group 1 | TUM MEN - Group 1 | DMT WOMEN - Group 1 |
| | | | 17:10 | 18:00 | | SYN MIXED - Group 3 | TUM MEN - Group 3 | DMT WOMEN - Group 3 | 17:20 | 18:10 | | SYN MIXED - Group 2 | TUM MEN - Group 2 | DMT WOMEN - Group 2 |
| | | | 18:00 | 18:50 | | SYN MIXED - Group 4 | TUM MEN - Group 4 | DMT WOMEN - Group 4 | 18:10 | 19:00 | | SYN MIXED - Group 3 | TUM MEN - Group 3 | DMT WOMEN - Group 3 |
| | | | 18:50 | 19:40 | | | TUM MEN - Group 5 | | 19:00 | 19:50 | | SYN MIXED - Group 4 | TUM MEN - Group 4 | DMT WOMEN - Group 4 |
| | | | | | | | | | 19:50 | 20:40 | | | TUM MEN - Group 5 | |

### Thursday 05 November 2026

| T | Training Hall | | W | Warm-up Hall* | | | | C | Field of Play / Competition Hall | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TRA | TUM | DMT | from | to | TRA MEN Warm-up | TRA WOMEN Warm-up | TUM Warm-up | DMT Warm-up | from | to | TRA MEN | TRA WOMEN | TUM | DMT |
| | | | 08:50 | 09:50 | TRA MEN - Group 1 | | TUM WOMEN - Group 1 | | | | QUALIFICATION (Q1) | | | |
| Open Training 10:00 - 18:00 | Open Training 10:00 - 18:00 | Open Training 10:00 - 18:00 | 09:50 | 10:50 | TRA MEN - Group 2 | TRA WOMEN - Group 1 | TUM WOMEN - Group 2 | | 10:00 | 11:00 | TRA MEN - Group 1 | | TUM WOMEN - Group 1 | |
| | | | 10:50 | 11:50 | TRA MEN - Group 3 | TRA WOMEN - Group 2 | TUM WOMEN - Group 3 | | 11:00 | 12:00 | TRA MEN - Group 2 | TRA WOMEN - Group 1 | TUM WOMEN - Group 2 | |
| | | | 11:50 | 12:50 | | | TUM WOMEN - Group 4 | | 12:00 | 13:00 | TRA MEN - Group 3 | TRA WOMEN - Group 2 | TUM WOMEN - Group 3 | |
| | | | 12:50 | 13:50 | TRA MEN - Group 4 | TRA WOMEN - Group 3 | TUM WOMEN - Group 5 | | 13:00 | 14:00 | | | TUM WOMEN - Group 4 | |
| | | | 13:50 | 14:50 | TRA MEN - Group 5 | TRA WOMEN - Group 4 | | DMT MEN - Group 1 | 14:00 | 15:00 | TRA MEN - Group 4 | TRA WOMEN - Group 3 | TUM WOMEN - Group 5 | |
| | | | 14:50 | 15:50 | TRA MEN - Group 6 | TRA WOMEN - Group 5 | | DMT MEN - Group 2 | 15:00 | 16:00 | TRA MEN - Group 5 | TRA WOMEN - Group 4 | | DMT MEN - Group 1 |
| | | | | | | | | | 16:00 | 17:00 | TRA MEN - Group 6 | TRA WOMEN - Group 5 | | DMT MEN - Group 2 |
| | | | 16:20 | 17:20 | TRA MEN - Group 7 | TRA WOMEN - Group 6 | | DMT MEN - Group 3 | | | | | | |
| | | | 17:20 | 18:20 | TRA MEN - Group 8 | TRA WOMEN - Group 7 | | DMT MEN - Group 4 | 17:30 | 18:30 | TRA MEN - Group 7 | TRA WOMEN - Group 6 | | DMT MEN - Group 3 |
| | | | 18:20 | 19:20 | TRA MEN - Group 9 | TRA WOMEN - Group 8 | | DMT MEN - Group 5 | 18:30 | 19:30 | TRA MEN - Group 8 | TRA WOMEN - Group 7 | | DMT MEN - Group 4 |
| | | | | | | | | | 19:30 | 20:30 | TRA MEN - Group 9 | TRA WOMEN - Group 8 | | DMT MEN - Group 5 |

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version **31.10.2026**

### Friday 6 November 2025

| T | Training Hall | | W | Warm-up Hall* | | | | | C | Field of Play / Competition Hall | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TRA | TUM | DMT | from | to | TRA MEN Warm-up | TRA WOMEN Warm-up | TUM Warm-up | DMT Warm-up | from | to | TRA MEN | TRA WOMEN | TUM | DMT |
| Open Training for Q2 and Finalists 9:00 - 19:00 | Open Training for Q2 and Finalists 9:00 - 19:00 | Open Training for Q2 and Finalists 9:00 - 19:00 | 09:00 | 09:50 | SYN MEN - Group 1 | SYN WOMEN - Group 1 | | | **QUALIFICATION (Q1)** | | | | | |
| | | | 09:50 | 10:40 | SYN MEN - Group 2 | SYN WOMEN - Group 2 | | | 10:00 | 10:50 | SYN MEN - Group 1 | SYN WOMEN - Group 1 | | |
| | | | 10:40 | 11:30 | SYN MEN - Group 3 | SYN WOMEN - Group 3 | | | 10:50 | 11:40 | SYN MEN - Group 2 | SYN WOMEN - Group 2 | | |
| | | | 11:30 | 12:20 | SYN MEN - Group 4 | | | | 11:40 | 12:30 | SYN MEN - Group 3 | SYN WOMEN - Group 3 | | |
| | | | | | | | | | 12:30 | 13:20 | SYN MEN - Group 4 | | | |
| | | | 13:55 | 14:20 | SYN MEN - Q2 Group 1 | SYN WOMEN - Q2 Group 1 | | | **QUALIFICATION (Q2)** | | | | | |
| | | | 14:20 | 14:45 | SYN MEN - Q2 Group 2 | SYN WOMEN - Q2 Group 2 | | | 14:30 | 14:55 | SYN MEN - Q2 Group 1 | SYN WOMEN - Q2 Group 1 | | |
| | | | 14:45 | 15:10 | | | TUM MEN - Q2 Group 1 | DMT WOMEN - Q2 Group 1 | 14:55 | 15:20 | SYN MEN - Q2 Group 2 | SYN WOMEN - Q2 Group 2 | | |
| | | | 15:10 | 15:35 | | | TUM MEN - Q2 Group 2 | DMT WOMEN - Q2 Group 2 | 15:20 | 15:45 | | | TUM MEN - Q2 Group 1 | DMT WOMEN - Q2 Group 1 |
| | | | 15:35 | 16:00 | | SYN MIXED - Q2 Group 1 | | | 15:45 | 16:10 | | | TUM MEN - Q2 Group 2 | DMT WOMEN - Q2 Group 2 |
| | | | 16:00 | 16:25 | | SYN MIXED - Q2 Group 2 | | | 16:10 | 16:35 | | SYN MIXED - Q2 Group 1 | | |
| | | | | | | | | | 16:35 | 17:00 | | SYN MIXED - Q2 Group 2 | | |
| | | | 16:25 | 17:20 | | | TUM WOMEN - Team Final | | **FINALS - TEAMS** | | | | | |
| | | | 17:35 | 18:15 | | | | DMT MEN - Team Final | 17:30 | 18:25 | | | TUM WOMEN - Team Final | |
| | | | | | | | | | 18:25 | 19:05 | | | | DMT MEN - Team Final |
| | | | 18:30 | 19:10 | | | | DMT WOMEN - Team Final | 19:05 | 19:20 | Award Ceremonies - TUM WOMEN Team Final & DMT MEN Team Final | | | |
| | | | 19:50 | 20:35 | | | TUM MEN - Team Final | | 19:20 | 20:00 | | | | DMT WOMEN - Team Final |
| | | | | | | | | | 20:00 | 20:45 | | | TUM MEN - Team Final | |
| | | | | | | | | | 20:45 | 21:00 | Award Ceremonies - DMT WOMEN Team Final & TUM MEN Team Final | | | |

# 39th Trampoline & Tumbling World Championships

NANJING (CHN) / 05 November - 08 November 2026

## COMPETITION SCHEDULE

version **31.10.2026**

### Saturday 7 November 2026

| T | Training Hall | | W | Warm-up Hall* | | | | | | C | Field of Play / Competition Hall | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TRA | TUM | DMT | from | to | TRA MEN Warm-up | TRA WOMEN Warm-up | TUM Warm-up | DMT Warm-up | | from | to | TRA MEN | TRA WOMEN | TUM | DMT |
| Open Training for Q2 and Finalists 9:00 - 19:00 | Open Training for Q2 and Finalists 9:00 - 19:00 | Open Training for Q2 and Finalists 9:00 - 19:00 | 10:20 | 10:50 | | | TUM WOMEN - Q2 Group 1 | DMT MEN - Q2 Group 1 | | **QUALIFICATION (Q2)** | | | | | |
| | | | 10:50 | 11:20 | | | TUM WOMEN - Q2 Group 2 | DMT MEN - Q2 Group 2 | | 11:00 | 11:30 | | | TUM WOMEN - Q2 Group 1 | DMT MEN - Q2 Group 1 |
| | | | 11:20 | 11:50 | TRA MEN - Q2 Group 1 | TRA WOMEN - Q2 Group 1 | | | | 11:30 | 12:00 | | | TUM WOMEN - Q2 Group 2 | DMT MEN - Q2 Group 2 |
| | | | 11:50 | 12:20 | TRA MEN - Q2 Group 2 | TRA WOMEN - Q2 Group 2 | | | | 12:00 | 12:30 | TRA MEN - Q2 Group 1 | TRA WOMEN - Q2 Group 1 | | |
| | | | | | | | | | | 12:30 | 13:00 | TRA MEN - Q2 Group 2 | TRA WOMEN - Q2 Group 2 | | |
| | | | 13:20 | 13:50 | | | | DMT MEN - F1 & F2 | | **FINALS - TUM & DMT INDIVIDUAL, MIXED SYN & TRA TEAMS** | | | | | |
| | | | 13:50 | 14:20 | | | TUM WOMEN - F1 & F2 | | | 14:00 | 14:30 | | | | DMT MEN - F1 & F2 |
| | | | 14:20 | 14:50 | | SYN MIXED - Final | | | | 14:30 | 15:00 | | | TUM WOMEN - F1 & F2 | |
| | | | | | | | | | | 15:00 | 15:30 | | SYN MIXED - Final | | |
| | | | 15:20 | 15:50 | | | TUM MEN - F1 & F2 | | | 15:30 | 16:00 | Award Ceremonies - DMT MEN, TUM WOMEN & SYN MIXED Finals | | | |
| | | | 15:50 | 16:20 | | | | DMT WOMEN - F1 & F2 | | 16:00 | 16:30 | | | TUM MEN - F1 & F2 | |
| | | | | | | | | | | 16:30 | 17:00 | | | | DMT WOMEN - F1 & F2 |
| | | | 16:00 | 17:20 | | TRA WOMEN - Team Final | | | | 17:00 | 17:30 | Award Ceremonies - TUM MEN & DMT WOMEN Finals | | | |
| | | | 17:20 | 18:40 | TRA MEN - Team Final | | | | | 17:30 | 18:50 | | TRA WOMEN - Team Final | | |
| | | | | | | | | | | 18:50 | 20:10 | TRA MEN - Team Final | | | |
| | | | | | | | | | | 20:10 | 20:30 | Award Ceremonies - TRA Team Finals | | | |

### Sunday 8 November 2026

| T | Training Hall | | W | Warm-up Hall* | | | | | | C | Field of Play / Competition Hall | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| TRA | TUM | DMT | from | to | TRA MEN Warm-up | TRA WOMEN Warm-up | TUM Warm-up | DMT Warm-up | | from | to | TRA MEN | TRA WOMEN | TUM | DMT |
| Open Training for Finalists 10:00 - 14:30 | Open Training for Finalists 10:00 - 14:30 | Open Training for Finalists 10:00 - 14:30 | 11:20 | 11:50 | | SYN WOMEN - Final | | | | **FINALS - TRA SYN, TRA IND & ALL-AROUND TEAM** | | | | | |
| | | | 11:50 | 12:20 | SYN MEN - Final | | | | | 12:00 | 12:30 | | SYN WOMEN - Final | | |
| | | | 12:35 | 13:05 | | IND WOMEN - Final | | | | 12:30 | 13:00 | SYN MEN - Final | | | |
| | | | 13:05 | 13:35 | IND MEN - Final | | | | | 13:15 | 13:45 | | IND WOMEN - Final | | |
| | | | | | | | | | | 13:45 | 14:15 | IND MEN - Final | | | |
| | | | 15:00 | 17:20 | Open Warm-up for All-Around Team Finalists | | | | | 14:15 | 15:00 | Award Ceremonies - TRA SYN & TRA IND Finals | | | |
| | | | | | | | | | | 16:00 | 16:30 | | AAF - TRA SYN WOMEN | AAF - TUM WOMEN | AAF - DMT MEN |
| | | | | | | | | | | 16:30 | 17:00 | AAF - TRA SYN MEN | | AAF - TUM MEN | AAF - DMT WOMEN |
| | | | | | | | | | | 17:00 | 17:30 | AAF - TRA IND MEN | AAF - TRA IND WOMEN | | |
| | | | | | | | | | | 17:30 | 17:50 | Award Ceremony - All-Around Team Final | | | |

***Access to the Stretching Area is permitted 30 minutes in advance of the time indicated, for a general warm-up period prior to the allocated session using the apparatus**

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