WORLD GYMNASTICS
TRAMPOLINE &TUMBLING

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

Version 10.11.2026

TRAINING GROUPS

TRA

Group 1	M	W	SYN
CHN	16	16	18
1	*16*	*16*	*18*

Group 2	M	W	W
POR	13	15	18
RSA	2	3	0
2	*15*	*18*	*18*

Group 3	M	W	W
AUT	4	1	1
BLR	16	12	16
BEL	0	5	2
3	*20*	*18*	*19*

Group 4	M	W	W
JPN	16	11	15
SUI	4	2	1
FIN	0	4	3
3	*20*	*17*	*19*

Group 5	M	W	W
FRA	15	12	13
GRE	4	3	2
2	*19*	*15*	*15*

Group 6	M	W	W
ESP	13	12	14
ITA	3	4	3
2	*16*	*16*	*17*

Group 7	M	W	W
GER	13	13	13
ISR	6	2	2
PHI	0	2	0
3	*19*	*17*	*15*

TUM

Group 1	M & W
GBR	24
1	*24*

Group 2	M & W
USA	24
1	*24*

Group 3	M & W
CHN	22
1	*22*

Group 4	M & W
AUS	19
1	*19*

Group 5	M & W
ISR	18
1	*18*

Group 6	M & W
POR	18
1	*18*

Group 7	M & W
BEL	16
1	*16*

DMT

Group 1	M & W
ESP	30
1	*30*

Group 2	M & W
POR	30
1	*30*

Group 3	M & W
CHN	24
1	*24*

Group 4	M & W
USA	24
1	*24*

Group 5	M & W
GBR	23
1	*23*

Group 6	M & W
CAN	20
1	*20*

Group 7	M & W
AUS	17
1	*17*

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NANJING (CHN) / 11 November - 15 November 2026

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TRAINING GROUPS

TRA

Group 8	M	W	W
CZE	5	2	2
UKR	3	1	1
USA	12	12	12
3	*20*	*15*	*15*

Group 9	M	W	W
NED	5	4	2
RUS	11	11	12
TPE	3	3	0
3	*19*	*18*	*14*

Group 10	M	W	W
ARG	3	3	0
GBR	10	12	7
SVK	1	1	0
UZB	5	4	4
4	*19*	*20*	*11*

Group 11	M	W	W
CAN	11	8	8
SWE	4	4	5
TUR	3	4	2
3	*18*	*16*	*15*

Group 12	M	W	W
ARM	3	0	1
BRA	6	7	2
POL	10	9	6
3	*19*	*16*	*9*

Group 13	M	W	W
BUL	6	9	8
GEO	3	9	5
HKG	1	3	0
IND	6	6	0
4	*16*	*27*	*13*

TUM

Group 8	M & W
ESP	15
1	*15*

Group 9	M & W
FRA	13
1	*13*

Group 10	M & W
JPN	12
1	*12*

Group 11	M & W
RUS	12
1	*12*

Group 12	M & W
AZE	7
IND	12
NZL	2
3	*21*

Group 13	M & W
CAN	7
ITA	1
RSA	4
3	*12*

DMT

Group 8	M & W
RUS	16
1	*16*

Group 9	M & W
POL	14
1	*14*

Group 10	M & W
CZE	1
GER	11
GRE	0
3	*12*

Group 11	M & W
FIN	1
NZL	3
RSA	10
3	*14*

Group 12	M & W
BEL	4
KAZ	9
SVK	1
0	*14*

Group 13	M & W
JPN	8
SWE	5
UKR	1
3	*14*

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

Version 10.11.2026

TRAINING GROUPS

TRA			
Group 14	**M**	**W**	**W**
AUS	7	5	6
KAZ	10	6	6
NZL	5	3	2
3	*22*	*14*	*14*
Group 15	**M**	**W**	**W**
AZE	7	6	6
IRL	1	4	2
MEX	8	8	4
SGP	1	0	0
4	*17*	*18*	*12*
43	**275**	**261**	**224**

TUM	
Group 14	**M & W**
BLR	5
KAZ	3
POL	5
3	*13*
Group 15	**M & W**
BRA	2
GRE	5
UZB	5
3	*12*
23	**251**

DMT	
Group 14	**M & W**
ARG	7
ARM	6
2	*13*
Group 15	**M & W**
AZE	4
BRA	6
NED	2
3	*12*
26	**277**

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WORLD GYMNASTICS TRAMPOLINE &TUMBLING

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Monday 9 November 2026

TRA Trampoline

Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

TUM Tumbling

Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

DMT Double Mini-Trampoline

Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

Tuesday 10 November 2026

TRA Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 8		Group 1
09:45	10:30	Group 9	Group 8	Group 2
10:30	11:15	Group 10	Group 9	Group 3
11:15	12:00	Group 11	Group 10	Group 4
12:00	12:45	Group 12	Group 11	Group 5
12:45	13:30	Group 13	Group 12	Group 6
13:30	14:15	Group 14	Group 13	Group 7
14:15	15:00	Group 15	Group 14	Group 8
15:00	15:45	Group 1	Group 15	Group 9
15:45	16:30	Group 2	Group 1	Group 10
16:30	17:15	Group 3	Group 2	Group 11
17:15	18:00	Group 4	Group 3	Group 12
18:00	18:45	Group 5	Group 4	Group 13
18:45	19:30	Group 6	Group 5	Group 14
19:30	20:15	Group 7	Group 6	Group 15
20:15	21:00		Group 7	

TUM Tumbling

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 8		Group 1
09:45	10:30	Group 9	Group 8	Group 2
10:30	11:15	Group 10	Group 9	Group 3
11:15	12:00	Group 11	Group 10	Group 4
12:00	12:45	Group 12	Group 11	Group 5
12:45	13:30	Group 13	Group 12	Group 6
13:30	14:15	Group 14	Group 13	Group 7
14:15	15:00	Group 15	Group 14	Group 8
15:00	15:45	Group 1	Group 15	Group 9
15:45	16:30	Group 2	Group 1	Group 10
16:30	17:15	Group 3	Group 2	Group 11
17:15	18:00	Group 4	Group 3	Group 12
18:00	18:45	Group 5	Group 4	Group 13
18:45	19:30	Group 6	Group 5	Group 14
19:30	20:15	Group 7	Group 6	Group 15
20:15	21:00		Group 7	

DMT Double Mini-Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Group 8		Group 1
09:45	10:30	Group 9	Group 8	Group 2
10:30	11:15	Group 10	Group 9	Group 3
11:15	12:00	Group 11	Group 10	Group 4
12:00	12:45	Group 12	Group 11	Group 5
12:45	13:30	Group 13	Group 12	Group 6
13:30	14:15	Group 14	Group 13	Group 7
14:15	15:00	Group 15	Group 14	Group 8
15:00	15:45	Group 1	Group 15	Group 9
15:45	16:30	Group 2	Group 1	Group 10
16:30	17:15	Group 3	Group 2	Group 11
17:15	18:00	Group 4	Group 3	Group 12
18:00	18:45	Group 5	Group 4	Group 13
18:45	19:30	Group 6	Group 5	Group 14
19:30	20:15	Group 7	Group 6	Group 15
20:15	21:00		Group 7	

***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**

WORLD GYMNASTICS TRAMPOLINE &TUMBLING

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Wednesday 11 November 2026

TRA Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Closed	Closed	Group 4
09:45	10:30	Closed	Closed	Group 5
10:30	11:15	Closed	Closed	Group 6
11:15	12:00	Closed	Closed	Group 7
12:00	12:45	Closed	Closed	Group 8
12:45	13:30	Closed	Closed	Group 9
13:30	14:15	Closed	Closed	Group 10
14:15	15:00	Closed	Closed	Group 11
15:00	15:45	Closed	Closed	Group 12
15:45	16:30	Closed	Closed	Group 13
16:30	17:15	Closed	Closed	Group 14
17:15	18:00	Competition	Competition	Group 15
18:00	18:45	Competition	Competition	Group 1
18:45	19:30	Competition	Competition	Group 2
19:30	20:15	Competition	Competition	Group 3
20:15	21:00	Competition	Competition	

TUM Tumbling

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Closed	Closed	Group 4
09:45	10:30	Closed	Closed	Group 5
10:30	11:15	Closed	Closed	Group 6
11:15	12:00	Closed	Closed	Group 7
12:00	12:45	Closed	Closed	Group 8
12:45	13:30	Closed	Closed	Group 9
13:30	14:15	Closed	Closed	Group 10
14:15	15:00	Closed	Closed	Group 11
15:00	15:45	Closed	Closed	Group 12
15:45	16:30	Closed	Closed	Group 13
16:30	17:15	Closed	Closed	Group 14
17:15	18:00	Competition	Competition	Group 15
18:00	18:45	Competition	Competition	Group 1
18:45	19:30	Competition	Competition	Group 2
19:30	20:15	Competition	Competition	Group 3
20:15	21:00	Competition	Competition	

DMT Double Mini-Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Closed	Closed	Group 4
09:45	10:30	Closed	Closed	Group 5
10:30	11:15	Closed	Closed	Group 6
11:15	12:00	Closed	Closed	Group 7
12:00	12:45	Closed	Closed	Group 8
12:45	13:30	Closed	Closed	Group 9
13:30	14:15	Closed	Closed	Group 10
14:15	15:00	Closed	Closed	Group 11
15:00	15:45	Closed	Closed	Group 12
15:45	16:30	Closed	Closed	Group 13
16:30	17:15	Closed	Closed	Group 14
17:15	18:00	Competition	Competition	Group 15
18:00	18:45	Competition	Competition	Group 1
18:45	19:30	Competition	Competition	Group 2
19:30	20:15	Competition	Competition	Group 3
20:15	21:00	Competition	Competition	

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WORLD GYMNASTICS TRAMPOLINE &TUMBLING

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Thursday 12 November 2026

TRA Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 8
09:45	10:30			Group 9
10:30	11:15			Group 10
11:15	12:00			Group 11
12:00	12:45			Group 12
12:45	13:30			Group 13
13:30	14:15			Group 14
14:15	15:00			Group 15
15:00	15:45			Group 1
15:45	16:30			Group 2
16:30	17:15			Group 3
17:15	18:00			Group 4
18:00	18:45			Group 5
18:45	19:30			Group 6
19:30	20:15			Group 7
20:15	21:00			

TUM Tumbling

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 8
09:45	10:30			Group 9
10:30	11:15			Group 10
11:15	12:00			Group 11
12:00	12:45			Group 12
12:45	13:30			Group 13
13:30	14:15			Group 14
14:15	15:00			Group 15
15:00	15:45			Group 1
15:45	16:30			Group 2
16:30	17:15			Group 3
17:15	18:00			Group 4
18:00	18:45			Group 5
18:45	19:30			Group 6
19:30	20:15			Group 7
20:15	21:00			

DMT Double Mini-Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 8
09:45	10:30			Group 9
10:30	11:15			Group 10
11:15	12:00			Group 11
12:00	12:45			Group 12
12:45	13:30			Group 13
13:30	14:15			Group 14
14:15	15:00			Group 15
15:00	15:45			Group 1
15:45	16:30			Group 2
16:30	17:15			Group 3
17:15	18:00			Group 4
18:00	18:45			Group 5
18:45	19:30			Group 6
19:30	20:15			Group 7
20:15	21:00			

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WORLD GYMNASTICS TRAMPOLINE &TUMBLING

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Friday 13 November 2026

TRA Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 12
09:45	10:30			Group 13
10:30	11:15			Group 14
11:15	12:00			Group 15
12:00	12:45			Group 1
12:45	13:30			Group 2
13:30	14:15			Group 3
14:15	15:00			Group 4
15:00	15:45			Group 5
15:45	16:30			Group 6
16:30	17:15			Group 7
17:15	18:00			Group 8
18:00	18:45			Group 9
18:45	19:30			Group 10
19:30	20:15			Group 11
20:15	21:00			

TUM Tumbling

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 12
09:45	10:30			Group 13
10:30	11:15			Group 14
11:15	12:00			Group 15
12:00	12:45			Group 1
12:45	13:30			Group 2
13:30	14:15			Group 3
14:15	15:00			Group 4
15:00	15:45			Group 5
15:45	16:30			Group 6
16:30	17:15			Group 7
17:15	18:00			Group 8
18:00	18:45			Group 9
18:45	19:30			Group 10
19:30	20:15			Group 11
20:15	21:00			

DMT Double Mini-Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 12
09:45	10:30			Group 13
10:30	11:15			Group 14
11:15	12:00			Group 15
12:00	12:45			Group 1
12:45	13:30			Group 2
13:30	14:15			Group 3
14:15	15:00			Group 4
15:00	15:45			Group 5
15:45	16:30			Group 6
16:30	17:15			Group 7
17:15	18:00			Group 8
18:00	18:45			Group 9
18:45	19:30			Group 10
19:30	20:15			Group 11
20:15	21:00			

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WORLD GYMNASTICS TRAMPOLINE &TUMBLING

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Saturday 14 November 2026

TRA Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 1
09:45	10:30			Group 2
10:30	11:15			Group 3
11:15	12:00			Group 4
12:00	12:45			Group 5
12:45	13:30			Group 6
13:30	14:15			Group 7
14:15	15:00			Group 8
15:00	15:45			Group 9
15:45	16:30			Group 10
16:30	17:15			Group 11
17:15	18:00			Group 12
18:00	18:45			Group 13
18:45	19:30			Group 14
19:30	20:15			Group 15
20:15	21:00			

TUM Tumbling

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 1
09:45	10:30			Group 2
10:30	11:15			Group 3
11:15	12:00			Group 4
12:00	12:45			Group 5
12:45	13:30			Group 6
13:30	14:15			Group 7
14:15	15:00			Group 8
15:00	15:45			Group 9
15:45	16:30			Group 10
16:30	17:15			Group 11
17:15	18:00			Group 12
18:00	18:45			Group 13
18:45	19:30			Group 14
19:30	20:15			Group 15
20:15	21:00			

DMT Double Mini-Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	09:45	Refer to Competition Schedule	Refer to Competition Schedule	Group 1
09:45	10:30			Group 2
10:30	11:15			Group 3
11:15	12:00			Group 4
12:00	12:45			Group 5
12:45	13:30			Group 6
13:30	14:15			Group 7
14:15	15:00			Group 8
15:00	15:45			Group 9
15:45	16:30			Group 10
16:30	17:15			Group 11
17:15	18:00			Group 12
18:00	18:45			Group 13
18:45	19:30			Group 14
19:30	20:15			Group 15
20:15	21:00			

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WORLD GYMNASTICS TRAMPOLINE &TUMBLING

3rd Trampoline & Tumbling Junior World Championships and 32nd World Age Group Competitions

NANJING (CHN) / 11 November - 15 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Sunday 15 November 2026

TRA Trampoline

Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	**Open Training [09:00 - 13:00] Only for JWCh Finalists and Q2**

TUM Tumbling

Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	**Open Training [09:00 - 13:00] Only for JWCh Finalists and Q2**

DMT Double Mini-Trampoline

Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	**Open Training [09:00 - 13:00] Only for JWCh Finalists and Q2**

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