



TRAMPOLINE GYMNASTICS TRAINING SCHEDULE

ALL GYMNASTS ARE REQUIRED TO BE PRESENT AT THE FOCUS DAY EVENT FROM 18:00-20:00 ON 03 OCTOBER

COACHES ARE REQUIRED TO ATTEND THE TECHNICAL MEETING AT 20:00 ON 03 OCTOBER

TRAINING SCHEDULE TRAMPOLINE GYMNASTICS YOUTH OLYMPIC GAMES 2018

2 October	Open Training	Warm-up Hall	12:00:00 to 18:00:00
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3 October	Warm-up Stretching area		TRA	
09:00-10:00	RUS CHN NAM USA AUS GBR	(W)		
10:00-11:00	JPN MEX ESP KAZ SUI GRE	(W)	RUS CHN NAM USA AUS GBR	(W)
11:00-12:00	BLR CHN ALG CAN AUS GBR	(M)	JPN MEX ESP KAZ SUI GRE	(W)
12:00-13:00	UZB ARG AUT JPN POR ESP	(M)	BLR CHN ALG CAN AUS GBR	(M)
13:00-14:00			UZB ARG AUT JPN POR ESP	(M)

FOCUS DAY 18:00 hs

3 October	Warm-up Stretching area		TRA	
9:00-10:00	BLR CHN ALG CAN AUS GBR	(M)		
10:00-11:00	UZB ARG AUT JPN POR ESP	(M)	BLR CHN ALG CAN AUS GBR	(M)
11:00-12:00	RUS CHN NAM USA AUS GBR	(W)	UZB ARG AUT JPN POR ESP	(M)
12:00-13:00	JPN MEX ESP KAZ SUI GRE	(W)	RUS CHN NAM USA AUS GBR	(W)
13:00-14:00			JPN MEX ESP KAZ SUI GRE	(W)
	Warm-up Stretching area		TRA	
15:00-16:00	BLR CHN ALG CAN AUS GBR	(M)		
16:00-17:00	UZB ARG AUT JPN POR ESP	(M)	BLR CHN ALG CAN AUS GBR	(M)
17:00-18:00	RUS CHN NAM USA AUS GBR	(W)	UZB ARG AUT JPN POR ESP	(M)
18:00-19:00	JPN MEX ESP KAZ SUI GRE	(W)	RUS CHN NAM USA AUS GBR	(W)
19:00-20:00			JPN MEX ESP KAZ SUI GRE	(W)

PODIUM TRAINING

5 October	Warm-up Stretching area		TRA	
	WOMEN	MEN	WOMEN	MEN
07:45- 09:00	Oksana CHUSOVITINA	Alina KABAEVA		
	Anna BESSONOVA	Max WHITLOCK		
	Dong DONG	Yevgeny MARCHENKO		
	Wei YANG	Oksana CHUSOVITINA		
	Marina CHERNOVA	Marina CHERNOVA		
	Nadia COMĂNECI	Kohei UCHIMURA		
	WOMEN	MEN	WOMEN	MEN
09:00-10:15	Alina KABAEVA	Anna BESSONOVA	Oksana CHUSOVITINA	Alina KABAEVA
	Rosie MACLENNAN	Dong DONG	Anna BESSONOVA	Max WHITLOCK
	Simone BILES	Simone BILES	Dong DONG	Yevgeny MARCHENKO
	Yevgeny MARCHENKO	Wei YANG	Wei YANG	Oksana CHUSOVITINA
	Max WHITLOCK	Rosie MACLENNAN	Marina CHERNOVA	Marina CHERNOVA
	Kohei UCHIMURA	Nadia COMĂNECI	Nadia COMĂNECI	Kohei UCHIMURA
	WOMEN	MEN	WOMEN	MEN
10:15-11:30			Alina KABAEVA	Anna BESSONOVA
			Rosie MACLENNAN	Dong DONG
			Simone BILES	Simone BILES
			Yevgeny MARCHENKO	Wei YANG
			Max WHITLOCK	Rosie MACLENNAN
			Kohei UCHIMURA	Nadia COMĂNECI



BUENOS AIRES 2018



6 October	Warm-up Stretching area		TRA	
	WOMEN	MEN	WOMEN	MEN
08:45-09:00	Oksana CHUSOVITINA			
	Anna BESSONOVA			
	Dong DONG			
	Wei YANG			
	Marina CHERNOVA			
	Nadia COMĂNECI			
	WOMEN	MEN	WOMEN	MEN
09:00-09:45		Alina KABAEVA	Oksana CHUSOVITINA	
		Max WHITLOCK	Anna BESSONOVA	
		Yevgeny MARCHENKO	Dong DONG	
		Oksana CHUSOVITINA	Wei YANG	
		Marina CHERNOVA	Marina CHERNOVA	
		Kohei UCHIMURA	Nadia COMĂNECI	
	WOMEN	MEN	WOMEN	MEN
09:45-10:30	Alina KABAEVA			Alina KABAEVA
	Rosie MACLENNAN			Max WHITLOCK
	Simone BILES			Yevgeny MARCHENKO
	Yevgeny MARCHENKO			Oksana CHUSOVITINA
	Max WHITLOCK			Marina CHERNOVA
	Kohei UCHIMURA			Kohei UCHIMURA
	WOMEN	MEN	WOMEN	MEN
10:30-11:15		Anna BESSONOVA	Alina KABAEVA	
		Dong DONG	Rosie MACLENNAN	
		Simone BILES	Simone BILES	
		Wei YANG	Yevgeny MARCHENKO	
		Rosie MACLENNAN	Max WHITLOCK	
		Nadia COMĂNECI	Kohei UCHIMURA	
	WOMEN	MEN	WOMEN	MEN
11:15-12:00				Anna BESSONOVA
				Dong DONG
				Simone BILES
				Wei YANG
				Rosie MACLENNAN
				Nadia COMĂNECI



BUENOS AIRES 2018



7 October	Warm-up Stretching area		TRA	
	WOMEN	MEN	WOMEN	MEN
07:45-09:00		Alina KABAEVA		
		Max WHITLOCK		
		Yevgeny MARCHENKO		
		Oksana CHUSOVITINA		
		Marina CHERNOVA		
		Kohei UCHIMURA		
	WOMEN	MEN	WOMEN	MEN
09:00-10:15	Alina KABAEVA			Alina KABAEVA
	Rosie MACLENNAN			Max WHITLOCK
	Simone BILES			Yevgeny MARCHENKO
	Yevgeny MARCHENKO			Oksana CHUSOVITINA
	Max WHITLOCK			Marina CHERNOVA
	Kohei UCHIMURA			Kohei UCHIMURA
	WOMEN	MEN	WOMEN	MEN
10:15-11:30		Anna BESSONOVA	Alina KABAEVA	
		Dong DONG	Rosie MACLENNAN	
		Simone BILES	Simone BILES	
		Wei YANG	Yevgeny MARCHENKO	
		Rosie MACLENNAN	Max WHITLOCK	
		Nadia COMĂNECI	Kohei UCHIMURA	
	WOMEN	MEN	WOMEN	MEN
11:30-12:45	Oksana CHUSOVITINA			Anna BESSONOVA
	Anna BESSONOVA			Dong DONG
	Dong DONG			Simone BILES
	Wei YANG			Wei YANG
	Marina CHERNOVA			Rosie MACLENNAN
	Nadia COMĂNECI			Nadia COMĂNECI
	WOMEN	MEN	WOMEN	MEN
12:45-14:00			Oksana CHUSOVITINA	
			Anna BESSONOVA	
			Dong DONG	
			Wei YANG	
			Marina CHERNOVA	
			Nadia COMĂNECI	



8 October	MULTI-DISCIPLINE TEAM EVENT				
SUBDIVISION 1	ROTATION 1				
Teams	Stretching Area		GTR WOMEN		FOP
CHUSOVITINA	12:57:00	13:27:00	13:29:00	13:59:00	14:04:00
BESSONOVA	13:01:00	13:31:00	13:33:00	14:03:00	14:08:00
DONG	13:05:00	13:35:00	13:37:00	14:07:00	14:12:00
YANG	13:09:00	13:39:00	13:41:00	14:11:00	14:16:00
CHERNOVA	13:13:00	13:43:00	13:45:00	14:15:00	14:20:00
COMANECI	13:17:00	13:47:00	13:49:00	14:19:00	14:24:00
Teams	ROTATION 2				
KABAEVA	13:29:00	13:59:00	14:01:00	14:31:00	14:36:00
MACLENNAN	13:33:00	14:03:00	14:05:00	14:35:00	14:40:00
BILES	13:37:00	14:07:00	14:09:00	14:39:00	14:44:00
MARCHENKO	13:41:00	14:11:00	14:13:00	14:43:00	14:48:00
WHITLOCK	13:45:00	14:15:00	14:17:00	14:47:00	14:52:00
UCHIMURA	13:49:00	14:19:00	14:21:00	14:51:00	14:56:00
Teams	ROTATION 3				
CHUSOVITINA	14:01:00	14:31:00	14:33:00	15:03:00	15:08:00
BESSONOVA	14:05:00	14:35:00	14:37:00	15:07:00	15:12:00
DONG	14:09:00	14:39:00	14:41:00	15:11:00	15:16:00
YANG	14:13:00	14:43:00	14:45:00	15:15:00	15:20:00
CHERNOVA	14:17:00	14:47:00	14:49:00	15:19:00	15:24:00
COMANECI	14:21:00	14:51:00	14:53:00	15:23:00	15:28:00
Teams	ROTATION 4				
KABAEVA	14:33:00	15:03:00	15:05:00	15:35:00	15:40:00
MACLENNAN	14:37:00	15:07:00	15:09:00	15:39:00	15:44:00
BILES	14:41:00	15:11:00	15:13:00	15:43:00	15:48:00
MARCHENKO	14:45:00	15:15:00	15:17:00	15:47:00	15:52:00
WHITLOCK	14:49:00	15:19:00	15:21:00	15:51:00	15:56:00
UCHIMURA	14:53:00	15:23:00	15:25:00	15:55:00	16:00:00

SUBDIVISION 2	ROTATION 1				
Teams	Stretching Area		GTR MEN		FOP
KABAEVA	17:58:00	18:28:00	18:30:00	19:00:00	19:05:00
WHITLOCK	18:01:00	18:31:00	18:33:00	19:03:00	19:08:00
MARCHENKO	18:04:00	18:34:00	18:36:00	19:06:00	19:11:00
CHUSOVITINA	18:07:00	18:37:00	18:39:00	19:09:00	19:14:00
CHERNOVA	18:10:00	18:40:00	18:42:00	19:12:00	19:17:00
UCHIMURA	18:13:00	18:43:00	18:45:00	19:15:00	19:20:00
Teams	ROTATION 2				
BESSONOVA	18:24:00	18:54:00	18:56:00	19:26:00	19:31:00
DONG	18:27:00	18:57:00	18:59:00	19:29:00	19:34:00
BILES	18:30:00	19:00:00	19:02:00	19:32:00	19:37:00
YANG	18:33:00	19:03:00	19:05:00	19:35:00	19:40:00
MACLENNAN	18:36:00	19:06:00	19:08:00	19:38:00	19:43:00
COMANECI	18:39:00	19:09:00	19:11:00	19:41:00	19:46:00



BUENOS AIRES 2018



Teams	ROTATION 3				
KABAEVA	18:50:00	19:20:00	19:22:00	19:52:00	19:57:00
WHITLOCK	18:53:00	19:23:00	19:25:00	19:55:00	20:00:00
MARCHENKO	18:56:00	19:26:00	19:28:00	19:58:00	20:03:00
CHUSOVITINA	18:59:00	19:29:00	19:31:00	20:01:00	20:06:00
CHERNOVA	19:02:00	19:32:00	19:34:00	20:04:00	20:09:00
UCHIMURA	19:05:00	19:35:00	19:37:00	20:07:00	20:12:00
Teams	ROTATION 4				
BESSONOVA	19:16:00	19:46:00	19:48:00	20:18:00	20:23:00
DONG	19:19:00	19:49:00	19:51:00	20:21:00	20:26:00
BILES	19:22:00	19:52:00	19:54:00	20:24:00	20:29:00
YANG	19:25:00	19:55:00	19:57:00	20:27:00	20:32:00
MACLENNAN	19:28:00	19:58:00	20:00:00	20:30:00	20:35:00
COMANEI	19:31:00	20:01:00	20:03:00	20:33:00	20:38:00

9 October	Warm-up Stretching area	TRA
09:00-10:00	Women (12)	
10:00-11:45	Men (12)	Women (12)
11:45-13:30		Men (12)

10 October	Warm-up Stretching area	TRA
09:00-10:00	Men (12)	
10:00-11:45	Women (12)	Men (12)
11:45-13:30		Women (12)

11 October	Warm-up Stretching area	TRA
09:00-10:00	Women (12)	
10:00-11:45	Men (12)	Women (12)
11:45-13:30		Men (12)

12 October	Warm-up Stretching area	TRA
09:00-10:00	Men (12)	
10:00-11:45	Women (12)	Men (12)
11:45-13:30		Women (12)

13 October	Warm-up Stretching area	TRA
09:00-10:00	Women (12)	
10:00-11:45	Men (12)	Women (12)
11:45-13:30		Men (12)



BUENOS AIRES 2018



14 October	TRAMPOLINE GYMNASTICS FINALS				
Qualification Rk	Stretching Area		GTR WOMEN		FOP
8	16:30:00	17:00:00	17:02:00	17:32:00	17:37:00
7	16:33:00	17:03:00	17:05:00	17:35:00	17:40:00
6	16:36:00	17:06:00	17:08:00	17:38:00	17:43:00
5	16:39:00	17:09:00	17:11:00	17:41:00	17:46:00
4	16:42:00	17:12:00	17:14:00	17:44:00	17:49:00
3	16:45:00	17:15:00	17:17:00	17:47:00	17:52:00
2	16:48:00	17:18:00	17:20:00	17:50:00	17:55:00
1	16:51:00	17:21:00	17:23:00	17:53:00	17:58:00

	Stretching Area		GTR MEN		FOP
8	18:12:00	18:42:00	18:44:00	19:14:00	19:19:00
7	18:15:00	18:45:00	18:47:00	19:17:00	19:22:00
6	18:18:00	18:48:00	18:50:00	19:20:00	19:25:00
5	18:21:00	18:51:00	18:53:00	19:23:00	19:28:00
4	18:24:00	18:54:00	18:56:00	19:26:00	19:31:00
3	18:27:00	18:57:00	18:59:00	19:29:00	19:34:00
2	18:30:00	19:00:00	19:02:00	19:32:00	19:37:00
1	18:33:00	19:03:00	19:05:00	19:35:00	19:40:00

15 October	Warm-up Stretching area	TRA
09:00-10:00	Men (12)	
10:00-11:45	Women (12)	Men (12)
11:45-13:30		Women (12)

16 October	Warm-up Stretching area	TRA
09:00-10:00	Women (12)	
10:00-11:45	Men (12)	Women (12)
11:45-13:30		Men (12)