



# 9<sup>th</sup> PLOVDIV CUP AEROBICS OPEN 2018

*International Competition AG 1/ AG 2/ SENIORS*

**FIG Registered Event ID: 15795**

*International Competition – AG ND*

**26<sup>th</sup> – 28<sup>th</sup> of October 2018**

**Plovdiv, BUL**



**VERSION 15.10.2018**

## PODIUM TRAINING – 25<sup>th</sup> of October 2018 (Thursday)

N	Nation	Warm up area General warm up 45 min	Training podium	Transfer	Competition podium
1.	<b>BUL (59 routines)</b>	07:45 – 08:30	08:30 – 10:00	5 min	<b>10:05 - 11:35</b>
2.	<b>RUS (62)</b>	09:15 – 10:00	10:00 – 11:33	5 min	<b>11:38 – 13:11</b>
3.	<b>UKR (55)</b>	10:58 – 11:43	11:43 – 13:06	5 min	<b>13:11 – 14:34</b>
4.	<b>MDA (34)</b>	12:53 – 13:38	13:38 – 14:29	5 min	<b>14:34 – 15:25</b>
5.	<b>HUN (32)</b>	13:47 – 14:32	14:32 – 15:20	5 min	<b>15:25 – 16:13</b>
6.	<b>FIN (32)</b>	14:35 – 15:20	15:20 – 16:08	5 min	<b>16:13 – 17:01</b>
7.	<b>GBR (23)</b>	15:26 – 16:11	16:11 – 16:56	5 min	<b>17:01 – 17:46</b>
8.	<b>ROU (22)</b>	16:23 – 17:08	17:08 – 17:41	5 min	<b>17:46 – 18:19</b>
9.	<b>LTU (17) + AUT (1)</b>	17:02 – 17:47	17:47 – 18:14	5 min	<b>18:19 – 18:46</b>
10.	<b>ALG (17)</b>	17:30 – 18:15	18:15 – 18:41	5 min	<b>18:46 – 19:12</b>
11.	<b>POR (9) + AZE (8)</b>	17:56 – 18:41	18:41 – 19:07	5 min	<b>19:12 – 19:38</b>
12.	<b>GER (11) + SVK (6)</b>	18:22 – 19:07	19:07 – 19:33	5 min	<b>19:38 – 20:04</b>
13.	<b>GRE (12) + TUR (3) + SWE (2)</b>	18:48 – 19:33	19:33 – 19:59	5 min	<b>20:04 – 20:30</b>
14.	<b>EGY (12) + CZE (5)</b>	19:14 – 19:59	19:59 – 20:25	5 min	<b>20:30 – 20:56</b>

**N.B.:** Training Podium and Competition Floor – the time for one routine is 1 min 30 sec.