



# PLOVDIV AEROBICS FIG WORLD CUP 2018

**FIG Registered Event ID: 15542**

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

**Plovdiv, BUL**



**VERSION 15.10.2018**

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

N	Nation	Warm up area General warm up 45 min	Training podium	Transfer	Competition Podium
1.	<b>FIN (3) + RUS (6) + PER (1)</b>	19:55 – 20:40	20:40 – 21:00	5 min	<b>21:05 – 21:25</b>
2.	<b>EGY (5) + GER (2) + BRA (3)</b>	20:15 – 21:00	21:00 – 21:20	5 min	<b>21:25 – 21:45</b>
3.	<b>UKR (7) + GRE (1) + GBR (1) + SVK (1)</b>	20:35 – 21:20	21:20 – 21:40	5 min	<b>21:45 – 22:05</b>
4.	<b>BUL (6) + JPN (2) + HUN (1) + POR (1)</b>	20:55 – 21:40	21:40 – 22:00	5 min	<b>22:05 – 22:25</b>

**N.B.:** Training Podium and Competition Floor - 2 min per routine.



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## PODIUM TRAINING – 26<sup>th</sup> of October (Friday)

N	Nation	Warm up area General warm up 45 min	Training podium	Transfer	Competition Podium
1.	<b>FIN (3) + RUS (6) + PER (1)</b>	12:00 – 12:45	12:45 – 13:15	5 min	<b>13:20 – 13:50</b>
2.	<b>EGY (5) + GER (2) + BRA (3)</b>	12:30 – 13:15	13:15 – 13:45	5 min	<b>13:50 – 14:20</b>
3.	<b>UKR (7) + GRE (1) + GBR (1) + SVK (1)</b>	13:00 – 13:45	13:45 – 14:15	5 min	<b>14:20 – 14:50</b>
4.	<b>BUL (6) + JPN (2) + HUN (1) + POR (1)</b>	13:30 – 14:15	14:15 – 14:45	5 min	<b>14:50 – 15:20</b>

N.B.: Training Podium and Competition Floor - 3 min per routine.