



34th FIG
TRAMPOLINE
GYMNASTICS
WORLD CHAMPIONSHIPS
TOKYO 2019



34th FIG TRAMPOLINE GYMNASTICS WORLD CHAMPIONSHIPS

Friday, 29 November 2019

T		Training Area			W					Warm up area					C					Field of Play					QUALIFICATION													
TRA	TUM	DMT	from	to	Synchro men	Synchro women	TUMBLING	from	to	Synchro men	Synchro women	TUMBLING	from	to	Synchro men	Synchro women	TUMBLING	from	to	Synchro men	Synchro women	TUMBLING	from	to	Trampoline men	Trampoline women	DMT	from	to	Trampoline men	Trampoline women	DMT						
Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	09.50	10.50	SYN MEN Group 1		TUM MEN Group 1												11.00	12.00	SYN MEN Group 1		TUM MEN Group 1															
			10.50	11.50	SYN MEN Group 2		SYN WOMEN Group 1		TUM MEN Group 2						12.00	13.00	SYN MEN Group 2	SYN WOMEN Group 1	TUM MEN Group 2																			
			11.50	12.50	SYN MEN Group 3		SYN WOMEN Group 2		TUM MEN Group 3						13.00	14.00	SYN MEN Group 3	SYN WOMEN Group 2	TUM MEN Group 3																			
			12.50	13.50	SYN MEN Group 4		SYN WOMEN Group 3		TUM MEN Group 4						14.00	15.00	SYN MEN Group 4	SYN WOMEN Group 3	TUM MEN Group 4																			
						16.20	16.50			DMT MEN Team												17.00	17.25			DMT MEN Team												
						16.50	17.20			TUM WOMEN Team												17.30	17.55			TUM WOMEN Team												
																						18.00	18.10	Award ceremonies DMT M Team & TUM W Team														
						17.35	18.05			DMT WOMEN Team												18.15	18.40			DMT WOMEN Team												
						18.05	18.35			TUM MEN Team												18.45	19.10			TUM MEN Team												
						18.50	19.20			TRA WOMEN Team												19.15	19.25	Award ceremonies DMT W Team & TUM M Team														
						19.30	20.00	TRA MEN Team														19.30	20.05			TRA WOMEN Team												
																						20.10	20.45	TRA MEN Team														
																			20.50	21.00	Award ceremonies TRA W & M Team																	



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Saturday, 30 November 2019

SEMI-FINALS - IND														
T Training area			W Warm-up area						C Field of Play					
TRA	TUM	DMT	from	to	Warm up finalists - TRA	Warm up finalists - TUM	Warm up finalists - DMT	from	to	Trampoline men	Trampoline women			
Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	Free Training for FINALISTS 9:00 - 19:00	14.05	14.50	Semi-Finalists Gr.1									
			15.00	15.45	Semi-Finalists Gr.2									
			16.20	16.50				Finalists TUM WOMEN						
			16.55	17.25				Finalists DMT MEN						
			17.45	18.15	Finalists SYN WOMEN									
			18.15	18.45	Finalists SYN MEN									
			FINALS - SYN / TUM / DMT											
			TUMBLING											
						17.00	17.30				TUM WOMEN FINAL			
			DMT											
			17.35	18.05				DMT MEN FINAL						
			18.10	18.20	Award ceremonies TUM W & DMT M									
SYN TRA														
			18.25	18.50	SYN WOMEN FINAL									
			18.55	19.20	SYN MEN FINAL									
			19.25	19.35	Award ceremonies SYN W & SYN M									



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Sunday, 01 December 2019

T Training area		W Warm-up area					FINALS - DMT W / TUM M / IND W / IND M								
TRA	TUM	DMT	from	to	Warm up finalists - TRA	Warm up finalists - TUM	Warm up finalists - DMT	C	Field of Play						
Free Training for FINALISTS 9:00 - 18:00	Free Training for FINALISTS 9:00 - 18:00	Free Training for FINALISTS 9:00 - 18:00	13.20	13.50			DMT WOMEN					DMT			
			13.55	14.25		TUM MEN			14.00	14.30		DMT WOMEN FINAL	TUMBLING		
			14.45	15.15	IND WOMEN			14.35	15.05		TUM MEN FINAL	Award ceremonies DMT W & TUM M			
			15.20	15.50	IND MEN			15.10	15.20	IND TRA					
								15.25	15.55	IND WOMEN FINAL					
								16.00	16.30	IND MEN FINAL					
								16.35	16.45	Award ceremonies IND W & IND M					
						16.30	17.55	Open Warm-up for ALL AROUND TEAM Finalists							ALL AROUND TEAM FINAL
										17.00	17.20	IND WOMEN	DMT WOMEN		
							17.20	17.40	IND MEN	TUM WOMEN					
							17.40	18.05	SYN WOMEN	DMT MEN					
							18.05	18.30	SYN MEN	TUM MEN					
							18.35	18.50	Award ceremony ALL AROUND TEAM						

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