



Nordic Championships 2023
November 11th
Reykjavík, Laugardalshöll
Training day - November 10th

Mix training

			Hall 2		Warm up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	1	1	13:00	13:30	13:38	13:48					13:58	14:08				
2	2	1	13:00	13:30			13:38	13:48					13:58	14:08		
3	3	1	13:00	13:30					13:38	13:48					13:58	14:08
4	4	1	13:10	13:40	13:48	13:58					14:08	14:18				
5	5	1	13:10	13:40			13:48	13:58					14:08	14:18		
6	6	1	13:10	13:40					13:48	13:58					14:08	14:18
7	7	1	13:20	13:50	13:58	14:08					14:18	14:28				
8	8	1	13:20	13:50			13:58	14:08					14:18	14:28		
					Warm up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
9	1	2					14:18	14:28					14:38	14:48		
10	2	2							14:18	14:28					14:38	14:48
11	3	2			14:18	14:28					14:38	14:48				
12	4	2					14:28	14:38					14:48	14:58		
13	5	2							14:28	14:38					14:48	14:58
14	6	2			14:28	14:38					14:48	14:58				
15	7	2					14:38	14:48					14:58	15:08		
16	8	2							14:38	14:48					14:58	15:08

			Warm up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
17	1	3					14:58	15:08					15:18	15:28
18	2	3	14:58	15:08					15:18	15:28				
19	3	3			14:58	15:08					15:18	15:28		
20	4	3					15:08	15:18					15:28	15:38
21	5	3	15:08	15:18					15:28	15:38				
22	6	3			15:08	15:18					15:28	15:38		
23	7	3					15:18	15:28					15:38	15:48
24	8	3	15:18	15:28					15:38	15:48				

Woman Training

			Hall 2		Warm up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	1	1	14:50	15:20	15:28	15:38					15:48	15:58				
2	2	1	14:50	15:20			15:28	15:38					15:48	15:58		
3	3	1	14:50	15:20					15:28	15:38					15:48	15:58
4	4	1	15:00	15:30	15:38	15:48					15:58	16:08				
5	5	1	15:00	15:30			15:38	15:48					15:58	16:08		
6	6	1	15:00	15:30					15:38	15:48					15:58	16:08
7	7	1	15:10	15:40	15:48	15:58					16:08	16:18				
8	8	1	15:10	15:40			15:48	15:58					16:08	16:18		
9	9	1	15:10	15:40					15:48	15:58					16:08	16:18
10	10	1	15:20	15:50	15:58	16:08					16:18	16:28				

			Warm up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
11	1	2			16:08	16:18					16:28	16:38		
12	2	2					16:08	16:18					16:28	16:38
13	3	2	16:08	16:18					16:28	16:38				
14	4	2			16:18	16:28					16:38	16:48		
15	5	2					16:18	16:28					16:38	16:48
16	6	2	16:18	16:28					16:38	16:48				
17	7	2			16:28	16:38					16:48	16:58		
18	8	2					16:28	16:38					16:48	16:58
19	9	2	16:28	16:38					16:48	16:58				
20	10	2			16:38	16:48					16:58	17:08		

			Warm up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
21	1	3					16:48	16:58					17:08	17:18
22	2	3	16:48	16:58					17:08	17:18				
23	3	3			16:48	16:58					17:08	17:18		
24	4	3					16:58	17:08					17:18	17:28
25	5	3	16:58	17:08					17:18	17:28				
26	6	3			16:58	17:08					17:18	17:28		
27	7	3					17:08	17:18					17:28	17:38
28	8	3	17:08	17:18					17:28	17:38				
29	9	3			17:08	17:18					17:28	17:38		
30	10	3			17:18	17:28					17:38	17:48		

Men Training

			Hall 2	Warm up - Hall 2						Competition - Hall 1						
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	1	1	16:40	17:10	17:18	17:28					17:38	17:48				
2	2	1	16:40	17:10			17:18	17:28					17:38	17:48		
3	3	1	16:40	17:10					17:18	17:28					17:38	17:48
4	4	1	16:50	17:20	17:28	17:38					17:48	17:58				
5	5	1	16:50	17:20			17:28	17:38					17:48	17:58		
6	6	1	16:50	17:20					17:28	17:38					17:48	17:58
7	7	1	17:00	17:30	17:38	17:48					17:58	18:08				
					Warm up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
8	1	2					17:58	18:08					18:18	18:28		
9	2	2							17:58	18:08					18:18	18:28
10	3	2			17:58	18:08					18:18	18:28				
11	4	2					18:08	18:18					18:28	18:38		
12	5	2							18:08	18:18					18:28	18:38
13	6	2			18:08	18:18					18:28	18:38				
14	7	2					18:18	18:28					18:38	18:48		
					Warm up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
15	1	3							18:38	18:48					18:58	19:08
16	2	3			18:38	18:48					18:58	19:08				
17	3	3					18:38	18:48					18:58	19:08		
18	4	3							18:48	18:58					19:08	19:18
19	5	3			18:48	18:58					19:08	19:18				
20	6	3					18:48	18:58					19:08	19:18		
21	7	3							18:58	19:08					19:18	19:28