

## Appendix 1, Schedule

### Thursday

All day Arrival of delegations

17:00-21:00 Free Training

20:00-20:30 Orientation meeting

20:30-21:00 Judges meeting

### Friday

08.30- 10.00 General warm-up – trampoline and DMT

10.00 – 10.20 Qualification DMT Senior women (4)

10.20 – 10.45 Qualification DMT Senior men (7) synchro junior girls (7)

10.45 – 11.15 Qualification DMT Senior men (7) synchro junior boys (12)

11.15 – 11.45 Qualification DMT Junior girls (9)

11.45 – 12.10 Qualification DMT Junior girls (8) synchro women (8)

12.10 – 12.40 Qualification DMT Junior boys (10) synchro men (9)

12.00 – 14.00 Lunch available

12.40 – 13.40 Lunchbreak judges and warm-up for junior girls and boys

13.40 – 14.05 Qualification Trampoline Junior girls (9) and boys (9) – Group 1

14.05 – 14.30 Qualification Trampoline Junior girls (9) and boys (9) – Group 2

14.30 – 14.55 Qualification Trampoline Junior girls (8) and boys (8) – Group 3

15.00 – 16.00 Warm up for senior women and men

16.00 – 16.25 Qualification Trampoline Senior women (10) – Group 1

16.25 – 16.50 Qualification Trampoline Senior women (10) – Group 2

16.50 – 17.15 Qualification Trampoline Senior men (9) – Group 1

17.15 – 17.40 Qualification Trampoline Senior men (9) – Group 2

17.40 – 18.05 Qualification Trampoline Senior men (9) – Group 3

18.00 – 19.30 Dinner

20.00 Nordic Meeting

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

## Saturday

- 08.30 – 10.00 General warm-up – U14 junior and senior
- 10.00 – 10.30 Qualification Trampoline U14 (age 12-14) girls (11) and boys (12) – Group 1
- 10.30 – 11.00 Qualification Trampoline U14 (age 12-14) girls (11) – Group 2
- 11.10 – 11.30 Finals U14 girls (8) and boys (8)
- 11.30 – 14.00 Lunch available
- 11.30 – 12.30 General warm-up – all finalists
- 12.30 – 13.00 Finals Trampoline synchro junior girls and boys
- 13.00 – 13.30 Finals Trampoline synchro senior women
- 13.30 – 14.00 Finals Trampoline synchro senior men
- 14.10 – 14.50 Finals 1 + 2 DMT Junior girls (8+4)
- 14.50 – 15.30 Finals 1 + 2 DMT Junior boys (8 and 4)
- 15.30 – 16.10 Finals DMT senior women (8 and 4)
- 16.10 – 16.50 Final DMT senior men (8 and 4)
- 17.00 – 17.30 Finals Trampoline Junior girls (8) and boys (8)
- 17.30 – 18.00 Final Trampoline senior women (8)
- 18.00 – 18.30 Final Trampoline senior men (8)
- 18.40 – 19.15 Award ceremony
- 20.00 Banquet and farewell party

## Warm-up

Warm up immediately prior to the respective competition round will be allowed according to §

12.2 in the FIG CoP