

7th Austrian Alps Cup Trampoline Gymnastics



November 2, 2019, Wals/Salzburg

Schedule

Friday, November 1st, 2019		
Start	End	
All Day		Arrival of the Delegations
5 p.m.	9 p.m.	Accreditation
6 p.m.	8:45 p.m.	Free Training
9 p.m.		Orientation Meeting: Junge Hotels Wals (Hostel)

Saturday, November 2nd, 2019		
8 a.m.	9:25 a.m.	Warm-Up
9:25 a.m.	9:30 a.m.	Greeting
		Competition Hall
		Warm-Up Hall
9:30 a.m.	10 a.m.	WK1+ younger
10 a.m.	10:40 a.m.	WK2+ younger
10:40 a.m.	11:30 a.m.	WK3
11:30 a.m.	12:10 p.m.	WK4
12:10 p.m.	12:40 p.m.	
12:40 p.m.	1:10 p.m.	WK5
1:10 p.m.	1:40 p.m.	
1:40 p.m.	2:20 p.m.	WK6
2:20 p.m.	2:35 p.m.	WK7
2:35 p.m.	2:55 p.m.	WK8
2:55 p.m.	3:20 p.m.	WK9
3:20 p.m.	4 p.m.	WK10
4 p.m.	4:15 p.m.	Opening Ceremony

Competitors are allowed in the hall only 60 minutes before their competition

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Finals			
4:15 p.m.	4:35 p.m.	WK1+ younger	Competitors are allowed in the hall only 60 minutes before their competition
4:35 p.m.	4:50 p.m.	WK2+ younger	
4:50 p.m.	5 p.m.	WK3	
5 p.m.	5:20 p.m.	WK4	
5:20 p.m.	5:40 p.m.	WK5	
5:40 p.m.	6 p.m.	WK6	
6 p.m.	6:10 p.m.	WK7	
6:10 p.m.	6:20 p.m.	WK8	
6:20 p.m.	6:35 p.m.	WK9	
6:35 p.m.	6:45 p.m.	WK10	
7 p.m. Victory Ceremony for all athletes			
9 p.m. Entry Banquett			
9 p.m. – 2 a.m. Banquett			

Sunday November 3rd, 2019	
All Day	Departure of all Delegations