

TRAINING GROUPS			
Group	Abv	TEAM	Country
Group 1 (95)	TOF 1	Team of Flandres 1	BEL
	STA	Scotia Trampoline Academy	SCO
	SCP	Sporting Clube de Portugal	POR
	AACO	Associação Académica de Coimbra	POR
	LGC	Lisboa Ginásio Clube	POR
	GSC	Grupo Sportivo Carcavelos	POR
Group 2 (95)	TOF 2	Team of Flandres 2	BEL
	CGHT	CDE Gimnasia Huervatramp	ESP
	GTT	Global Tramp Tenerife	ESP
	AZE	Azerbaijan	AZE
	AEFDTV	Associação de Educação Física e Desportiva de Torres Vedras	POR
	ESTT	Espoon Telinetaiturit ty	FIN
	BTV	Bayerischer Turnverband e.V.	GER
	EF	Eintracht Frankfurt	GER
	TVU	TV Unterbach	GER
	TGB	TG Biberach 1847 e.V.	GER
	MTVS	MTV Stuttgart 1843 e. V.	GER
	SCCT	SC Cottbus Turnen e.V.	GER
	TSVG	TSV Ganderkesee	GER
NZL	New Zeland Gymnastics Federation	NZL	
Group 3 (101)	AAC	Ateneu Artístico Cartaxense	POR
	CTS	Clube Trapolins Salvaterra	POR
	GCS	Gimno Clube Santarém	POR
	CFE	Clube Futebol Estevense	POR
	GCT	Ginásio Clube de Tomar	POR
	CDA	Clube Desportivo "Os Águias" de Alpiarça	POR
	GQ	Gymnastique Quebec	CAN
	CPC	Casa do Povo de Corroios	POR
	SAR	Sociedade Artística Reguenguense	POR
Group 4 (102)	FMG	Federación Madrileña de Gimnasia	ESP
	AGL	Espoon Telinetaiturit ty	POR
	GMNA	Gimnoanima	POR
	TA	Triffis Alkmaar	NED
	GSE	G.v. Sparta Ermelo	NED
	CCDB	Club Ciudad Deportiva de Burgos	ESP
	SSTC	Supersonic Trampoline Clube	IRL
Group 5 (94)	AGDS	Associação de Ginástica do Distrito de Setúbal	POR
	GDROL	Grupo Dramático e Recreativo "Os Leças"	POR
	VFC	Vitória Futebol Clube	POR
	CCRAM	Centro Cultural e Recreativo do Alto do Moinho	POR
	AGSI	Academia de Ginástica de Sines	POR
	BGC	Barreiro Ginásio Clube	POR
	GCM	Ginásio Clube do Montijo	POR
	SFRUA	Sociedade Filarmónica Recreio União Alhosvedrense	POR
	SFEM	Sociedade Filarmónica Estrela Moitense	POR
	AGDM	Associação Gimno Desportiva Montijo	POR
	SLO	Slovenia	SLO
	GSC	Grupo Sportivo Carcavelos	POR
	SLB	Sport Lisboa e Benfica	POR

Group	TRAINING GROUPS		Country
	Abv	TEAM	
Group 6 (94)	GCV	Ginásio Clube Vilacondense	POR
	AAE	Associação Académica de Espinho	POR
	ACM	Acro Clube da Maia	POR
	EDV	Escola Desportiva de Viana	POR
	CGG	Guimagym - Clube de Ginástica de Guimarães	POR
	GCST	Ginásio Clube Santo Tirso	POR
	KGA	Kilkenny Gymnastics Academy	IRL
	ASD	ASD Polisportiva Domani	ITA
	CDF	Clube Desportivo Feirense	POR
	CA4	Clube A4	POR
	AG	Aizen Gimnasio	ARG
	FT	Fenix Tramp	MEX
	CAVS	Club Atlético Vélez Sarsfield	ARG
	LG	London Gymnastics	COL
	FKA	Flip Kids Acro	POL
	KSAS	Klub Sportowy AKRO STAR	POL
	KSWP	KS. WTG POZNAŃ	POL
	Group 7 (94)	TCL	Trapolins Clube Leiria
AGDL		Associação Ginástica do Distrito de Leiria	POR
ADL		Ateneu Desportivo Leiria	POR
ADCRS		Associação Desportiva Cultural Recreativa Serrana	POR
AGL		Associação de Ginástica de Lisboa	POR
ABG		Albigym	POR
URD		União Recreativa do Dafundo	POR
ACC		Acrotramp Clube das Caldas	POR
GCL		Ginástica Clube de Loulé	POR
AGYM		Algarve Gym	POR
CEDF		Clube Educativo Desportivo de Faro	POR
CPSBM		Casa do Povo de S. Bartolomeu de Messines	POR
APAGL		Associação de Pais e Amigos da Ginástica de Loulé	POR

July, 6th - Training by schedule						
		Warm Up Hall		Competition Hall		
HOUR (from)	HOUR (to)	TRA	DMT	TRA	DMT	TUM
09:00	09:45	Free Training (by appointment)				
09:45	10:30					
10:30	11:15	Free Training (by appointment)				
11:15	12:00					
12:00	12:45	Free Training (by appointment)				
12:45	13:30					
13:30	14:15	Free Training (by appointment)				
14:15	15:00					
15:00	15:45	Free Training (by appointment)				Free Training (by appointment)
15:45	16:30					
16:30	17:15	Free Training (by appointment)				Free Training (by appointment)
17:15	18:00					
18:00	18:45	Free Training (by appointment)				Free Training (by appointment)
18:45	19:30					

July, 7th - Training by schedule						
		Warm Up Hall		Competition Hall		
HOUR (from)	HOUR (to)	TRA	DMT	TRA	DMT	TUM
09:00	09:45	Free Training (by appointment)				
09:45	10:30					
10:30	11:15	Free Training (by appointment)		Free Training (by appointment)		Free Training (by appointment)
11:15	12:00					
12:00	12:45	Free Training (by appointment)		Free Training (by appointment)		Free Training (by appointment)
12:45	13:30					
13:30	14:15	Free Training (by appointment)		Free Training (by appointment)		Free Training (by appointment)
14:15	15:00					
15:00	15:45	Free Training (by appointment)		Free Training (by appointment)		Free Training (by appointment)
15:45	16:30					
16:30	17:15	Free Training (by appointment)		Free Training (by appointment)		Free Training (by appointment)
17:15	18:00					
18:00	18:45	Free Training (by appointment)		Free Training (by appointment)		Free Training (by appointment)
18:45	19:30					

July, 8th - Training by schedule						
		Warm Up Hall		Competition Hall		
HOUR (from)	HOUR (to)	TRA	DMT	TRA	DMT	TUM
09:00	09:45	Group 1				Group 1
09:45	10:30	Group 2		Group 1		Group 2 & Group 1
10:30	11:15	Group 3		Group 2		Group 3 & Group 2
11:15	12:00	Group 4		Group 3		Group 4 & Group 3
12:00	12:45	Group 5		Group 4		Group 5 & Group 4
12:45	13:30	Group 6		Group 5		Group 6 & Group 5
13:30	14:15	Group 7		Group 6		Group 7 & Group 6
14:15	15:00	Group 1		Group 7		Group 1 & Group 7
15:00	15:45	Group 2		Group 1		Group 2 & Group 1
15:45	16:30	Group 3		Group 2		Group 3 & Group 2
16:30	17:15	Group 4		Group 3		Group 4 & Group 3
17:15	18:00	Group 5		Group 4		Group 5 & Group 4
18:00	18:45	Group 6		Group 5		Group 6 & Group 5
18:45	19:30	Group 7		Group 6		Group 7 & Group 6
19:30	20:15			Group 7		Group 7
20:15	21:00					

July, 9th - Training by schedule						
		Warm Up Hall		Competition Hall		
HOUR (from)	HOUR (to)	TRA	DMT	TRA	DMT	TUM
08:00	08:30					
08:30	09:00	Group 5				Group 5
09:00	09:30	Group 6		Group 5		Group 6 & Group 5
09:30	10:00	Group 7		Group 6		Group 7 & Group 6
10:00	10:30	Group 1		Group 7		Group 1 & Group 7
10:30	11:00	Group 2		Group 1		Group 2 & Group 1
11:00	11:30	Group 3		Group 2		Group 3 & Group 2
11:30	12:00	Group 4		Group 3		Group 4 & Group 3
12:00	12:30			Group 4		Group 4

July, 09th - Qualifying Rounds												
		11:00 ORIENTATION MEETING										
		12:00 JUDGE MEETING										
		Trampoline 1		Trampoline 2		Double-Mini 1		Double-Mini 2				Tumbling
HOUR (from)	HOUR (to)	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	HOUR (from)	HOUR (to)	Comp. Hall
12:30	13:10			U16 M GROUP 1								
13:10	13:20			Line Up U16 M GROUP 1								
13:20	14:00	U12 F GROUP 1		U16 M GROUP 2	U16 M GROUP 1	U14 M GROUP 1		U14 F GROUP 1				
14:00	14:10	Line Up U12 F GROUP 1		Line Up U16 M GROUP 2		Line Up U14 M GROUP 1		Line Up U14 F GROUP 1				
14:10	14:50	U12 F GROUP 2	U12 F GROUP 1	U16 M GROUP 3	U16 M GROUP 2	U14 M GROUP 2	U14 M GROUP 1	U14 F GROUP 2	U14 F GROUP 1			(WUH) = line up at warm up hall + 20m warm up at competition hall
14:50	15:00	Line Up U12 F GROUP 2		Line Up U16 M GROUP 3		Line Up U14 M GROUP 2		Line Up U14 F GROUP 2				
15:00	15:40	U12 F GROUP 3	U12 F GROUP 2	SEN F GROUP 1	U16 M GROUP 3	U14 M GROUP 3	U14 M GROUP 2	U14 F GROUP 3	U14 F GROUP 2	14:50	15:20	Line Up (WUH) + Warm Up
15:40	15:50	Line Up U12 F GROUP 3		Line Up SEN F GROUP 1		Line Up U14 M GROUP 3		Line Up U14 F GROUP 3		15:20	15:50	U12 F - GROUP 1
15:50	16:30	U12 F GROUP 4	U12 F GROUP 3	SEN F GROUP 2	SEN F GROUP 1		U14 M GROUP 3	U14 F GROUP 4	U14 F GROUP 3	15:40	16:10	Line Up (WUH) + Warm Up
16:30	16:40	Line Up U12 F GROUP 4		Line Up SEN F GROUP 2				Line Up U14 F GROUP 4		16:10	16:40	U12 F - GROUP 2
16:40	17:20	U12 F GROUP 5	U12 F GROUP 4	SEN M GROUP 1	SEN F GROUP 2	U12 M GROUP 1		U14 F GROUP 5	U14 F GROUP 4	16:30	17:00	Line Up (WUH) + Warm Up
17:20	17:30	Line Up U12 F GROUP 5		Line Up SEN M GROUP 1		Line Up U12 M GROUP 1		Line Up U14 F GROUP 5		17:00	17:30	U12 F GR 3 & U12 M
17:30	18:10	U12 F GROUP 6	U12 F GROUP 5	SEN M GROUP 2	SEN M GROUP 1	U12 M GROUP 2	U12 M GROUP 1	U14 F GROUP 6	U14 F GROUP 5	17:20	17:50	Line Up (WUH) + Warm Up
18:10	18:20	Line Up U12 F GROUP 6		Line Up SEN M GROUP 2		Line Up U12 M GROUP 2		Line Up U14 F GROUP 6		17:50	18:20	U16 M - GROUP 1
18:20	19:00		U12 F GROUP 6	SEN M GROUP 3	SEN M GROUP 2	U12 M GROUP 3	U12 M GROUP 2	U14 F GROUP 7	U14 F GROUP 6	18:10	18:40	Line Up (WUH) + Warm Up
19:00	19:10			Line Up SEN M GROUP 3		Line Up U12 M GROUP 3		Line Up U14 F GROUP 7		18:40	19:10	U16 F - GROUP 1
19:10	19:50	PT qualifiers Sincro GP 1		PT qualifiers Sincro GP 2	SEN M GROUP 3		U12 M GROUP 3		U14 F GROUP 7	19:00	19:30	Line Up (WUH) + Warm Up
19:50	20:00	Line Up PT qualifiers Sincro		Line Up PT qualifiers Sincro						19:30	20:00	U16 F - GROUP 2
20:00	20:40		PT qualifiers Sincro GP 1		PT qualifiers Sincro GP 2							
20:40	20:50											

July, 10th - Qualifying Rounds												
		Trampoline 1		Trampoline 2		Double-Mini 1		Double-Mini 2				Tumbling
HOUR (from)	HOUR (to)	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	HOUR (from)	HOUR (to)	Comp. Hall
08:10	08:50	U12 M GROUP 1		U14 F GROUP 1		U16 F GROUP 1		SEN M GROUP 1				
08:50	09:00	Line Up U12 M GROUP 1		Line Up U14 F GROUP 1		Line Up U16 F GROUP 1		Line Up SEN M GROUP 1				
09:00	09:40	U12 M GROUP 2	U12 M GROUP 1	U14 F GROUP 2	U14 F GROUP 1	U16 F GROUP 2	U16 F GROUP 1	SEN M GROUP 2	SEN M GROUP 1			
09:40	09:50	Line Up U12 M GROUP 2		Line Up U14 F GROUP 2		Line Up U16 F GROUP 2		Line Up SEN M GROUP 2				
09:50	10:30	U12 M GROUP 3	U12 M GROUP 2	U14 F GROUP 3	U14 F GROUP 2	U16 F GROUP 3	U16 F GROUP 2	SEN M GROUP 3	SEN M GROUP 2			
10:30	10:40	Line Up U12 M GROUP 3		Line Up U14 F GROUP 3		Line Up U16 F GROUP 3		Line Up SEN M GROUP 3				
10:40	11:20	U12 M GRP 4 U14 M GRP 1	U12 M GROUP 3	U14 F GROUP 4	U14 F GROUP 3	U16 F GROUP 4	U16 F GROUP 3		SEN M GROUP 3			
11:20	11:30	Line Up U12 M GRP 4		Line Up U14 F GROUP 4		Line Up U16 F GROUP 4						
11:30	12:10	U14 M GROUP 2	U12 M GRP 4 U14 M GRP 1	U14 F GROUP 5	U14 F GROUP 4	U16 M GROUP 1	U16 F GROUP 4	SEN F GROUP 1				
12:10	12:20	Line Up U14 M GROUP 2		Line Up U14 F GROUP 5		Line Up U16 M GROUP 1		Line Up SEN F GROUP 1				
12:20	13:00	U14 M GROUP 3	U14 M GROUP 2	U14 F GROUP 6	U14 F GROUP 5	U16 M GROUP 2	U16 M GROUP 1		SEN F GROUP 1			
13:00	13:10	Line Up U14 M GROUP 3		Line Up U14 F GROUP 6		Line Up U16 M GROUP 2						
13:10	13:50		U14 M GROUP 3		U14 F GROUP 6		U16 M GROUP 2					
13:50	14:00											

July, 10th - Qualifying Rounds												
		Trampoline 1		Trampoline 2		Double-Mini 1		Double-Mini 2				Tumbling
HOUR (from)	HOUR (to)	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	HOUR (from)	HOUR (to)	Comp. Hall
13:50	14:30	U21 M GROUP 1		SEN M Q2		U12 F GROUP 1		U21 F GROUP 1				(WUH) = line up at warm up hall + 20m warm up at competition hall
14:30	14:40	Line Up U21 M GROUP 1		Line Up SEN M Q2		Line Up U12 F GROUP 1		Line Up U21 F GROUP 1				
14:40	15:20	U21 M GROUP 2	U21 M GROUP 1	0	SEN M Q2	U12 F GROUP 2	U12 F GROUP 1	U21 F GROUP 2	U21 F GROUP 1	14:30	15:00	Line Up (WUH) + Warm Up
15:20	15:30	Line Up U21 M GROUP 2		Line Up		Line Up U12 F GROUP 2		Line Up U21 F GROUP 2		15:00	15:30	U14 F - GROUP 1
15:30	16:10	U21 M GROUP 3	U21 M GROUP 2	U16 F GROUP 1		U12 F GROUP 3	U12 F GROUP 2	U21 F GROUP 3	U21 F GROUP 2	15:20	15:50	Line Up (WUH) + Warm Up
16:10	16:20	Line Up U21 M GROUP 3		Line Up U16 F GROUP 1		Line Up U12 F GROUP 3		Line Up U21 F GROUP 3		15:50	16:20	U14 F - GROUP 2
16:20	17:00	U21 F GROUP 1	U21 M GROUP 3	U16 F GROUP 2	U16 F GROUP 1	U12 F GROUP 4	U12 F GROUP 3	U21 F GROUP 4	U21 F GROUP 3	16:10	16:40	Line Up (WUH) + Warm Up
17:00	17:10	Line Up U21 F GROUP 1		Line Up U16 F GROUP 2		Line Up U12 F GROUP 4		Line Up U21 F GROUP 4		16:40	17:10	U14 M & U21 (PT QUALIF)
17:10	17:50	U21 F GROUP 2	U21 F GROUP 1	U16 F GROUP 3	U16 F GROUP 2	U12 F GROUP 5	U12 F GROUP 4	U21 M GROUP 1	U21 F GROUP 4	17:00	17:30	
17:50	18:00	Line Up U21 F GROUP 2		Line Up U16 F GROUP 3		Line Up U12 F GROUP 5		Line Up U21 M GROUP 1		17:30	18:00	
18:00	18:40	U21 F GROUP 3	U21 F GROUP 2	U16 F GROUP 4	U16 F GROUP 3	U12 F GROUP 6	U12 F GROUP 5	U21 M GROUP 2	U21 M GROUP 1	17:50	18:30	Line Up (WUH) + Warm Up
18:40	18:50	Line Up U21 F GROUP 3		Line Up U16 F GROUP 4		Line Up U12 F GROUP 6		Line Up U21 M GROUP 2		18:30	19:50	SEN M - GROUP 1
18:50	19:30	U21 F GROUP 4	U21 F GROUP 3	U16 F GROUP 5	U16 F GROUP 4	U12 F GROUP 7	U12 F GROUP 6	U21 M GROUP 3	U21 M GROUP 2	18:40	19:30	Line Up (WUH) + Warm Up
19:30	19:40	Line Up U21 F GROUP 4		Line Up U16 F GROUP 5		Line Up U12 F GROUP 7		Line Up U21 M GROUP 3		19:30	19:40	SEN F - GROUP 1
19:40	20:20	U21 F GROUP 5	U21 F GROUP 4		U16 F GROUP 5		U12 F GROUP 7		U21 M GROUP 3	19:30	20:00	Line Up (WUH) + Warm Up
20:20	20:30	Line Up U21 F GROUP 5								20:00		SEN F - GROUP 2
20:30	21:10		U21 F GROUP 5									
21:10	21:20											

July, 11th - FINALS												
		Trampoline 1		Trampoline 2		Double-Mini 1		Double-Mini 2				Tumbling
HOUR (from)	HOUR (to)	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	Warm Up Hall	Comp. Hall	HOUR (from)	HOUR (to)	Comp. Hall
08:15	08:50					U12 M		SEN F				(WUH) = line up at warm up hall + 20m warm up at competition hall
08:50	09:00					Line Up		Line Up				
09:00	09:30	U12 F		U16 M			U12 M		SEN F	08:50	09:20	Line Up (WUH) + Warm Up
09:30	09:45	Line Up		Line Up						09:20	09:45	U12 M & U14 M
09:45	10:20		U12 F		U16 M	U12 F		SEN M		09:35	10:05	Line Up (WUH) + Warm Up
10:20	10:30					Line Up		Line Up		10:05	10:30	U12 F
10:30	11:05	U12 M		U16 F			U12 F		SEN M	10:20	10:50	Line Up (WUH) + Warm Up
11:05	11:15	Line Up		Line Up						10:50	11:15	U16 F
11:15	11:50		U12 M		U16 F	U14 M		U14 F		11:05	11:35	Line Up (WUH) + Warm Up
11:50	12:00					Line Up		Line Up		11:35	12:00	U16 M
12:00	12:35						U14 M		U14 F			
12:35	12:45											
12:45	13:50	LUNCH BREAK										
13:05	13:40	U14 M		U14 F								(WUH) = line up at warm up hall + 20m warm up at competition hall
13:40	13:50	Line Up		Line Up								
13:50	14:25		U14 M		U14 F	U16 F		U21 M		13:40	14:10	Line Up (WUH) + Warm Up
14:25	14:35					Line Up		Line Up		14:10	14:35	
14:35	15:10	U21 F		SEN M			U16 F		U21 M	14:25	14:55	Line Up (WUH) + Warm Up
15:10	15:20	Line Up		Line Up						14:55	15:20	U14 F
15:20	15:55		U21 F		SEN M	U16 M		U21 F		15:10	15:40	Line Up (WUH) + Warm Up
15:55	16:05					Line Up		Line Up		15:40	16:05	SEN F
16:05	16:40	U21 M		SEN F			U16 M		U21 F	15:55	16:25	Line Up (WUH) + Warm Up
16:40	16:50	Line Up		Line Up						16:25	16:50	SEN M
16:50	17:25		U21 M		SEN F							
17:25	17:35											
20:00	Farewell Party											