



12th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG event ID 16707 – Seniors and AG2
International Event – AG1 and ND
28th – 29th of August 2021



VERSION 12.08.2021

PODIUM TRAINING – 26th of August 2021 (Thursday)

N	Nation	Warm up area General warm up 45 min	Warm up area	Training podium	Transfer	Competition podium
1.	BUL (84 routines)	12:00 – 12:45	A	12:45 – 14:55	5 min	15:00 – 17:06
2.	ESP (15) + RUS (5)	15:40 – 16:35	B	16:35 – 17:05	5 min	17:10 – 17:40
3.	TUR (18) + PER (1)	16:25 – 17:10	A	17:10 – 17:40	5 min	17:45 – 18:15
4.	AZE (4) + SUI (2)	17:20 – 18:05	B	18:05 – 18:15	5 min	18:20 – 18:30

N.B.: Training Podium and Competition Podium – the time for one routine is 1 min 30 sec.



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PODIUM TRAINING – 27th of August 2021 (Friday)

N	Nation	Warm up area General warm up 45 min	Warm up area	Training podium	Transfer	Competition podium
1.	GBR (34 routines)	07:45 – 08:30	A	08:30 – 09:25	5 min	09:30 – 10:21
2.	ITA (29) + INA (5)	08:44 – 09:29	B	09:29 – 10:20	5 min	10:25 – 11:16
3.	LTU (26) + GRE (6)	10:45 – 11:30	A	10:27 – 11:15	5 min	11:20 – 12:08
4.	HUN (17) + ROU (15)	10:32 – 11:17	B	11:17 – 12:05	5 min	12:10 – 12:58
5.	MDA (31)	11:22 – 12:07	A	12:07 – 12:55	5 min	13:00 – 13:48
6.	UKR (30) + MEX (1)	12:12 – 12:57	B	12:57 – 13:45	5 min	13:50 – 14:38
7.	POR (14) + CZE (16)	13:05 – 13:50	A	13:50 – 14:35	5 min	14:40 – 15:25
8.	FRA (10) + ESP (7) + SVK (6)	14:00 – 14:45	B	14:45 – 15:20	5 min	15:25 – 16:00

N.B.: Training Podium and Competition Podium – the time for one routine is 1 min 30 sec.