



13th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG event ID 17138 – Seniors and Junior
International Event – AG and ND
7th – 9th of October 2022



PODIUM TRAINING – 6th of October 2022 (Thursday)

N	Nation	Warm up area General warm up 45 min	Warm up area	Training podium	Transfer	Competition podium
1.	BUL (88 routines)	11:50 – 12:35	A	12:35 – 14:50	5 min	14:55 – 17:10
2.	AUS (6) + THA (3) + VIE (5)	16:00 – 16:45	B	16:45 – 17:10	5 min	17:15 – 17:40
3.	TUR (18)	16:25 – 17:10	A	17:10 – 17:40	5 min	17:45 – 18:15
4.	MDA (44)	16:55 – 17:40	B	17:40 – 18:50	5 min	18:55 – 20:05

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



13th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG event ID 17138 – Seniors and Junior
International Event – AG and ND
28th – 29th of August 2021



PODIUM TRAINING – 7th of October 2022 (Friday)

N	Nation	Warm up area General warm up 45 min	Warm up area	Training podium	Transfer	Competition podium
1.	LTU (41 routines)	07:30 – 08:15	A	08:15 – 09:30	5 min	09:35 – 10:50
2.	HUN (29) + PER (1)	09:15 – 10:00	B	10:00 – 10:45	5 min	10:50 – 11:35
3.	GBR (29)	10:00 – 10:45	A	10:45 – 11:30	5 min	11:35 – 12:20
4.	UKR (35)	10:45 – 11:30	B	11:30 – 12:25	5 min	12:30 – 13:25
5.	CZE (22) + AUT (6)	11:50 – 12:35	A	12:35 – 13:20	5 min	13:25 – 14:10
6.	SUI (9) + ITA (8) + SVK (7)	12:40 – 13:25	B	13:25 – 14:05	5 min	14:10 – 14:50
7.	AZE (11) + GRE (9) + SWE (3)	13:25 – 14:10	A	14:10 – 14:45	5 min	14:50 – 15:25
8.	FIN (19)	14:05 – 14:50	B	14:50 – 15:20	5 min	15:25 – 15:55

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