



14th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG event ID 17440 – Seniors and Junior
International Event – AG and ND
6th – 8th of October 2023



PODIUM TRAINING – 5th of October 2023 (Thursday)

N	Nation	Warm up area General warm up 45 min	Warm up area	Training podium	Transfer	Competition podium
1.	BUL (82 routines)	12:05 – 12:50	A	12:50 – 14:55	5 min	15:00 – 17:05
2.	PER (23)	15:40 – 16:25	B	16:25– 17:00	5 min	17:05 – 17:40
3.	AUS (17) + NZL (1)	16:30 – 17:05	A	17:05 – 17:35	5 min	17:40 – 18:10

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



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PODIUM TRAINING – 6th of October 2023 (Friday)

N	Nation	Warm up area General warm up 45 min	Warm up area	Training podium	Transfer	Competition podium
1.	GBR (46 routines)	07:15 – 08:00	A	08:00 – 09:10	5 min	09:15 – 10:25
2.	FIN (38)	08:35 – 09:20	B	09:20 – 10:20	5 min	10:25 – 11:25
3.	LTU (34)	09:40 – 10:25	A	10:25 – 11:20	5 min	11:25 – 12:20
4.	ROU (26)	10:50 – 11:35	B	11:35 – 12:15	5 min	12:20 – 13:00
5.	UKR (23)	11:35 – 12:20	A	12:20 – 12:55	5 min	13:00 – 13:35
6.	AZE (13) + AUT (9)	12:10 – 12:55	B	12:55 – 13:30	5 min	13:35 – 14:10
7.	CZE (13) + ESP (8)	12:45 – 13:30	A	13:30 – 14:05	5 min	14:10 – 14:45
8.	POR (20)	13:25 – 14:10	B	14:10 – 14:40	5 min	14:45 – 15:15
9.	ITA (18) + EST (2)	13:55 – 14:40	A	14:40 – 15:10	5 min	15:15 – 15:45
10.	SVK (14) + MEX (4) + SUI (2)	14:25 – 15:10	B	15:10 – 15:40	5 min	15:45 – 16:15
11.	GER (19)	14:55 – 15:40	A	15:40 – 16:10	5 min	16:15 – 16:45

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