



MAIA INTERNATIONAL
ACRO CUP

MIAC XX

(Yes, it's our 20th anniversary)

WORKPLAN

V.1 – 18/02/2026

Maia, Portugal
4 March – 8 March 2026

All info: www.maiaacrocup.com

Tickets: <https://acroclubedamaia.bol.pt/>



1. General Information

Acro Clube da Maia and the Maia City, with the support of the Portuguese Gymnastics Federation and the Portuguese Sports Institute, are pleased to present the

20th Maia International Acro Cup (MIAC'26)

The Competition will take place in the city of Maia from 4 to 8 March 2026. **MIAC'26** is opened to National, Regional and Club Teams.

There will be a Team Competition for **Beginner**, **Aspire** (former Youth), **Pre-Youth** (former Age Group 1), **Junior Base**, **Youth** (former Age Group 2), **Junior** and **Senior**. **The Team classification is defined by the sum of the marks of 3 pairs or groups** (no matter if they are repeated; example: 3 Mix Pairs or 2 Men Four and 1 Women Pair – 1 PG only can be part in 1 team).

This competition is being prepared in accordance with the FIG regulations and rules with the following age groups and categories:

Level	Age Limits	Balance	Dynamic	Combined	General Rules	Particularities
<u>BEGINNER</u> (Infantil)	8 years old - 15 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
<u>ASPIRE</u> (former Youth)	9 years old - 16 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
<u>PRE-YOUTH</u> (former Age Group 1)	9 years old - 16 years old	X	X		Rules for <u>Pre-Youth</u> FIG Age Group	NO HEIGHT DEDUCTION
<u>JUNIOR BASE</u>	10 years old - 18 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
<u>YOUTH</u> (former Age Group 2)	10 years old - 18 years old	X	X	X	Rules for <u>Youth</u> FIG Age Group	
<u>JUNIOR</u>	11 years old - 19 years old	X	X	X	Rules for <u>Junior</u> FIG Age Group	NO DEDUCTION FOR EXCEEDING DIFFICULTY
<u>SENIOR</u>	minimum 12 years old	X	X	X	Rules for <u>Seniors</u>	

2. Definitive Schedule

Tuesday, 3rd Mar	10:00 – 19:00 Training per schedule – NO MUSIC
Wednesday, 4th Mar	All day Delegations arrival
	08:00 – 22:00 Training per schedule (MUSIC)
Thursday, 5th Mar	08:00 – 17:00 Training per schedule (MUSIC)
	10:00 – 11:00 Orientation Meeting (City Hall – buses leave 9:30)
	11:00 – 12:00 Technical Round Table (City Hall)
	12:15 – 13:15 Judge Meeting – COMPULSORY (City Hall)
Thu – Sun, 5th- 8th Mar	Competition days (schedule below)
Sunday, 8th Mar	20:30 Dinner & Farewell Party
Monday, 9th Mar	Departure of all delegations

Competition Schedule

	SportsHall 1 (Tennis Venue)	SportsHall 2 (Gymnastics Venue)
Thursday, 5 March	15:00 – 22:00 – YOUTH (<i>Qualifications Balance</i>)	18:00 – 22:00 – JUNIOR (<i>Qualifications Dynamic</i>) SENIOR (<i>Qualifications Dynamic</i>)
Friday, 6 March	10:00 – 21:15 – BEGINNER (<i>Qualification</i>) ASPIRE (<i>Qualification</i>) JUNIOR BASE (<i>Qualification</i>)	09:00 – 11:40 – PRE-YOUTH (<i>Qualification Balance W3</i>) PRE-YOUTH (<i>Qualification Dynamic All</i>) 12:00 – 21:30 – JUNIOR (<i>Qualification Balance</i>) SENIOR (<i>Qualification Balance</i>) WORLD CUP JUNIOR (<i>Semi Finals W3</i>) SENIOR (<i>Semi Finals W3</i>) ACROBATTLE (<i>Qualifications</i>)
Saturday, 7 March	09:00 – 21:45 – YOUTH (<i>Qualifications Dynamic</i>) BEGINNER (<i>Semi Finals</i>) ASPIRE (<i>Semi Finals</i>) YOUTH (<i>Semi Finals W2/W3</i>) JUNIOR BASE (<i>Semi Finals</i>)	09:30 – 21:30 – PRE-YOUTH (<i>Qualifications Dynamic W3</i>) PRE-YOUTH (<i>Qualifications Balance All</i>) JUNIOR (<i>Qualification W2/Mx/M2/M4</i>) SENIOR (<i>Qualification W2/Mx/M2</i>) WORLD CUP ACROBATTLE (<i>Finals</i>)
Sunday, 8 March	10:00 – 13:30 – BEGINNER (<i>Finals</i>) ASPIRE (<i>Finals</i>) 13:30 – 15:45 – JUNIOR BASE (<i>Finals</i>) YOUTH (<i>Finals</i>)	10:00 – 19:00 – PRE-YOUTH (<i>Finals</i>) JUNIOR (<i>Finals</i>) SENIOR (<i>Finals</i>) WORLD CUP (<i>Finals</i>)

3. Competition Venue

Sports Hall 1 - COMPLEXO MUNICIPAL DE TÊNIS (Tennis Municipal Hall)

Categories: Beginner - Aspire – Junior Base - Youth

Sports Hall 2 - COMPLEXO MUNICIPAL GINÁSTICA MAIA (Gymnastics Hall)

Categories: Pre-Youth – Junior – Senior – (*World Cup*)

Rua Altino Coelho - 4470 – 233 Vermoim – MAIA - PORTUGAL

4. Organizing Committee

ACRO CLUBE DA MAIA

Rua de Almorode, 185, C - 4470-213 – Maia – PORTUGAL - +351 22 9410731

Info: www.maiaacrocup.com / email: maiaacrocup@gmail.com

ORGANIZING COMMITTEE

Mr. José Carlos Ribeiro	OC President (Acro Clube da Maia President)
Mr. Marco Gabriel	OC Vice-President
Mr. Tiago Maia	Competition Director
Mr. Lourenço França	Technical Director
Mr. José Bastos	Floor Manager Sportshall 1(Competition and Warm-Up)
Mr. João Maia	Floor Manager Sportshall 2 (Competition and Warm-Up)
Mrs. Daniela Faria	Secretariat / Accreditations
Mr. Fernando Santos	Accommodation & Transportation + 351 966 765 369
Mr. Adelino Maia	Meals / Volunteers / Access Control Manager
Ms. Úrsula Martins	Medical
Ms. Eunice Lebre	Safeguard Officer
Mr. Sérgio Mateus	Communications and Media resources
Mr. David Gillemot	Scoring and Judging
Ms. Joana Magalhães	Opening and Award Ceremonies
Mrs. Cristina Borges	Merchandising
Mr. Rui Osório	Photography and Video
Mr. Neves Dias	Bar Platoon

JUDGING

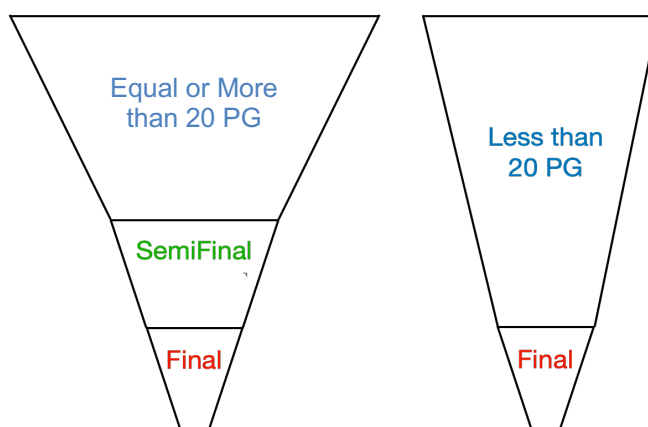
Judge panels for the MIAC'26 are a responsibility of the Local Organising Committee – **Superior Judges** *Adam Wong (GBR), Pedro Emídio (POR), Jessie Verelst (BEL), Gonzalo Ogando (ESP), Heleri Tinno (EST) and Elena Brambilla (ITA)* with the important support of David Gillemot (BEL) from Acro Companion.

5. Competition Programme

Beginner (*Infantil*) / **Aspire** / **Junior Base** – Rules on www.maiaacrocup.com
Pre-Youth / **Youth** / **Junior** / **Senior** – FIG Rules (ages according to page 2)

All Pair / Groups from *Beginner, Aspire and Junior Base* will be able to perform up to 3 routines.
 All PG from all other *Pre-Youth, Youth, Junior and Senior* will be able to perform up to 4 routines.

How it will run:	Routines	
Equal or more than 20 PG	Semi-Final max top 20 in ranking (starts from zero)	Final Top 6 (starts from zero)
Beginner	Combined	Combined
Aspire	Combined	Combined
Pre-Youth	Different from Final	Defined by FIG
Junior Base	Combined	Combined
Youth	Combined	Combined
Junior	Combined	Combined
Senior	Combined	Combined



Example: 50 Trios -> 20 best in the ranking on Semi-Final -> Top 6 of Semi-Final -> Final

If there are less than 20 PG: 12 or more = 8 PG in Final / less than 12 = 6 PG in Final

6. Official Hotels

AXIS PORTO	CLASS A	HF TUELA	CLASS B1
EUROSTARS MATOSINHOS	CLASS A	IBIS SÃO JOÃO	CLASS B1
EUROSTARS PORTO CIRCU	CLASS A	MOOV PORTO NORTE	CLASS B1
HOLIDAY INN EXPONOR	CLASS A	PARK AEROPORTO	CLASS B1
Oporto AIRPORT	CLASS A	STAR INN PORTO	CLASS B1
Oporto FLY	CLASS A	PARK AEROPORTO	CLASS B2
TRIP PORTO EXPO	CLASS A	PARK VALONGO	CLASS B2
		B&B PORTO EXPO	CLASS C
		ARTGYM TRAINING CENTRE	

7. Meals

Full board is included in the accommodation packages booked through the OC. Breakfast will be served at the hotel. Lunch and dinner will be served close to the Competition Venue, inside the Sports Complex.

NO ACCREDITATION ID BADGE— NO MEALS!!!

DAY	LUNCH	DINNER
Tuesday, 3 March	12:00 – 14:00	19:00 – 21:00
Wednesday, 4 March	11:00 – 15:00	18:00 – 21:00
Thursday, 5 March	11:00 – 15:00	18:00 – 21:00
Friday, 5 March	11:00 – 15:00	18:00 – 21:00
Saturday, 6 March	11:00 – 15:00	18:00 – 21:00
Sunday, 7 March	11:00 – 15:00	Banquet 20:00

Extras Meals: 15 Euro/meal/person

8. Transport

Transfers by bus to and from the **Porto Airport** or **Campanhã (Porto) Train Station** to the official hotel, as well as from the official hotel to the training and competition hall will be provided to the delegations that booked their accommodation through the Organizing Committee. The drivers will strictly follow the schedule. **Please be on time!!!**

9. Accreditation

Accreditation at:

COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA – OC OFFICE

Tuesday, 3 March from 8:00 – 21:00

Wednesday, 4 March from 8:30 – 21:00

Thursday, 5 March from 8:30 – 17:00

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

At accreditation, the Head of Delegation must check the correct names of their complete delegation, verify accommodation requirements and make the necessary payments (including

insurance, if necessary). The definitive competition schedule will be given to the Head of Delegation.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, functions, official transport, lunches and dinners.

Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. So, if you lose your accreditation card, you will have to buy a new one for the price of 250 €.

Additional accreditations can be requested. The price of 250 € per extra accreditation includes lunch and dinner (Wednesday to Sunday), free entry to competition, training and Farewell Party.

10. Technical Rules

All the following FIG rules considered as valid in 2026:

Code of Points (2025 – 2028) / SAWAGG Rules – All newsletters

11. Training Schedule

PLEASE CHECK APPENDIX 1 (in the end of the Workplan)

Special training for Junior W3 and Senior W3 **qualified for FINALS** will be made on **Saturday, March 7 from 9:00 to 11:00** at Acro Clube da Maia (*bus will leave Sportshall 2 at 8:40*).

12. Equipment / Floor

Gao Fei Spring floor – Sportshall 1

Spieth Spring floor – Sportshall 2

13. Orientation Meeting / Round Table / Judges Meeting

The **Orientation Meeting** will take place on **Thursday, 5 March at 10:00 in the City Hall**. This meeting is for Head of Delegation, Team Managers, Judges and Coaches. **Buses will leave at 9:30 from Sportshall 2.**

A **Technical Round Table** about **Acro, the rules and future of our sport** will be held immediately after the Orientation Meeting at 11h00. The panel of *Mr. Marco Palella* (Maia Acro World Cup Technical Delegate), *Mr. Lourenço França* (LOC) and *Mr. David Gillemot* (Acro-Companion) will be moderated by *Ms. Eunice Lebre* (former WG Safeguard responsible and current Safeguard Officer of MIAC and WCup). The Round Table is open to all Head of Delegation, Team Managers, Judges and Coaches.

The Judges meeting will take place on **Thursday, 5 March at 12:15 in the City Hall**. **The judge's meeting is compulsory.** Judging orders will be given in advance on Acro-Companion.

FRIENDLY REMINDER#1: MIAC'26 starts at 15h00 on Thursday, March 5th.

FRIENDLY REMINDER#2: Judge No Show at the assigned judge panel: 600 €

14. Gymnasts Flow Plan

Gymnasts will perform facing the Judges Panel. Gymnasts **MUST** go straight to the place where the routine begins without walking on the floor limits and stop **without** presentation on the start position.

15. Medal Award Ceremonies

All medallists are requested to participate in Medal Award Ceremonies. They are requested to appear in Track Suit. **Top 3** will receive medals.
There will be a Team Competition (all Age Groups).

There will be **PRIZE MONEY** of more than **12.000€** in for the **JUNIOR and SENIOR Competition** as following:

1st place – **250 EUR** (for each partner of the Pair/Group)

2nd place – **150 EUR** (for each partner of the Pair/Group)

3rd place – **50 EUR** (for each partner of the Pair/Group)

For be eligible to Prize Money award, P/G must perform scores equal or above 82,00 (Balance + Dynamic + Final).

Balance and Dynamic overall marks **Special Prize Money Award (Junior and Senior)** will be given to the best Balance and Dynamic routines (sum of the Balance and Dynamic overall marks): 300 EUR (for the Pair/Group).

Higher Difficulty Score **Special Prize Money Award (Senior)** will be given to the higher difficulty score in Competition: 300 EUR (for the Pair/Group).

16. Farewell Party

A farewell party will be organized (in the meals main hall) and will be followed by disco and dance. All delegations that have booked their accommodation with the OC are invited to participate without additional payment.

Extra tickets will be available at the OC office at 45 Euro per person. Requests for extra tickets must be made, at the very latest, by Sunday, 8nd March at 11:00.

Delegations will go directly from the competition venue to the banquet / farewell party.

17. Insurance

All delegations are responsible for having the necessary coverage against accidents and illness. The OC will verify the certificates of insurance of all delegation members upon arrival at accreditation. All accredited persons who cannot provide proof of adequate insurance coverage must buy an insurance package for 50 Euro a person, offered by the OC in order to be accredited.

18. Media & Media Conferences

Media representatives (journalists, photographers, TV) must request a special accreditation from the OC. Please contact the OC as soon as possible (presidencia@acromaia.pt). The media will be assigned special seating and working conditions.

19. Acro Battle

Friday and Saturday evening, there will be a Battle Contest between teams that want to participate for total Prize Money of more than 5000€ (if more than 10 teams) and 2500€ (if 10 or less teams). Let's put a show together!!

General Rules

- 1 - Teams of 3 Pairs / Groups (regardless the Country or the team they belong) will have **2'00"** to perform which elements they want for the **MAXIMUM DIFFICULTY** possible (according to FIG rules): **TEAM = 1 YOUTH + 1 JUNIOR + 1 SENIOR**; (difficulty is open for every age category)
- 2 - Each team must be identified by a name;
- 3 - An execution judge will evaluate if the elements count (or not) but will NOT score for Execution;
- 4 - The 2 min. countdown will stop every time the top goes on the floor;
- 5 - Each team can make the skills they want in those 2'00" of time but each partnership cannot make 2 entries in a row (there should be always the same sequence between partnerships);
- 6 - 2, 3 or 4 teams on the floor at the same time, but they perform one at a time. Example: Team A – partnership 1 performs; when the top lands on the floor, Team B – partnership 1 starts; then goes Team 3 and then Team 4 (a countdown will be appearing on the screen for each team so they know how much time left they have).
- 7 - 3 tariff sheets need to be delivered (one for each partnership with the skills in the correct order for each)
- 8 - After your team entry is validated, you will receive a sheet to write the passing order of each partnership (which partnership perform first, second, third, fourth, fifth, ...)
- 9 - NO ATTIRE RULES (*be free but play safe and decent*); *you can perform in jeans, t-shirt, no sleeve t-shirt, top, shorts, etc.*)
- 10 - Wins the TEAM that performs the highest overall difficulty.

20. MAIA INTERNATIONAL ACRO CUP 2027

It is a great pleasure to announce the dates of the 2027 MIAC edition:

12 - 16 MAY 2027

SAVE THE DATE!

MIAC'26 OC President



Mr. José Carlos Ribeiro

Saturday, February 21, 2026

MAIA INTERNATIONAL ACRO CUP

Pre-Competition Schedule

MAIA INTERNATIONAL ACRO CUP Pre-Competition Schedule					ACCREDITATION (times can change to meet teams needs)			FREE TRAINING (NO MUSIC)						PODIUM TRAINING (with MUSIC)																FREE TRAINING (NO MUSIC)		
								All Ages and Categories						Beg / Asp / Jun Base / Youth				Pre-Youth / Jun / Sen				Beg / Asp / Jun Base / Youth				Pre-Youth / Jun / Sen						
								SPORTS HALL 2	SPORTS HALL 1			SPORTS HALL 2			SPORTS HALL 1				SPORTS HALL 2				SPORTS HALL 1				SPORTS HALL 2					
					TRAINING TIMES FOR EACH DELEGATION (in minutes)				3/mar	4/mar	5/mar	2/march	3/march - tue						4/march - wed								5/march - thu					
Country	Delegation	Arrivals	SPORTS HALL 1 Beg/Asp/Jun B/Youth	SPORTS HALL 2 Pre-Y/Jun/Sen	Mats	Warm-Up Floor	Comp Floor	Mats					Warm-Up Floor	Comp Floor	Mats	Warm-up Floor	Comp -> Out	Mats	Warm-up Floor	Comp -> Out	Mats	Warm-up Floor	Comp -> Out	Mats	Warm-up Floor	Comp -> Out	IN	OUT				
Portugal	AcroCompetição	02/03/2026 09:00	17	13,5	16:00				16:00	16:15	17:00	17:00	17:15	18:00	19:00	13:00	13:15	14:00	15:00												9:00	10:30
Portugal	AcroInicição	02/03/2026 09:00	20	25,5	16:00				16:00	16:15	17:00	17:00	17:15	18:00	19:00	13:00	13:15	14:00	15:00													
Portugal	AcroElite	02/03/2026 09:00	22,5	22,5	16:00				16:00	16:15	17:00	17:00	17:15	18:00	19:00	13:00	13:15	14:00	15:00												9:00	10:30
Estonia	Akrobaatika Kool	02/03/2026 11:40	26	30,5	13:00				10:00	10:15	11:00	11:00	11:15	12:00	13:00	9:00	9:15	10:00	11:00												9:00	10:30
Finland	Tampereen voimistelijat	02/03/2026 11:40		34	13:15				10:00	10:15	11:00					10:00	10:15	11:00	12:00													
USA	USA	03/02/2026 10:50	27	18	15:30				16:00	16:15	17:00					13:00	13:15	14:00	15:00												9:00	10:30
Brazil	AGRA	03/03/2026 10:00	6,5		11:00				18:00	18:15	19:00					13:00	13:15	14:00	15:00												9:00	10:30
Italy	FGItalia	03/03/2026 11:40	4,5		12:30				15:00	15:15	16:00					9:00	9:15	10:00	11:00												9:00	10:30
Estonia	Piruett	03/03/2026 11:40	15	17	12:45				15:00	15:15	16:00					9:00	9:15	10:00	11:00	11:00	11:15	12:00	13:00								9:00	10:30
Puerto Rico	Puerto Rico	03/03/2026 11:45	4,5		13:00				15:00	15:15	16:00					9:00	9:15	10:00	11:00												10:30	12:00
Israel	Maccabi Dan	03/03/2026 11:45	13,5	4,5	13:15				16:00	16:15	17:00					9:00	9:15	10:00	11:00	11:00	11:15	12:00	13:00								10:30	12:00
Great Britain	Tigers GC	03/03/2026 12:05	10		13:30				16:00	16:15	17:00					9:00	9:15	10:00	11:00													
Israel	Begin Holon	03/03/2026 14:55	22,5	13,5	17:00				18:00	18:15	19:00					11:00	11:15	12:00	13:00	9:00	9:15	10:00	11:00									
Canada	Calgary Acro	04/03/2026 14:45	6			16:30									19:00	19:15	20:00	21:00					9:00	9:15	10:00	11:00						
Portugal	ARCA	03/03/2026 16:00	8				8:30													9:00	9:15	10:00	11:00									
Belgium	Turnclub Athena	03/03/2026 16:30	24	26,5	18:00										10:00	10:15	11:00	12:00	12:00	12:15	13:00	14:00								10:30	12:00	
Greece	Hellenic GF	03/03/2026 18:35		8,5	19:30														11:00	11:15	12:00	13:00										
Greece	Pyramis	03/03/2026 18:35	4,5	9	19:45										9:00	9:15	10:00	11:00	11:00	11:15	12:00	13:00									10:30	12:00
Finland	Palokan ILO	03/03/2026 22:25	6,5	4,5											12:00	12:15	13:00	14:00	10:00	10:15	11:00	12:00									10:30	12:00
Finland	Tampereen Sisu	03/03/2026 22:25	11	17,5		9:30									12:00	12:15	13:00	14:00	10:00	10:15	11:00	12:00									10:30	12:00
Estonia	PartnerAkro	03/03/2026 22:25	8,5	25,5		9:45									10:00	10:15	11:00	12:00	12:00	12:15	13:00	14:00									10:30	12:00
Spain	Andraga	04/03/2026 06:50	9	13		8:45									13:00	13:15	14:00	15:00	9:00	9:15	10:00	11:00									10:30	12:00
Portugal	Clube A4	04/03/2026 10:00	8				13:00																									
Denmark	Acroteam Hammel	04/03/2026 10:30	2	17,5		12:00									13:00	13:15	14:00	15:00	16:00	16:15	17:00	18:00										
Portugal	AGIMadeira	04/03/2026 10:45	4			11:45									13:00	13:15	14:00	15:00														
Switzerland	NSW Akro	04/03/2026 11:15	9	13		13:45									14:00	14:15	15:00	16:00	18:00	18:15	19:00	20:00									10:30	12:00
Switzerland	RLZ Zürich	04/03/2026 11:15	15,5	13		13:30									14:00	14:15	15:00	16:00	16:00	16:15	17:00	18:00									12:00	13:30
Switzerland	RLZO SG	04/03/2026 11:15	10,5	17,5		12:45									14:00	14:15	15:00	16:00	16:00	16:15	17:00	18:00									12:00	13:30
Switzerland	Ass. Genevoise Gym.	04/03/2026 11:35	14,5	21,5		13:00									14:00	14:15	15:00	16:00	17:00	17:15	18:00	19:00									12:00	13:30
Germany	Eintracht Frankfurt	04/03/2026 11:40	9	9		14:45									15:00	15:15	16:00	17:00	17:00	17:15	18:00	19:00									12:00	13:30
Germany	MTV 1860 Erfurt	04/03/2026 11:40	4,5	21,5		14:30									15:00	15:15	16:00	17:00	17:00	17:15	18:00	19:00									12:00	13:30
Portugal	Bombeiros Estoril	04/03/2026 12:00		4,5		16:45													17:00	17:15	18:00	19:00									13:30	15:00
Great Britain	Air Acro	04/03/2026 12:05	6	17											15:00	15:15	16:00	17:00	18:00	18:15	19:00	20:00										
Belgium	Art Gym	04/03/2026 12:05	23	47,5		14:15									15:00	15:15	16:00	17:00	19:00	19:15	20:00	21:00									12:00	13:30
Belgium	Wildgym	04/03/2026 12:05	15,5	48,5		14:00									15:00	15:15	16:00	17:00	20:00	20:15	21:00	22:00									12:00	13:30
Ireland	Aspire	04/03/2026 12:10	4,5	47,5		13:45													14:00	14:15	15:00	16:00									12:00	13:30
Ireland	DGA Team	04/03/2026 12:10	9			15:00</																										

MAIA INTERNATIONAL ACRO CUP

Pre-Competition Schedule

MAIA INTERNATIONAL ACRO CUP Pre-Competition Schedule					ACCREDITATION (times can change to meet teams needs)			FREE TRAINING (NO MUSIC)						PODIUM TRAINING (with MUSIC)														FREE TRAINING (NO MUSIC)						
								All Ages and Categories						Beg / Asp / Jun Base / Youth				Pre-Youth / Jun / Sen				Beg / Asp / Jun Base / Youth				Pre-Youth / Jun / Sen								
								SPORTS HALL 2	SPORTS HALL 1			SPORTS HALL 2			SPORTS HALL 1				SPORTS HALL 2				SPORTS HALL 1				SPORTS HALL 2				ACM Gym - bus leaves from Comp. Venue 15' BEFORE			
					TRAINING TIMES FOR EACH DELEGATION (in minutes)				3/mar	4/mar	5/mar	2/march	3/march - tue						4/march - wed								5/march - thu							
Country	Delegation	Arrivals	SPORTS HALL 1 Beg/Asp/Jun B/Youth	SPORTS HALL 2 Pre-Y/Jun/Sen	Mats	Warm-Up Floor	Comp Floor	Mats					Warm-Up Floor	Comp Floor	Mats	Warm-up Floor	Comp -> Out	Mats	Warm-up Floor	Comp -> Out	Mats	Warm-up Floor	Comp -> Out	Mats	Warm-up Floor	Comp -> Out	YOUTH / JUNIOR / SENIOR							
					15'	45'	60'	15'					45'	60'	15'	45'	60'	OUT	15'	45'	60'	OUT	15'	45'	60'	OUT	15'	45'	60'	OUT	IN	OUT		
Spain	Club Balans	05/03/2026 07:05	15	26			9:00																											
Spain	Mairena del Aljarafe	05/03/2026 07:05	9	17			8:45																											
Portugal	CED Faro	05/03/2026 09:25	21,5	8,5			13:30																											
Portugal	Louletano DC	05/03/2026 09:25	10				12:15																											
Portugal	Acrotumb Leiria	05/03/2026 09:30	10	4,5			13:15																											
Portugal	GC Tomar	05/03/2026 09:43	26,5				10:30								14:00	14:15	15:00	16:00														15:00	16:30	
Portugal	AACoimbra	05/03/2026 10:30	33,5	17			10:45																										15:00	16:30
Portugal	GD Lousa	05/03/2026 11:00	25,5				11:45																										16:30	18:00
Portugal	GDSCascais	05/03/2026 11:30	18,5				12:30																										16:30	18:00
Switzerland	Int. Sch. Geneve	05/03/2026 11:30	6				14:15																											
Great Britain	City of Lancaster	05/03/2026 12:10	23	8,5			12:45																										16:30	18:00
Portugal	Academia Claret	05/03/2026 12:30	8				8:45																											
Spain	Flic Flac	05/03/2026 12:30	13,5	30			12:30																										16:30	18:00
Portugal	APAGL	05/03/2026 15:00	24				15:00																											
Portugal	Chelagoense	05/03/2026 15:30	20				15:30																											
Spain	Nigrán		6	8,5			14:30																											
Portugal	AD#22		8				14:45																											
Portugal	EVigorosa Sp.		2				14:00																											

														Free Training @ Acro Clube da Maia												Podium Training					
WCup	AZE				Upon arrival								14:00	15:00	15:00	16:00										13:00	13:15	14:00	15:00		
WCup	EST				Upon arrival								14:00	15:00	15:00	16:00										13:00	13:15	14:00	15:00		
WCup	FIN				Upon arrival								14:00	15:00	15:00	16:00										14:00	14:15	16:00	17:00		
WCup	GER				Upon arrival								14:00	15:00	15:00	16:00										15:00	15:15	16:00	17:00		
WCup	ISR				Upon arrival								17:00	18:00	18:00	19:00										13:00	13:15	14:00	15:00		
WCup	ITA				Upon arrival								17:00	18:00	18:00	19:00										14:00	14:15	16:00	17:00		
WCup	POR				Upon arrival								16:00	17:00	17:00	18:00										14:00	14:15	16:00	17:00		
WCup	SUI				Upon arrival								15:00	16:00	16:00	17:00										12:00	12:15	13:00	14:00		
WCup	UKR				Upon arrival								15:00	16:00	16:00	17:00										12:00	12:15	13:00	14:00		
WCup	USA				Upon arrival								15:00	16:00	16:00	17:00										15:00	15:15	16:00	17:00		
WCup	AIN1				Upon arrival								16:00	17:00	17:00	18:00										15:00	15:15	16:00	17:00		
WCup	AIN2				Upon arrival								17:00	18:00	18:00	19:00										16:00	16:15	17:00	17:30		

PODIM TRAINING SCHEDULE

4 March, Wednesday

Sportshall 1 - TENNIS Venue

Mats	Warm-Up	Competition	OUT	Time (min)	Delegations
09:00	09:15	10:00	11:00	52	Pyramis
					FGItalia
					Piruett
					Puerto Rico
					Maccabi Dan
					Tigers GC
10:00	10:15	11:00	12:00	32,5	Turnclub Athena
					PartnerAkro
11:00	11:15	12:00	13:00	48,5	Begin Holon
					Akrobaatika Kool
12:00	12:15	13:00	14:00	56,5	Calgary Acro
					Palokan ILO
					Tampereen Sisu
					USA
13:00	13:15	14:00	15:00	48,5	Acroteam Hammel
					AGIMadeira
					Andraga
					AGRA
					NSW Akro
14:00	14:15	15:00	16:00	54	RLZ Zürich
					RLZO SG
					Ass. Genevoise Gym.
					GC Tomar
					Eintracht Frankfurt
15:00	15:15	16:00	17:00	58	MTV 1860 Erfurt
					Air Acro
					Art Gym
					Wildgym
					DGA Team
16:00	16:15	17:00	18:00	60	Flight
					Gimnofrielas
					AcroCompetição
17:00	17:15	18:00	19:00	59,5	Acrolinição
					AcroElite
					OTM Gent
18:00	18:15	19:00	20:00	61	Normandie Gym.
					VGL Niel
					ADCPN
					(finishes 20:01)
					Aspire
19:00	19:15	20:00	21:00	35	TK Werchter
					TSV Rocherath
					SKG Erbstetten
					Oeste CG
					Calgary Acro
					Ass. Ac. Santarém
20:00	20:15	21:00	22:00	22,5	(can start 20:45)

Sportshall 2 - GYMNASTICS Venue

Mats	Warm-Up	Competition	OUT	Time (min)	Delegations
09:00	09:15	10:00	11:00	57	Akrobaatika Kool
					Begin Holon
					Andraga
10:00	10:15	11:00	12:00	56	Tampereen voimistelijat
					Palokan
					Tampereen Sisu
11:00	11:15	12:00	13:00	57	USA
					Piruett
					Maccabi Dan
					Pyramis
					Hellenic GF
					Turnclub Athena
12:00	12:15	13:00	14:00	52	PartnerAkro
					(finishes 13:52)
					AcroCompetição
					Acrolinição
13:00	13:15	14:00	15:00	61,5	AcroElite
					(starts 13:56)
					Aspire
14:00	14:15	15:00	16:00	56	Flight
					(finishes 15:56)
15:00	15:15	16:00	17:00	70,5	OTM Gent
					(starts 15:56)
					(finishes 17:03)
16:00	16:15	17:00	18:00	57	RLZ Zürich
					RLZO SG
					Acroteam Hammel
					Oeste CG
17:00	17:15	18:00	19:00	56,5	Ass. Genevoise Gym.
					Eintracht Frankfurt
					MTV 1860 Erfurt
					Bombeiros Estoril
					NSW Akro
18:00	18:15	19:00	20:00	56,5	Air Acro
					Gimnofrielas
					Ass. Ac. Santarém
19:00	19:15	20:00	21:00	56,5	Art Gym
					Normandie Gym.
20:00	20:15	21:00	22:00	56,5	Wildgym
					TK Werchter

5 March, Thursday

Sportshall 1 - TENNIS Venue

Mats	Warm-Up	Competition	OUT	Time (min)	Delegations
08:00	08:15	09:00	10:00	60	Hvidovre
					SA Dafundo
					FSG Eaux-Vives
					Sportac Gymnastics
09:00	09:15	10:00	11:00	62	CUAB
					Club Balans
					Mairena del Aljarafe
					Academia Claret
					Calgary Acro
					PartnerAkro
10:00	10:15	11:00	12:00	58	CED Faro
					Louletano DC
					Acrotumb Leiria
					(starts 11:02)
					GC Tomar
11:00	11:15	12:00	13:00	55,5	AACoimbra
12:00	12:15	13:00	14:00	58,5	Slagelse Sportsacro
					Hope Acro
					GD Louisa
					Int. Sch. Geneve
					Club Treboada
13:00	13:15	14:00	15:00	57	GDSCascais
					City of Lancaster
					EVigorosa Sp.
					Flic Flac

Sportshall 2 - GYMNASTICS Venue

Mats	Warm-Up	Competition	OUT	Time (min)	Delegations
08:00	08:15	09:00	10:00	60	VGL Niel
					TSV Rocherath
					PartnerAkro
09:00	09:15	10:00	11:00	56,5	ADCPN
					Slagelse Sportsacro
					Hope Acro
					AACoimbra
10:00	10:15	11:00	12:00	44,5	Hvidovre
					SA Dafundo
					FSG Eaux-Vives
					Sportac Gymnastics
11:00	11:15	12:00	13:00	56	Club Balans
					Mairena del Aljarafe
					CED Faro
					Acrotumb Leiria
12:00	12:15	13:00	14:00	WC1	SUI
					UKR
13:00	13:15	14:00	15:00	WC2	AZE
					EST
					ISR
14:00	14:15	15:00	16:00	WC3	FIN
					ITA
					POR
15:00	15:15	16:00	17:00	WC4	GER
					USA
					AIN1
					AIN2
16:00	16:15	17:00	18:00	WC5	