

(18th edition)

WORKPLAN

V.1 - 01/05/2024

Maia, Portugal - 15th - 19th May 2024

All info: www.maiaacrocup.com // Tickets: www.bol.pt









1. General Information

Acro Clube da Maia and the Maia City Hall, with the support of the Portuguese Gymnastics Federation and the Portuguese Sport & Youth Institute, are pleased to organize the

18th Maia International Acro Cup

The Competition will take place in the city of Maia from <u>15 to 19 May 2024</u>. **MIAC'24** is opened to National, Regional and Club Teams.

There will be a Team Competition for Beginner, Youth, Age Group 1, Junior Base, 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).

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
new	BEGINNER (INFANTIL)	8 years old - 15 years old			×	www.maiaacrocup.com	NO HEIGHT DEDUCTION
	YOUTH (Iniciado)	9 years old - 16 years old			х	www.maiaacrocup.com	NO HEIGHT DEDUCTION
	AGE GROUP 1	9 years old - 16 years old	Х	Х		Rules for <u>11-16</u> FIG Age Group	NO HEIGHT DEDUCTION
new	JUNIOR BASE	10 years old - 18 years old			X	www.maiaacrocup.com	NO HEIGHT DEDUCTION
	AGE GROUP 2	10 years old - 18 years old	Х	Х	Х	Rules for <u>12-18</u> FIG Age Group	
	<u>JUNIOR</u>	11 years old - 19 years old	Х	Х	Х	Rules for <u>13-19</u> FIG Age Group	NO DEDUCTION FOR EXCEEDING DIFFICULTY

<u>2.</u> **Definitive Schedule**

Tuesday, 14th May 10:00 - 19:00 Training per schedule - Gymnastics Hall (SH2) - NO MUSIC

Wednesday, 15th May **Delegations arrival** All day

08:00 – 22:00 Training per schedule (MUSIC) – Both Halls

Thursday, 16th May All day **Delegations arrival**

> 08:00 – 21:00 – Tennis Hall (SH1) - Training per schedule (MUSIC) 08:00 – 11:15 – Gymnastics Hall (SH2) - Training per schedule (MUSIC) **10:00 – 11:00 Orientation Meeting** (City Hall – buses leave 9:30 SH2)

16:00 – 17:00 Judge Meeting - compulsory

Sunday, 19th May 20:00 Dinner & Farewell Party

Monday, 20th May Departure of all delegations

Tennis Venue Tennis Te							Gymnastics Venue
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^{*} Full schedule in attach

16:30 - 17:15

3. **Competition Venue**

Sports Hall 1 - COMPLEXO MUNICIPAL DE TÉNIS (Tennis Municipal Hall) Beginner - Youth - Age Group 1 - Junior Base

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

Age Group 2 – 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. Manuel Barros OC President (Acro Clube da Maia President)

Mr. Tiago Maia Competition Director
Mr. Lourenço França Technical Director

Mr. Henrique Silva Floor Manager Sports Hall 1 (Competition and Warm-Up)
Mr. João Maia Floor Manager Sports Hall 2 (Competition and Warm-Up)

Mrs. Carla Silva Secretariat / Accreditations

Mr. Fernando Santos Accommodation & Transportation + 351 966 765 369

Mr. Adelino Maia Meals and Volunteers
Mr. Adelino Maia Access Control Manager

Mr. Úrsula Martins Medical

Mr. Sérgio Mateus Communications and Media resources Ms. Joana Magalhães Opening and Award Ceremonies

JUDGING

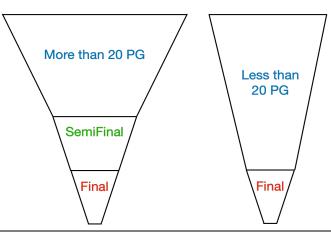
Judge panels for the MIAC'24 are a responsibility of the Local Organising Committee – **Superior Judges** Adam Wong (GBR), Pedro Emídio (POR), Vitor Bruno Silva (POR), Jessie Verelst (BEL), Andrea Alton (HUN) and Eva Meauriceau (FRA) with the important support of David Gillemot (BEL) from Acro Companion.

5. Competition Programme

Begginer (Infantil) / Youth / Junior Base - Rules on www.maiaacrocup.com

Age Group 1 / Age Group 2 / Junior / Senior – FIG Rules (ages according to page 2)

How it will run:	Routines								
More than 20 PG	Semi-Final 1st half of ranking (starts from zero)	Final Top 6 (starts from zero)							
Beginner	Combined	Combined							
Youth	Combined	Combined							
Age Group 1	Different from Final	Defined by FIG							
Junior Base	Combined	Combined							
Age Group 2	Combined	Combined							
Junior	Combined	Combined							
Senior	Combined	Combined							



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

Example: 45 Trios -> 20 best in the ranking on Semi-Final -> Top 6 of Semi-Final -> Final

7. Official Hotels

Holiday Inn	Porto Mar
Trip Expo	Stay Hotel
Oporto Aeroporto	Star Inn
Park Aeroporto	B&B Perafita
Hotel Premium	B&B Sto Tirso
Park Valongo	B&B Vila do Conde
ArtGym Training Centre	Hotel 3K
Porto Antas	Ibis S. João

8. 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.

The Head of Delegation will receive meal tickets upon arrival at accreditation.

NO TICKET—NO MEALS!!! - NO ACCREDITATION—NO MEALS!!!

DAY	LUNCH	DINNER
Tuesday, 14 May	12:00 – 14:00	19:00 – 21:00
Wednesday, 15 May	11:00 – 15:00	18:00 – 21:00
Thursday, 16 May	11:00 – 15:00	18:00 – 21:00
Friday, 17 May	11:00 – 15:00	18:00 – 21:00
Saturday,18 May	11:00 – 15:00	18:00 – 21:00
Sunday, 19 May	11:00 – 15:00	Banquet 21:00

Extras Meals: 15 Euro/meal/person

9. 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!!!**

10. Accreditation

Accreditation at:

COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA - OC OFFICE

Tuesday, 14 May from 8:00 – 21:00

Wednesday, 15 May from 8:30 - 21:00

Thursday, 16 May 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 loose 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.

11. Technical Rules

All the following FIG rules considered as valid in 2024: Code of Points (2021 – 2024) / SAWAGG Rules – All newsletters

12. Training Schedule

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

13. Equipment / Floor

Sports Hall 1	Sports Hall 2
Spieth – Competition Hall	Spieth – Competition Hall
Gymnova – Training Hall	Spieth – Training Hall

14. Orientation Meeting & Judges Meeting

The orientation meeting will take place on Thursday, 16 May at 10:00 in the City Hall. This meeting is for Head of Delegation, Team Managers and Coaches. Buses will leave Sports Hall 2 at 9:30.

The Judges meeting will take place on **Thursday**, **16 March at 16:00 at the Sports Hall 2**. **The judge's meeting is compulsory**. Judging orders will be given in advance.

16. Gymnasts Flow Plan

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

17. Medal Award Ceremonies

All finalists are requested to participate in Medal Award Ceremonies. They are requested to appear in competition attire. **Top 3** will receive medals.

There will be a Team Competition (Age Group, Junior and Senior).

There will be *PRIZE MONEY* of more than 10.000€ in for the <u>AGE GROUP 2, JUNIOR</u> <u>and SENIOR Competition</u> as following:

1st place – 150 EUR (for each partner of the Pair/Group)

2nd place – 100 EUR (for <u>each partner</u> 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 78,00 (Balance + Dynamic + Final) – mark <u>without</u> DIFFICULTY.

Special Prize Money Award (Age Group 2, Junior and Senior) will be given to the best Balance and Tempo routines (sum of the Balance and Tempo overall marks): <u>150 EUR</u> (for the Pair/Group).

Special Prize Money Award (Senior) will be given to the <u>higher difficulty score</u> in Competition: <u>150 EUR</u> (for the Pair/Group).

18. 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 40 Euro per person. Requests for extra tickets must be made, at the very latest, by Sunday, 19th of May at 11:00.

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

19. 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 40 Euro a person, offered by the OC in order to be accredited.

20. Media & Media Conferences

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

21. MAIA FIG Acro World Cup Connection

The MIAC'24 is held in close connection with the Maia FIG Acro World Cup 2024. Some buses will be strictly allocated to the World Cup competition in some special periods. These buses will be clearly identifiable.

It is strictly forbidden to enter the Warm-Up Area during the World Cup Competition periods (even during the World Cup warm-ups). Delegations must use the special seats available to watch the competitions. Please warn all the delegation members.

22. MAIA INTERNATIONAL ACRO CUP 2025

It is a great pleasure to announce the dates of the 2025 MIAC edition:

5 - 9 MARCH 2025

SAVE THE DATE!

MIAC'24 OC President

Mr. Manuel Barros

Friday, May 3, 2024

												SPORTS HALL (BEG / YOUTH / A			SP				YMNASTICS VENUE SEN / WCUP)								
						ccreditation change to meet to needs)		(NO	EE TRAININ MUSIC) S HALL			PODIUM TRA	INING (MUS	IC)		P	ODIUN	TRAIN	NING (MUSIC)	FREE TRAINING (NO MUSIC) ACM Gym - bus leaves fr Comp. Venue @ 9:45		(NO MUSIC) (NO MUSIC) Gym - bus leaves from ACM Gym - bus leaves from		(NO MUSIC) es from ACM Gym - bus leaves fro			
								14/m	ay - tue		1	5/may - wed	16/m	ay - thu		15/ma	y - wed		16/may - thu		ay - thu		ay - fri		ıy - sat		
		TRAINING	TIMES FOR EACH DELE	GATION (in minutes)	14/mai	15/mai 16	/mai			Comp Floor Ma		Warm- up Floor Comp -> Out	Warm-up Floo	Floor	Mat	s Warm- up Floor	Сотр	-> Out	Mats Warm- up Floor Comp -> Ou	ONLY	OR AG2		OR SEN 2/M2/M4)	ONLY F (W2/Mx2		15/may	
Country	Delegation	TOTAL	SPORTS HALL 1 Beg/Youth/AG1/JUN B	SPORTS HALL 2 AG2/Jun/Sen				15'	45'	60' 1	5'	45' 60' <i>OUT</i>	Half of the group starts here 1h	Half of the grou starts here		45'	60'	оит	15' 45' 60' <i>OU</i>	Carpet 1h	Floor 1h	Carpet 1h	Floor 1h	Carpet 1h	Floor 1h		
AUS	Brisbane City Gymnastics Club	09:00		09:00	09:30				-	1:00						00 08:15	_	10:00		10:00	12:00					10:10	
CAN	Adrenaline Gymnastics	10:30	06:00	04:30	09:40							10:15 11:00 12:00		16:00 17:0	_		09:00	10:00		10:00	12:00			40.00	40.00	10:10	
ESP BRA	Club Deportivo Acro Flyers Acro Circo Avant - Colégio Arbos	10:30 04:00	06:00 04:00	04:30	09:50 13:30			_				10:15 11:00 12:00 10:15 11:00 12:00		5 16:00 17:0 5 16:00 17:0		08:15	09:00	10:00		10:00	12:00			10:00	12:00	10:10	
BRA	Akros DF	17:00	08:00	09:00	13:40							10:15 11:00 12:00 10:15 11:00 12:00		5 16:00 17:0		0 08:15	09:00	10:00		10:00	12:00					10:10	
FRA	OAJLP TGA	22:30	00.00	22:30	13:50				14:15 1						10:0	_	11:00			10:00	12:00	10:00	12:00			12:10	
POR	ACM Elite	52:30	12:00	40:30				16:00 1	16:15 1	7:00 11	:00	11:15 12:00 13:00	15:00 15:1	16:00 17:0	00 13:0	0 13:15	14:00	15:05		10:00	12:00					15:15	
POR	ACM Base	24:00	24:00					17:00 1	17:15 1	8:00 11	:00	11:15	15:00 15:19	16:00 17:0	00												
POR	ACM 3x	14:00	14:00								:00	14:15 15:00 16:00	17:00 17:1	5 18:00 19:0													
AUS	Australia (Jun / Sen)	27:00		27:00	10:00					2:00					12:0		13:00	_				10:00	12:00			14:10	
AUS	Australia (AG2)	27:00	04.00	27:00						2:00	.00	44.45	15.00	10-00-1		0 13:15	14:00	15:05		11:00	13:00					15:15	
AUS	Australia (AG1)	04:00	04:00	27.00	16.00			11:00 1	1:15 12			14:15 15:00 16:00 12:15 13:00 14:00		5 16:00 17:0		0 10:15	14,00	12:00		11,00	12.00					12:10	
CAN CAN	Oakville Gymnastics Club	43:00 12:30	16:00 08:00	27:00 04:30	16:30 16:40							12:15 13:00 14:00 10:15 11:00 12:00		5 16:00 17:0 5 16:00 17:0		0 10:15	11:00			11:00 11:00	13:00 13:00			10:00	12:00	12:10 14:10	
CAN	Calgary Acro Salto Gymnastics	13:30	08.00	13:30	16:50					10	.00	10.13 11.00 12.00	13.00 13.13	7 10.00 17.0	08:0		09:00	10:00		11:00	13:00			10.00	12.00	10:10	
USA	USA USA	54:00		54:00	17:00											00.15		11:00		11:00	13:00					11:10	
ITA	Federazione Ginnastica d'Italia	13:30		13:30	18:30										11:0		12:00	13:00		12:00	14:00			10:00	12:00	13:10	
ITA	Ginnastica Vignate Sport	20:00	02:00	18:00	18:40					10	:00	10:15 11:00 12:00	15:00 15:1	5 16:00 17:0			09:00	10:00		12:00	14:00					10:10	
NED	Sportacrobatiek Zwolle	04:30		04:30		10:00									11:0	0 11:15	12:00	13:00		12:00	14:00					13:10	
BUL	Bulgarian Federation of Sports Acrobatics	04:30		04:30		14:30									15:0	0 15:15	16:00	17:00		12:00	14:00					17:10	
POR	OCG - Oeste Clube de Ginastica	09:00		09:00		16:30									17:0	0 17:15	18:00	19:00		12:00	14:00	10:00	12:00			19:10	
HUN	Budai Akrobatikus Sport Egyesulet	08:30	04:00	04:30		09:30				10	:00	10:15 11:00 12:00					13:00			12:00	14:00					14:10	
EST	PartnerAkro (NGO Akropesa)	21:30	08:00	13:30		09:40						10:15 11:00 12:00			_		13:00	14:00		12:00	14:00					14:10	
EST	Akrobaatika Kool	15:00	06:00	09:00		09:50						12:15 13:00 14:00			_		11:00	12:00		12:00	14:00					12:10	
SUI	RLZ Zürich	19:30	06:00	13:30		10:30						13:15 14:00 15:00				_	12:00			12:00	14:00					13:10	
ESP	Acro Club Nigran	06:30 36:00	02:00	04:30		10:40 10:50	_					13:15	16:00 16:15 16:00 16:15		00 11:0	_	12:00 12:00			12:00 12:00	14:00 14:00					13:10 13:10	
POR ESP	ADCPN Club Deportivo Mairena del Aljarafe	28:30	18:00 24:00	18:00 04:30		11:30								5 17:00 18:0						13:00	15:00					17:10	
FRA	UST Acrosport	22:30	24.00	22:30		11:40				12	00	12.13	10.00	77.00 10.0	14:0		15:05	_		13:00	15:00	10:00	12:00			16:10	
AUT	Gymnastics Austria	31:30		31:30		11:50									14:0		15:05			13:00	15:00	10:00	12:00			16:10	
SUI	Association Genevoise de Gymnastique	25:30	12:00	13:30		12:30				13	:00	13:15 14:00 15:00	16:00 16:1	5 17:00 18:0						13:00	15:00					17:10	
SUI	International school of Geneva	08:00	08:00			12:40				13	:00	13:15 14:00 15:00	16:00 16:1	5 17:00 18:0	00												
SUI	RLZO SG	22:00	04:00	18:00		12:50				13	:00	13:15	16:00 16:1	5 17:00 18:0	00 15:0	0 15:15	16:00	17:00		13:00	15:00			10:00	12:00	17:10	
GER	Sportclub Hoyerswerda e.V.	13:30		13:30		13:00									15:0	15:15	16:00	17:00		13:00	15:00					17:10	
GER	BTV Olympia e.V.	04:30		04:30		13:10										0 15:15	16:00	17:00		13:00	15:00					17:10	
AUT	Sportakrobatik Krems	10:00	10:00			12:50					_	13:15			_												
BEL	Gymno vzw Kieldrecht	12:00	12:00			13:20						15:15 16:00 17:00															
BEL	Desem-Harop Genk	02:00	02:00	42.20		13:30					_	15:15			_	10.45	17:00	10,00		40:00	45.00	10-00	10.00			19:10	
GER	TuS Hellersdorf - Berlin	15:30 29:00	02:00	13:30 09:00		13:40 13:50					_	18:15 19:00 20:00 18:15 19:00 20:00		5 18:00 19:0 5 18:00 19:0			17:00 17:00	18:00 18:00		13:00 13:00	15:00 15:00	10:00	12:00			18:10 18:10	
POR FRA	Ginásio Clube de Tomar	02:00	20:00 02:00	09:00		14:00					_	18:15 19:00 20:00 18:15 19:00 20:00		5 18:00 19:0 5 18:00 19:0		16:15	17:00	16.00		13:00	15:00					10.10	
POR	Lyon GR AHB Estoris	31:00	22:00	09:00		13:15						15:15		5 19:00 20:0		0 17:15	18:00	19:00		14:00	16:00			10:00	12:00	19:10	
POR	Ateneu Gímnico Samora Correia	10:00	10:00	05.00		13:25						15:15 16:00 17:00 15:15 16:00 17:00				.7.10	70.00								.2.50		
FRA	Gym Trévoux	13:30	30.00	13:30		14:40										0 16:15	17:00	18:00		14:00	16:00					18:10	
AUT	Union Horn	13:00	04:00	09:00		14:50				18	:00	18:15 19:00 20:00	18:00 18:1	19:00 20:0	00 16:0	0 16:15	17:00	18:00		14:00	16:00	10:00	12:00	10:00	12:00	18:10	
FRA	Marly Acrobat'Club	04:30		04:30		15:00									16:0	_	17:00	18:00		14:00	16:00					18:10	
FRA	CPB RENNES	09:00		09:00		15:10									16:0			18:00		14:00	16:00			10:00	12:00	18:10	
POR	Gimnofrielas	58:30	18:00	40:30		14:30				15	:00	15:15 16:00 17:00	18:00 18:1	5 19:00 20:0	17:0	0 17:15	18:00	19:00		14:00	16:00			10:00	12:00	19:10	
ESP	Club Dinamic	04:30		04:30		18:00									20:0	_	21:00	22:00									
ESP	Club Acrobatos Granada	26:30	04:00	22:30		18:10				20	:00	20:15 21:00 22:00			20:0	0 20:15	21:00	22:00		14:00	16:00					22:10	
POR	APAGL	26:30	22:00	04:30		20:00				20	:00	20:15 21:00 22:00	18:00 18:1	19:00 20:0	20:0	20:15	21:00	22:00		14:00	16:00						
	AUG / AZE / CAN / ISD / UVD / FSD / FST / FDA				·										War	Free Tra m-Up Floo	aining on r - 18:00										
	AUS / AZE / CAN / ISR / UKR / ESP / EST / FRA				ł	pon arrival										mp. Floor											
																•	aining on	-									
	ITA / POR / AUT / GBR / GEO / MON / GER / USA				U	pon arrival										m-Up Floo	r - 19:00	- 20:00									
					1	,									Co	mp. Floor (NO N	- 20:00 - //USIC)	21:00									
																,											

ACREDITATION (firms care change to metal-transmitten) FREE TRAINING (MUSIC) FROM TRAINING (MUSIC						
Note Policy Pol		_				
SPORTS HALL 2 SPORTS HALL		FREE TRAINING (NO MUSIC) ACM Gym - bus leaves from		Measure only		
TRAINING TIMES FOR EACH DELEGATION (in minutes) TRAINING TIMES FOR EACH DELEGATION (in minutes) TRAINING TIMES FOR EACH DELEGATION (in minutes) TOTAL SPORTS HALL 1 BegnYouthiAG1/JUN B AG2/Jun/Sen						
TRAINING TIMES FOR EACH DELEGATION (in minutes) 14/mai 15/mai 16/mai 15/mai 16/mai 15/mai 16/mai 15/mai 16/mai 15/mai 16/mai 15/mai 16/mai 16/mai 15/mai 16/mai 16/mai 15/mai 16/mai 15/mai 16/mai 16/ma			/enue @ 9:45 lay - sat	7.02.0	d	
TOTAL SPORTS HALL 1 Beg/Youth/AG1/JUN B SPORTS HALL 2 AG2/Jun/Sen						
Country Delegation Di AL Beg/Youth/AG1/JUN B AG2/Jun/Sen Delegation Di AL Delegation Di AL Delegation Delegation Di AL Delegation Delegation Di AL Delegation Delega			FOR JUN c2/M2/M4)		16/may	
ITA Nuovo Centro Sportivo Corsico 21:30 08:00 13:30 21:00 10:00 10:15 11:00 10:00 10:15 11:00 12:00 08:00 08:15 09:00 10:00 10:00 10:15 11:00 12:00 08:15 09:00 10:00 10:00 10:15 11:00 12:00 08:10 08:15 09:00 10:00 10:00 10:15 11:00 12:00 08:10 08:10 09:00 10:00 10:00 10:15 11:00 12:00 08:10 08:10 09:00 10:00 10:00 10:00 10:15 11:00 12:00 08:10 08:10 09:00 10:00 10:00 10:15 11:00 12:00 08:10 08:00 08:15 09:00 10:00 10:00 10:00 10:10 10:00 11:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00		Carpet 1h	Floor 1h			
ITA GymAcro Ticino 08:30 04:00 04:30 12:10 12:10 10:00 10:15 11:00 12:00 10:15 12:00 10:00 08:15 09:00 10:00 10:00					10:10	
The Symmetry Helic					10:10	
					10:10	
GER MTV llten von 1896 e.V. 08:00 08:00 12:20 12:20 18:00 10:00 10:00 10:00 12:00 10						
POR Associação Académica de Santarém 33:00 24:00 09:00 12:30 10:00 10:15 11:00 12:00 10:15 11:00 12:00 10:15 12:00 10:					10:10	
POR ADC Linha de Oeiras 06:00 06:00 10:30 11:30 11:15 12:00 13:00 10:00						
POR Casa do Benfica de Torres Vedras 14:00 14:00 09:20 11:00 11:15 12:00 13:00 1 10:00 10:						
POR União Recreativa do Dafundo 15:00 06:00 09:00 13:10 11:10 11:15 12:00 13:00 08:00 08:15 09:00 10:00					10:10	
POR Grupo Recreativo e Cultural do Bom Retiro 08:00 08:00 08:00 09:30 11:00 11:15 12:00 13:00 13:00						
ESP Flic Flac 28:30 24:00 04:30 13:20 13:20 11:15 12:00 13:00 13:0					10:10	
POR Ginasio Clube Acrotumb Leiria 08:00 08:00 11:40 12:00 12:15 13:00 14:00 12:15 13:00 13:00 14:00 12:15 13:00 14:15 13:00 13:00 14:00 12:15 13:00 14:0						
POR Grupo Recreativo "O Vigor da Mocidade" 43:00 16:00 27:00 11:30 11:30 11:30 11:30 12:00 12:15 13:00 14:00 10:00 10:00 10:00 10:00 11:15					11:25	
POR Grupo Sportivo de Carcavelos 12:00 12:00 11:50 11:50 11:50 12:00 12:						
POR Sociedade Euterpe Alhandrense 19:00 10:00 09:00 11:20 11:20 1 13:00 13:15 14:00 15:00 08:00 08:15 09:00 10:00					10:10	
POR Associação Académica de Coimbra 43:00 16:00 27:00 12:00 12:00 13:00 15:00 09:00 09:15 10:00 11:15					11:25	
POR Clube União Artística Benaventense 33:00 24:00 09:00 11:45 12:00 12:15 13:00 14:00 09:00 09:15 10:00 11:15		10:00	12:00		11:25	
POR Grupo Desportivo de Lousa 12:00 12:00 12:00 12:00 12:00 12:40						
POR Grupo Dramático e Sportivo de Cascais 16:00 16:00 12:30 12:30 12:30 13:00 13:00 13:00 15:00						
POR Associação Estrela de Três Pontas 06:00 06:00 12:20 13:00 13:15 14:00 15:00 15:00						
POR Clube Educativo Desportivo Faro 39:00 30:00 09:00 13:10 14:00 14:15 15:05 16:00 09:00 09:15 10:00 11:15					11:25	
POR Casa do Povo de São Bartolomeu de Messines 06:00 06:00 13:40 14:15 15:05 16:00						
POR Louletano Desportos Clube 26:00 26:00 13:50 13:50 14:00 14:15 15:05 16:00 15:05 16:00						
POR AGN TEAMS arrival 19:00 19:15 20:00 21:00					16:00	
WCUP 1 AUS / AZE / CAN 8 10:30 10:45 11:30 12:30					12:40	
WCUP 2 ISR / UKR 8 Upon arrival 19:00 Comp. 11:30 11:45 12:30 13:30					13:40	
WCUP 3 ESP / EST / FRA 8 Floor - 19:00 - 20:00 (NO 12:30 12:45 13:30 14:30					14:40	
WCUP 4 ITA / POR 8 13.30 13.45 14.30 15.30 15.30 13.45 14.30 15.30 1					15:40	
WCUP 5 AUT / GBR / GEO / MON 8 Upon arrival 20:00 Comp. 14:30 14:45 15:30 16:30					16:40	
WCUP 6 GER / USA 8 Floor - 20:00 - 21:00 (NO 15:30 15:45 16:30 17:30					17:40	