

## FRIDAY | 1 MAY 2026

		Trampoline 1		Trampoline 2				DMT 1	Tumbling
Hour (from)	Hour (to)	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Hour (from)	Hour (to)	Competition Hall	Competition Hall
8:10	8:50								
8:50	9:00								
9:00	9:40	Q1 U10 F Grp 1				9:00	9:20	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
9:40	9:50	Line up				9:20	9:50	Q1 U12 F Grp 1	JUNIOR
9:50	10:30	Q1 U10 F Grp 2	Q1 U10 F Grp 1			9:50	10:10	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
10:30	10:40	Line up				10:10	10:40	Q1 U12 F Grp 2	OPEN
10:40	11:20	Q1 U10 F Grp 3	Q1 U10 F Grp 2			10:40	11:00	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
11:20	11:30	Line up				11:00	11:30	Q1 U12 F Grp 3	U10 F / U14 M
11:30	12:10	Q1 U10 F Grp 4	Q1 U10 F Grp 3			11:30	11:50	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
12:10	12:20	Line up				11:50	12:20	Q1 U12 F Grp 4	Finais JUNIOR
12:20	13:00		Q1 U10 F Grp 4			12:20	12:40	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
13:00	13:10					12:40	13:10	Q1 U12 F Grp 5	Finais OPEN
PROTOCOL CEREMONIES									
Almoço									
14:00	14:40	U14 F Grp 1						DMT 1	Tumbling
14:40	14:50	Line up				Hour (from)	Hour (to)	Competition Hall	Competition Hall
14:50	15:30	U14 F Grp 2	U14 F Grp 1	Junior M Grp 1		14:50	15:10	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
15:30	15:40	Line up		Line up		15:10	15:40	U10 M Grp 1	Finais U10 F / U14 M
15:40	16:20	U14 F Grp 3	U14 F Grp 2	Junior F Grp 1	Junior M Grp 1	15:40	16:00	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
16:20	16:30	Line up		Line up		16:00	16:30	Q2 U12 F	U12
16:30	17:10	Q2 U10 F	U14 F Grp 3	Junior F Grp 2	Junior F Grp 1	16:30	16:50	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
17:10	17:20	Line up		Line up		16:50	17:20	Q2 U12 F	U14 F
17:20	18:00	Q2 U10 F	Q2 U10 F	Open F G1	Junior F Grp 2	17:20	17:40	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
18:00	18:10	Line up		Line up		17:40	18:10	Final U10 M	Finais U12
18:10	18:50	Final U14 F	Q2 U10 F	Open F G2	Open F G1	18:10	18:30	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up
18:50	19:00	Line up		Line up		18:30	19:00	Final U12 F	Finais U14 F
19:00	19:40	Final U10 F	Final U14 F	Open M	Open F G2				
19:40	19:50	Line up		Line up					
19:50	20:30		Final U10 F		Open M				
20:30	20:40								
PROTOCOL CEREMONIES									

(WUH) = line up at warm up hall + 20m warm up at competition hall

## SATURDAY | 2 MAY 2026

		Trampoline 1		Trampoline 2				DMT 1		DMT 2	
Hour (from)	Hour (to)	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Hour (from)	Hour (to)	Competition Hall	Competition Hall		
8:10	8:50	Q1 U12 F Grp 1		Final Junior M							
8:50	9:00	Line up		Line up							
9:00	9:40	Q1 U12 F Grp 2	Q1 U12 F Grp 1	Final Junior F	Final Junior M	9:00	9:20	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
9:40	9:50	Line up		Line up		9:20	9:50	Q1 U10 F Grp 1	U14 F Grp 1		
9:50	10:30	Q1 U12 F Grp 3	Q1 U12 F Grp 2	Final Open F	Final Junior F	9:50	10:10	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
10:30	10:40	Line up		Line up		10:10	10:40	Q1 U10 F Grp 2	U14 F Grp 2		
10:40	11:20	Q1 U12 F Grp 4	Q1 U12 F Grp 3	Final Open M	Final Open F	10:40	11:00	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
11:20	11:30	Line up		Line up		11:00	11:30	Q1 U10 F Grp 3	U14 F Grp 3		
11:30	12:10	Q1 U12 F Grp 5	Q1 U12 F Grp 4		Final Open M	11:30	11:50	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
12:10	12:20	Line up				11:50	12:20	U14 M Grp 1			
12:20	13:00		Q1 U12 F Grp 5			12:20	12:40	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
13:00	13:10					12:40	13:10	U14 M Grp 2	Final U14 F		
PROTOCOL CEREMONIES											
Almoço											
14:00	14:40	U10 M Grp 1		U14 M Grp 1							
14:40	14:50	Line up		Line up							
14:50	15:30	Q2 U12 F	U10 M Grp 1	U14 M Grp 2	U14 M Grp 1	14:50	15:10	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
15:30	15:40	Line up		Line up		15:10	15:40		Junior F Grp 1		
15:40	16:20	Q2 U12 F	Q2 U12 F	U12 M Grp 1	U14 M Grp 2	15:40	16:00	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
16:20	16:30	Line up		Line up		16:00	16:30	Q2 U10 F	Junior F Grp 2		
16:30	17:10	Final U10 M	Q2 U12 F	U12 M Grp 2	U12 M Grp 1	16:30	16:50	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
17:10	17:20	Line up		Line up		16:50	17:20	Q2 U10 F	Junior M Grp 1		
17:20	18:00	Final U12 F	Final U10 M	Final U14 M	U12 M Grp 2	17:20	17:40	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
18:00	18:10	Line up		Line up		17:40	18:10		Open F Grp 1		
18:10	18:50		Final U12 F	Final U12 M	Final U14 M	18:10	18:30	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
18:50	19:00			Line up		18:30	19:00	Final U10 F	Open M Grp 1		
19:00	19:40					19:00	19:20	Warm up (WUH)+ Line Up	Warm up (WUH)+ Line Up		
19:40	19:50				Final U12 M	19:20	19:50	Final U14 M			
19:50	20:30										
20:30	20:40										
PROTOCOL CEREMONIES											

(WUH) = line up at warm up hall + 20m warm up at competition hall

COM O APOIO DE:

**CASCAIS** Para toda a vida



# SUNDAY | 3 MAY 2026

		Trampoline 1 SINCRO		Trampoline 2		Domingo 03 Maio 2026			
Hour (from)	Hour (to)	Warm Up Hall	Competiton Hall	Warm Up Hall	Competiton Hall	Hour (from)	Hour (to)	DMT 1 Competiton Hall	DMT 2 Competiton Hall
8:10	8:50	JUNIOR / OPEN							
8:50	9:00	Line up							
9:00	9:40	U12	JUNIOR / OPEN						
9:40	9:50	Line up							
9:50	10:30	U10 / U14	U12						
10:30	10:40	Line up							
10:40	11:20		U10 / U14						
11:20	11:30								
11:30	12:10	Finais JUNIOR / OPEN							
12:10	12:20	Line up							
12:20	13:00		Finais JUNIOR / OPEN						
13:00	13:10								

Almoço PROTOCOL CEREMONIES

(WUH) = line up at warm up hall + 20m warm up at competition hall

## FREE TRAINING

THURSDAY, FRIDAY AND SATURDAY | **18H30 ÀS 20H30**

COM O APOIO DE:

