

FIG Acrobatic World Cup & Rzeszów International Acro Cup 2024 - Training Schedule

Rzeszów - Poland, 30th May 2024 (Thursday)

Rzeszów International Acro Cup

| # | Country (number of temas) | | Warm Up 20 minutes | | | Floor 1 30 minutes | | | Floor 2 (music) 30 minutes | | | Competition Floor 45 minutes | |
|---|------------------------------------------------------------------------------------------------------------|----|-----------------------|------|--|-----------------------|------|--|-------------------------------|-------|--|---------------------------------|-------|
| | | | in | out | | in | out | | in | out | | in | out |
| 1 | KA Stal Rzeszów (18) | 18 | 6:40 | 7:00 | | 7:00 | 7:30 | | 7:30 | 8:00 | | 8:00 | 8:45 |
| 2 | UKS Akrobata Łańcut (6), Piramida Stalowa Wola (1), UKS Akademia Judo Rzeszów (4), Akrobatyka Tryńcza (4), | 15 | 7:25 | 7:45 | | 7:45 | 8:15 | | 8:15 | 8:45 | | 8:45 | 9:30 |
| 3 | Akrobatyka Ropczyce (8), KAS Rzeszów (7), SP MDK w Jaśle (2) | 17 | 8:10 | 8:30 | | 8:30 | 9:00 | | 9:00 | 9:30 | | 9:30 | 10:15 |
| 4 | Ukraine (5), Piramida Rzeszów (1), Piramida Przeworsk (5), Sabonia Ustrobną (6) | 17 | 8:55 | 9:15 | | 9:15 | 9:45 | | 9:45 | 10:15 | | 10:15 | 11:00 |

WORLD CUP

| # | Country (number of temas) | | Warm Up 20 minutes | | | Floor 1 30 minutes | | | Floor 2 (music) 30 minutes | | | Competition Floor 60 minutes | |
|---|-------------------------------------------------------------------|----|-----------------------|-------|--|-----------------------|-------|--|-------------------------------|-------|--|---------------------------------|-------|
| | | | in | out | | in | out | | in | out | | in | out |
| 5 | Ukraine (7), Austria (3) | 10 | 9:40 | 10:00 | | 10:00 | 10:30 | | 10:30 | 11:00 | | 11:00 | 12:00 |
| 6 | Great Britain (3), Belgium (2), Israel (5) | 10 | 10:40 | 11:00 | | 11:00 | 11:30 | | 11:30 | 12:00 | | 12:00 | 13:00 |
| 7 | Portugal (4), Azerbaijan (4), Spain (2) | 10 | 11:40 | 12:00 | | 12:00 | 12:30 | | 12:30 | 13:00 | | 13:00 | 14:00 |
| 8 | USA (3), Poland (4), Canada (1), Estonia (2) | 10 | 12:40 | 13:00 | | 13:00 | 13:30 | | 13:30 | 14:00 | | 14:00 | 15:00 |
| 9 | Germany (5), Georgia (2), France (1), Kazakhstan (1), Hungary (1) | 10 | 13:40 | 14:00 | | 14:00 | 14:30 | | 14:30 | 15:00 | | 15:00 | 16:00 |

FIG Acrobatic World Cup & Rzeszów International Acro Cup 2024 - Training Schedule

Rzeszów - Poland, 30th May 2024 (Thursday)

Rzeszów International Acro Cup

| # | Country (number of temas) | | Warm Up 20 minutes | | | Floor 1 30 minutes | | | Floor 2 (music) 30 minutes | | | Competition Floor 45 minutes | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|-----------------------|-------|--|-----------------------|-------|--|-------------------------------|-------|--|---------------------------------|-------|
| | | | in | out | | in | out | | in | out | | in | out |
| 10 | Dresdner Sportclub 1898 (5), Sportclub Hoyerswerda e.V.(4), VfL Weisse Elf 1919 Nordhorn e.V. (4), Eintracht Frankfurt / SV Mergelstetten (2), SG Schwarz-Weiß Oldenburg (2) | 17 | 14:40 | 15:00 | | 15:00 | 15:30 | | 15:30 | 16:00 | | 16:00 | 16:45 |
| 11 | Haifa Flyers (14), Akrobaatika Kool (2), KSV Baunatal (2) | 18 | 15:25 | 15:45 | | 15:45 | 16:15 | | 16:15 | 16:45 | | 16:45 | 17:30 |
| 12 | KPKS "Halemba" Ruda Śląska (21) | 21 | 16:10 | 16:30 | | 16:30 | 17:00 | | 17:00 | 17:30 | | 17:30 | 18:15 |
| 13 | Grassalkovich SE (4), Ireland(6), Czech Republic(2), Acro Explosion(1), Slovenská Gymnastická Federácia (2), Show-Me Acro (1), International Elite (1) | 17 | 16:55 | 17:15 | | 17:15 | 17:45 | | 17:45 | 18:15 | | 18:15 | 19:00 |
| 14 | Sporting Clube de Portugal (4), Acrogym Clube de Coimbra(1), TV Ebersbach (1), Acro Academy Noord Nederland (3), Tampereen Sisu ry (3), Belgium (1), Azerbaijan Gymnastics Federation(4) | 17 | 17:40 | 18:00 | | 18:00 | 18:30 | | 18:30 | 19:00 | | 19:00 | 19:45 |
| 15 | PTG "Sokół" Kraków (9), UKS "Targówek" Warszawa (3), UKS "Akrosfera" Stare Babice (5) | 17 | 18:25 | 18:45 | | 18:45 | 19:15 | | 19:15 | 19:45 | | 19:45 | 20:30 |
| 16 | MKS "Polonia" Świdnica (5), KS "Akro-Gym" Mikołów (4), SASA "MAGNIFICA" (1), Warszawska Akademia Gimnastyki (1), DOSiR "Sokolnia" Chorzów (3), Georgia(4) | 18 | 19:10 | 19:30 | | 19:30 | 20:00 | | 20:00 | 20:30 | | 20:30 | 21:15 |
| 17 | Balance ATC (9), Budai Akrobatikus Sport Egyesület (3), Ferencvárosi Torna Club (5), TSR Olympia Wilhelmshaven (2) | 19 | 19:55 | 20:15 | | 20:15 | 20:45 | | 20:45 | 21:15 | | 21:15 | 22:00 |
| 18 | UKS "As" Zielona Góra (10), ZKS "Akrobata" Zielona Góra (2), Akro-Sól Inowrocław (2), Stowarzyszenie AP Dzierżoniów(2), UKS Dziewiątka Wałbrzych (1) | 17 | 20:40 | 21:00 | | 21:00 | 21:30 | | 21:30 | 22:00 | | 22:00 | 22:45 |