

DAY	TIME	EVENT	REMARK
Friday the 5th	Junior and Senior preliminary freestyle for women and men		
	7.00	Opening Doors	Free practice
	8:30 - 8:35	Warm up Junior woman 1 - 7	
	8:35 - 8:40	Warm up Senior woman 1 - 7	
	8:40 - 8:45	Warm up Junior woman 8 - 13	
	8:45 - 8:50	Warm up Senior woman 8 - 13	
	8:50 - 8:55	Welcome day 2, Intro event, intro to judges Floor cleaning	
	8:55 - 11:05	Preliminary freestyle Junior women 1 - 13	Start with Junior
		Preliminary freestyle Senior women 1 - 13	
	11.05 - 11.10	Warm up Junior woman 14 - 19	
	11.10 - 11.15	Warm up Senior woman 14 - 19	
	11.15 - 11.20	Warm up Junior woman 20 - 25	
	11.20 - 11.25	Warm up Senior woman 20 - 25	
	11.25 - 11.30	Floor cleaning	
		Preliminary freestyle Junior women 14 - 25	
		Preliminary freestyle Senior women 14 - 25	
	13.00 - 13.35	Warm up Junior woman 26 - 31	
	13.35 - 13.40	Warm up Senior woman 26 - 31	
	13.40 - 13.45	Warm up Junior woman 32 - 37	
	13.45 - 13.50	Warm up Senior woman 32 - 35	
	13.50 - 13.55	Floor cleaning	
	13.55 - 15.45	Preliminary freestyle Junior women 26 - 37	
		Preliminary freestyle Senior women 26 - 35	
	15.45 - 16.15	Break	
	16.15 - 16.20	Warm up Senior men 1 - 7	
	16.20 - 16.25	Warm up Junior men 1 - 8	
	16.25 - 16.30	Warm up Senior men 8 - 13	
	16.30 - 16.35	Intro's to men competition and to judges Floor cleaning	
	16.35 - 18.20	Preliminary freestyle Senior men 1 - 13	Start with Senior
		Preliminary freestyle Junior men 1 - 8	