

**Portimão
Trampoline
Open 2023**

**PROGRAMA
DA PROVA**

PORTIMÃO ARENA
8 a 10 de Junho de 2023

Powered
by
EUROTRAMP

QUARTA-FEIRA, DIA 07 DE JUNHO DE 2023

		Trampoline 1		Trampoline 2		Double Mini Trampoline 1		Double Mini Trampoline 2		TUMBLING			
		Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Competition Hall			
09:30	12:00	TREINOS LIVRES										09:30	12:00
12:00	14:00	ALMOÇO											
14:00	21:00	TREINOS LIVRES										14:00	21:00

QUINTA-FEIRA, DIA 08 DE JUNHO DE 2023

		Trampoline 1		Trampoline 2		Double Mini Trampoline 1		Double Mini Trampoline 2		TUMBLING					
		Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Competition Hall					
TREINOS LIVRES															
08:30	09:00														
09:00	09:40	NÍVEL X U10F GRUPO 1				NÍVEL X U10M					09:00	09:40			
09:40	09:50	Line Up				Line Up					09:40	09:50			
09:50	10:00	March In				March In					09:50	10:00			
10:00	10:30	NÍVEL X U10F GRUPO 2	NÍVEL X U10F GRUPO 1	NÍVEL Z 13-14M		NÍVEL X 13-14F + 13-14M + 15-16F + 15-16M		NÍVEL X U10M			10:00	10:30			
10:30	10:40	Line Up		Line Up		Line Up		Line Up			10:30	10:40			
10:40	10:50	March In		March In		March In		March In			10:40	10:50			
10:50	11:20	NÍVEL X 11-12F + 11-12M	NÍVEL X U10F GRUPO 2	NÍVEL Z 9-10M + 11-12F	NÍVEL Z 13-14M	NÍVEL Y 13-14M		NÍVEL X 13-14F + 13-14M + 15-16F + 15-16M			10:50	11:20			
11:20	11:30	Line Up		Line Up		Line Up		Line Up			11:20	11:30			
11:30	11:40	March In		March In		March In		March In			11:30	11:40			
11:40	12:10		NÍVEL X 11-12F + 11-12M		NÍVEL Z 9-10M + 11-12F			NÍVEL Y 13-14M			11:40	12:10			
12:10	12:30										12:10	12:20			
12:30	13:00	CERIMÓNIAS PROTOCOLARES													
13:00	13:40	NÍVEL Y 13-14F GRUPO 1		NÍVEL Z 13-14F		NÍVEL X U10F GRUPO 1					13:00	13:40			
13:40	13:50	Line Up		Line Up		Line Up					13:40	13:50			
13:50	14:00	March In		March In		March In					13:50	14:00			
14:00	14:40	NÍVEL Y 13-14F GRUPO 2	NÍVEL Y 13-14F GRUPO 1	NÍVEL Z 15-16F	NÍVEL Z 13-14F	NÍVEL X U10F GRUPO 2		NÍVEL X U10F GRUPO 1		NÍVEL X U10F + 13-14F + 17+F + 17+M	Warm Up	14:00	14:40		
14:40	15:00	Line Up		Line Up		Line Up		Line Up			Line Up	14:40	15:00		
15:00	15:10	March In		March In		March In		March In			March In	15:00	15:10		
15:10	15:50	NÍVEL Y 13-14F GRUPO 3	NÍVEL Y 13-14F GRUPO 2	NÍVEL X U10M	NÍVEL Z 15-16F	NÍVEL Z 11-12F GRUPO 1		NÍVEL X U10F GRUPO 2	NÍVEL X 11-12F + 11-12M		NÍVEL X U10F + 13-14F + 17+F + 17+M	Competition	15:10	16:00	
15:50	16:00	Line Up		Line Up		Line Up		Line Up		Line Up		15:50	16:00		
16:00	16:10	March In		March In		March In		March In				16:00	16:10		
16:10	16:40	NÍVEL X 13-14F + 15-16F + 17+F	NÍVEL Y 13-14F GRUPO 3	NÍVEL Z 15-16M	NÍVEL X U10M	NÍVEL Z 11-12F GRUPO 2		NÍVEL Z 11-12F GRUPO 1		NÍVEL X 11-12F + 11-12M	NÍVEL Y U10F + 11-12F + 11-12M + 13-14F + + 15-16F + 17+F	Warm Up	16:10	16:40	
16:40	16:50	Line Up		Line Up		Line Up		Line Up			Line Up	16:40	16:50		
16:50	17:00	March In		March In		March In		March In			March In	16:50	17:00		
17:00	17:20	NÍVEL Y 15-16F	NÍVEL X 13-14F + 15-16F + 17+F	NÍVEL Y U10M	NÍVEL Z 15-16M	NÍVEL Z 9-10F + 9-10M + 11-12M		NÍVEL Z 11-12F GRUPO 2		NÍVEL Y U10F - GRUPO 1		NÍVEL Y U10F + 11-12F + 11-12M + 13-14F + + 15-16F + 17+F	Competition	17:00	17:20
17:20	17:30	Line Up		Line Up		Line Up		Line Up		Line Up		17:20	17:30		
17:30	17:40	March In		March In		March In		March In		March In		17:30	17:40		
17:40	18:30	NÍVEL Y 13-14M	NÍVEL Y 15-16F	SINCRONIZADO U10F+U10M + 11-12F + 13-14F	NÍVEL Y U10M			NÍVEL Z 9-10F + 9-10M + 11-12M		NÍVEL Y U10F - GRUPO 2	NÍVEL Y U10F - GRUPO 1	NÍVEL Z 13-14F+13-14M	Warm Up	17:40	18:30
18:30	18:40	Line Up		Line Up		Line Up		Line Up		Line Up		18:30	18:40		
18:40	18:50	March In		March In		March In		March In				18:40	18:50		
18:50	19:40		NÍVEL Y 13-14M		SINCRONIZADO U10F+U10M + 11-12F + 13-14F					NÍVEL Y U10F - GRUPO 2	NÍVEL Z 13-14F+13-14M	Competition	18:50	19:50	
19:40	19:50									Line Up		19:40	19:50		
20:00	20:20	CERIMÓNIA DE ABERTURA													
20:20	21:00	CERIMÓNIAS PROTOCOLARES													

SEXTA-FEIRA, DIA 09 DE JUNHO DE 2023

		Trampoline 1		Trampoline 2		Double Mini Trampoline 1		Double Mini Trampoline 2		TUMBLING			
		Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Competition Hall			
08:30	09:00	TREINOS LIVRES										08:30	09:00
09:00	09:40	NÍVEL Y U10F Grupo 1		NÍVEL Y 11-12F Grupo 1		NÍVEL Z 13-14M		NÍVEL Y 13-14F GRUPO 1		NÍVEL Z 3-10M + 11-12F + 11-12M	Warm Up	09:00	09:40
09:40	09:50	Line Up		Line Up		Line Up		Line Up			Line Up	09:40	09:50
09:50	10:00	March In		March In		March In		March In			March In	09:50	10:00
10:00	10:40	NÍVEL Y U10F Grupo 2		NÍVEL Y 11-12F Grupo 2		NÍVEL Z 15-16M		NÍVEL Y 13-14F GRUPO 2		NÍVEL Z 3-10M + 11-12F + 11-12M	Competition	10:00	10:50
10:40	10:50	Line Up		Line Up		Line Up		Line Up			Line Up	10:40	10:50
10:50	11:00	March In		March In		March In		March In			March In	11:00	11:35
11:00	11:35	NÍVEL Y U10F Grupo 3		NÍVEL Y 11-12F Grupo 3		NÍVEL Z 17-21M		NÍVEL Y 13-14F GRUPO 3		NÍVEL Z 15-16M + 17-21F + 17-21M	Warm Up	11:00	11:35
11:35	11:45	Line Up		Line Up		Line Up		Line Up			Line Up	11:35	11:45
11:45	11:55	March In		March In		March In		March In			March In	11:45	11:55
11:55	12:40	NÍVEL Y U10F Grupo 3		NÍVEL Y 11-12F Grupo 3		NÍVEL Z 17-21M		NÍVEL Y 13-14F GRUPO 3		NÍVEL Z 15-16M + 17-21F + 17-21M	Competition	11:55	12:50
12:40	12:50	Line Up		Line Up		Line Up		Line Up			Line Up	12:40	12:50
12:50	13:15	CERIMÓNIAS PROTOCOLARES											
13:00	13:30					NÍVEL Z 15-16F				NÍVEL Z 15-16F-Grupo 1	Warm Up	13:00	13:30
13:30	13:40					Line Up					Line Up	13:30	13:40
13:40	13:50					March In					March In	13:40	13:50
13:50	14:30			NÍVEL Z 17-21F GRUPO 1		NÍVEL Z 13-14F		NÍVEL Y U10M + 11-12M		NÍVEL Z 15-16F-Grupo 1	Competition	13:50	14:40
14:30	14:40			Line Up		Line Up		Line Up			Line Up	14:30	14:40
14:40	14:50			March In		March In		March In			March In	14:40	14:50
14:50	15:30			NÍVEL Z 17-21F GRUPO 2		NÍVEL Z 17-21F GRUPO 1		NÍVEL Y 11-12F Grupo 1		NÍVEL Z 15-16F - Grupo 2	Warm Up	14:40	14:50
15:30	15:40			Line Up		Line Up		Line Up			Line Up	15:30	15:40
15:40	15:50			March In		March In		March In			March In	15:40	15:50
15:50	16:20	NÍVEL Z Q1 + Q2 17+M		NÍVEL Z 17-21M GRUPO 1		NÍVEL Z 17-21F GRUPO 2		NÍVEL Y 11-12F Grupo 2		NÍVEL Z 15-16F - Grupo 2	Competition	15:50	16:30
16:20	16:30	Line Up		Line Up		Line Up		Line Up			Line Up	16:20	16:30
16:30	17:00	NÍVEL Y 11-12M		NÍVEL Z 17-21M GRUPO 2		NÍVEL Z 17-21M GRUPO 1				NÍVEL Z 17+M	Warm Up	16:30	17:00
17:00	17:10	Line Up		Line Up		Line Up		Line Up			Line Up	17:00	17:10
17:10	17:20	March In		March In		March In		March In			March In	17:10	17:20
17:20	18:00	SINCRONIZADO 13-14F + 13-14M + 15-16M		NÍVEL Y 11-12M		SINCRONIZADO 13-14F + 13-14M + 15-16F + 15-16M		NÍVEL Z 17-21M GRUPO 2		NÍVEL Z 17+F + 17+M	Competition	17:20	18:10
18:00	18:10	Line Up		Line Up		Line Up		Line Up			Line Up	18:00	18:10
18:10	18:20	March In		March In		March In		March In			March In	18:10	18:20
18:20	19:10	SINCRONIZADO U10F-U10M-11-12F + 11-12M-15-16F		NÍVEL Y 11-12M		SINCRONIZADO 9-10M-11-12F + 11-12M		NÍVEL Z Q1 + Q2 17+M		NÍVEL Z 17-21F		18:20	18:50
19:10	19:20	Line Up		Line Up		Line Up		Line Up			Line Up	18:50	19:00
19:20	19:30	March In		March In		March In		March In			March In	19:00	19:10
19:30	20:15	NÍVEL Y SINCRONIZADO U10F+U10M+11-12F + 11-12M-15-16F				NÍVEL Z SINCRONIZADO 9-10M-11-12F + 11-12M				NÍVEL Z Q1 + Q2 17+M		19:10	19:40
20:15	20:25	Line Up		Line Up		Line Up		Line Up			Line Up	19:40	19:50
20:30	21:00	CERIMÓNIAS PROTOCOLARES											



Portimão
Câmara Municipal



ASSOCIAÇÃO
GINÁSTICA
DO ALGARVE



VERIFLITE

REBOUND
PRODUCTS

portimaoopen@algarvegym.org

SÁBADO, DIA 10 DE JUNHO DE 2023

		Trampoline 1		Trampoline 2		Double Mini Trampoline 1		Double Mini Trampoline 2		TUMBLING				
		Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Warm Up Hall	Competition Hall	Competition Hall				
08:30	09:00	TREINOS LIVRES												
09:00	09:40	NÍVEL Z Q1 + Q2 17+F		NÍVEL Y 15-16M + 17+F + 17+M							09:00	09:40		
09:40	09:50	Line Up		Line Up							09:40	09:50		
09:50	10:00		March In		March In						09:50	10:00		
10:00	10:30	NÍVEL Z 9-10F + 11-12M		NÍVEL Z Q1 + Q2 17+F	SEMIFINAL INDIVID. 13-14 F - Grupo 1	NÍVEL Y 15-16M + 17+F + 17+M					10:00	10:30		
10:30	10:40	Line Up		Line Up		Line Up					10:30	10:40		
10:40	10:50		March In		March In			NÍVEL Z Q1 + Q2 17+F			10:40	10:50		
10:50	11:20	NÍVEL Z SINCRONIZADO 17-21F + 17-21M		NÍVEL Z 9-10F + 11-12M	SEMIFINAL INDIVID. 13-14 F - Grupo 2	NÍVEL Y SEMIFINAL INDIVID. 13-14 F - Grupo 1					10:50	11:20		
11:20	11:30	Line Up		Line Up		Line Up		Line Up			11:20	11:30		
11:30	11:40		March In		March In			March In			11:30	11:40		
11:40	12:10		NÍVEL Z SINCRONIZADO 17-21F + 17-21M		NÍVEL Y SEMIFINAL INDIVID. 13-14 F - Grupo 2			NÍVEL Z Q1 + Q2 17+F			11:40	12:10		
12:10	12:20										12:10	12:20		
12:20	13:00	CERIMÓNIAS PROTOCOLARES												
13:00	13:40	NÍVEL Z SINCRONIZADO 17-F + 17-M		NÍVEL Z FINAL INDIVID. 15-16F		NÍVEL Y FINAL INDIVID. 11-12F			NÍVEL Z FINAL INDIVID. 15-16F	Warm Up	13:00	13:40		
13:40	13:50	Line Up		Line Up		Line Up				Line Up	13:40	13:50		
13:50	14:00		March In		March In			March In		March In	13:50	14:00		
14:00	14:30	NÍVEL Y FINAL INDIVID. U10F		NÍVEL Z SINCRONIZADO 17-F + 17-M	NÍVEL Y FINAL INDIVID. 13-14 F	NÍVEL Z F1 + F2 17+M		NÍVEL Y FINAL INDIVID. 11-12F	NÍVEL Z FINAL INDIVID. 15-16F	Competition	14:00	14:30		
14:30	14:40	Line Up		Line Up		Line Up		Line Up			14:30	14:40		
14:40	14:50		March In		March In			March In			14:40	14:50		
14:50	15:20	NÍVEL Z FINAL INDIVID. 17-F		NÍVEL Y FINAL INDIVID. U10F	NÍVEL Y FINAL INDIVID. 11-12F	NÍVEL Z FINAL INDIVID. 13-14 F		NÍVEL Z FINAL INDIVID. 17-21M	NÍVEL Y F1 + F2 17+M		14:50	15:20		
15:20	15:30	Line Up		Line Up		Line Up		Line Up			15:20	15:30		
15:30	15:40		March In		March In			March In			15:30	15:40		
15:40	16:10	NÍVEL Z FINAL INDIVID. 17-M		NÍVEL Z FINAL INDIVID. 17-21F	NÍVEL Y FINAL INDIVID. 11-12F	NÍVEL Z FINAL INDIVID. 11-12F		NÍVEL Z FINAL INDIVID. 15-16F	NÍVEL Z FINAL INDIVID. 17-21M		15:40	16:10		
16:10	16:20	Line Up		Line Up		Line Up		Line Up			16:10	16:20		
16:20	16:30		March In		March In			March In			16:20	16:30		
16:30	17:00	NÍVEL Z FINAL INDIVID. 13-14F		NÍVEL Z FINAL INDIVID. 17-M	NÍVEL Z FINAL INDIVID. 17-21M	NÍVEL Y F1 + F2 17+F		NÍVEL Z FINAL INDIVID. 11-12F	NÍVEL Y FINAL INDIVID. 13-14F	NÍVEL Z FINAL F1 + F2 17+F + 17+M	Warm Up	16:20	17:00	
17:00	17:10	Line Up		Line Up		Line Up		Line Up		Line Up	17:00	17:10		
17:10	17:20		March In		March In			March In		March In	17:10	17:20		
17:20	17:50	NÍVEL Y FINAL EQUIPAS 11-14F		NÍVEL Z FINAL INDIVID. 13-14F	NÍVEL Y FINAL EQUIPAS U12F	NÍVEL Z FINAL INDIVID. 17-21M		NÍVEL Y FINAL EQUIPAS 11-14F	NÍVEL Z F1 + F2 17+F	NÍVEL Y FINAL INDIVID. 13-14F	NÍVEL Z FINAL F1 17+F + 17+M	Competition	17:20	17:50
17:50	18:00	Line Up		Line Up		Line Up		Line Up			17:50	18:00		
18:00	18:10		March In		March In			March In			18:00	18:10		
18:10	18:50		NÍVEL Y FINAL EQUIPAS 11-14F		NÍVEL Y FINAL EQUIPAS U12F			NÍVEL Y FINAL EQUIPAS 11-14F	NÍVEL Z FINAL F2 17+F + 17+M		18:10	18:40		
18:50	19:00										18:40	19:00		
19:00	20:00	TWO TRICK EVENT - INSCRIÇÕES NO LOCAL DA PROVA												
20:00	20:05	CERIMÓNIA DE ENCERRAMENTO												
20:05	21:00	CERIMÓNIAS PROTOCOLARES												

ORDENS DE PASSAGEM:

Nível X: <https://sporttech.io/events/5cc41a6c-cc3c-46ea-40e7-8913ae92409f/ovs/event/TRA>

Nível Y: <https://sporttech.io/events/5a08903e-afb1-4f62-5dc3-ff3e938367dd/ovs/event/TRA>

Nível Z: <https://sporttech.io/events/bc2a39df-4494-4ec1-7aa4-16f2a4b71cb5/ovs/event/TRA>



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