

GCP

TEAMGYM

INTERNATIONAL
OPEN FOR CLUBS

LISBON

10 - 12 MAY 2019 PORTUGAL

WORKPLAN

VERSION 2

– INFO UPDATE on the 05 of May 2019



WORKPLAN



www.lisbontg.pt



lisbontg@gcp.pt



[GCPLisbonTG](https://www.facebook.com/GCPLisbonTG)



[gcp](https://www.instagram.com/gcp)

ORGANISATION



GINÁSIO
CLUBE
PORTUGUÊS

PARTNERS



SPONSORS



LG

CLARINS



WORKPLAN INDEX

1. INTRODUCTION
2. INVITATION / PARTICIPATION
3. COMPETITION FORMAT
4. COMPETITION PROGRAMME
5. GENERAL PROGRAMME
7. ORGANISING CLUB
8. ACCOMMODATION – OFFICIAL
9. MEALS – Saturday and Sunday
10. INSURANCE
11. ACCREDITATION
12. OFFICIAL TARIFF FORMS
13. AWARDS
14. MUSICS
15. LIST OF TEAMS – DAY 1
16. TRAINING SCHEDULE – 9th and 10th of MAY
TRAINING SCHEDULE – DAY 1 (TEAMGYM)
17. COMPETITION DRAW – DAY 1 (TEAMGYM)
18. LIST OF TEAMS – DAY 2
19. TRAINING SCHEDULE – DAY 2 (MICRO-TEAM) – INFO UPDATE on the 05 of May 2019
20. COMPETITION DRAW – DAY 2(MICRO-TEAM) – INFO UPDATE on the 05 of May 2019

1. INTRODUCTION

Ginásio Clube Português is a long established based Sports Club and a National reference in Gymnastics.

Given the hard work the Club has put into developing its Teamgym's programme over the last few years it has decided, together with the support of the Lisbon City Hall and the Portuguese Gymnastics Federation, to organize an International Open for Clubs.

The competition will be held in Lisbon, in the Casal Vistoso Sports Complex, from the 10th to 12th of May, 2019.

The event is open to all Clubs and Teams.

This Competition will be organised following the UEG CoP and all other Rules and Guidelines, at the date of the competition, any UEG Executive Committee and the Teamgym Technical Committee complements or amendments decided in the meantime as well as all GCP International Open for Clubs 2019 modifications (see Appendix - rules).

2. INVITATION / PARTICIPATION

All FIG and UEG member federations, clubs and gymnasts in good standings are invited.

3. COMPETITION FORMAT

The Teamgym International Open for Clubs & Micro Team Competition consists of the following sections and age categories:

- Women's teams. (Mini; Youth; Junior and Seniors)
- Men's teams. (Mini; Youth; Junior and Seniors)
- Mixed teams (Mini; Youth; Junior and Seniors)
- Women's Elite teams. (Junior and Seniors)
- Men's Elite teams. (Junior and Seniors)
- Mixed Elite teams (Junior and Seniors)

Age Categories Definition:

Mini – 8 to 11 years old (date of birth 2011 - 2008)

Youth – 10 to 14 years old (date of birth 2009 - 2005)

Junior – 13 to 17 years old (date of birth 2006 - 2002)

Senior – from 16 years old (date of birth ≤ 2003)

4. COMPETITION PROGRAMME

The following disciplines are compulsory for every participating team:

TEAMGYM INTERNATIONAL OPEN FOR CLUBS (DAY 1)

- Floor programme
- Tumbling (Airtrack for non elite sections (*) / Official TeamGym tumbling track for elite sections)
- Trampet

All gymnasts participating in the competition must perform on floor programme.

() Non elite teams are allowed to tumble on the Official Teamgym tumbling track if they chose*

MICRO-TEAM INTERNATIONAL OPEN FOR CLUBS (DAY 2)

- Tumbling (Airtrack for all sections)
- Trampet

5. GENERAL PROGRAMME

Thursday – 9th of May

Early International delegations arrival
Podium Training (according to schedule)

Friday – 10th of May

International delegations arrival
Podium Training (according to schedule)

Saturday – 11th of May

Teamgym International Open For Clubs (day 1)
Award Ceremony

Sunday – 12th of May

Micro-Team Competition (day 2)
Award Ceremony
Final and Farewell Dinner (*)

Monday – 13th of May

Departure of all delegations
(*) *Tickets for sell for all that are not accommodate by the LOC.*

6. COMPETITION VENUE

Pavilhão Desportivo do Complexo Desportivo Municipal Casal Vistoso
Rua João da Silva
1900 - 271 Lisboa, Portugal
Tel.: 218 170 107
Fax: +351 218 171 344

7. ORGANISING CLUB

Ginásio Clube Português
Praça Ginásio Clube Português, n.º 1
1250 - 111 Lisboa
Portugal

Tel: (+351) 213 841 580
Fax: (+351) 213 841 589

E-mail: lisbontg@gcp.pt
Webpage: www.gcp.pt

8. ACCOMMODATION – OFFICIAL

PACK A (4 stars Category)

Single Room: 90 euros | Double Room: 75 euros | Triple Room: 65 euros

PACK B (3 stars Category)

Single Room: 85 euros | Double Room: 70 euros

PACK C (Hostel Category - Low Cost)

Shared Room: 50€

9. MEALS – Saturday and Sunday

Breakfast: At the hotel accommodation. (exception to hostel category)

Lunch/Dinner: will be served at Competition Venue.

Lunch: 11:00 – 14:00 | Dinner: 20:00 – 22:00 (schedule may suffer adjustments).

Teams may order extra hot meals for their teams using the following e-mail lisbontg@gcp.pt until the **8th of MAY**. Please refer on subject:

Subject: EXTRA MEALS and *Name of Club*

N.º of Persons

Day and Service (Lunch or Dinner)

Price per person/ Hot Meal: 10 euros (ten euros)

10. INSURANCE

The participating clubs/teams guarantee, by sending in their Nominative Entry Forms, that all members of the delegation are fully insured against illness and injury as well as for repatriation during their travel to and stay in Portugal.

The LOC decline all responsibility.

The Local Organising Committee will verify the insurance of all Clubs/ teams at accreditation.

Clubs/ teams who show evidence of insufficient coverage or cannot give proof of their insurance (copy of the policy e.g.) will have to take out an insurance or complete it in Portugal for the duration of the event (at the charge of the Clubs/teams).

11. ACCREDITATION

The accreditation process will take place at the competition hall upon the arrival of the Clubs/teams.

The Heads of Delegation or Team Manager must submit all identity cards/passport of the participating gymnasts at the Accreditation Office.

They must also check the correct names of their complete Delegation verify accommodation, make the necessary payments (insurance, extra accreditations, etc.), and hand in their Club/ team flag (if asked), Official Forms and the competitors' music CD's (if asked).

All participants and officials are required to wear Accreditation Cards at all times.

The accreditation is personal, non transferable and compulsory to have access to training and competition hall, functions and official transport.

The loss of accreditation must be reported to the Information Centre without delay.

12. OFFICIAL TARIFF FORMS

All teams must send their tariff forms until the **8th of MAY** by e-mail.

e-mail to send tariff forms: lisbontgtariffs@gmail.com

Please download the official tariff forms at the official webpage at: www.lisbontg.pt » Downloads Bottom.

PLEASE DO NOT FORGET TO IDENTIFY FORM WITH THE OFFICIAL EVENT TEAM CODE.

13. AWARDS

The first, second and third classified teams in each section will be awarded a Medal to all participating gymnasts.

14. MUSICS

All teams must send their musics until the **8th of MAY** by e-mail.

e-mail to send musics: lisbontgmusic@gmail.com

PLEASE IDENTIFY YOUR MUSICS WITH THE FOLLOWING NAME:

(FIRST) ROUTINE – FLOOR/TUMBLING or TRAMPET + (SECOND) TEAMCODE

EXAMPLE: floor_31_SE_M or tumbling_31_SE_M

NOTE: If you use the same music for tumbling and trampet you such still send both files with diferent names, tumbling and trampet in order to easily be used on the play list.

Teams should bring a CD copy also in case of any issue regarding the playlist. Coaches shall bring does for the waiting area, at the time of the performing team.

15. LIST OF TEAMS – DAY 1**TEAMGYM INTERNATIONAL OPEN FOR CLUBS****AGE GROUP: Mini – 8 to 11 years old (date of birth 2011 - 2008)**

Country	Club	Section	Team Code
Portugal	Clube Naval Setubalense	Women's	CNS_MW_33
Portugal	Clube Oriental de Lisboa	Women's	CODL_MW_48

AGE GROUP: Youth – 10 to 14 years old (date of birth 2009 - 2005)

Country	Club	Section	Team Code
Italia	ASD Virtus Ginnastica	Women's	AVG_YW_3
Italia	ASD Virtus Ginnastica	Women's	AVG_YW_4
Slovenia	ŠK FLIP PIRAN	Women's	SKP_YW_5
Portugal	Colégio Moderno	Women's	CM_YW_20
Portugal	Colégio São João de Brito	Women's	CSJDB_YW_23
Portugal	Espaço	Women's	E_YW_51
Portugal	Clube Parque das Nações	Women's	CPDN_YW_58
Estonia	Estonian Gymnasitcs Federation	Women's	EGF_YW_64
Portugal	Sporting Clube de Portugal	Women's	SCP_YW_101
Estonia	Estonian Gymnasitcs Federation	Men's	EGF_YM_63

AGE GROUP: Junior – 13 to 17 years old (date of birth 2006 - 2002)

Country	Club	Section	Team Code
Portugal	Clube Oriental de Lisboa	Mix	CODL_JMx_50
Great Britain	Milton Keynes Gymnastics	Women's	MKG_JW_6
Portugal	Externato da Luz	Women's	EDL_JW_18
Portugal	Colégio São João de Brito	Women's	CSJDB_JW_24
Portugal	Clube Naval Setubalense	Women's	CNS_JW_30
Portugal	Sport Clube Sanjoanense	Women's	SCS_JW_44
Portugal	Clube Oriental de Lisboa	Women's	CODL_JW_49
Portugal	Estonian Gymnasitcs Federation	Women's	EGF_JW_62
Portugal	Sporting Clube de Portugal	Women's	SCP_JW_102
Austria	TS Wolfurt	Women's	TW_JW_1
Portugal	AEFD São Pedro do Sul	Men's	A_JM_21
Portugal	Colégio São João de Brito	Men's	CSJDB_JM_26
Austria	TS Wolfurt	Men's	TW_JM_2

AGE GROUP: Senior – from 16 years old (date of birth ≤ 2003)

Country	Club	Section	Team Code
Portugal	AEFD São Pedro do Sul	Mix	A_SMx_22
Portugal	Ginásio Clube Português	Mix	GCP_SMx_202

Italia	Eden Sport scsd	Women's	ESS_SW_16
Portugal	Colégio São João de Brito	Women's	CSJDB_SW_25
Portugal	Sporting Clube de Portugal	Women's	SCP_SW_103
Portugal	Ginásio Clube Português	Women's	GCP_SW_201
Portugal	Sporting Clube de Portugal	Men's	SCP_SEM_104
Portugal	Ginásio Clube Português	Men's	GCP_SEM_203

16. TRAINING SCHEDULE – Podium Training (9th of MAY)

TEAMGYM INTERNATIONAL OPEN FOR CLUBS

16:00 – 19:00 - Podium Training for Portuguese Clubs (on request – according to availability | Juniors only)
P.s- Requests must be sent to lisbontg@gcp.pt until 16h00, 7th of MAY. Confirmation will be sent to the club.
Training time up to 20 min in each discipline.

TRAINING SCHEDULE – Podium Training (10th of MAY)

TEAMGYM INTERNATIONAL OPEN FOR CLUBS

16:00 – 19:00 - Podium Training for Portuguese Clubs (on request – according to availability | Seniors only)
P.s- Requests must be sent to lisbontg@gcp.pt until 16h00, 7th of MAY. Confirmation will be sent to the club. Training time up to 20 min in each discipline.

TRAINING SCHEDULE – DAY 1 (11th of MAY 2019)

TEAMGYM INTERNATIONAL OPEN FOR CLUBS

TIME	PASS	FLOOR	TUMBLING	TRAMPET
08:00		GENERAL WARM UP (WARM UP GYMNASIUM)		
08:25	1	AVG_YW_3	SKP_YW_5	AVG_YW_4
08:32	2	CM_YW_20	CSJDB_YW_23	E_YW_51
08:39	3	CPDN_YW_58	EGF_YW_64	SCP_YW_101
08:46	4	EGF_YM_63	AVG_YW_3	SKP_YW_5
08:53	5	AVG_YW_4	CM_YW_20	CSJDB_YW_23
09:00	6	E_YW_51	CPDN_YW_58	EGF_YW_64
09:07	7	SCP_YW_101	EGF_YM_63	AVG_YW_3
09:14	8	SKP_YW_5	AVG_YW_4	CM_YW_20
09:21	9	CSJDB_YW_23	E_YW_51	CPDN_YW_58
09:28	10	EGF_YW_64	CODL_MW_48	EGF_YM_63
09:35	11	CNS_MW_33	SCP_YW_101	CODL_JMx_50
09:42	12	CODL_JMx_50	CNS_MW_33	CODL_MW_48
09:49	13	CODL_MW_48	CODL_JMx_50	CNS_MW_33
09:56	14	CSJDB_JW_24	MKG_JW_6	EDL_JW_18
10:03	15	CODL_JW_49	CNS_JW_30	SCS_JW_44
10:10	16	TW_JW_1	EGF_JW_62	SCP_JW_102
10:17	17	EDL_JW_18	CSJDB_JW_24	MKG_JW_6
10:24	18	SCS_JW_44	CODL_JW_49	CNS_JW_30
10:31	19	SCP_JW_102	TW_JW_1	EGF_JW_62
10:38	20	MKG_JW_6	EDL_JW_18	CSJDB_JW_24

10:45	21	CNS_JW_30	SCS_JW_44	GCP_SMx_202
10:52	22	EGF_JW_62	SCP_JW_102	TW_JW_1
10:59	23	TW_JM_2	GCP_SMx_202	CODL_JW_49
11:06	24	GCP_SMx_202	TW_JM_2	
11:13	25	SCP_SW_103	CSJDB_JM_26	TW_JM_2
11:20	26	CSJDB_SW_25	ESS_SW_16	SCP_SW_103
11:27	27	GCP_SW_201	SCP_SEM_104	A_JM_21
11:34	28	A_SMx_22	SCP_SW_103	CSJDB_JM_26
11:41	29	A_JM_21	GCP_SW_201	GCP_SEM_203
11:48	30	GCP_SEM_203	A_SMx_22	SCP_SEM_104
11:55	31	CSJDB_JM_26	A_JM_21	GCP_SW_201
12:02	32	SCP_SEM_104	GCP_SEM_203	A_SMx_22
12:09	Training Finishes			

17. COMPETITION DRAW – DAY 1 (11th of MAY 2019)

TEAMGYM INTERNATIONAL OPEN FOR CLUBS

TIME	PASS	FLOOR	TUMBLING	TRAMPET
12:07	Call for the Waiting Area			
12:12	Warm-up on the apparatus - 3 min			
12:15	1	AVG_YW_3	SKP_YW_5	AVG_YW_4
12:21	Call for the Waiting Area			
12:26	Warm-up on the apparatus - 3 min			
12:29	2	CM_YW_20	CSJDB_YW_23	E_YW_51
12:36	Call for the Waiting Area			
12:41	Warm-up on the apparatus - 3 min			
12:44	3	CPDN_YW_58	EGF_YW_64	SCP_YW_101
12:50	Call for the Waiting Area			
12:56	Warm-up on the apparatus - 3 min			
12:59	4	EGF_YM_63	AVG_YW_3	SKP_YW_5
13:06	Call for the Waiting Area			
13:11	Warm-up on the apparatus - 3 min			
13:14	5	AVG_YW_4	CM_YW_20	CSJDB_YW_23
13:21	Call for the Waiting Area			
13:26	Warm-up on the apparatus - 3 min			
13:29	6	E_YW_51	CPDN_YW_58	EGF_YW_64
13:36	Call for the Waiting Area			
13:41	Warm-up on the apparatus - 3 min			
13:44	7	SCP_YW_101	EGF_YM_63	AVG_YW_3
13:50	Call for the Waiting Area			
13:56	Warm-up on the apparatus - 3 min			
13:59	8	SKP_YW_5	AVG_YW_4	CM_YW_20
14:06	Call for the Waiting Area			
14:11	Warm-up on the apparatus - 3 min			
14:14	9	CSJDB_YW_23	E_YW_51	CPDN_YW_58
14:21	Call for the Waiting Area			
14:26	Warm-up on the apparatus - 3 min			
14:29	10	EGF_YW_64	SCP_YW_101	EGF_YM_63

14:36	Call for the Waiting Area		
14:41	Warm-up on the apparatus - 3 min		
14:44	11	CNS_MW_33	CODL_MW_48 CODL_JMx_50
14:50	Call for the Waiting Area		
14:56	Warm-up on the apparatus - 3 min		
14:59	12	GCP_SMx_202	A_SMx_22
15:06	Call for the Waiting Area		
15:11	Warm-up on the apparatus - 3 min		
15:14	13		CNS_MW_33 CODL_MW_48
15:21	Call for the Waiting Area		
15:26	Warm-up on the apparatus - 3 min		
15:29	14	CODL_JMx_50	GCP_SMx_202 A_SMx_22
15:36	Call for the Waiting Area		
15:41	Warm-up on the apparatus - 3 min		
15:44	15		CNS_MW_33
15:50	Call for the Waiting Area		
15:56	Warm-up on the apparatus - 3 min		
15:59	16	CODL_MW_48	CODL_JMx_50 GCP_SMx_202
16:06	Call for the Waiting Area		
16:11	Warm-up on the apparatus - 3 min		
16:14	17	A_SMx_22	MKG_JW_6 EDL_JW_18
16:21	Call for the Waiting Area		
16:26	Warm-up on the apparatus - 3 min		
16:29	18	CSJDB_JW_24	CNS_JW_30 SCS_JW_44
16:36	Call for the Waiting Area		
16:41	Warm-up on the apparatus - 3 min		
16:44	19	CODL_JW_49	EGF_JW_62 SCP_JW_102
16:50	Call for the Waiting Area		
16:56	Warm-up on the apparatus - 3 min		
16:59	20	TW_JW_1	
17:06	Call for the Waiting Area		
17:11	Warm-up on the apparatus - 3 min		
17:14	21	EDL_JW_18	CSJDB_JW_24 CNS_JW_30
17:21	Call for the Waiting Area		
17:26	Warm-up on the apparatus - 3 min		
17:29	22	SCS_JW_44	CODL_JW_49 EGF_JW_62
17:36	Call for the Waiting Area		
17:41	Warm-up on the apparatus - 3 min		
17:44	23	SCP_JW_102	TW_JW_1
17:50	Call for the Waiting Area		
17:56	Warm-up on the apparatus - 3 min		
17:59	24	MKG_JW_6	EDL_JW_18 CSJDB_JW_24
18:06	Call for the Waiting Area		
18:11	Warm-up on the apparatus - 3 min		
18:14	25	CNS_JW_30	SCS_JW_44 CODL_JW_49
18:21	Call for the Waiting Area		
18:26	Warm-up on the apparatus - 3 min		
18:29	26	EGF_JW_62	SCP_JW_102 TW_JW_1

18:36	Call for the Waiting Area		
18:41	Warm-up on the apparatus - 3 min		
18:44	27	A_JM_21	CSJDB_JM_26 TW_JM_2
18:50	Call for the Waiting Area		
18:56	Warm-up on the apparatus - 3 min		
18:59	28	CSJDB_SW_25	ESS_SW_16 SCP_SW_103
19:06	Call for the Waiting Area		
19:11	Warm-up on the apparatus - 3 min		
19:14	29	GCP_SW_201	SCP_SEM_104 GCP_SEM_203
19:21	Call for the Waiting Area		
19:26	Warm-up on the apparatus - 3 min		
19:29	30	TW_JM_2	A_JM_21 CSJDB_JM_26
19:36	Call for the Waiting Area		
19:41	Warm-up on the apparatus - 3 min		
19:44	31	SCP_SW_103	GCP_SW_201 SCP_SEM_104
19:50	Call for the Waiting Area		
19:56	Warm-up on the apparatus - 3 min		
19:59	32	GCP_SEM_203	TW_JM_2 A_JM_21
20:06	Call for the Waiting Area		
20:11	Warm-up on the apparatus - 3 min		
20:14	33	CSJDB_JM_26	SCP_SW_103 GCP_SW_201
20:21	Call for the Waiting Area		
20:26	Warm-up on the apparatus - 3 min		
20:29	34	SCP_SEM_104	GCP_SEM_203
20:45	Award Ceremony for All Groups		

18. LIST OF TEAMS – DAY 2 – INFO UPDATE on the 05 of May 2019**MICRO-TEAM INTERNATIONAL OPEN FOR CLUBS****AGE GROUP: Mini – 8 to 11 years old (date of birth 2011 - 2008)**

Country	Club	Section	Team Code
Portugal	Club Naval Setubalense	Mix	CNS_MT_MMx_41
Portugal	Externato da Luz	Women's	EDL_MT_MW_14
Portugal	Club Naval Setubalense	Women's	CNS_MT_MW_38
Portugal	Club Naval Setubalense	Women's	CNS_MT_MW_39
Portugal	Club Naval Setubalense	Women's	CNS_MT_MW_40
Portugal	Clube Parque das Nações	Women's	CPDN_MT_MW_59
Estonia	Estonian Gymnasitcs Federation	Women's	EGF_MT_MW_69
Portugal	Sporting Clube de Portugal	Women's	SCP_MT_MW_301
Portugal	Sporting Clube de Portugal	Women's	SCP_MT_MW_302
Portugal	Ginásio Clube do Montijo	Women's	GCM_MT_MW_401
Portugal	Ginásio Clube do Montijo	Women's	GCM_MT_MW_402
Estonia	Estonian Gymnasitcs Federation	Men's	EGF_MT_MM_70

AGE GROUP: Youth – 10 to 14 years old (date of birth 2009 - 2005)

Country	Club	Section	Team Code
Portugal	Sport Clube Sanjoanense	Mix	SCS_MT_YMx_47
Estonia	Estonian Gymnasitcs Federation	Mix	EGF_MT_YMx_67
Portugal	Ginásio Clube Português	Mix	GCP_MT_YMx_201
Great Britain	Milton Keynes Gymnastics	Women's	MKG_MT_YW_7
Portugal	Colégio Pedro Arrupe	Women's	CPA_MT_YW_29
Portugal	Club Naval Setubalense	Women's	CNS_MT_YW_36
Portugal	Club Naval Setubalense	Women's	CNS_MT_YW_37
Portugal	Sport Clube Sanjoanense	Women's	SCS_MT_YW_46
Portugal	Espaço	Women's	E_MT_YW_53
Portugal	Espaço	Women's	E_MT_YW_54
Portugal	Clube Parque das Nações	Women's	CPDN_MT_YW_60
Portugal	Clube Parque das Nações	Women's	CPDN_MT_YW_61
Estonia	Estonian Gymnasitcs Federation	Women's	EGF_MT_YW_66
Portugal	Clube Oriental de Lisboa	Women's	CODL_MT_YW_56
Estonia	Estonian Gymnasitcs Federation	Men's	EGF_MT_YM_68

AGE GROUP: Junior – 13 to 17 years old (date of birth 2006 - 2002)

Country	Club	Section	Team Code
Estonia	Estonian Gymnasitcs Federation	Mix	EGF_MT_JMx_65
Great Britain	Milton Keynes Gymnastics	Women's	MKG_MT_JW_9
Portugal	Colégio Pedro Arrupe	Women's	CPA_MT_JW_28
Portugal	Club Naval Setubalense	Women's	CNS_MT_JW_35
Portugal	Sport Clube Sanjoanense	Women's	SCS_MT_JW_45
Portugal	Espaço	Women's	E_MT_JW_55
Portugal	Espaço	Women's	E_MT_JW_71
Portugal	Instituto dos Pupilos do Exército	Women's	IDPDE_MT_JW_73
Portugal	Sociedade Tuna Operaria Sintra	Women's	STOS_MT_JW_502
Portugal	Clube Oriental de Lisboa	Men's	CODL_MT_JM_57
Portugal	Instituto dos Pupilos do Exército	Men's	IDPDE_MT_JM_72

AGE GROUP: Senior – from 16 years old (date of birth ≤ 2003)

Country	Club	Section	Team Code
Great Britain	Milton Keynes Gymnastics	Mix	MKG_MT_SMx_8
Portugal	Ginásio Clube Português	Mix	GCP_MT_SMx_203
Italia	Eden Sport scsd	Women's	ESS_MT_SW_17
Portugal	Colégio Pedro Arrupe	Women's	CPA_MT_SW_27
Portugal	Colégio São João de Brito	Women's	CSJDB_MT_SW_42
Portugal	Colégio São João de Brito	Women's	CSJDB_MT_SW_43
Portugal	Ginásio Clube Português	Women's	GCP_MT_SW_204
Portugal	Ginásio Clube Português	Women's	GCP_MT_SW_205
Portugal	Sociedade Tuna Operaria Sintra	Women's	STOS_MT_SW_501
Portugal	Instituto dos Pupilos do Exército	Men's	IDPDE_MT_SM_74

AGE GROUP: Senior Elite – from 16 years old (date of birth ≤ 2003)

Country	Club	Section	Team Code
Portugal	Ginásio Clube Português	Men's	GCP_MT_SME_201
Portugal	Ginásio Clube Português	Men's	GCP_MT_SME_202

19. TRAINING SCHEDULE – DAY 2 (12th of MAY 2019)
– INFO UPDATE on the 05 of May 2019
MICROTEAM INTERNATIONAL OPEN FOR CLUBS

TIME	TUMBLING <i>TUMBLING</i>
09:00	CNS_MT_MW_38
	CNS_MT_MW_39
09:10	CNS_MT_MW_40
	CNS_MT_YW_36
09:20	CNS_MT_JW_35
	CNS_MT_YW_37
09:30	CNS_MT_MMx_41
	EDL_MT_MW_14
09:40	CODL_MT_JM_57
	CODL_MT_YW_56
09:50	GCM_MT_MW_401
	GCM_MT_MW_402
10:00	SCP_MT_MW_301
	SCP_MT_MW_302
10:10	E_MT_JW_55
	E_MT_JW_71
10:20	EGF_MT_JMx_65
	EGF_MT_MM_70
10:30	EGF_MT_MW_69
	EGF_MT_YM_68
10:40	EGF_MT_YMx_67
	EGF_MT_YW_66
10:50	GCP_MT_SW_204
	GCP_MT_SW_205
11:00	E_MT_YW_53
	E_MT_YW_54
11:10	CPA_MT_JW_28
	CPA_MT_YW_29
11:20	ESS_MT_SW_17
	CPA_MT_SW_27
11:30	CSJDB_MT_SW_42
	CSJDB_MT_SW_43
11:40	GCP_MT_SME_201
	GCP_MT_SME_202
11:50	GCP_MT_YMx_201
12:00	IDPDE_MT_JM_72
	MKG_MT_JW_9

MINI - TRAMPOLIM <i>TRAMPET</i>
CODL_MT_JM_57
CODL_MT_YW_56
GCM_MT_MW_401
GCM_MT_MW_402
SCP_MT_MW_301
SCP_MT_MW_302
E_MT_JW_55
E_MT_JW_71
CNS_MT_MW_38
CNS_MT_MW_39
CNS_MT_MW_40
CNS_MT_YW_36
CNS_MT_JW_35
CNS_MT_YW_37
CNS_MT_MMx_41
EDL_MT_MW_14
E_MT_YW_53
E_MT_YW_54
CPA_MT_JW_28
CPA_MT_YW_29
ESS_MT_SW_17
CPA_MT_SW_27
CSJDB_MT_SW_42
CSJDB_MT_SW_43
EGF_MT_JMx_65
EGF_MT_MM_70
EGF_MT_MW_69
EGF_MT_YM_68
EGF_MT_YMx_67
EGF_MT_YW_66
GCP_MT_SW_204
GCP_MT_SW_205
CPDN_MT_MW_59
CPDN_MT_YW_60
CPDN_MT_YW_61
SCS_MT_JW_45
SCS_MT_YMx_47
SCS_MT_YW_46

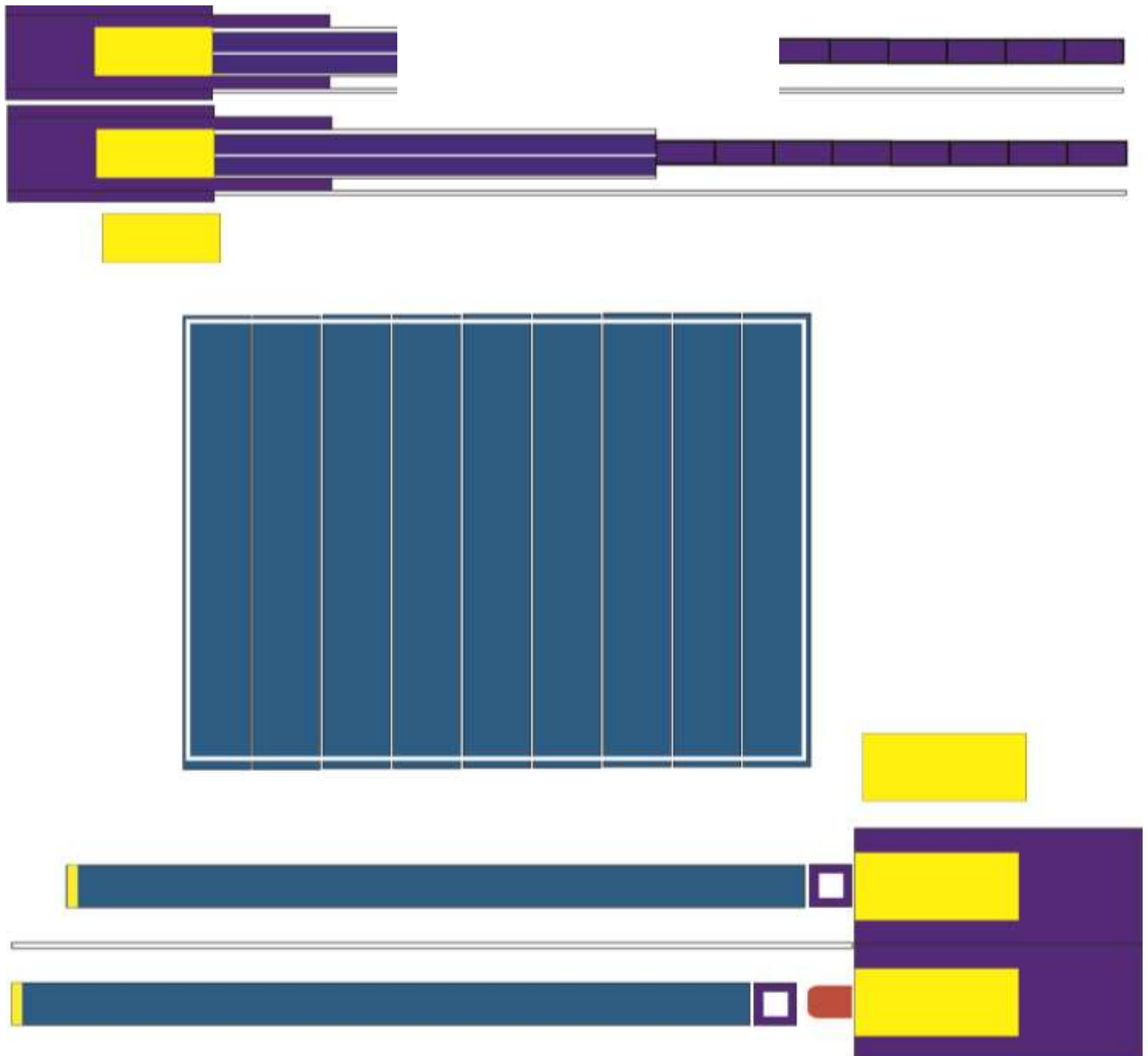
12:10	MKG_MT_SMx_8	IDPDE_MT_JW_73
	MKG_MT_YW_7	IDPDE_MT_SM_74
12:20	CPDN_MT_MW_59	GCP_MT_SME_201
	CPDN_MT_YW_60	GCP_MT_SME_202
12:30	CPDN_MT_YW_61	GCP_MT_YMx_201
	SCS_MT_JW_45	
12:40	SCS_MT_YMx_47	IDPDE_MT_JM_72
	SCS_MT_YW_46	MKG_MT_JW_9
12:50	IDPDE_MT_JW_73	MKG_MT_SMx_8
	IDPDE_MT_SM_74	MKG_MT_YW_7
13:00	STOS_MT_SW_501	GCP_MT_SMx_203
	STOS_MT_JW_502	
13:10	GCP_MT_SMx_203	STOS_MT_SW_501
		STOS_MT_JW_502
13:20	Training Finishes	

20. COMPETITION DRAW – DAY 2 (12th of MAY 2019) – INFO UPDATE on the 05 of May 2019
MICROTEAM INTERNATIONAL OPEN FOR CLUBS

TIME	TUMBLING <i>TUMBLING</i>	MINI - TRAMPOLIM <i>TRAMPET</i>
14:00	MKG_MT_YW_7	CNS_MT_MMx_41
14:06	CPA_MT_YW_29	EDL_MT_MW_14
14:12	CPDN_MT_YW_60	CNS_MT_MW_38
14:18	E_MT_YW_53	CNS_MT_MW_39
14:24	SCS_MT_YW_46	CNS_MT_MW_40
14:30	CNS_MT_YW_37	CPDN_MT_MW_59
14:36	CNS_MT_MMx_41	MKG_MT_YW_7
14:42	EDL_MT_MW_14	CPA_MT_YW_29
14:48	CNS_MT_MW_38	CPDN_MT_YW_60
14:54	CNS_MT_MW_39	E_MT_YW_53
15:00	CNS_MT_MW_40	SCS_MT_YW_46
15:06	CPDN_MT_MW_59	CNS_MT_YW_37
15:12	E_MT_YW_54	EGF_MT_MW_69
15:18	CNS_MT_YW_36	SCP_MT_MW_301
15:24	CPDN_MT_YW_61	SCP_MT_MW_302
15:30	EGF_MT_YW_66	GCM_MT_MW_401
15:36	CODL_MT_YW_56	GCM_MT_MW_402
15:42	GCP_MT_SME_201	EGF_MT_MM_70
15:48	EGF_MT_MW_69	E_MT_YW_54
15:54	SCP_MT_MW_301	CNS_MT_YW_36
16:00	SCP_MT_MW_302	CPDN_MT_YW_61
16:06	GCM_MT_MW_401	EGF_MT_YW_66
16:12	GCM_MT_MW_402	CODL_MT_YW_56
16:18	EGF_MT_MM_70	GCP_MT_SME_201
16:24	GCP_MT_SME_202	SCS_MT_YMx_47
16:30	ESS_MT_SW_17	EGF_MT_YMx_67

16:36	IDPDE_MT_SM_74		GCP_MT_YMx_201
16:42	CPA_MT_SW_27		EGF_MT_YM_68
16:48	CSJDB_MT_SW_42		MKG_MT_JW_9
16:54	GCP_MT_SW_204		EGF_MT_JMx_65
17:00	SCS_MT_YMx_47		GCP_MT_SME_202
17:06	EGF_MT_YMx_67		ESS_MT_SW_17
17:12	GCP_MT_YMx_201		IDPDE_MT_SM_74
17:18	EGF_MT_YM_68		CPA_MT_SW_27
17:24	MKG_MT_JW_9		CSJDB_MT_SW_42
17:30	EGF_MT_JMx_65		GCP_MT_SW_204
17:36	CSJDB_MT_SW_43		CPA_MT_JW_28
17:42	STOS_MT_SW_501		CNS_MT_JW_35
17:48	GCP_MT_SW_205		STOS_MT_JW_502
17:54	MKG_MT_SMx_8		SCS_MT_JW_45
18:00	GCP_MT_SMx_203		E_MT_JW_55
18:06	IDPDE_MT_JM_72		E_MT_JW_71
18:12	CODL_MT_JM_57		IDPDE_MT_JW_73
18:18	CPA_MT_JW_28		CSJDB_MT_SW_43
18:24	CNS_MT_JW_35		STOS_MT_SW_501
18:30	STOS_MT_JW_502		GCP_MT_SW_205
18:36	SCS_MT_JW_45		MKG_MT_SMx_8
18:42	E_MT_JW_55		GCP_MT_SMx_203
18:48	E_MT_JW_71		IDPDE_MT_JM_72
18:54	IDPDE_MT_JW_73		CODL_MT_JM_57
19:00	Award Ceremony		

DAY 1 LAYOUT



public stands

DAY 2 LAYOUT



public stands

Tel: (+351) 21 384 15 80
Fax: (+351) 21 384 15 89
Praça Ginásio Clube Português, nº 1
1250 - 111 Lisboa | Portugal



**GINÁSIO
CLUBE
PORTUGUÊS**

www.lisbontg.pt | lisbontg@gcp.pt