



**20th Slovak Aerobic Open
BRATISLAVA (SVK)
5th – 7th April 2019**



FIG ID 16063

Dear FIG affiliated Member Federation,

The Slovak Gymnastics Federation has the honour to welcome **15 countries** to participate in the aforementioned official FIG International Event - **20th Slovak Aerobic Open**.

Participating countries:

AUSTRIA, AZERBAIJAN, BRAZIL, BULGARIA, THE CZECH REPUBLIC, FRANCE, GERMANY, GREECE, HUNGARY, INDONESIA, MOLDOVA, ROMANIA, TURKEY, UKRAINE & SLOVAKIA



COMPETITION VENUE

TABLE-TENNIS HALL
Černockého 6, BRATISLAVA
SLOVAKIA
GPS 48°12'5"N, 17°8'45"E

1. ACCREDITATION

The accreditation will take place at the TABLE-TENNIS HALL, BRATISLAVA upon arrival to the venue, **Friday, 5th April, 2019 from 09:00 to 12:00**. Please, respect the time. The accreditations will be handed out only to the Head of Delegation. All delegations must deliver **copy of insurance declaration, passports or copies of all members**.

2. SCHEDULE – UPDATED

Thursday, 4th April 2019

All Day	Arrival of the delegations	Hotels
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Friday, 5th April 2019

07.45 - 14.15	Podium training according to the schedule	TABLE-TENNIS Sport Hall
09.00 – 12.00	Accreditation	TABLE-TENNIS Sport Hall
12.15 - 12.50	Orientation meeting	TABLE-TENNIS Sport Hall
13.00 - 14.00	Judges meeting & judges draw	TABLE-TENNIS Sport Hall
14.30 – 20.30	Finals National Development & MEDAL AWARD CEREMONY	TABLE-TENNIS Sport Hall

Saturday, 6th April 2019

07.50 - 8.50	Podium training according to the schedule	TABLE-TENNIS Sport Hall
08.15	Judges briefing & judges draw	TABLE-TENNIS Sport Hall
09.00	OPENING CEREMONY	TABLE-TENNIS Sport Hall
09.15 - 19.30	Qualification AG1 /AG2 /SEN	TABLE-TENNIS Sport Hall
20.00	Banquet (Head of delegations & coaches & judges)	Hotel BARÓNKA

Sunday, 7th April 2019

08.00 – 09.00	Optional training	TABLE-TENNIS Sport Hall
09.00 – 09.42	Podium training according to the schedule	TABLE-TENNIS Sport Hall
09.15	Judges briefing & judges draw	TABLE-TENNIS Sport Hall
09.50	OPENING CEREMONY	TABLE-TENNIS Sport Hall
10.00 – 13.30	Finals AG 1/ AEROBIC DANCE and AEROBIC STEP MEDAL AWARD CEREMONY (National - only for Slovakian competitors)	TABLE-TENNIS Sport Hall
14.30 – 18.00	Finals AG 2 / SENIORS MEDAL AWARD CEREMONY (International – ALL categories)	TABLE-TENNIS Sport Hall
	Optional departure	

Monday, 8th April 2019

All day	Departure of the delegations	Hotels
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3. CATEGORIES

National Development	8 - 11 years
Age Group 1	12 - 14 years
Age Group 2	15 - 17 years
Seniors	18 years and older

4. QUALIFICATIONS

There is no qualification if less than 10 competitors (units) in categories (IW, IM, MP, TR, GR).

5. FINALS

- **National Development:**
Only the finals (IW, IM, MP, TR, GR)
- **Age Group 1, Age Group 2 and Seniors:**
Each final (IW, IM, MP, TR, GR): maximum of ten (10) competitors: **7 best foreign competitors (max. 2 per nation) + 3 Slovak competitors (maximum).**
- **Aerobic Dance and Aerobic Step:**
Only the finals in AG1, AG2 & Seniors categories

6. ORGANIZING COMMITTEE CONTACT

Slovak Gymnastics Federation, Junácka 6, 832 80 Bratislava, Slovakia

Phone: +421 2 492 491 49

Fax: +421 2 492 49 538

e-mail: gymnastics@sgf.sk

7. ACCOMMODATION

Hotel Barónka**/***** (1.6 km from the competition hall, walking distance – 20 min.)

Mudrochova 2

835 27 Bratislava

Tel. +421 (0)2 44872324

e-mail: recepacia@hotelbaronka.sk

web site: www.baronka.sk

Hotel Color*** (6.5 km from the competition hall)

Pri Starom mýte

831 04 Bratislava

Tel. +421 (0)2 499101255

e-mail: reception@hotelcolor.sk

web site: www.hotelcolor.sk

Hotel Remy** (9.4 km from the competition hall)

Stará Vajnorská 37/A

Tel. +421 (0)2 44455063

e-mail: info@remy.sk

web site: www.hotel-remy.mozello.com

Hotel Prim** (9.2 km from the competition hall)

Stará Vajnorská 37

Tel. +421 (0)2 44253124

e-mail: hotel@hotelprim.sk

web site: www.hotelprim.com

8. MEALS

Meals can be purchased at the the competition venue – TABLE-TENNIS Sport Hall by the delegations (there is no need to do pre-order).

Lunch (11.00-14.30): 4 € - 6 €

Dinner (17.00-19.00): 4 € - 6 €

9. TRAINING

Podium training will be organise according to the schedule (appendix to this work-plan). Due to the huge number of participants, we had to distribute the training for the biggest delegations for more days. Delegations are kindly asked to respect the particular time.

10. MUSIC

All music of the gymnast's routine should have been sent in **mp3**. format to:

music.slovakopen@gmail.com

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category (IM, IW, MP, TR, GR, AS, AD);
- The age category (ND, AG1, AG2, Senior)

Example: SVK_LAMOSOVA_Anita_Senior_IW1_mp3

If you have not done so yet, send the music immediately to the address listed!!!

11. WEATHER

We expect a mostly sunny weather in the city of Bratislava during the competition (15°-20°C) ☺.

If any other question concerning competition do not hesitate to contact us.

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APPENDIX

PODIUM TRAINING

FRIDAY, 05 APRIL 2019

FRIDAY 05 April 2019		DELEGATION	PODIUM 1 min max per routine
	1	SVK/ Inter Aerobic + Royal Aerobic (24 + 3)	07:45 – 08:12
	2	SVK/ KGŠ Trnava + KŠA Nitra (8 + 26)	08:12 – 08:46
	3	BUL (18)	08:46 – 09:04
	4	AZE + TUR (9 +10)	09:04 – 09:23
	5	GER (20)	09:23 – 09:43
	6	SVK/ VŠK FTVŠ + FAF Bánov (23 + 2)	09:43 – 10:08
	7	GRE (24)	10:08 – 10:32
	8	BRA + FRA + IDN (3 + 12 + 1)	10:32 – 10:48
	9	ROU (38)	10:48 – 11:26
	10	MDA (34)	11:26 – 12:00
	11	SVK / PU Prešov (12)	12:00 – 12:12
	12	AUT (17)	12:12 – 12:29
	13	UKR (35)	12:29 – 13:04
	14	HUN (40)	13:04 – 13:44
	15	CZE (30)	13:44 - 14:14

SATURDAY, 06 APRIL 2019

SATURDAY 06 April 2019		DELEGATION	PODIUM 1 min max per routine
	1	CZE (24)	07.50 – 08.14
	2	HUN (20)	08.14 – 08.34
	3	UKR (15)	08.34 – 08.49

SUNDAY, 07 APRIL 2019

SUNDAY 07 April 2019		DELEGATION	PODIUM 1 min max per routine
	1	Optional training	08:00 – 09:00
	2	HUN + AUT (12 + 2)	09:00 – 09:14
	3	SVK (Inter Aerobic + VŠK FTVŠ UK Lafranconi BA + KŠA Nitra + PU Prešov)	09:14 – 09:30
	4	CZE + UKR + GER (3 + 7 + 2)	09:30 – 09:42