



Declaration of interest

“Invitation draft”

39th International Frivolten Cup

In Trampoline and Double Mini Tramp

May 10th – 11th 2024

Frivolten Cup will be held Ascension-Day Weekend May 10th – 11th 2024.

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 39th edition of Frivolten Cup. Please visit <http://frivolten.com/frivoltencup> for coming detailed information.

Organizing club

GK Frivolten

Venue

Herrljunga Sim & Idrottshall, Sweden

Location - Arriving/departing Gothenburg/Göteborg airport. (Landvetter airport)

Herrljunga, situated 90 km from Gothenburg airport, on the main railroad Gothenburg - Stockholm.

Classes

Trampoline Individual		Double Mini Tramp (DMT)	
U12, born 2012-2015	U12 compulsory skills.	U12, born 2012-2015	Each skill must have at least 360° of somersault rotation
U13-14, born 2010-2011	U13-14 compulsory skills.	U13-14, born 2010-2011	
U15-16, born 2008-2009	U15-16 compulsory skills.	U15-16, born 2008-2009	
Junior, born 2008-2012	FIG B	Junior, born 2008-2012	
Open, born 2007 or earlier	FIG A	Open, born 2007 or earlier	
Compulsory routines will be posted in the detailed invitation. A competitor may only participate in one trampoline event and one DMT event.			

Entry and Declaration of interest

- Clubs declaring interest to participate in Frivolten Cup 2024 before January 1st 2024 will receive a 10% discount of the normal entry fee.

To make a Declaration of Interest, please use our website www.frivolten.com/frivoltencup and follow the instructions.

Later on you will receive a password for your registration.

To help us plan for the very best competition, we want to know your interest in participating in Frivolten Cup 2024.

Your declaration of interest is NOT conclusive, but it makes it easier for us to organize!

In case of more competitors than we can handle (appr. 500), a complete entry (including specified judges) and the date of received “Declaration of Interest” will count. “FIRST COME, FIRST SERVED”

- A detailed invitation will be posted on <http://frivolten.com/frivoltencup> November 2023 at latest.
- You can register via your password from Januari 1st – April 14th 2024.
- We are expecting your final entry not later then 14th of April 2024.

Questions and contact information

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PRELIMINARY PROGRAM 2024**Wednesday 8th May**

Evening Arrival of delegations, accreditations from 17.00 Hrs

Thursday 9th May

All day Arrival of delegations

10.00-21.00 Open training

21.00 Information meeting for coaches and judges in the dining area

Friday 10th May

07.00-08.30 Open training for today's events

08.30-09.30 Open training for competitors in Work pass 1.

09.30-12.30 Prelims Work pass 1 (Trampoline and DMT U-classes)

12.30-14.00 Open training for competitors in Work pass 2.

14.00-16.00 Prelims Work pass 2 (Trampoline and DMT U-classes)

16.00-17.00 Open training for competitors in Work pass 3.

17.00-19.00 Prelims Work pass 3 (Trampoline U-classes and DMT Junior / Open)

19.00-21.00 Open training for tomorrows events

Free swimming in the pool

Saturday 11th May

07.00-10.00 Free training for Junior and Open trampoline

10.00-13.00 Prelims for Trampoline Junior and Open

13.00-15.00 Open training for finalists

15.30 Finals for all events

21.00 Banquet dinner and disco

Sunday 12th May

07.00-09.00 Breakfast

Departure of delegations

Please note! This preliminary program is based on the previous years competition, and may change when the number of competitors in each class is known.

