



Declaration of interest

“Invitation draft”

35th International Frivolten Cup

In Trampoline and Double Mini Tramp

May 11th – 12th 2018

FIG-sanction pending for Junior and Open classes

Frivolten Cup will be held Ascension-Day Weekend May 11th - 12th 2018.

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 35th 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 2006-2011	U12 compulsory skills.	U12, born 2006-2011	Each skill must have at least 360° of somersault rotation
U13-14, born 2004-2005	U13-14 compulsory skills.	U13-14, born 2004-2005	
U15-16, born 2002-2003	U15-16 compulsory skills.	U15-16, born 2002-2003	
Junior, born 2001-2005	FIG B	Junior, born 2001-2005	
Open, born 2001 or earlier	FIG A	Open, born 2001 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 2018 before January 1st 2018 will receive a 10% discount of the normal entry fee.
You make a 'declaration of interest' on our web.

To help us plan for the very best competition, we want to know your interest in participating in Frivolten Cup 2018.

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

In case of more competitors then we can accept (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 2018 at latest.
- We are expecting your final entry not later then 11th of April 2018.

Questions and contact information

E-mail: info@frivolten.com

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PRELIMINARY PROGRAM 2018**Wednesday 9th May**

Evening Arrival of delegations, accreditations from 17.00 Hrs

Thursday 10th May

All day Arrival of delegations
 10.00-21.00 Open training
 21.00 Information meeting for coaches and judges

Friday 11th 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 12th 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 13th May

07.00-09.00 Breakfast
 Departure of delegations

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