



# Declaration of interest

“Invitation draft”

## 33<sup>rd</sup> International Frivolten Cup

In Trampoline and Double Mini Tramp

May 6<sup>th</sup> – 7<sup>th</sup> 2016

FIG-sanction pending for Junior and Open classes

**Frivolten Cup will be held Ascension-Day Weekend May 6<sup>th</sup> - 7<sup>th</sup> 2016.**

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 33<sup>rd</sup> 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 2004-2009	U12 compulsory skills.	U12, born 2004-2009	Each skill must have at least 360° of somersault rotation
U13-14, born 2002-2003	U13-14 compulsory skills.	U13-14, born 2002-2003	
U15-16, born 2000-2001	U15-16 compulsory skills.	U15-16, born 2000-2001	
Junior, born 1999-2003	FIG B	Junior, born 1999-2003	
Open, born 1999 or earlier	FIG A	Open, born 1999 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 2016 before January 1<sup>st</sup> 2016 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 2016.**

**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, 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 2015 at latest.
- We are expecting your final entry not later then 5<sup>th</sup> April 2016.

<p><b>Questions and contact information</b> E-mail: <a href="mailto:info@frivolten.com">info@frivolten.com</a></p>	<p>Name: Thomas Erikson Phone +46 51360225 Mobil +46 705957759</p>
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**PRELIMINARY PROGRAM 2016****Wednesday 4<sup>rd</sup> May**

Evening                      Arrival of delegations

**Thursday 5<sup>th</sup> May**

All day                      Arrival of delegations

10.00-21.00              Open training

21.00                      Information meeting for coaches and judges

**Friday 6<sup>th</sup> 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 tomorrow's events

Free swimming in the pool

**Saturday 7<sup>th</sup> 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 8<sup>th</sup> 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.