



17th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG ID 18585 – Senior and Junior
International Event – Youth and ND
16th – 18th of October 2026



PODIUM TRAINING – 15th of October 2026 (Thursday)

N	Training group/ Nation	Warm up area General warm up 45 min	Training podium	Transfer	Competition podium
1.	BUL ND & Y (74 routines)	08:15 – 09:00	09:00 – 10:55	5 min	11:00 – 12:55
2.	ROU (37)	11:14 – 11:59	11:59 – 12:55	5 min	13:00 – 13:56
3.	TUR 1 (36)	12:15 – 13:00	13:00 – 13:55	5 min	14:00 – 14:55
4.	TUR 2 (34)	13:15 - 14:00	14:00 - 14:55	5 min	15:00 – 15:55
5.	TUR 3 (27)	14:30 - 15:15	15:15 - 15:55	5 min	16:00 – 16:41
6.	GBR-HR (9) + HUN (6) + POR (11)	15:15 – 16:00	16:00 - 16:40	5 min	16:45 – 17:25
7.	BUL J&S (23) + UKR (1)	16:00 – 16:45	16:45 - 17:25	5 min	17:30 – 18:10
8.	LTU (19) + BLR (4) + BEL (1)	16:45 – 17:30	17:30 - 18:10	5 min	18:15 – 18:55
9.	RUS (23) + SVK (3)	17:25 – 18:10	18:10 - 18:50	5 min	18:55 – 19:35

N.B. Training Podium and Competition Podium:

The time scheduled for 1 routine is *1 min 30 sec.*

TUR 1 – Ankara Ada (5); Emba (6); Erken Sanat (5); Eson&Balikesir (12); Silver Elit (8)

TUR2 – Savkar&Bursa (23); Talents (2); AcroGym (1); Tarzan (8)

TUR 3 – Gymnast Factory (9); Baskent Academy (11); Batikent Gymnastics (1); Cayyolu Baskent (5); Yuvam Izmit (1)