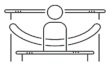
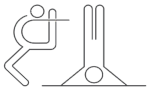
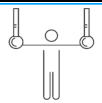
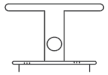
PLAY-OFF A2 GAM-GAF

PROVE PODIO

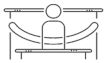
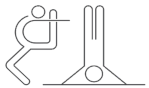
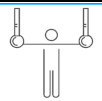
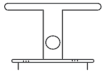
Palavesuvio - 15 Maggio 2021

WARM-UP GENERALE (palestra WU)	ROTAZIONE	ORARIO	VOLTEGGIO	 PARALLELE ASIMMETRICHE	TRAVE	 CORPO LIBERO		CAVALLO CON MANIGLIE	 ANELLI	VOLTEGGIO	PARALLELE PARI	 SBARRA
09:25 - 09:55	1	10:00 - 10:20	G.S. AUDACE				JUVENTUS NOVA M.					
09:45 - 10:15	2	10:20 - 10:40	CORPO LIBERO GT	G.S. AUDACE			GINN. PRO CARATE	JUVENTUS NOVA M.				
10:05 - 10:35	3	10:40 - 11:00	GINN. PAVESE	CORPO LIBERO GT	G.S. AUDACE		A.S. UDINESE	GINN. PRO CARATE	JUVENTUS NOVA M.			
	4	11:00 - 11:20		GINN. PAVESE	CORPO LIBERO GT	G.S. AUDACE		A.S. UDINESE	GINN. PRO CARATE	JUVENTUS NOVA M.		
	5	11:20 - 11:40			GINN. PAVESE	CORPO LIBERO GT			A.S. UDINESE	GINN. PRO CARATE	JUVENTUS NOVA M.	
	6	11:40 - 12:00				GINN. PAVESE				A.S. UDINESE	GINN. PRO CARATE	JUVENTUS NOVA M.
	7	12:00 - 12:20									A.S. UDINESE	GINN. PRO CARATE
	8	12:20 - 12:40										A.S. UDINESE
DICHIARAZIONE SALITE	3° TEMPO	12:50 - 13:10	GINN. PAVESE				A.S. UDINESE					
	2° TEMPO	13:10 - 13:30	CORPO LIBERO GT				GINN. PRO CARATE					
	1° TEMPO	13:30 - 13:50	G.S. AUDACE				JUVENTUS NOVA M.					

PLAY-OFF GAM-GAF

RISCALDAMENTO DI GARA

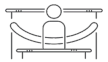
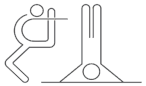
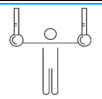
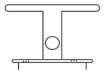
Palavesuvio - 16 Maggio 2021

ROTAZIONE GAF	ROTAZIONE GAM	ORARIO	TEMPO	VOLTEGGIO	 PARALLELE ASIMMETRICHE	TRAVE	 CORPO LIBERO	CAVALLO CON MANIGLIE	 ANELLI	VOLTEGGIO	PARALLELE PARI	 SBARRA
	WARM UP GEN.	08:14 - 08:38	24'					WARM UP GAM (palestra WU)				
WARM UP GEN. 24'	1	08:38 - 08:42	4'	WARM UP GAF (pedana del corpo libero)				A.S. UDINESE				
		08:42 - 08:46	4'					GINN. PRO CARATE				
		08:46 - 08:50	4'					JUVENTUS NOVA M.				
	2	08:50 - 08:54	4'						A.S. UDINESE			
		08:54 - 08:58	4'						GINN. PRO CARATE			
		08:58 - 09:02	4'						JUVENTUS NOVA M.			
1	3	09:02 - 09:06	4'		GINN. PAVESE					A.S. UDINESE		
		09:06 - 09:10	4'		CORPO LIBERO GT					GINN. PRO CARATE		
		09:10 - 09:14	4'		G.S. AUDACE					JUVENTUS NOVA M.		
2	4	09:14 - 09:18	4'			GINN. PAVESE					A.S. UDINESE	
		09:18 - 09:22	4'			CORPO LIBERO GT					GINN. PRO CARATE	
		09:22 - 09:26	4'			G.S. AUDACE					JUVENTUS NOVA M.	
3	5	09:26 - 09:30	4'				GINN. PAVESE					A.S. UDINESE
		09:30 - 09:34	4'				CORPO LIBERO GT					GINN. PRO CARATE
		09:34 - 09:38	4'				G.S. AUDACE					JUVENTUS NOVA M.
4	6	09:38 - 09:42	4'	GINN. PAVESE				A.S. UDINESE				
		09:42 - 09:46	4'	CORPO LIBERO GT				GINN. PRO CARATE				
		09:46 - 09:50	4'	G.S. AUDACE				JUVENTUS NOVA M.				

PLAY-OFF A2 GAM-GAF

ORDINE DI LAVORO

Palavesuvio - 16 MAGGIO 2021

ROTAZIONE GAF	ROTAZIONE GAM	ORARIO	TEMPO	VOLTEGGIO	 PARALLELE ASIMMETRICHE	TRAVE	 CORPO LIBERO	CAVALLO CON MANIGLIE	 ANELLI	VOLTEGGIO	PARALLELE PARI	 SBARRA
Cerimonia d'apertura		09:50:00 - 10:00:00	10'	CERIMONIA D'APERTURA								
	1	10:00:00 - 10:20:30	4' 30" TWU 16' GARA					A.S. UDINESE GINN. PRO CARATE JUVENTUS NOVA M.				
1	2	10:20:30 - 10:43:00	4' 30" TWU 18' GARA	GINN. PAVESE CORPO LIBERO GT G.S. AUDACE					A.S. UDINESE GINN. PRO CARATE JUVENTUS NOVA M.			
2	3	10:43:00 - 11:06:00	5' 00" TWU 18' GARA		GINN. PAVESE CORPO LIBERO GT G.S. AUDACE					A.S. UDINESE GINN. PRO CARATE JUVENTUS NOVA M.		
3	4	11:06:00 - 11:28:30	4' 30" TWU 18' GARA			GINN. PAVESE CORPO LIBERO GT G.S. AUDACE					A.S. UDINESE GINN. PRO CARATE JUVENTUS NOVA M.	
4	5	11:28:30 - 11:51:30	5' 00" TWU 18' GARA				GINN. PAVESE CORPO LIBERO GT G.S. AUDACE				A.S. UDINESE GINN. PRO CARATE JUVENTUS NOVA M.	
	6	11:51:30 - 12:12:00	4' 30" TWU 16' GARA									A.S. UDINESE GINN. PRO CARATE JUVENTUS NOVA M.