

# 1a FASE COPA CATALUNYA PROMOCIÓ - NIVELLS BASE - VIA OLÍMPICA - GAM

## PROGRAMA GENERAL

data: 29 febrer 2020

Pavelló Municipal de Gimnàstica de Salt - carrer Miquel Martí i Pol, 5 - SALT (Girona)

## ESCALFAMENT GENERAL - 8:00-8:15h

### COMPETICIÓ PROMOCIÓ 2

|             | TERRA      | ARCS       | ANELLES    | SALT       | PARAL      | BARRA      |
|-------------|------------|------------|------------|------------|------------|------------|
| 08,25-08,40 | Prom 2 (a) | Prom 2 (b) | Prom 2 (c) | Prom 2 (d) | Prom 2 (e) | Prom 2 (f) |
|             | 8          | 8          | 8          | 8          | 8          | 7          |
| 08,40-08,55 | Prom 2 (f) | Prom 2 (a) | Prom 2 (b) | Prom 2 (c) | Prom 2 (d) | Prom 2 (e) |
|             |            |            |            |            |            |            |
| 08,55-09,10 | Prom 2 (e) | Prom 2 (f) | Prom 2 (a) | Prom 2 (b) | Prom 2 (c) | Prom 2 (d) |
|             |            |            |            |            |            |            |
| 09,10-09,25 | Prom 2 (d) | Prom 2 (e) | Prom 2 (f) | Prom 2 (a) | Prom 2 (b) | Prom 2 (c) |
|             |            |            |            |            |            |            |
| 09,25-09,40 | Prom 2 (c) | Prom 2 (d) | Prom 2 (e) | Prom 2 (f) | Prom 2 (a) | Prom 2 (b) |
|             |            |            |            |            |            |            |
| 09,40-10,00 | Prom 2 (b) | Prom 2 (c) | Prom 2 (d) | Prom 2 (e) | Prom 2 (f) | Prom 2 (a) |

LLIURAMENT DE PREMIS 10:05h

### COMPETICIÓ PROMOCIÓ 1 - PROMOCIÓ 3

|              | TERRA       | ARCS        | ANELLES     | SALT        | PARAL       | BARRA       | DESCANS     |
|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 10,15 -10,35 | Prom 3 (a)  | Prom 3 (b)  | Prom 3 (c)  | Prom 3 (d)  | Prom 3 (e)) | Prom 1 (a)  | Prom 1 (b)  |
|              | 9           | 9           | 8           | 8           | 8           | 12          | 11          |
| 10,35-10,55  | Prom 1 (b)  | Prom 3 (a)  | Prom 3 (b)  | Prom 3 (c)  | Prom 3 (d)  | Prom 3 (e)) | Prom 1 (a)  |
|              |             |             |             |             |             |             |             |
| 10,55-11,15  | Prom 1 (a)  | Prom 1 (b)  | Prom 3 (a)  | Prom 3 (b)  | Prom 3 (c)  | Prom 3 (d)  | Prom 3 (e)) |
|              |             |             |             |             |             |             |             |
| 11,15-11,35  | Prom 3 (e)) | Prom 1 (a)  | Prom 1 (b)  | Prom 3 (a)  | Prom 3 (b)  | Prom 3 (c)  | Prom 3 (d)  |
|              |             |             |             |             |             |             |             |
| 11,35-11,55  | Prom 3 (d)  | Prom 3 (e)) | Prom 1 (a)  | Prom 1 (b)  | Prom 3 (a)  | Prom 3 (b)  | Prom 3 (c)  |
|              |             |             |             |             |             |             |             |
| 11,55-12,15  | Prom 3 (c)  | Prom 3 (d)  | Prom 3 (e)) | Prom 1 (a)  | Prom 1 (b)  | Prom 3 (a)  | Prom 3 (b)  |
|              |             |             |             |             |             |             |             |
| 12,15-12,30  | Prom 3 (b)  | Prom 3 (c)  | Prom 3 (d)  | Prom 3 (e)) | Prom 1 (a)  | Prom 1 (b)  | Prom 3 (a)  |

LLIURAMENT DE PREMIS 12:35h

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## ESCALFAMENT GENERAL 12:45 h - VIA OLÍMPICA 6-7-8-9-10 - NIVELL BASE - 6

| 8' Escalfament x aparells |                 |                 |                 |                 |                 |                 |
|---------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
|                           | TERRA           | ARCS            | ANELLES         | SALT            | PARAL           | BARRA           |
| 13,00-13,25               | Via Ol 10-9     | Via Ol 9- 8     | Via Ol 8 - 7    | Via Olim 7      | Via Ol 6 - Bs 6 | Base 6 (b)      |
|                           | 1 + 4           | 2 + 4           | 4 + 2           | 6               | 4 + 3           | 7               |
| 13,25-13,50               | Base 6 (b)      | Via Ol 10-9     | Via Ol 9- 8     | Via Ol 8 - 7    | Via Olim 7      | Via Ol 6 - Bs 6 |
|                           |                 |                 |                 |                 |                 |                 |
| 13,50-14,15               | Via Ol 6 - Bs 6 | Base 6 (b)      | Via Ol 10-9     | Via Ol 9- 8     | Via Ol 8 - 7    | Via Olim 7      |
|                           |                 |                 |                 |                 |                 |                 |
| 14,15-14,40               | Via Olim 7      | Via Ol 6 - Bs 6 | Base 6 (b)      | Via Ol 10-9     | Via Ol 9- 8     | Via Ol 8 - 7    |
|                           |                 |                 |                 |                 |                 |                 |
| 14,40 - 15,05             | Via Olim 8 - 7  | Via Olim 7      | Via Ol 6 - Bs 6 | Base 6 (b)      | Via Ol 10-9     | Via Ol 9- 8     |
|                           |                 |                 |                 |                 |                 |                 |
| 15,05-15,30               | Via Ol 9- 8     | Via Ol 8 - 7    | Via Olim 7      | Via Ol 6 - Bs 6 | Base 6 (b)      | Via Ol 10-9     |

LLIURAMENT DE PREMIS 15:35h

## COMPETICIÓ BASE 1-2-3-4 - VIA OLÍMPICA 2-3-4

|              | TERRA      | ARCS       | ANELLES    | SALT       | PARAL      | BARRA      |
|--------------|------------|------------|------------|------------|------------|------------|
| 16,20-16,45  | V.OL 2-3-4 | Base 4     | Base 3 (a) | Base 3 (b) | Baee 2     | Base 1     |
|              | 5          | 9          | 10         | 10         | 11         | 6          |
| 16,45-17,05  | Base 1     | V.OL 2-3-4 | Base 4     | Base 3 (a) | Base 3 (b) | Baee 2     |
|              |            |            |            |            |            |            |
| 17,,05-17,25 | Baee 2     | Base 1     | V.OL 2-3-4 | Base 4     | Base 3 (a) | Base 3 (b) |
|              |            |            |            |            |            |            |
| 17,25-17,45  | Base 3 (b) | Baee 2     | Base 1     | V.OL 2-3-4 | Base 4     | Base 3 (a) |
|              |            |            |            |            |            |            |
| 17,45-18,05  | Base 3 (a) | Base 3 (b) | Baee 2     | Base 1     | V.OL 2-3-4 | Base 4     |
|              |            |            |            |            |            |            |
| 18,05-18,25  | Base 4     | Base 3 (a) | Base 3 (b) | Baee 2     | Base 1     | V.OL 2-3-4 |

LLIURAMENT DE PREMIS 18:30h

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## COMPETICIÓ BASE 5 - PROMOCIÓ 4 - 5

|              | TERRA                       | ARCS            | ANELLES         | SALT            | PARAL           | BARRA           | DESCANS        |
|--------------|-----------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| 18,40-19,009 | Base 5 (a)                  | Bae 5 (b) -Pr 4 | Prom 4 (b)      | Prom 4 ( c)     | Prom 4 (d)      | Prom 5 (a)      | Prom 5 (b)     |
|              | 9                           | 3 +6            | 12              | 12              | 12              | 9               | 8              |
| 19,00-19,20  | Prom 5 (b)                  | Base 5 (a)      | Bae 5 (b) -Pr 4 | Prom 4 (b)      | Prom 4 ( c)     | Prom 4 (d)      | Prom 5 (a)     |
|              |                             |                 |                 |                 |                 |                 |                |
| 19,20-19,40  | Prom 5 (a)                  | Prom 5 (b)      | Base 5 (a)      | Bae 5 (b) -Pr 4 | Prom 4 (b)      | Prom 4 ( c)     | Prom 4 (d)     |
|              |                             |                 |                 |                 |                 |                 |                |
| 19,40-20,00  | Prom 4 (d)                  | Prom 5 (a)      | Prom 5 (b)      | Base 5 (a)      | Bae 5 (b) -Pr 4 | Prom 4 (b)      | Prom 4 ( c)    |
|              |                             |                 |                 |                 |                 |                 |                |
| 20,00-20,20  | Prom 4 ( c)                 | Prom 4 (d)      | Prom 5 (a)      | Prom 5 (b)      | Base 5 (a)      | Bae 5 (b) -Pr 4 | Prom 4 (b)     |
|              |                             |                 |                 |                 |                 |                 |                |
| 20,20-20,40  | Prom 4 (b)                  | Prom 4 ( c)     | Prom 4 (d)      | Prom 5 (a)      | Prom 5 (b)      | Base 5 (a)      | Bas 5(b) -Pr 4 |
|              |                             |                 |                 |                 |                 |                 |                |
|              | LLIURAMENT DE PREMIS 21:05h |                 |                 |                 |                 |                 |                |