

Calisthenics freestyle instruction

- Footwear is not required
- Send the music to the email eriknais@hotmail.com
- The latest time to send music is 20.05.2023
- The briefing is on 24.05 at 17:00 (Pärnu keskus 3rd floor stage. Address: Aida 4, Pärnu linn)

Judges are from Estonia:

- Dynamics (Power moves & Freestyle)
- Statics
- Combo & Creativity

TIMETABLE:

U14 BOYS	ROUND 1	2MIN
U14 GIRLS	ROUND 1	2MIN
U18 BOYS	ROUND 1	2MIN
U18 GIRLS	ROUND 1	2MIN
WOMEN OPEN	ROUND 1	2MIN
MEN OPEN	QUALIFICATION	1MIN
U14 BOYS	ROUND 2	2MIN
U14 GIRLS	ROUND 2	2MIN
U18 BOYS	ROUND 2	2MIN
U18 GIRLS	ROUND 2	2MIN
WOMEN OPEN	ROUND 2	2MIN
MEN OPEN	¼ FINAL (BATTLES, 24 ATHLETE)	2X45 SEC
WOMEN OPEN	ROUND 3	2MIN
MEN OPEN	LOSERS ROUND (PLACE 13-24)	1MIN
MEN OPEN	½ FINAL (BATTLES, 12 ATHLETE)	2X45 SEC
MEN OPEN	LOSERS ROUND (PLACE 7-12)	1MIN
MEN OPEN	SUPER FINAL (BATTLES, 6 ATHLETE)	3X40 SEC

13:00 CEREMONY

U14 BOYS, U14 GIRLS, U18 BOYS, U18 GIRLS

17:00 CEREMONY

MEN, WOMEN