

Calisthenics freestyle instruction

- Footwear is not required
- Send the music to the email eriknais@hotmail.com
- The latest time to send music is 20.05.2024
- The briefing is on 24.05 at 17:00 (Pärnu keskus 3rd floor stage. Address: Aida 4, Pärnu linn)

Judges are from Estonia and Argentina

TIMETABLE:

U14 BOYS	ROUND 1	2MIN
U14 GIRLS	ROUND 1	2MIN
U18 BOYS	ROUND 1	2MIN
U18 GIRLS	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
MEN OPEN	¼ FINAL (BATTLES, 16 ATHLETE)	2X45 SEC
MEN OPEN	LOSERS ROUND (PLACE 9-16)	1MIN
MEN OPEN	½ FINAL (BATTLES, 8 ATHLETE)	2X45 SEC
MEN OPEN	LOSERS ROUND (PLACE 5-8)	1MIN
MEN OPEN	SUPER FINAL (BATTLES, 4 ATHLETE)	3X40 SEC

13:00 CEREMONY **U14 BOYS, U14 GIRLS, U18 BOYS, U18 GIRLS**
17:00 CEREMONY **MEN**

Judging system app: <https://nextcalisthenics.web.app/>

Judging system instruction: <https://1drv.ms/b/s!Aktg19vEF4ak2CtMF0ppPctxNgSx?e=nedN31>