

## Calisthenics freestyle instruction

- Footwear is not required
- Send the music to the email [eriknais@hotmail.com](mailto:eriknais@hotmail.com)
- The latest time to send music is 20.05.2024
- The briefing and press conference is on 30.05 at 17:00 (Pärnu keskus 3<sup>rd</sup> floor stage. Address: Aida 4, Pärnu linn)
- Judges are from Estonia.

### 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

**15:00 CEREMONY**                      **U14 BOYS, U14 GIRLS, U18 BOYS, U18 GIRLS**  
**18:00 CEREMONY**                      **MEN**

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

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