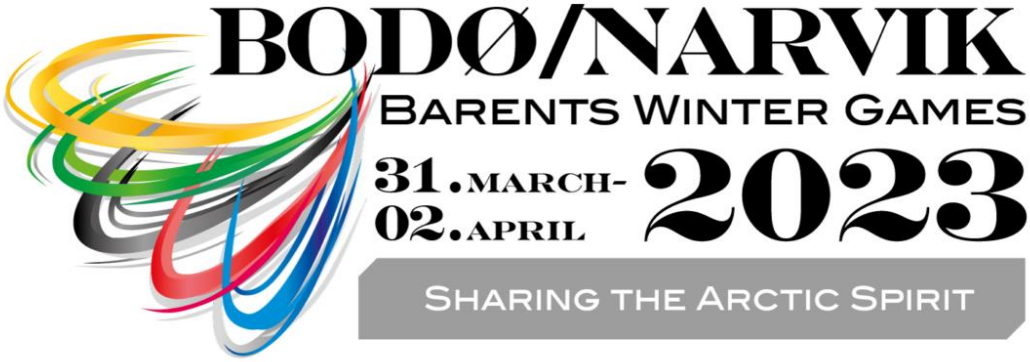


Barents Winter Games 2023

Teamgym

31. mars – 02. April

Program

Friday

17:30-19:30	Dinner	Scandic Bodø
20:00	Opening Ceremony	Scandic Havet

Saturday

10:00	Meeting coaches and referees	Stordalshallen
10:00	Warm-up	Stordalshallen
11:00 – 14:00	Organized training apparatus	Stordalshallen
11:00-13:00	Lunch	Stordalshallen
17:30 -19:30	Dinner	Scandic Bodø
20:00-22:00	Get Together	Scandic Havet

Sunday

08:30	Warm-Up	Stordalshallen
09:00	Organized warm-up	Stordalshallen
10:00	Opening Ceremony	Stordalshallen
10:15	Competition start	Stordalshallen
12:45	Medal Ceremony	Stordalshallen
13:00	Closing Ceremony	Stordalshallen

Information

It's important that all responsible coaches attend the coaches and referees meeting on Saturday April 1st.

The competition follows Code of Points from European Gymnastics (Teamgym), but there will be winners in each apparatus. For mixed team it is 50/50 boys and girls.

Music and Tariff (difficulty) forms

Music and Tariff form for the competition must be delivered no later than Thursday March 30th at 12.00 (online). Music must be in mp3 file format. The coaches must bring a backup of their teams music.

You can upload the music for your competition here.

Name the file: "Start number-Country-woman/men/mix-apparatus"
Eks: "2-Sweden-women-tumbling".

You can upload the Tariff form here.

Name the file: "Start number-Country-woman/men/mix-apparatus"
Eks: "2-Sweden-women-tumbling".

If no music is submitted, the team will be started with music from the organiser. Music delivered without start number, country/team and apparatus in the file name is considered as undelivered music. Floor will not be able to start without music.

Judges in Barents Winter Games Teamgym 2023:

- Ulrika Sjödahl (SWE)
- Oliver Berntsson (SWE)
- Stian Syvertsen (NOR)
- Linn Reithe Christensen (NOR)
- Veronika Reinhaug (NOR)
- Emilie Sørensen (NOR)

Saturday - Organized training apparatus

Time	Trampet	Tumbling	Floor
11:00	Finland woman	Sweden Woman	
11:10	Norway Woman	Finland Woman	
11:20	Sweden Woman	Norway Woman	
11:30	**Pause**		
11:40	Norway Mix	Sweden Mix	
11:50	Sweden mix	Norway Mix	
12:00	**Pause**		
12:10	Norway Men	Sweden Men	
12:20	Sweden Men	Norway Men	
12:30	**Pause**		
12:50			Norway Woman
13:00			Sweden Woman
13:10			Finland Woman
13:20			Sweden Mix
13:30			Norway Mix
13:40			Sweden Men
13:50			Norway Men

Sunday – organized warm-up (trampet and tumbling)

Time	Trampet	Tumbling
09:00	Finland	Sweden
09:20	Norway	Finland
09:40	Sweden	Norway

Sunday – Competition

Time	Team	Apparatus	Start Number
10:15	Finland Woman	Trampet	1
10:20	Sweden Woman	Tumbling	2
10:25	Norway Men	Trampet	3
10:30	Norway Woman	Tumbling	4
10:35	Sweden Men	Trampet	5
10:40	Finland Woman	Tumbling	6
10:45	Sweden Woman	Trampet	7
10:50	Norway Men	Tumbling	8
10:55	Norway Woman	Trampet	9
11:00	Sweden Men	Tumbling	10
11:05	**Pause**		
11:15	Sweden Mix	Tumbling	11
11:20	Norway Mix	Trampet	12
11:25	Sweden Mix	Trampet	13
11:30	Norway Mix	Tumbling	14
11:35	**Pause**		
12:00	Finland Woman	Floor	15
12:05	Sweden Woman	Floor	16
12:10	Norway Woman	Floor	17
12:15	Sweden Men	Floor	18
12:20	Norway Men	Floor	19
12:25	Bodø Gym og Turn Woman	Floor	
12:30	Sweden Mix	Floor	20
12:35	Norway Mix	Floor	21