Nordic Trampoline Championships 2026 ■ Uppsala Sweden

Updated 2026-10-13 @ 09:46

Thursday 15th October

17:00:00	**21:00:00**	**Open training (all participants)**	**FoP, Fyrishov A**
17:00:00	**19:55:00**	**Accreditation (all federations and clubs)**	**Fyrishov**
19:00:00	**21:00:00**	**Dinner**	**Foajé A, Fyrishov**
20:00:00	**21:15:00**	**Orientation meeting (all federations and clubs)**	**Meeting room K7, Fyrishov**

Friday 16th October

00:08:30	**09:55:00**	**General warm-up – trampoline and DMT (juniors and seniors)**	**FoP, Fyrishov A**
09:00:00	**09:45:00**	**Judges' instruction**	**Meeting room K7, Fyrishov**

DMT Junior boys - Qualification Round

Group 1

10:00:00 - 10:01:30	Marching-in (no presentation)
10:02:30 - 10:07:50	2-touch warm-up
10:08:50 - 10:15:30	Pass #1
10:15:30 - 10:22:10	Pass #2

Group 2

10:24:10	10:25:40	Marching-in (no presentation)
10:26:40	10:32:00	2-touch warm-up
10:33:00	10:39:40	Pass #1
10:39:40	10:46:20	Pass #2

DMT Junior girls - Qualification Round

Group 1

10:00:00 - 10:01:30	Marching-in (no presentation)
10:02:30 - 10:07:18	2-touch warm-up
10:08:50 - 10:14:50	Pass #1
10:14:50 - 10:20:50	Pass #2

Group 2

10:24:10 - 10:25:40	Marching-in (no presentation)
10:26:40 - 10:30:56	2-touch warm-up
10:31:56 - 10:37:16	Pass #1
10:37:16 - 10:42:36	Pass #2

DMT Senior men - Qualification Round

Group 1

10:48:20	- 10:49:50	Marching-in (no presentation)
10:50:50	- 10:56:10	2-touch warm-up
10:57:42	- 11:04:22	Pass #1
11:04:22	- 11:11:02	Pass #2

DMT Senior women - Qualification Round

Group 1

10:48:20	- 10:49:50	Marching-in (no presentation)
10:50:50	- 10:56:42	2-touch warm-up
10:57:42	- 11:05:02	Pass #1
11:05:02	- 11:12:22	Pass #2

Synchro Junior boys - Qualification Round

Group 1

11:17:22	- 11:18:52	Marching-in (no presentation)
11:19:52	- 11:27:22	1-touch warm-up
11:28:22	- 11:41:52	1st attempt
11:41:52	- 11:55:22	2nd attempt

Synchro Junior girls - Qualification Round

Group 1

11:17:22	- 11:18:52	Marching-in (no presentation)
11:19:52	- 11:27:22	1-touch warm-up
11:28:22	- 11:41:52	1st attempt
11:41:52	- 11:55:22	2nd attempt

Synchro Senior men - Qualification Round

Group 1

11:57:22	- 11:58:52	Marching-in (no presentation)
11:59:52	- 12:03:12	1-touch warm-up
12:05:02	- 12:11:02	1st attempt
12:11:02	- 12:17:02	2nd attempt

Synchro Senior women - Qualification Round

Group 1

11:57:22	- 11:58:52	Marching-in (no presentation)
11:59:52	- 12:04:02	1-touch warm-up
12:05:02	- 12:12:32	1st attempt
12:12:32	- 12:20:02	2nd attempt

12:00	**14:00**	**Lunch is served**	**Foajé A, Fyrishov**
12:20	**14:10**	**Warm-up for TRA juniors**	**FoP, Fyrishov A**

Trampoline Junior boys - Qualification Round

Group 1

14:15:00	- 14:16:30	Marching-in (no presentation)
14:17:30	- 14:22:30	1-touch warm-up
14:23:30	- 14:38:30	1st routine
14:38:30	- 14:53:30	2nd routine

Group 2

14:55:30	- 14:57:00	Marching-in (no presentation)
14:58:00	- 15:03:00	1-touch warm-up
15:04:00	- 15:19:00	1st attempt
15:19:00	- 15:34:00	2nd attempt

Group 3

15:36:00	- 15:37:30	Marching-in (no presentation)
15:38:30	- 15:52:00	1-touch warm-up
15:53:00	- 16:02:00	1st attempt
16:02:00	- 16:11:00	2nd attempt

Trampoline Junior girls - Qualification Round

Group 1

14:15:00	- 14:16:30	Marching-in (no presentation)
14:17:30	- 14:22:00	1-touch warm-up
14:23:30	- 14:37:00	1st routine
14:37:00	- 14:50:30	2nd routine

Group 2

14:55:30	- 14:57:00	Marching-in (no presentation)
14:58:00	- 15:02:00	1-touch warm-up
15:04:00	- 15:16:00	1st attempt
15:16:00	- 15:28:00	2nd attempt

Group 3

15:36:00	- 15:37:30	Marching-in (no presentation)
15:38:30	- 15:42:00	1-touch warm-up
15:53:00	- 16:03:30	1st attempt
16:03:30	- 16:14:00	2nd attempt

16:16	**17:25**	**Warm-up for TRA seniors**	**FoP, Fyrishov A**

Trampoline Senior men - Qualification Round

Group 1

17:30:00	- 17:31:30	Marching-in (no presentation)
17:32:30	- 17:37:30	1-touch warm-up
17:39:00	- 17:54:00	1st attempt
17:54:00	- 18:09:00	2nd attempt

Group 2

18:14:00	- 18:15:30	Marching-in (no presentation)
18:16:30	- 18:21:00	1-touch warm-up
18:22:00	- 18:35:30	1st attempt
18:35:30	- 18:49:00	2nd attempt

Trampoline Senior women - Qualification Round

Group 1

17:30:00	- 17:31:30	Marching-in (no presentation)
17:32:30	- 17:38:00	1-touch warm-up
17:39:00	- 17:55:30	1st attempt
17:55:30	- 18:12:00	2nd attempt

Group 2

18:14:00	- 18:15:30	Marching-in (no presentation)
18:16:30	- 18:21:00	1-touch warm-up
18:22:00	- 18:35:30	1st attempt
18:35:30	- 18:49:00	2nd attempt

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Trampoline Junior men - Qualification 2

Group 1

18:54:00 - 18:55:30	Marching-in (no presentation)
18:56:30 - 19:00:30	1-touch warm-up
19:01:30 - 19:13:30	Competition routine

Group 2

19:14:30 - 19:16:00	Marching-in (no presentation)
19:17:00 - 19:21:00	1-touch warm-up
19:22:00 - 19:34:00	Competition routine

Trampoline Junior girls- Qualification 2

Group 1

18:54:00 - 18:55:30	Marching-in (no presentation)
18:56:30 - 19:00:30	1-touch warm-up
19:01:30 - 19:13:30	Competition routine

Group 2

19:14:30 - 19:16:00	Marching-in (no presentation)
19:17:00 - 19:21:00	1-touch warm-up
19:22:00 - 19:34:00	Competition routine

18:00	**20:00**	**Dinner**	**Foajé A, Fyrishov**
19:45	**21:00**	**Nordic meeting**	**Meeting room K7, Fyrishov**

Saturday 17th October

00:08:30	09:25:00	General warm-up Nordic Youth Open	FoP, Fyrishov A

TRA "NYO" boys - Qualification Round

Group 1

09:30:00	- 09:31:30	Marching-in (no presentation)
09:32:30	- 09:35:00	1-touch warm-up
09:39:00	- 09:46:30	Routine # 1
09:46:30	- 09:54:00	Routine # 2

Grupp 2

10:14:00	- 10:15:30	Marching-in (no presentation)
10:16:30	- 10:18:30	1-touch warm-up
10:23:30	- 10:29:30	Routine # 1
10:29:30	- 10:35:30	Routine # 2



DMT "NYO" boys - Qualification Round

Group 1

11:04:30	- 11:06:00	Marching-in (no presentation)
11:07:00	- 11:09:08	2-touch warm-up
11:16:32	- 11:19:12	Pass #1
11:19:12	- 11:21:52	Pass #2



DMT "NYO" boys - Finals

11:42:52	- 11:44:22	Marching-in (no presentation)
11:45:22	- 11:47:30	2-touch warm-up
11:55:58	- 11:58:38	Final

TRA "NYO" girls - Qualification Round

Group 1

09:30:00	- 09:31:30	Marching-in (no presentation)
09:32:30	- 09:38:00	1-touch warm-up
09:39:00	- 09:55:30	Routine # 1
09:55:30	- 10:12:00	Routine # 2

Grupp 2

10:14:00	10:15:30	Marching-in (no presentation)
10:16:30	10:22:30	1-touch warm-up
10:23:30	10:41:30	Routine # 1
10:41:30	10:59:30	Routine # 2



DMT "NYO" girls - Qualification Round

Group 1

11:04:30	- 11:06:00	Marching-in (no presentation)
11:07:00	- 11:15:32	2-touch warm-up
11:16:32	- 11:27:12	Pass #1
11:27:12	- 11:37:52	Pass #2



DMT "NYO" girls - Finals

11:42:52	- 11:44:22	Marching-in (no presentation)
11:45:22	- 11:49:38	2-touch warm-up
11:50:38	- 11:55:58	Final 1
11:55:58	- 11:58:38	Final

TRA "NYO" boys - Finals

12:03:38	- 12:05:08	Marching-in (no presentation)
12:06:08	- 12:10:08	1-touch warm-up
12:11:08	- 12:28:28	Final routine

TRA "NYO" girls - Finals

12:03:38	- 12:05:08	Marching-in (no presentation)
12:06:08	- 12:10:08	1-touch warm-up
12:11:08	- 12:28:28	Final routine

12:00	**14:00**	**Lunch is served**	**Foajé A, Fyrishov**
12:28	**13:30**	**General warm-up – all remaining finalists**	**FoP, Fyrishov A**
13:05	**13:30**	**Judges' instruction**	**Meeting room K7, Fyrishov**
13:35	**13:45**	**Opening ceremony / march-in for all finalists**	**FoP, Fyrishov A**

Synchro Seniors Women - Finals

13:50:00	- 13:51:30	Marching-in (no presentation)
13:52:30	- 13:56:40	1-touch warm-up
14:00:10	- 14:11:00	Final routine

Synchro Junior boys - Finals

13:50:00	- 13:51:30	Marching-in (no presentation)
13:52:30	- 13:59:10	1-touch warm-up
14:00:10	- 14:17:30	Final routine

Synchro Senior men - Finals

14:19:30	- 14:21:00	Marching-in (no presentation)
14:22:00	- 14:25:20	1-touch warm-up
14:30:25	- 14:35:05	Final routine

Synchro Junior girls - Finals

14:19:30	- 14:21:00	Marching-in (no presentation)
14:22:00	- 14:28:40	1-touch warm-up
14:30:25	- 14:47:00	Final routine

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DMT Senior women - Finals

14:52:00	-	14:53:30	Marching-in (no presentation)
14:54:30	-	14:58:46	2-touch warm-up
14:59:46	-	15:05:24	Final 1
15:07:42	-	15:10:22	Final 2

DMT Junior boys - Finals

14:52:00	-	14:53:30	Marching-in (no presentation)
14:54:30	-	14:58:46	2-touch warm-up
14:59:46	-	15:05:06	Final 1
15:07:42	-	15:10:22	Final 2

DMT Senior men - Finals

15:12:22	-	15:13:52	Marching-in (no presentation)
15:14:52	-	15:19:08	2-touch warm-up
15:20:08	-	15:25:28	Final 1
15:31:41	-	15:36:59	Final 2

DMT Junior girls - Finals

15:12:22	-	15:13:52	Marching-in (no presentation)
15:14:52	-	15:19:08	2-touch warm-up
15:20:08	-	15:25:28	Final 1
15:31:41	-	15:34:21	Final 2

Trampoline Senior Women - Final

15:41:59	-	15:43:29	Marching-in (no presentation)
15:44:29	-	15:48:45	1-touch warm-up
15:49:45	-	16:05:35	Final routine

Trampoline Junior boys - Final

15:41:59	-	15:43:29	Marching-in (no presentation)
15:44:29	-	15:48:29	1-touch warm-up
15:49:45	-	16:05:35	Final routine

Trampoline Senior men - Final

16:07:35	-	16:09:05	Marching-in (no presentation)
16:10:05	-	16:14:05	1-touch warm-up
16:15:05	-	16:33:10	Final routine

Trampoline Junior girls - Final

16:07:35	-	16:09:05	Marching-in (no presentation)
16:10:05	-	16:14:05	1-touch warm-up
16:15:05	-	16:32:25	Final routine

16:37:25	**17:07:25**	**Award ceremony**	**FoP, Fyrishov A**

19:00:00	**23:00:00**	**Banquet**	**Elite Hotel Academia**