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8th Aphrodite Cup



INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

10-12 March 2023, Faliro Olympic Indoor Hall "Tae Kwon Do", Athens, Greece

- e-mail Organizing Committee: aphroditecup@gopf-armonia.gr
- e-mail Press Office: press@aphroditecup.com



FRIDAY 10 MARCH 2023

FIG COMPETITION

08.30– 09.40	Juniors' Individual competition Group A: Hoop - Ball
09.40– 09.50	Break
09.50 – 11.00	Juniors' Individual competition Group B: Hoop - Ball
11.00 – 11.10	Break
11.10 – 12.20	Juniors' Individual competition Group C: Hoop - Ball
12.20 – 12.30	Break
12.30 – 13.40	Juniors' Individual competition Group D: Hoop - Ball
13.40– 13.50	Break
13.50 – 15.00	Juniors' Individual competition Group E: Hoop - Ball
15.00 – 15.20	Break - Lunch
15.20 – 15.45	Group Juniors competition Group A: 5 Ropes
15.45 – 15.50	Break
15.50 – 16.15	Group Juniors competition Group B: 5 Ropes
16.15 – 16.25	Break
16.25 – 17.25	Seniors' Individual competition Group A: Hoop – Ball
17.25 – 17.35	Break
17.35 – 18.35	Seniors' Individual competition Group B: Hoop – Ball
18.35	Opening Ceremony
19.05 – 19.20	Group Seniors' competition: 5 Hoops
19.20 – 19.25	Break
19.25 – 20.30	Seniors' Individual competition Group C: Hoop – Ball
20.30 – 20.40	Break
20.40 – 21.45	Seniors' Individual competition Group D: Hoop – Ball
21.45 – 21.55	Break
21.55 – 23.05	Seniors' Individual competition Group E: Hoop – Ball



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SATURDAY 11 MARCH 2023

FIG COMPETITION

08.30 – 09.40	Juniors' Individual competition Group C: Clubs - Ribbon
09.40 – 09.50	Break
09.50 – 11.00	Juniors' Individual competition Group D: Clubs - Ribbon
11.00 – 11.10	Break
11.10 – 12.20	Juniors' Individual competition Group E: Clubs - Ribbon
12.20 – 12.30	Break
12.30 – 13.40	Juniors' Individual competition Group B: Clubs - Ribbon
13.40 – 13.50	Break
13.50 – 15.00	Juniors' Individual competition Group A: Clubs - Ribbon
15.00 – 15.10	Break
15.10 – 15.35	Group Juniors competition Group B: 5 Balls
15.35 – 15.40	Break
15.40 – 16.05	Group Juniors competition Group A: 5 Balls
16.05 – 16.35	Break - Lunch
	Awards Ceremony according to the following:
	-Juniors All Around Individual (age 13)
	-Juniors All Around Individual (age 14)
	-Juniors All Around Individual (age 15)
	Group Juniors All Around
16.35 – 16.50	Group Seniors' competition: 3 Ribbons + 2 Balls
16.50 – 16.55	Break
16.55 – 18.00	Seniors' Individual competition Group C: Clubs - Ribbon
18.00 – 18.10	Break
18.10 – 19.15	Seniors' Individual competition Group D: Clubs - Ribbon
19.15 – 19.25	Break
19.25 – 20.35	Seniors' Individual competition Group E: Clubs - Ribbon
20.35 – 20.45	Break
20.45 – 21.45	Seniors' Individual competition Group B: Clubs - Ribbon
21.45 – 21.55	Break
21.55 – 22.55	Seniors' Individual competition Group A: Clubs - Ribbon



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SUNDAY 12 MARCH 2023

14.00 – 15.10	Juniors' Individual Competition Finals: Hoop Seniors' Individual Competition Finals: Hoop Juniors' Individual Competition Finals: Ball Seniors' Individual Competition Finals: Ball
15.10 – 15.20	Break
15.20 – 15.50	Group Juniors Competition Finals: 5 Ropes
15.50 – 16.00	Break
16.00 – 16.15	Group Seniors Competition Finals: 5 Hoops
16.15-16.25	Break
16.25 – 17.35	Juniors' Individual Competition Finals: Clubs Seniors' Individual Competition Finals: Clubs Juniors' Individual Competition Finals: Ribbon Seniors' Individual Competition Finals: Ribbon
17.35 – 17.45	Break
17.45 – 18.15	Group Juniors Competition Finals: 5 Balls
18.15 – 18.25	Break
18.25 – 18.40	Group Seniors' Competition Finals: 3 Ribbons + 2 Balls
18.50 – 19.50	AWARD CEREMONIES Juniors' Individual Finals: Hoop Juniors' Individual Finals: Ball Juniors' Individual Finals: Clubs Juniors' Individual Finals: Ribbon All Around Seniors Individual Seniors' Individual Finals: Hoop Seniors' Individual Finals: Ball Seniors' Individual Finals Seniors' Individual Finals: Ribbon Juniors Group Finals: 5 Ropes Juniors Group Finals: 5 Balls All Around Group Seniors Seniors Group Finals: 5 Hoops Seniors Group Finals: 3 Ribbons + 2 Balls
19.50 – 20.05	GALA
20.05 – 20.30	Closing Ceremony