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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



8th International Tournament Rhythmic Gymnastics, Palaio Faliro

General Program

Tuesday 07 March 2023

Arrival of Delegations

Wednesday 08 March 2023

Arrival of Delegations

13.00 – 14.00 Press Conference

Thursday 09 March 2023

08.00 - 22.30 Official Training

17.30 - 18.30 Orientation Meeting

18.30 - 20.00 Judges Drawing

21.00 Official Dinner for Judges and Head of Delegations

Friday 10 March 2023

08.30 - 15.00 Individual Competition **FIG JUNIORS: Hoop - Ball**

15.00 – 15.20 **Break**

15.20 – 16.15 Group Competition **FIG JUNIORS: 5 Ropes**

16.25 – 18.35 Individual Competition **FIG SENIORS: Hoop-Ball**

18.35 OPENING CEREMONY

19.05 – 19.20 Group competition **FIG SENIORS: 5 Hoops**

19.25 – 23.05 Individual Competition **FIG SENIORS: Hoop-Ball**

Saturday 11 March 2023

08.30 – 15.00 Individual Competition **FIG JUNIORS: Clubs-Ribbon**

15.10 – 16.05 Group Competition **FIG JUNIORS: 5 Balls**

16.05 - 16.35 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 Competition **FIG SENIORS: 3 Ribbons & 2 Balls**

16.55 - 22.55 Individual Competition **FIG SENIORS: Clubs-Ribbons**

Sunday 12 March 2023

09.30 - 13.00 Visit to Acropolis (museum & archaeological site)

Visit to Temple of Poseidon in Cape Sounion

14.00 - 15.10 Juniors Individual Finals: Hoop

Seniors Individual Finals: Hoop

Juniors Individual Finals: Ball

Seniors Individual Finals: Ball



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15.10 – 15.20
15.20 – 15.50
15.50 – 16.00
16.00 – 16.15
16.25 – 17.35

Break

Group Juniors Finals 5 Ropes

Break

Group Seniors Finals 5 Hoops

Juniors Individual Finals: Clubs

Seniors Individual Finals: Clubs

Juniors Individual Finals: Ribbon

Seniors Individual Finals: Ribbon

17.35 – 17.45
17.45 – 18.15
18.25 -18.40

Break

Group Juniors Finals 5 Balls

Group Seniors Finals 3 Ribbons & 2 Balls

18.50 – 19.50

Awards Ceremony according to the following:

FIG JUNIORS Individual Finals: Hoop

FIG JUNIORS Individual Finals: Ball

FIG JUNIORS Individual Finals: Clubs

FIG JUNIORS Individual Finals: Ribbon

FIG SENIORS ALL AROUND INDIVIDUAL

FIG SENIORS Individual Finals: Hoop

FIG SENIORS Individual Finals: Ball

FIG SENIORS Individual Finals: Clubs

FIG SENIORS Individual Finals: Ribbon

FIG JUNIORS Group Finals 5 Ropes

FIG JUNIORS Group Finals: 5 Balls

FIG SENIORS GROUP ALL AROUND

FIG SENIORS Group Finals: 5 Hoops

FIG SENIORS Group Finals: 3 Ribbons & 2 Balls

19.50 – 20.05
20.05 – 20.30
21.30

Gala

Closing Ceremony

Farewell Banquet

Monday 13 March 2023

Departure of Delegations