



Welcome to the Faroe Islands and the Northern European Championship 2017 in gymnastics for WAG and MAG .

The Competition will be held in Tórshavn, the Capital of the Faroe Islands.

The Faroese Gymnastic Federation, FFS, is honored to welcome all gymnasts, coaches and judges to the Faroe Islands.

Work plan

Venue

The Competition will be 21 & 22nd October 2017 at the Sports Hall “ Høllin á Hálsi”



Accommodation

14.00 Check-in

11.00 Check out Monday to Friday

12.00 Check out Sunday

Official hotel: Hotel Føroyar



Located 2.2 km from the Hall. Approximately 25 min. walk.

Transportation

The airport shuttle stops right outside Hotel Føroyar and takes about 50 minutes from the airport to the hotel.

City Shuttle will also be arranged from the hotel to the training hall and return and take about 10 minutes.

Please see schedule for airport and city shuttle on page 4.

Questions

If you have any question or requests about accommodation, meals, transportation or flights please contact: Rannvá or Birna at info@bituff.com

If you have any other question about the NEC 2017 please contact:

Erla Mikkelsen at nec@fimleikur.fo

Meals

07.00 – 10.00 Breakfast will be served Friday, Saturday, Sunday and Monday. (Sunday until 10.30)

11.00 – 13.00 Lunch box will be provided at Hall, Høllin á Hálsi Friday, Saturday and Sunday.

17.30 – 19.00 Dinner will be served at the hotel Thursday, Friday and Sunday. (Friday until 20.00)

20.00 – 23.00 Banquet is Saturday night at Østrøm.

Program

Thursday 19nd October:

All day: Arrival of Delegations

15.00- 18.00 Training upon request

17.30- 19.00: Dinner at Hotel Føroyar

Friday 20th October:

11.45- 13.30 Arrival of Delegations

10.00- 18.00 Training

17.30- 20.00 Dinner at Hotel Føroyar - in the lobby – Flatnastova, Gestastovu og Húsastova

18.30- 20.30 Technical meeting at Hotel Føroyar -

20.30- 21.30 Judges meeting at Hotel Føroyar -

Saturday 21th October:

08.00- 09.25 Warm Up SUB 1

09.50- 11.40 Competition SUB 1

11.05- 12.45 Warm Up SUB 2

12.55- 14.45 Competition SUB 2

14.15- 14.55 Warm Up SUB 3

16.05- 17.55 Competition SUB 3

18.00- 19.00 March on and medals ceremony

19.45 - 23.00 Banquet at Østrøm (busses will drive us to and from Hotel Føroyar)

Sunday 22nd October:

11.00- 11.55 Warm Up

12.00- 13.40 Final Competition 1 (2 and 3 apparatus)

13.45- 14.30 Warm Up

14.30- 16.10 Final Competition 2 (2 and 3 apparatus)

16.15- 17.00 Medals ceremony

17.30- 19.00 Dinner at Hotel Føroyar

From 17.15 Departure of Delegations from the Competition Hall

Monday 23th October:

From 06.30 Departure of Delegations

Airport Shuttle

Thursday 19nd October:

- 12.30 Airport - Hotel Føroyar (Denmark and Finland)
- 13.55 Airport - Hotel Føroyar (Denmark, Faroe Islands 3 pers. and Sweden 1. pers)
- 16.40 Airport - Hotel Føroyar (Wales, Irland and Scotland)

Friday 20th October:

- 12.00 Airport - Hotel Føroyar (Iceland)
- 12.30 Airport - Hotel Føroyar (Sweden and Norway)
- 13.45 Airport - Hotel Føroyar (Denmark 1 pers.)

Sunday 22nd October:

- 17.15 Hall – Airport (Scotland, Wales and Irland)

Monday 23th October:

- 06.30 Hotel Føroyar – Airport (Faroe Island 3 pers. and Sweden 2 pers.)
- 09.50 Hotel Føroyar – Airport (Iceland)
- 10.55 Hotel Føroyar – Airport (Finland, Sweden and Norway)
- 12.35 Hotel Føroyar – Airport (Denmark)

City Shuttle

Friday 20th October:

- 10.00 Hotel - Hall
- 10.30 Hotel - Hall
- 14.00 Hall – Hotel
- 14.30 Hotel – Hall
- 14.45 Hall – Hotel
- 15.00 Hotel – Hall
- 18.00 Hall – Hotel
- 18.30 Hall – Hotel

Saturday 21th October:

- 07.30 Hotel – Hall SUB 1 + Judges
- 08.00 Hotel – Hall Judges, SUB 2 and others
- 08.30 Hotel – Hall SUB 2
- 09.00 Hotel – Hall SUB 3
- 10.05 Hall – Hotel SUB 3
- 13.45 Hotel – Hall SUB 3
- 18.50 Hall – Hotel - All to Hotel
- 19.45 Hotel – Østrøm - All to Banquet
- 22.30 Østrøm – Hotel
- 23.00 Østrøm – Hotel
- 23.30 Østrøm – Hotel

Sunday 22nd October:

- 10.30 Hotel – Hall
- 11.00 Hotel – Hall
- 11.30 Hotel – Hall
- 17.00 Hall – Hotel
- 17.30 Hall – Hotel

Competition

Saturday 21th October

SUB - Division 1

		Women's Artistic					Men's Artistic					
		08.00 Registration / Judges Meeting					08.00 Registration / Judges Meeting					
		08.05 General warm up					08.05 General warm up					
		08.25 Apparatus warm up (5x10 min)					08.25 Apparatus warm up (6x10 min)					
Warm up	Time	Vault	U-bars	Beam	Floor	Rest	Floor	Pommel	Rings	Vault	P bars	High bar
Rotation 1	8.25 - 8.35		IRL	SWE				ICE	IRL	SCO		
Rotation 2	8.35 - 8.45			IRL	SWE				ICE	IRL	SCO	
Rotation 3	8.45 - 8.55		SWE		IRL					ICE	IRL	SCO
Rotation 4	8.55 - 9.05	IRL				SWE	SCO				ICE	IRL
Rotation 5	9.05 - 9.15	SWE				IRL	IRL	SCO				ICE
Rotation 6	9.15 - 9.25						ICE	IRL	SCO			
		9.15 Apparatus Warm um ends					9.25 Apparatus Warm um ends					
		9.30 Open sermony					9.30 Open sermony					
		9.40 March on & Introductions					9.40 March on & Introductions					
		9.50 Competition Starts (5x18 min)					9.50 Competition Starts (6x18min)					
Competition	Time	Vault	U-bars	Beam	Floor	Rest	Floor	Pommel	Rings	Vault	P bars	High bar
Rotation 1	09.50 - 10.08	IRL	SWE				ICE	IRL	SCO			
Rotation 2	10.08 - 10.26		IRL	SWE				ICE	IRL	SCO		
Rotation 3	10.26 - 10.44			IRL	SWE				ICE	IRL	SCO	
Rotation 4	10.44 - 11.02				IRL	SWE				ICE	IRL	SCO
Rotation 5	11.02 - 11.20	SWE				IRL	SCO				ICE	IRL
Rotation 6	11.20 - 11.38						IRL	SCO				ICE
		11.20 Competition ends					11.38 Competition ends					

SUB - Division 2

		Women's Artistic					Mens's Artistic					
		11.05 Registration 11.15 General warm up 11.45 Apparatus warm up (6x10 min)					11.05 Registration 11.15 General warm up 11.45 Apparatus warm up (6x10 min)					
Warm up	Time	Vault	U-bars	Beam	Floor	Rest	Floor	Pommel	Rings	Vault	P bars	High bar
Rotation 1	11.45 - 11.55		DEN	ICE	SCO			FIN	WAL	DEN		
Rotation 2	11.55 - 12.05		SCO	DEN	ICE				FIN	WAL	DEN	
Rotation 3	12.05 - 12.15		ICE		DEN	SCO				FIN	WAL	DEN
Rotation 4	12.15 - 12.25	DEN		SCO		ICE	DEN				FIN	WAL
Rotation 5	12.25 - 12.35	ICE				DEN +SCO	WAL	DEN				FIN
Rotation 6	12.35 - 12.45	SCO					FIN	WAL	DEN			
		12.45 Apparatus Warm um ends 12.50 March on & Introductions 12.55 Competition Starts (5x18 min)					12.45 Apparatus Warm um ends 12.50 March on & Introductions 12.55 Competition Starts (6x18min)					
Competition	Time	Vault	U-bars	Beam	Floor	Rest	Floor	Pommel	Rings	Vault	P bars	High bar
Rotation 1	12.55 - 13.13	DEN	ICE	SCO			FIN	WAL	DEN			
Rotation 2	13.13 - 13.31		DEN	ICE	SCO			FIN	WAL	DEN		
Rotation 3	13.31 - 13.49			DEN	ICE	SCO			FIN	WAL	DEN	
Rotation 4	13.49 - 14.07	SCO			DEN	ICE				FIN	WAL	DEN
Rotation 5	14.07 - 14.25	ICE	SCO			DEN	DEN				FIN	WAL
Rotation 6	14.25 - 14.43						WAL	DEN				FIN
		14.25 Competition ends					14.43 Competition ends					

SUB - Division 3

		Women's Artistic					Mens's Artistic					
		Registration / Judges Meeting					Registration / Judges Meeting					
		14.15 Meeting					14.15 Registration / Judges Meeting					
		14.25 General warm up					14.25 General warm up					
		14.55 Apparatus warm up (5x10 min)					14.55 Apparatus warm up (6x10 min)					
Warm up	Time	Vault	U-bars	Beam	Floor	Rest	Floor	Pommel	Rings	Vault	P bars	High bar
Rotation 1	14.55 - 15.05		NOR	FIN	FRO			NOR	SWE	FRO		
Rotation 2	15.05 - 15.15		FRO	NOR	FIN				NOR	SWE	FRO	
Rotation 3	15.15 - 15.25		FIN		NOR	FRO				NOR	SWE	FRO
Rotation 4	15.25 - 15.35	NOR		FRO		FIN	FRO				NOR	SWE
Rotation 5	15.35 - 15.45	FIN				NOR +FRO	SWE	FRO				NOR
Rotation 6	15.45 - 15.55	FRO					NOR	SWE	FRO			
		15.55 Apparatus Warm um ends					15.55 Apparatus Warm um ends					
		16.00 March on & Introductions					16.00 March on & Introductions					
		16.05 Competition Starts (4x18 min)					16.05 Competition Starts (6x18min)					
Competition	Time	Vault	U-bars	Beam	Floor	Rest	Floor	Pommel	Rings	Vault	P bars	High bar
Rotation 1	16.05 - 16.23	NOR	FIN	FRO			NOR	SWE	FRO			
Rotation 2	16.23 - 16.41		NOR	FIN	FRO			NOR	SWE	FRO		
Rotation 3	16.41 - 16.59			NOR	FIN	FRO			NOR	SWE	FRO	
Rotation 4	16.59 - 17.17	FRO			NOR	FIN				NOR	SWE	FRO
Rotation 5	17.17 - 17.35	FIN	FRO			NOR	FRO				NOR	SWE
Rotation 6	17.35 - 17.53						SWE	FRO				NOR
		17.35 Competition ends					17.53 Competition ends					

18.00 March On 18.10 Presentations and ceremony 19.00 Competition ends
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Sunday 22nd October

Women's Artistic	Mens's Artistic
11.00	Registration / Judges Meeting General Warm
11.15	Up
11.25	Open Apparatus Warm Up (3 x 10 min)
11.55	Open Warm Up Ends
12.00	March On

Competition	Time	WAG		MAG		
Rotation 1	12.10 - 12.39			Floor		
Rotation 2	12.39 - 13.08	Vault			Pommel	
Rotation 3	13.08 - 13.37		Bars			Rings

Women's Artistic	Mens's Artistic
13.45	General Warm Up for remaining apparatus
13.55	Open Apparatus Warm Up (3 x 10 min)
14.25	Open Warm Up Ends
14.30	March On

Competition	Time	WAG		MAG		
Rotation 1	14.40 - 15.09			Vault		
Rotation 2	15.09 - 15.38	Beam			P. Bar	
Rotation 3	15.38 - 16.07		Floor			H. Bar

16.15	March on for presentations
17.00	Competition Ends

Startlists

Gymnasts – Womens Artistic Gymnastics

Start number	Country	Name	Sub-division
10	SWE	Marcela Torres	1
11	SWE	Agnaes Åkerman	1
12	SWE	Ida Staafgård	1
13	SWE	Sigrid Risberg	1
14	SWE	Alva Eriksson	1
15	IRL	Casey Bell	1
16	IRL	Tara Donnelly	1
17	IRL	Rebecca Geddis	1
18	IRL	Megan Ryan	1
19	IRL	Meaghan Smith	1
20	ICE	Agnes Suto-Tuuha	2
21	ICE	Thelma Adalsteinsdottir	2
22	ICE	Irina Sazonova	2
23	ICE	Dominiqua Belányi	2
24	ICE	Sigridur Bergthorsdottir	2
25	SCO	Shannon Archer	2
26	SCO	Cara Kennedy	2
27	SCO	Sarah McKenzie	2
28	SCO	Ellie Russell	2
29	SCO	Isabella Tolometti	2
30	DEN	Mette Hulgaard	2
31	DEN	Camille Rasmussen	2
32	DEN	Emilie Midtbøll	2
33	DEN	Sofia Bjørnholdt	2
34	DEN	Isabella Bøckhaus	2
35	NOR	Thea Mille Nygaard	3
36	NOR	Martine Rustøen Skregelid	3
37	NOR	Julie Madsoe	3
38	NOR	Julie Dicko Erichesen	3
39	NOR	Ingrid Von Hafenbrädl	3
40	FIN	Maija Leinonen	3
41	FIN	Helmi Murto	3
42	FIN	Isabella Ahlblad	3
43	FIN	Lilian Langenskiöld	3
44	FIN	Wilma Malin	3
45	FRO	Christina Turiðadóttir Arge	3
46	FRO	Astrið Nanly Breckmann	3
47	FRO	Rebekka Ingadóttir Rein	3
48	FRO	Marý Petersen	3
49	FRO	Elsbet Lamhauge Dalbø	3

Gymnasts – Mens Artistic Gymnastics

Start number	Country	Name	Sub-division
50	ICE	Valgard Reinhardsson	1
51	ICE	Jon Gunnarsson	1
52	ICE	Eythor Baldursson	1
53	ICE	Martin Gudmundsson	1
54	ICE	Arnthor Jonasson	1
55	SCO	Hamish Carter	1
56	SCO	Kelvin Sham	1
57	SCO	David Weir	1
58	SCO	Joshua Lincoln	1
59	IRL	Daniel Fox	1
60	IRL	Ewan McAteer	1
61	IRL	Adam Steele	1
62	WAL	Jac Davies	2
63	WAL	Iwan Mepham	2
64	WAL	Josh Cook	2
65	WAL	Benjamin Eyre	2
66	WAL	Clinton Purnell	2
67	WAL	Emil Barber (guest)	2
68	DEN	Rasmus Vorup	2
69	DEN	Joao Marcus Fuglsig	2
70	DEN	Kasper Rydberg	2
71	DEN	Jacob Buus	2
72	DEN	Joacim Winther	2
73	FIN	Tarmo Kanerva	2
74	FIN	Robert Kirmes	2
75	FIN	Ilari Latikka	2
76	FIN	Emil Woivalin	2
77	FIN	Isak Wargh	2
78	NOR	Pietro Giachino	3
79	NOR	Odin Kalvø	3
80	NOR	Harald Wibye	3
81	NOR	Nikolai Nilse Roenbeck	3
82	NOR	Henrik Stiansen	3
83	SWE	David Rumbutis	3
84	SWE	Karl Idesjø	3
85	SWE	Kim Wanstrøm	3
86	SWE	Tony Do	3
87	SWE	Pontus Kallanvaara	3
88	FRO	Aron Jacobsen	3
89	FRO	Djóni Sakarisson	3
90	FRO	Rani Allansson Dalsgarð	3
91	FRO	Christopher Arge Klevang	3
92	FRO	Bogi Berg	3

Judges

MAG judges

Federation	Name
FRO	Pól Esper Hansen
FRO	Heini Í Dali
ICE	Andri Orrason
ICE	Anton Thorlofsson
SCO	Caitlin Ross
SCO	Claire Mcaneny
NOR	Runar Hansen
NOR	Tor Einar Refsnes
SWE	Jens Hummel
SWE	Roland Himberg
FIN	Teppo Kalaja
FIN	Andrei Pop
IRL	Colm Murray
DEN	Ralf Petersen
DEN	Bjarne Mierzwa
DEN	Christian Brandtoft
WAL	Paul Edwards
WAL	Janet Davies

WAG judges

Federation	Name
FRO	Anna Margit Dalsgaard Thomsen
FRO	Elinborg T. Durhuus
FRO	Vár Bech Árting
ICE	Audur Olafsdottir
ICE	Saeunn Viggosdottir
SCO	Sinead Lyons
SCO	Kirsty Burt
NOR	Ann-Helen Bjornstad
NOR	Liliana Buer
SWE	Sara Rumbutis
SWE	Ylva Aspenberg
FIN	Lisbeth Heino
FIN	Outi Leiste-Sauvonsaari
IRL	Mary Murray
DEN	Mathilde Kirk
DEN	Laura Gombas