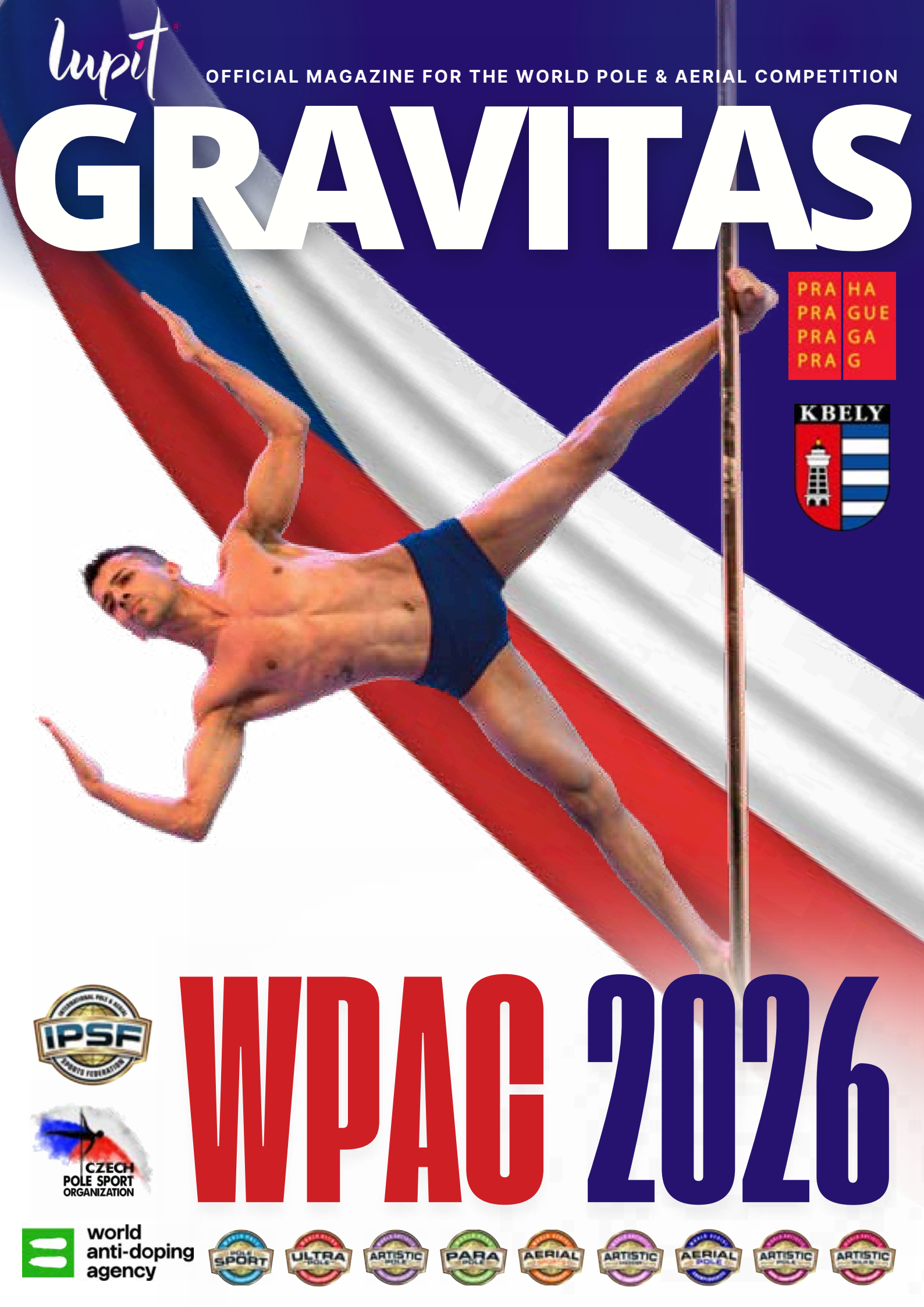
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OFFICIAL MAGAZINE FOR THE WORLD POLE & AERIAL COMPETITION

GRAVITAS



PRAHA PRAGUE PRAGA PRAG

KBELY

WPAC 2026

IPSF

CZECH POLE SPORT ORGANIZATION

world anti-doping agency

POLE SPORT · ULTRA POLE · ARTISTIC POLE · PARA POLE · AERIAL · ARTISTIC · AERIAL POLE · ARTISTIC · ARTISTIC

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WELCOME TO PRAGUE

Guide to Travel & Culture

Welcome to the Czech Republic and especially to Prague!

If this is your first visit, welcome! You are about to discover a country with a rich history, beautiful architecture, great food and a culture that blends long-standing traditions with a modern lifestyle. During the IPSF World Pole & Aerial Sports Championships, you'll spend most of your time in Prague, but we hope you'll also have the chance to experience what makes the Czech Republic unique.

Here's a short guide to help you feel at home.

CZECH FOOD YOU SHOULD TRY

Czech cuisine is hearty and filling—perfect after a long day of training or competition!



SVIČKOVÁ

A traditional Czech dish of tender beef in a creamy root-vegetable sauce, served with bread dumplings and cranberry sauce.



KNEDLIKY

Bread or potato dumplings are a staple of Czech cuisine. They are often served alongside meat and sauce.



GOULASH

Czech goulash is a rich, savoury stew, commonly served with bread or dumplings.



SMAŽENÝ SYR

A popular vegetarian option: a slice of cheese coated in breadcrumbs and fried, traditionally served with potatoes or fries and tartar sauce.



CZECH PASTRIES

Don't leave without trying Czech pastries. Look for sweet treats filled with fruit, poppy seeds, quark cheese or other fillings.

CZECH CUSTOMS & TRADITIONS

BEER IS PART OF CZECH CULTURE

The Czech Republic is famous for its beer, and many Czechs take pride in their beer culture. You may hear someone order:

"Jedno pivo, prosím"—"One beer, please."
(YED-no PEE-vo PRO-seem)

COFFEE & CAFÉS

Czechs enjoy spending time in cafés, especially in Prague. A coffee break is a popular way to meet friends, relax and watch the city go by.

"Jedno espresso, prosím." — "An espresso please"
(YED-no ehs-PRESS-oh PRO-seem)

"**Kávu s mlékem, prosím**" **— :Coffee with milk, please"**
(KAA-voo s MLAY-kem PRO-seem)

CZECH ETIQUETTE

Czechs may seem reserved when you first meet them. Don't take it personally—it can simply be part of local culture. A smile and a polite greeting are always appreciated.

GREETINGS

A handshake is a common greeting when meeting someone for the first time. Among friends, hugs and other familiar greetings are also common. In shops, restaurants and other public places, a polite greeting is appreciated.

TIPPING

Tipping is common in restaurants and cafés. Check your bill and, if service is not included, consider leaving an appropriate tip.

GETTING AROUND



Prague has an extensive public transport network, including:

METRO

BUSES

TRAMS

TAXI & RIDE-SHARING

Uber, Liftago and Bolt are widely used for ride-sharing. For a safe journey, use official apps or licensed taxis.

MONEY & PAYMENTS

- The currency of the Czech Republic is the Czech koruna (CZK).
- Credit and debit cards are widely accepted.
- It's still a good idea to carry some cash for small shops, markets or unexpected situations.
- Check exchange rates and avoid exchanging money with unauthorised street vendors.

WATER & FOOD SAFETY

- Tap water in the Czech Republic is generally safe to drink.
- You can ask a restaurant whether tap water is available, and you can refill your water bottle where permitted.

EMERGENCY NUMBERS

112 Emergency (EU-wide)

155 Ambulance

158 Police

150 Fire

A FEW THINGS THAT MAY SURPRISE YOU



It is common to remove your shoes when entering someone's home.

When toasting, Czechs usually maintain eye contact and say "**Na zdraví" (Cheers).**
(nah ZDRAH-vee)

Czechs may seem a little reserved at first, but once you get to know them, they are friendly and warm.

WHAT TO SEE IN PRAGUE



PRAGUE CASTLE

One of the largest castle complexes in the world.



CHARLES BRIDGE

Iconic historic bridge, beautiful any time of day.



OLD TOWN SQUARE

The cultural and architectural heart of Prague.



PETRÍN HILL

Scenic views and a perfect place for a walk.

USEFUL CZECH PHRASES

ENGLISH	CZECH	PHONETIC
Hello	Dobrý den	DOH-bree den
Thank you	Děkuji	DYEH-koo-yee
Please	Prosím	PRO-seem
No	Ne	Neh
How much?	Kolik to stojí?	KOH-lik toh STOY-ee

Don't spend your entire trip inside the sports hall.
Explore the Old Town, try local food, ride a tram and enjoy a café.
And most importantly:

Enjoy Prague. Enjoy the competition. Welcome to the IPSF World Championships 2026.

KBELY

PRAHA PRAGUE PRAGA PRAG

CZECH POLE SPORT ORGANIZATION

FROM HISTORY TO MOVEMENT

The design journey behind the official WPAC 2026 merchandise



The journey behind the official merchandise design for the World Pole and Aerial Championships 2026 began with a clear mission: to capture the distinct identity of Prague and the Czech Republic while weaving in the essence of our sports. Creating a design rooted in local culture presented an initial creative hurdle. Traditional folkloric motifs across Central Europe share a high degree of visual similarity, often requiring an expert ethnographer to distinguish a Czech pattern from a Slovak one at first glance. Furthermore, the standard national colors - white, red and blue - are shared by numerous other nations, lacking immediate uniqueness.

The core challenge became fusing symbols of Prague's rich architecture and history with the dynamic geometry of a pole, an aerial hoop and a silks. Standard tourist motifs like the Prague Castle skyline or the historic Charles Bridge proved difficult to integrate naturally with the fluid shapes of our disciplines.

The resulting design bridges the gap between historical Prague landmarks and modern aerial athletics, ofering athletes and fans a wearable piece of the city's unique architectural heritage.

DESIGN PROGRESSION

From historical inspiration to the final artwork



1. THE INSPIRATION



2. THE FOUNDATION



3. INTEGRATING THE ATHLETE



4. FINAL DESIGN

INTERESTING FACTS ABOUT PRAGUE'S ASTRONOMICAL CLOCK

- **It is more than 600 years old.** The Prague Astronomical Clock (Pražský orloj) was installed on the Old Town Hall in 1410, making it one of the oldest astronomical clocks in the world that is still operating.
- **It is much more than a clock**. The Orloj shows not only the time, but also astronomical information, including the position of the Sun and Moon, phases of the Moon and other astronomical cycles.
- **Look up every hour!** Between 8:00 a.m. and 8:00 p.m., the twelve apostles appear in the small windows above the astronomical dial. The short procession has become one of Prague's most famous tourist attractions.
- **There are four figures next to the clock.** They represent human weaknesses and concerns. You can see Vanity, Greed, Death and Lust. The skeleton representing Death rings a bell and turns an hourglass – reminding everyone that time is running out.
- **The calendar dial tells a story.** Below the astronomical clock is a beautifully decorated calendar dial. It features the traditional Czech names of the months and zodiac symbols, together with scenes representing life in the countryside.
- **The clock survived wars – but not untouched.** During the Prague Uprising in May 1945, the Old Town Hall was severely damaged by fire. The Orloj was also badly damaged, but was subsequently restored and returned to operation.
- **There is a famous legend about its maker.** According to legend, the clockmaker Master Hanuš was blinded by the Prague city councillors so that he could never create a similar masterpiece elsewhere. The story is fascinating – but historians generally consider it a legend rather than a documented historical fact.
- **The Orloj has its own little mystery.** The astronomical dial uses a system that can look confusing at first because it represents the medieval understanding of the universe, with the Earth at the centre. It is a fascinating glimpse into how people understood the cosmos centuries ago.
- **The best view isn't necessarily right in front of the clock.** The Old Town Square can get very busy when the apostles appear. If you want to enjoy the architecture and take photographs, try visiting early in the morning or later in the evening.

FUTURE FOCUSED



2026 has been a year like no other.

This WPAC is our largest ever, showing that the IPSF continues to grow from strength to strength. All the credit goes to our National Federations who continue to grow their National Championships, providing an increasing number of athletes with the opportunity to compete at an international standard, and our athletes, who continue to place their trust in the IPSF.

"With a focus on the future, and taking the IPSF into its next phase, we move forward with strong foundations for a secure and bright future."

2026 has been a year of structure – the shiny milestones that have been achieved the past 2 years were strengthened this year through documentation, process development and by growing the team.

When we started this process in 2024, we created a motto for the IPSF:

#FutureFocused.

With the adoption of a new constitution at the IPSF AGM in May, we can now truly say that we are aligned with global best standards and practices when it comes to governance in sport. Governance may not be the most exciting topic, but it is an incredibly important one – one that ensures that our sport is supported by systems and structures that will ensure longevity and sustainability. One that ensures the future of the IPSF is secure and bright, no matter who leads the charge.

And so, we again turn to our motto: with a focus on the future and taking the IPSF into its next phase, the IPSF will hold elections for its Executive Committee in December – the first ever run according to international standards of good governance.

A NEW CHAPTER FOR THE IPSF

"With a focus on the future and the continued development of the IPSF, elections for the IPSF Executive Committee will take place in December 2026.

For the first time, these elections will be conducted in accordance with international standards of good governance, marking an important milestone in strengthening the Federation's governance and establishing a clear foundation for its next phase."

This has been a very personal target, when I took over with Alison Ballard and Sara Lumholdt by my side in 2024, one of the very first commitments we made to the Executive and to the National Federations was that we would convene a proper election of the IPSF Executive.

I have made the personal choice not to stand for election, and so my caretaker role comes to an end. While it is with a heavy heart that I walk away, this is a decision I have made by choice and with careful consideration. I leave with a heart filled with lessons learned, experiences gained, and gratitude for the journey.

A PERSONAL REFLECTION

I have, in my time with the IPSF, competed as an athlete, judged and Head Judged, led the Technical Team, organised World Championships, attended international conferences and so much more, and what I have learned in this time is that no matter where you find yourself within a sporting organisation, the lessons we learn are as applicable to an athlete starting out for the first time as they are for a president coming to the end of their term. And I hope you will bear with me while I share some of these.

1

STARTING IS EASY.

Committing to it daily and pushing through no matter how tired and "over it" you are, is what makes a part of life. There will probably be tears, pain (origin: unknown), sleepless nights and so much more. But at the end, you get to look at what you have done and feel a sense of accomplishment.

2

IT'S OK TO TAKE A TIME OUT.

Elite sport is as much a mental game as it is a physical one. It is important to make sure that you are mentally fit. This means taking a time out once in a while, checking in with yourself and making sure that you remain mentally strong enough to perform at the high levels expected in a high risk sport.

3

SOMETIMES YOU ARE YOUR OWN WORST ENEMY.

Your brain will always be your harshest critic. In high performance sport, we always seek to be better. But it is absolutely critical to not let "perfect" be the enemy of "very, very good".

4

THERE WILL ALWAYS BE NOISE.

Internally. Externally. From those you trust. From those you don't. You need to filter through the noise to get to the core of why you do thing what you are doing. Find the "Why" that drives you and focus on that to filter out the noise.

5

SURROUND YOURSELF WITH DIFFERENT PERSPECTIVES.

It's easy to have people around you who think the way you do. The most valuable counsel I have received has been from those with different life experience and opinions. Keep your mind open – go be a student again, find inspiration from other sports and art forms, and build a support team that challenges you.

6

IT'S ALSO OK TO WALK AWAY.

It's very easy to give in to the "sunk cost fallacy". But if something no longer works for you, you can always walk away. That element kicking your butt? Walk away. Come back to it some other time. Or not at all. Need to focus on your health, family or other priorities? Then focus there. The Federation will carry on.

It's been one incredible and crazy ride over the past 11 years. And while of course there is sadness in a chapter coming to an end, there is also much excitement at seeing that the next one has in store; in watching the fruits of your labour, coming to fruition, in watching the roof of concept of a leadership change strengthening the IPSF and it's path forward come to pass.

It's goodbye for now, but (hopefully) not forever.

As always, with much love,

Bianca Scholten

ACTING PRESIDENT OF THE IPSF

RUNNING ORDER TUESDAY

STAGE 1

STAGE 2

12.00 PM OPENING CEREMONY

	Artistic Pole Junior (Mixed)	
1.00- 1.05	Mariia Mezhyrytska	Ukraine
1.10- 1.15	Pia Stoppani	Argentina
1.20- 1.25	Alexandra Ilkevich	USA
1.30- 1.35	Sofia Giulla Rinaldi	Italy
1.40- 1.45	Marta Muszyńska	Poland
1.50- 1.55	Daniela Aristiaran García	Spain
2.00- 2.05	Léon Stutz	Switzerland
2.10- 2.15	Bettina Dudás	Hungary
2.20- 2.25	Riko Yamao	Japan
2.30- 2.35	Adel Yulussova	Kazakhstan
2.40- 2.45	Lou Laracca	France
2.50- 2.55	Veronika Zoulová	Czech Republic
3.00- 3.05	Tessa Broekmans	Netherlands
	Artistic Pole Masters 50+ Women	
3.10- 3.15	Shirley Van Sanden	Australia
3.20- 3.25	Tomomi Iwasaki	Japan
3.30-3.35	Lourdes Gasca Cuevas	Mexico
3.40-3.45	Virginia Tarabella	Italy
3.50-3.55	Frederica Cassis	Brazil

	Artistic Aerial Pole Junior Doubles	
1.05- 1.10	Sofiya Zhiteneva & Alina Tulepbergenova	Kazakhstan
1.15- 1.20	Magdalena Wrońska & Lena Jagiełło	Poland
	Artistic Aerial Hoop_Masters 40+ Women	
1.25- 1.30	Kira Bucca	USA
1.35- 1.40	Estelle Lafforgue	France
1.45- 1.50	Lidia Rodriguez Maldonado	Spain
1.55- 2.00	Nikoletta Rauschenberger	Hungary
2.05- 2.10	Melody Bacher	Switzerland
2.15- 2.20	Marieke Roos	Netherlands
2.25- 2.30	Kinga Zarzecka	Poland
2.35- 2.40	Maryna Koryakina	Japan
2.45- 2.50	Liz Örtlund	Sweden
2.55- 3.00	Klára Šandová	Czech Republic
3.05- 3.10	Tania Becker	South Africa
3.15- 3.20	Athina Manou	Greece
3.25- 3.30	Shang Xiao Man	China
3.35-3.40	Reka Ambrus	Romania
	Artistic Aerial Hoop_Masters 40+ Men	
3.45-3.50	Miyamura Hideki	Japan
3.55-4.00	Yamid Pineda Marciales	Colombia
4.05-4.10	Jose Antonio Rodríguez Jiménez	Spain

MEDAL CEREMONY

4.30- 4.35	Silvia Bengtsson	Sweden
4.40- 4.45	Stephanie Pierret	Switzerland
4.50- 4.55	Edit Tankóné Gulyás	Hungary
5.00-5.05	Jana Velika	USA
	Artistic Pole Senior Doubles	
5.10-5.15	Yeva Arakelova & Arina Nossova	Kazakhstan
5.20-5.25	Caro Boesten & Romee Dujardin	Netherlands
5.30-5.35	Camille Sarrebressolles & Sarah Philippeaux	France
5.40-5.45	Beatrice Inostroza & Soifa Nava	Sweden
5.50-5.55	Anna Polak & Gabriela Frączek	Poland
6.00- 6.05	Roxanne de Beer & Isabella Da Silva	South Africa
6.10- 6.15	Sébastien Charade & Rebecca de Wandeleer	Belgium
6.20- 6.25	Katarina Čelić & Angelina Čelić	Romania
6.30- 6.35	Bea Vanessa Müller-Tendieck & Magdalena Holbach	Germany
6.40- 6.45	Lucie Prandstetterová & Lucie Nechvílová	Czech Republic
6.50- 6.55	Sara Castro Álvarez & Elsa Medina Expósito	Spain
7.00-7.05	Gonçalo Castro & Joana Magalhães	Portugal
7.10-7.15	Jessica Boutin & Tiffany Dessuet	Switzerland
7.20-7.25	Keyri Daniela Basurto Rodríguez & Susana Rodríguez Gaona	Mexico
7.30-7.35	Yoshihiro Kawakami & Ayako Suzuki	Japan

4.35- 4.40	Karyna Mykhalina	USA
4.45- 4.50	Nikola Paduch	Poland
4.55- 5.00	Amaliya Anisimova	Kazakhstan
5.05-5.10	Aurora Catelani	Italy
5.15-5.20	Demi Brama	Netherlands
5.25-5.30	Michaela Štubniaková	Slovakia
5.35-5.40	Valentýna Sedláčková	Czech Republic
5.45-5.50	Jillian Aubert	Switzerland
5.55-6.00	Lidy Saint-Remy	France
6.05- 6.10	Daria Yahodka	Ukraine
	Artistic Aerial Hoop Groups	
6.15- 6.20	Elise Krasowsky, Natalia Elvira Soberanes, Simona Giordano Díaz & Joanna Krasowsky	Mexico
6.25- 6.30	Kaja Bizoń, Kornelia Kaczmarek, Michalina Strzelczyk, Maja Czarczyńska, Nikodem Skrobek & Oliwia Gałwa	Poland
6.35- 6.40	Tatiana Odagiu, Alexandru Cosmin Odagiu, Emilie Chatton, Rebecca Harding, Emily Harding & Romane Bard	Switzerland
6.45- 6.50	Olha Znamenska, Sofiia Meheda & Polina Bublyk	Ukraine
6.55- 7.00	Sakura Watanabe, Shion Ogawa & Kurumi Fujita	Japan
7.05-7.10	Laura Josserand, Léa Pardo, Nina Hollard & Ambre Masson	France
7.15-7.20	Sophia Quinteros, Jessy Griffin, Ever Tomlinson, Kylie Cartwright & Jessica Pennington	USA
7.25-7.30	Roos Bouwman, Tess Jonk, Maud de Groot & Lindsay Brands	Netherlands
7.35-7.40	Kira Kim, Sofiya Zhiteneva, Alina Tulepbergenova, Milena Bagayeva, Polina Berezhinskaya & Karina Ulanova	Kazakhstan

MEDAL CEREMONY

8.00- 9.35

ULTRA POLE

CLOSING AND AWARD CEREMONY

RUNNING ORDER WEDNESDAY

	STAGE 1	
	Pole Sport Junior Female	
8.00-8.05	Joanna Miedziejko	Poland
8.10-8.15	Alyssia Inguscio	Switzerland
8.20-8.25	Mikari Iwasaki	Japan
8.30- 8.35	Hina Maki	Japan
8.40- 8.45	Mariia Mezhyrytska	Ukraine
8.50- 8.55	Sofia Grön Kapitonova	Sweden
9.00- 9.05	Alyona Bondareva	Kazakhstan
9.10- 9.15	Pola Chałupka	Poland
9.20- 9.25	Ksenia Cagina	USA
9.30- 9.35	Bettina Dudás	Hungary
9.40- 9.45	Bruna De Jesus Vicente	Brazil
9.50- 9.55	Lise Riehl	France
10.00- 10.05	Lou Laracca	France
10.10- 10.15	Stella Madrignani	Italy
10.20- 10.25	Felicia Wennsten	Sweden
10.30- 10.35	Ayaana Maydan	Kazakhstan
10.40- 10.45	Richelle Smits	Netherlands
10.50- 10.55	Yeva Korystova	Ukraine
11.00- 11.05	Lamprini Zygouri	Greece
11.10- 11.15	Karolina Mlejnkova	Czech Republic
11.20- 11.25	Sharon Valeria Ensástiga Pérez	Mexico
11.30- 11.35	Pia Stoppani	Argentina
	Pole Sport Masters 50+ Men	
11.40- 11.45	Takashi Minami	Japan
11.50- 11.55	David Wilson	Australia
12.00-12.05	Eric Bellicha	France
	MEDAL CEREMONY	
	Pole Sport Junior Doubles	
1.00- 1.05	Lénie Vanderpotte & Candice Peuillot	France
	Pole Sport Senior Doubles F/F	
1.10- 1.15	Camille Sarrebressolles & Sarah Philippeaux	France
1.20- 1.25	Sofia Navas & Beatrice Inostroza	Sweden
1.30- 1.35	Elisabetta Gardiol & Aurélie Baus	France
1.40- 1.45	Ayako Suzuki & Miyako Miyake	Japan
1.50- 1.55	Kirsten Rønningen & Silje Jeanette Åsen	Norway
2.00- 2.05	Eva Engeliena Tjalsma & Tirsa Hagen-Meijerink	Netherlands
2.10- 2.15	Kano Konishi & Sawa Konishi	Japan
2.20- 2.25	Natalie Křečková & Dominika Kuráková	Czech Republic
2.30- 2.35	Milena Yeleuova & Nuray Sergazy	Kazakhstan
2.40- 2.45	Yeva Arakelova & Arina Nossova	Kazakhstan
	Artistic Pole Junior Doubles	
2.50- 2.55	Albina Morokhovets & Yeva Gubarenko	Kazakhstan
3.00- 3.05	Callie Alvarez & Chloé Besse	France
3.10- 3.15	Adèle Treuthardt & Chloé Baertschi	Switzerland
3.20- 3.25	Anastasiia Pasichnyk & Ksenia Hrol	Ukraine
3.30- 3.35	Julia Dynak & Aniela Mrożek	Poland
	Artistic Pole Senior 30+ Men	
3.40- 3.45	Artem Kazymov	Latvia
3.50- 3.55	Yvan Ayer	Switzerland
4.00- 4.05	Michael Ferrari	Italy
4.10- 4.15	André Vieira	Portugal
4.20- 4.25	Sebastián Camilo Castillo Mosquera	Colombia
4.30- 4.35	Yegor Shulepov	Kazakhstan
4.40- 4.45	Yoshihiro Kawakami	Japan
4.50- 4.55	Jiang Lei	China
	MEDAL CEREMONY	

	STAGE 2	
	Aerial Hoop Sport Masters 40+ Women	
8.05-8.10	Tatiana Odagiu	Switzerland
8.15-8.20	Nathalie Amorim	France
8.25-8.30	Kinga Zarzecka	Poland
8.35- 8.40	Tania Romina Cruz Gómez	Mexico
8.45- 8.50	Klára Šandová	Czech Republic
8.55- 9.00	Noriko Kawamorita	Japan
9.05- 9.10	Viktoria Korabelnikova	Czech Republic
9.15- 9.20	Marieke Roos	Netherlands
9.25- 9.30	Tracy Mak	Singapore
9.35- 9.40	Athina Manou	Greece
9.45- 9.50	Tania Becker	South Africa
	Aerial Hoop Sport Novice (Mixed)	
9.55- 10.00	Yeva Gubarenko	Kazakhstan
10.05- 10.10	Alexandra Ilkevich	USA
10.15- 10.20	Emmi Verell	USA
10.25- 10.30	Helena Vera Lagerbäck	Sweden
10.35- 10.40	Finja Behrendt	Germany
10.45- 10.50	Janneke Custers	Netherlands
10.55- 11.00	Inês Nunes de Andrade	Portugal
11.05- 11.10	Ninell Barskova Vorobyeva	Spain
11.15- 11.20	Amelie Luise Lesch	Germany
11.25- 11.30	Evelina El-Khuari	Kyrgyzstan
11.35- 11.40	Iris Andrada Marin	Romania
11.45- 11.50	Helena Fazekasová	Czech Republic
11.55- 12.00	Eva Odagiu	Switzerland
12.05-12.10	Carla Conchilla Maldonado	Spain
12.55-1.00	Julieta Jaramillo Ramirez	Colombia
1.05- 1.10	Kamila Kogombaeva	Kazakhstan
1.15- 1.20	Rebecca Carboni	Italy
1.25- 1.30	Sofiia Kipko	Ukraine
1.35- 1.40	Vasylyna Bredykhina	Ukraine
1.45- 1.50	Flóra Anna Domonkos	Hungary
1.55- 2.00	Carlotta Pietrarelli	Italy
2.05- 2.10	Anna Piras	Poland
2.15- 2.20	Natalia Dorobat	Romania
2.25- 2.30	Malia Pasquini	Switzerland
2.35- 2.40	Zuzana Nepovímová	Czech Republic
2.45- 2.50	Hanna Horváth	Hungary
2.55- 3.00	Chiyoko Okada	Japan
3.05- 3.10	Emilia Sporek	Poland
	Artistic Aerial Silks Senior Doubles	
3.15- 3.20	Eleni Gkola & Giorgina Papageorgiou	Greece
3.25- 3.30	Nadine Jungermann & Dennis Schmidt	Germany
3.35- 3.40	Fábia Macedo Soares Bastos & Serena De Oliveira Pires Novato	Brazil
3.45- 3.50	Yana Tsoy & Rashel Taimirova	Kazakhstan
3.55- 4.00	Flory Olsthoorn & Simone Pestman	Netherlands
4.05- 4.10	Oliwia Żesławska & Julita Żesławska	Poland
4.15- 4.20	Kylie Cartwright & Sophia Quinteros	USA
4.25- 4.30	Amalia Binder & Elena Zwingmann	Germany
4.35- 4.40	Arina Kirillova & Alana Nurgaliyeva	Kazakhstan
	Artistic Aerial Pole_Junior (Mixed)	
4.45- 4.50	Marta Muszyńska	Poland
4.55- 5.00	Yelyzaveta Starostiuk	Ukraine

RUNNING ORDER WEDNESDAY

	STAGE 1	
	Pole Sport Junior Female	
5.40-5.45	Artistic Pole_Senior 18+ Men	
5.50-5.55	Sébastien Charade	Belgium
6.00- 6.05	Juan Martín Cordón Pulgarin	Colombia
6.10- 6.15	Alexandru Catalin Danciu	Romania
6.20- 6.25	Toke Heerkens	Netherlands
	Artistic Pole Senior 30+ Women	
6.30- 6.35	Anna Shite	Japan
6.40- 6.45	Charikleia Soukouvelou	Greece
6.50- 6.55	Christine Fox	USA
7.00- 7.05	Amandine Fairon	Belgium
7.10- 7.15	Li Yu	China
7.20- 7.25	Katarzyna Kirsz	Poland
7.30- 7.35	Ann Lim	Singapore
7.40- 7.45	Kateryna Fetsiak	Ukraine
7.50- 7.55	Jessica Boutin	Switzerland
8.00- 8.05	Sara Castro Álvarez	Spain
8.10- 8.15	Daniella Baker	South Africa
8.20- 8.25	Laura Alicia Villegas Cuevas	Mexico
8.30- 8.35	Jacqueline Colares	Brazil
8.40- 8.45	Carlotta Bonazzoli	Italy
8.50- 8.55	Camille Sarrebressolles	France
9.00- 9.05	Beatrice Inostroza	Sweden
9.10- 9.15	Lisette Beekhuis	Netherlands
9.20- 9.25	Angelina Čelić	Romania
9.30-9.35	Irene Bückendorf	Germany

	STAGE 2	
	Aerial Hoop Sport Masters 40+ Women	
5.45-5.50	Lise Riehl	France
5.55-6.00	Morgane Pasquini	Switzerland
6.05- 6.10	Begimai Bolotova	Kyrgyzstan
6.15- 6.20	Lelle Lichtenstein	Hungary
6.25- 6.30	Alexandra Ilkevich	USA
6.35- 6.40	Mila Peters	Netherlands
6.45- 6.50	Valentina Fumie Watanabe	Brazil
6.55- 7.00	Alina Boltovnina	Kazakhstan
	Artistic Aerial Hoop Senior Doubles	
7.05- 7.10	Angeliki Evangelou & Melina Garafa	Greece
7.15- 7.20	Inga Pieczul & Julia Wiśniowska	Poland
7.25- 7.30	Alice Blom & Sofia Skandevall	Sweden
7.35- 7.40	Laura van Genderen & Anna Gilos	Netherlands
7.45- 7.50	Estelle Lafforgue & Marion Henry	France
7.55- 8.00	Sofia Liashchuk & Daryna Havrilchuk	Ukraine
8.05- 8.10	Anna-Sophie Beatrix Weber & Nicole Gouriya	Germany
8.15- 8.20	Kateřina Tollingerová & Jaroslava Kotábová	Czech Republic
8.25- 8.30	Helena Colinas Castellà & Judith Carrasco	Spain
8.35- 8.40	Emily Harding & Rebecca Harding	Switzerland
8.45- 8.50	Jose Antonino Bautista Arroyo & Tania Romina Cruz Gómez	Mexico
	Artistic Aerial Silks Masters 40+ Women	
8.55- 9.00	Mei Er Yee	Malaysia
9.05- 9.10	Edith Espino Saldaña	Mexico
9.15- 9.20	Nikoletta Rauschenberger	Hungary
9.25- 9.30	Madeline Geenen	Netherlands
9.35-9.40	Giorgina Papageorgiou	Greece

CLOSING AND AWARD CEREMONY

RUNNING ORDER THURSDAY

	STAGE 1	
	Pole Sport Novice Male	
8.00-8.05	Vladimir Shelestov	Kazakhstan
	Pole Sport Novice Female	
8.10-8.15	Eloïse Perrier	France
8.20-8.25	Malwina Naporska	Poland
8.30- 8.35	Kira Kuzmina	Kyrgyzstan
8.40- 8.45	Eva Odagiu	Switzerland
8.50- 8.55	Zoé Alexa Kovács	Hungary
9.00- 9.05	Zlata Parkhomenko	Kazakhstan
9.10- 9.15	Daniela Aristiaran García	Spain
9.20- 9.25	Alessandra Carrara	Italy
9.30- 9.35	Jagoda Pawelec	Poland
9.40- 9.45	Alyssa Schübelin	Germany
9.50- 9.55	Ninell Barskova Vorobyeva	Spain
10.00- 10.05	Helena Vera Lagerbäck	Sweden
10.10- 10.15	Diana Khamitova	Kazakhstan
10.20- 10.25	Anna Imbrenda	France
10.30- 10.35	Nellie Trobäck	Sweden
10.40- 10.45	Polina Prudnikova	Kyrgyzstan
10.50- 10.55	Sofiia Kipko	Ukraine
11.00- 11.05	Taisiia Mynko	Germany
11.10- 11.15	Victoria Kümmel	Brazil
11.20- 11.25	Nikol Osadchenko	Ukraine
11.30- 11.35	Anna Blažková	Czech Republic
11.40- 11.45	Emma Krist	Netherlands
11.50- 11.55	Malia Pasquini	Switzerland
12.00-12.05	Alexandra Ilkevich	USA

	STAGE 2	
	Aerial Hoop Sport Senior 30+ Women	
8.15-8.20	Daniela Rodríguez Badajoz	Mexico
8.25-8.30	Regina Kürti	Hungary
8.35- 8.40	Dana Lee	Kazakhstan
8.45- 8.50	Fábia Macedo Soares Bastos	Brazil
8.55- 9.00	Meri Kuha	Finland
9.05- 9.10	Martina Hollá	Czech Republic
9.15- 9.20	Nancy Sega	France
9.25- 9.30	Karolína Frančová	Czech Republic
9.35- 9.40	Karolina Czublun	Poland
9.45- 9.50	Elena Governo	Italy
9.55- 10.00	Berit Pfeiffer	Germany
10.05- 10.10	Jagoda Lasota	Poland
10.15- 10.20	Kelly de Vos	Netherlands
10.25- 10.30	Anastasia Tsiava	Greece
10.35- 10.40	LiTing Chng	Singapore
10.45- 10.50	Ramona Yalcinkaya	Germany
10.55- 11.00	Liselotte Netjes	Netherlands
11.05- 11.10	Kim Gartmann	Switzerland
11.15- 11.20	Anna Shite	Japan
	Aerial Pole Sport Junior (Mixed)	
11.25- 11.30	Richelle Smits	Netherlands
11.35- 11.40	Bibianna Suchan	Poland
11.45- 11.50	Mélina Forestier	Switzerland
11.55- 12.00	Bruna De Jesus Vicente	Brazil
12.05-12.10	Sofiia Harbuz	Ukraine

RUNNING ORDER THURSDAY

	STAGE 1				STAGE 2	
MEDAL CEREMONY AWARDS: BUSINESS OF THE YEAR, FEDERATION OF THE YEAR						
	Pole Sport Masters 40+ Women			12.55-1.00	Yeva Korystova	Ukraine
1.00- 1.05	Marta Siwiecka	Poland		1.05- 1.10	Alina Plakhotnyuk	Kazakhstan
1.10- 1.15	Hiroko Nakajima	Japan		1.15- 1.20	Begimai Bolotova	Kyrgyzstan
1.20- 1.25	Isabel Jañez	Spain		1.25- 1.30	Zofia Dabbachi	Poland
1.30- 1.35	Yuliya Goncharova	Kazakhstan		1.35- 1.40	Sharon Valeria Ensástiga Pérez	Mexico
1.40- 1.45	Camille De Canha	South Africa		1.45- 1.50	Alyona Bondareva	Kazakhstan
					Aerial Pole Sport Senior Doubles	
1.50- 1.55	Sandra Kron	Germany		1.55- 2.00	Lena Michałków & Natalia Borucka	Poland
2.00- 2.05	Tamara Hunziker	Switzerland		2.05- 2.10	Izabela Czarnecka & Karyna Mykhalina	USA
2.10- 2.15	Lucie Valentova	Czech Republic		2.15- 2.20	Anna Polak & Kamila Miszta	Poland
2.20- 2.25	Anna von Hoyningen Huene	Canada		2.25- 2.30	Maya Corbelli & Nola Carrel	Switzerland
2.30- 2.35	Liliana Jocelin Cruz Gómez	Mexico		2.35- 2.40	Arina Nossova & Yeva Arakelova	Kazakhstan
2.40- 2.45	Chigusa Mori	Japan		2.45- 2.50	Barbora Dyrynkova & Pavlína Ottová	Czech Republic
2.50- 2.55	Christien Cronje	South Africa		2.55- 3.00	Erin Langereis & Jenna Stupers	Netherlands
3.00- 3.05	Amandine Joinis	France		3.05- 3.10	Marie Cornillon & Karine Andre	France
3.10- 3.15	Eline Steenvoorden-Visch	Netherlands		3.15- 3.20	Valeriya Grigoryeva & Kamilla Chakan	Kazakhstan
					Aerial Hoop Sport Senior 18+ Men	
3.20- 3.25	Aurelivia Santos Brito	Brazil		3.25- 3.30	Bartłomiej Ataman	Poland
3.30- 3.35	Tove Hallenstål	Sweden		3.35- 3.40	Jose Antonino Bautista Arroyo	Mexico
3.40- 3.45	Nicole Singh	Canada		3.45- 3.50	Alban Prevost	France
					Artistic Aerial Pole Masters 40+ Women	
3.50- 3.55	Valerie Ruddat	Germany		3.55- 4.00	Anna Łotecka - Dabbachi	Poland
	Pole Sport Senior 18+ Men					
4.00- 4.05	Karim Luna Santana	Mexico		4.05- 4.10	Nikoletta Rauschenberger	Hungary
4.10- 4.15	Antoine Vaz	France		4.15- 4.20	Wiebke Schröder	Germany
4.20- 4.25	Liu Ye Qun	China		4.25- 4.30	Tania Romina Cruz Gómez	Mexico
4.30- 4.35	Ryusei Kudo	Japan		4.35- 4.40	María Antonieta Royuela	Panama
4.40- 4.45	Swe Hou Yeo	Japan		4.45- 4.50	Victoria Williams	Great Britain
	Pole Sport_Senior Doubles M/M					
4.50- 4.55	Takashi Minami & Seiichi Yamazaki	Japan		4.55- 5.00	Kira Bucca	USA
MEDAL CEREMONY						
	Artistic Pole Senior 18+ Women			5.45-5.50	Leonie Jannien Van Dijk	Netherlands
5.50-5.55	Christin Bauer	Germany		5.55-6.00	Letitia Pannunzio	France
	Artistic Pole Senior 18+ Women				**Artistic Aerial Hoop Senior 18+ Women**	
6.00- 6.05	Zita Turcsák-Szigeti	Hungary		6.05- 6.10	Milana Khan	Kazakhstan
6.10- 6.15	Federica Morabito	Italy		6.15- 6.20	Elisa Bontempi	Italy
6.20- 6.25	Anastasiia Kernytska	Ukraine		6.25- 6.30	Dora Szende	Hungary
6.30- 6.35	Aleksandra Bratek	Norway		6.35- 6.40	Frida Lidar	Sweden
6.40- 6.45	Sabrina Marie Laurence Savard	Mexico		6.45- 6.50	Sonia Gabriela Mihăilescu	Romania
6.50- 6.55	Alisa Zarkevicha	Latvia		6.55- 7.00	Carolina Pires	Portugal
7.00- 7.05	Adiya Tripathi	India		7.05- 7.10	Molly Woodhouse	Great Britain
7.10- 7.15	Anna Koubínová	Czech Republic		7.15- 7.20	Millene Duarte	Brazil
7.20- 7.25	Dana Catalina Andreea Nedianu	Romania		7.25- 7.30	Eszter Bako	Finland
7.30- 7.35	Rebecca De Wandeleer	Belgium		7.35- 7.40	Jessica Cadil	Netherlands
7.40- 7.45	Iida Sulonen	Finland		7.45- 7.50	Angie Pannunzio	France
7.50- 7.55	Elsa Medina Exposito	Spain		7.55- 8.00	Zarina Prybylieva	Ukraine
8.00- 8.05	Demi Brama	Netherlands		8.05- 8.10	Ann Soon	Malaysia
8.10- 8.15	Eliza Urban	Poland		8.15- 8.20	Nicole Gouriya	Germany
8.20- 8.25	Majali Iderström Pankinaho	Sweden		8.25- 8.30	Zohra Afifi El Alami	Switzerland
8.30- 8.35	Manon Devanthéry	Switzerland		8.35- 8.40	Zuzanna Paduch	Poland
8.40- 8.45	Sarah Philippeaux	France		8.45- 8.50	Elsa Schmetz	Belgium
8.50- 8.55	Ayuko Hori	Japan		8.55- 9.00	Karolína Mrózková	Czech Republic
9.00- 9.05	Karyna Mykhalina	USA		9.05- 9.10	Isabella Delgado Gualdron	Colombia
9.10- 9.15	Yeva Arakelova	Kazakhstan		9.15- 9.20	Nanako Kanda	Japan
				9.25- 9.30	Elise Krasowsky	Mexico
CLOSING AND AWARD CEREMONY						

RUNNING ORDER FRIDAY

	STAGE 1	
	Pole Sport Senior 30+ Women	
8.00-8.05	Ayako Suzuki	Japan
8.10-8.15	Mariele Mette Luise Dyzmann	Germany
8.20-8.25	Tirsa Hagen-Meijerink	Netherlands
8.30- 8.35	Izabela Czarnecka	USA
8.40- 8.45	Kim Gartmann	Switzerland
8.50- 8.55	Kanako Suda	Japan
9.00- 9.05	Denisa Chlustinová	Czech Republic
9.10- 9.15	Ann Lim	Singapore
9.20- 9.25	Charikleia Soukouvelou	Greece
9.30- 9.35	Anastasia Klimova	Kazakhstan
9.40- 9.45	Eva Engeliena Tjalsma	Netherlands
9.50- 9.55	Samantha Guerard Dimitraki	Canada
10.00- 10.05	Trinh Nguyen	Switzerland
10.10- 10.15	Jana Egger	Germany
10.20- 10.25	Marion Chevallier	France
10.30- 10.35	Estefania Arroyo Carreras	Spain
10.40- 10.45	Rafaela Hedo Therezão Elias	Brazil
10.50- 10.55	Monique Lemos	Brazil
11.00- 11.05	Irene López Parra	Spain
11.10- 11.15	Chiara Fruzzetti	Italy
11.20- 11.25	Valentina Golovachshenko	Kazakhstan
11.30- 11.35	Olga Lockhart	Portugal
11.40- 11.45	Elisabetta Gardiol	France
11.50- 11.55	Vladyslava Aprelieva	Ukraine
	Para Pole Sports PPLD1 Senior (Mixed)	
12.00-12.05	Haruna Asahi	Japan
	MEDAL CEREMONY	
	Pole Sport Masters 60+ Women	
12.50-12.55	Monica van Beek	Netherlands
1.00- 1.05	Carmen Seinwill	Germany
1.10- 1.15	Frederica Cassis	Brazil
1.20- 1.25	Miho Komiyama	Japan
1.30- 1.35	Ivana Řehořová	Czech Republic
1.40- 1.45	Shirlei Moreira	Brazil
1.50- 1.55	Svetlana Tsyro	Norway
2.00- 2.05	Virginia Marshall	USA
2.10- 2.15	Gulsim Kunedilova	Kazakhstan
2.20- 2.25	Nora Susana Ordoñez Lopez	Mexico
	Pole Sport Masters 50+ Women	
2.30- 2.35	Virginia Tarabella	Italy
2.40- 2.45	Pavlína Málková	Czech Republic
2.50- 2.55	Zdeňka Vorlíčková	Czech Republic
3.00- 3.05	Stephanie Verstraeten	Netherlands
3.10- 3.15	Yoshiko Mitsunari	Japan
3.20- 3.25	Masako Akao	Japan
3.30- 3.35	Nadine Volmer	Germany
3.40- 3.45	Ghislaine Nieto	France
3.50- 3.55	Niceia Montanini	Brazil
4.00- 4.05	Susan Nolan	Ireland
4.10- 4.15	Michele Rodrigues Watanabe	Brazil
4.20- 4.25	Kim Nolte	South Africa
4.30- 4.35	Imelda Cabello Larios	Mexico
	Artistic Pole Masters 50+ Men	
4.40- 4.45	Seiichi Yamazaki	Japan
4.50- 4.55	Richard Glynn Owens	New Zealand

	STAGE 2	
	Aerial Hoop Sport Youth Doubles	
8.05-8.10	Vasylyna Bredykhina & Sofiia Kipko	Ukraine
8.15-8.20	Artemis Despoina Theodori & Andrea-Eleni Stavrou	Greece
8.25-8.30	Helena Bysiak & Magdalena Wrońska	Poland
8.35- 8.40	Artémis Plane & Lily Curchod	Switzerland
8.45- 8.50	Veronika Andělová & Barbora Čaloudová	Czech Republic
8.55- 9.00	Sophia Quinteros & Emmi Verell	USA
9.05- 9.10	Sibylla Lomax & Ever Tomlinson	USA
9.15- 9.20	Evi Bredenoord & Félien Schut	Netherlands
9.25- 9.30	Mariya Biyanova & Vladimir Shelestov	Kazakhstan
9.35- 9.40	Nela Luna Rychová & Lola Voračková	Czech Republic
9.45- 9.50	Wiktoria Wieczorek & Magdalena Leś	Poland
9.55- 10.00	Malia Pasquini & Eva Odagiu	Switzerland
10.05- 10.10	Myroslava Shkarupa & Mariia Tsapenko	Ukraine
10.15- 10.20	Natalia Dorobat & Iris Andrada Marin	Romania
10.25- 10.30	Yeva Gubarenko & Albina Morokhovets	Kazakhstan
	Aerial Pole Sport Senior 30+ Men	
10.35- 10.40	Shiima Kitano	Japan
10.45- 10.50	Edgar Alan Zuñiga Cruz	Mexico
10.55- 11.00	Dumitru Rosca	Poland
	Aerial Hoop Sport Senior 18+ Women	
11.05- 11.10	Oliwia Chachurska	Poland
11.15- 11.20	Tomoka Igarashi	Japan
11.25- 11.30	Ramona Zakharova	Mexico
11.35- 11.40	Theodora-Ana-Maria Baciu-Misoaga	Romania
11.45- 11.50	Michelle Nerem	Norway
11.55- 12.00	Oryna Kokorieva	Ukraine
12.05-12.10	Alisa Juvenius	Finland
12.55-1.00	Arina Nossova	Kazakhstan
1.05- 1.10	Amélia Bucher	Switzerland
1.15- 1.20	Karyna Mykhalina	USA
1.25- 1.30	Yeva Arakelova	Kazakhstan
1.35- 1.40	Demi Brama	Netherlands
1.45- 1.50	Eszter Bako	Finland
1.55- 2.00	Carolina Pires	Portugal
2.05- 2.10	Evelin Dietrich	Hungary
2.15- 2.20	Yuka Fujino	Japan
2.25- 2.30	Finja Rolshausen	Germany
2.35- 2.40	Laura Górecká	Czech Republic
2.45- 2.50	Zarina Prybylieva	Ukraine
2.55- 3.00	Nerena Venoaks	Netherlands
3.05- 3.10	Margarita Karapeti	Greece
3.15- 3.20	Isabella Delgado Gualdron	Colombia
3.25- 3.30	Kamila Miszta	Poland
3.35- 3.40	Tini Stark	Germany
3.45- 3.50	Elisa Bontempi	Italy
	Artistic Aerial Silks Groups	
3.55- 4.00	Alicja Kulińska, Oliwia Żesławska, Lena Bałaga, Lena Jagiełło & Kalina Stępień	Poland
4.05- 4.10	Ever Tomlinson, Sophia Quinteros & Kylie Cartwright	USA
	Artistic Aerial Silks Senior 30+ Men	
4.15- 4.20	Randall Ong	Singapore
4.25- 4.30	Oleg Grechko	Kazakhstan
4.35- 4.40	Daniel González Obando	Colombia
	Artistic Aerial Hoop Senior 18+ Men	
4.45- 4.50	Jose Antonino Bautista Arroyo	Mexico
4.55- 5.00	Alban Prevost	France

RUNNING ORDER FRIDAY

	STAGE 1	
5.00-5.05	Eric Bellicha	France
	MEDAL CEREMONY	
	Artistic Pole Masters 40+ Men	
5.50-5.55	Anthony Zambelli	France
6.00- 6.05	Miguel Areias	Portugal
6.10- 6.15	David Král	Czech Republic
6.20- 6.25	Michael Breit	Germany
6.30- 6.35	Terence Rossi	Italy
6.40- 6.45	Miyamura Hideki	Japan
6.50- 6.55	Djalma Rodrigues Filho	Brazil
	Artistic Pole Masters 40+ Women	
7.00- 7.05	Edina Frank	Hungary
7.10- 7.15	Anna Łotecka - Dabbachi	Poland
7.20- 7.25	Yvonne Christine Meyer	Germany
7.30- 7.35	Christien Cronje	South Africa
7.40- 7.45	Laura Marcela Corredor Blanco	Colombia
7.50- 7.55	Audrey Takassi-Kikpa	Togo
8.00- 8.05	Alexandra Sandulescu	Romania
8.10- 8.15	Simone Mumbauer	Switzerland
8.20- 8.25	Therese Ståhl	Sweden
8.30- 8.35	Mayumi Sonoda	Japan
8.40- 8.45	Nicole Singh	Canada
8.50- 8.55	Kira Bucca	USA
9.00- 9.05	Monika Brzywcz	Belgium
9.10- 9.15	Maria Maas	Netherlands
9.20- 9.25	Elena Usatova	Ukraine
9.30-9.35	Suzian Silva	Brazil

	STAGE 2	
5.05-5.10	Nikodem Skrobek	Poland
	Artistic Aerial Silks Junior (Mixed)	
5.55-6.00	Veronika Osorio Sterling	Colombia
6.05- 6.10	Eva Cruz Lopes	Netherlands
6.15- 6.20	Mariya Sinitsyna	Kazakhstan
6.25- 6.30	Julita Żesławska	Poland
6.35- 6.40	Elizaveta Bezriadina	Portugal
6.45- 6.50	Amalia Binder	Germany
6.55- 7.00	Dolores Valentina Del Castaño Aguilera	Argentina
7.05- 7.10	Polina Kiriiainen	Czech Republic
7.15- 7.20	Oleksandra Alieksieieva	Ukraine
7.25- 7.30	Dallana Mayrani Arenas Vargas	Mexico
7.35- 7.40	Theodora Ioana Maldea	Romania
7.45- 7.50	Alexandra Ilkevich	USA
	Artistic Aerial Pole Senior Doubles	
7.55- 8.00	Angie Pannunzio & Letitia Pannunzio	France
8.05- 8.10	Agnes Bjärkse & Martin Hansen	Sweden
8.15- 8.20	Seiwa Deguchi & Maaya Mizuno	Japan
8.25- 8.30	Roosmarijn op't Holt & Leonie Jannien Van Dijk	Netherlands
8.35- 8.40	Nelly Bach & Catharina Klein	Germany
8.45- 8.50	Nikola Paduch & Oliwia Chachurska	Poland
8.55- 9.00	Sabrina Marie Laurence Savard & Keyri Daniela Basurto Rodríguez	Mexico
9.05- 9.10	Tatiana Odagiu & Alexandru Cosmin Odagiu	Switzerland
9.15- 9.20	Milana Khan & Milena Yeleuova	Kazakhstan
9.25- 9.30	Izabela Czarnecka & Karyna Mykhalina	USA
	CLOSING AND AWARD CEREMONY	

RUNNING ORDER SATURDAY

	STAGE 1	
	Pole Sport Novice Doubles	
8.00-8.05	Mariya Biyanova & Zlata Parkhomenko	Kazakhstan
8.10-8.15	Sofiia Kipko & Nikol Osadchenko	Ukraine
8.20-8.25	Daniela Aristiaran García & Ninell Barskova Vorobyeva	Spain
8.30- 8.35	Oliwia Armata & Weronika Gilar	Poland
8.40- 8.45	Vasylyna Bredykhina & Yelyzaveta Starostiuk	Ukraine
	Pole Sport Senior 18+ Women	
8.50- 8.55	Sylvie van Weert	Netherlands
9.00- 9.05	Sawa Konishi	Japan
9.10- 9.15	Alexandra Topchiyeva	Kazakhstan
9.20- 9.25	Sherley Lombard	France
9.30- 9.35	Justýna Sekerešová	Czech Republic
9.40- 9.45	Nicole Passarella	Italy
9.50- 9.55	Ana Paula García Martínez	Mexico
10.00- 10.05	Demi Brama	Netherlands
10.10- 10.15	Arina Nossova	Kazakhstan
10.20- 10.25	Erina Suzuki	Japan
10.30- 10.35	Greta Aželytė	Lithuania
10.40- 10.45	Majali Iderström Pankinaho	Sweden
10.50- 10.55	Aurora Catelani	Italy
11.00- 11.05	Rozsa Hajdu	Hungary
11.10- 11.15	Agostina Piccardi	Argentina
11.20- 11.25	Nola Carrel	Switzerland
11.30- 11.35	Olha Soliak	Ukraine
11.40- 11.45	Kenia Aguirre Rivero	Mexico

	STAGE 2	
	Aerial Hoop Sport Masters 40+ Men	
8.05-8.10	Yasuhisa Furuta	Japan
8.15-8.20	Azlan Raj	Great Britain
	Aerial Hoop Sport Junior (Mixed)	
8.25-8.30	Sophia Quinteros	USA
8.35- 8.40	Theodora Ioana Maldea	Romania
8.45- 8.50	Albina Morokhovets	Kazakhstan
	Aerial Hoop Sport Junior (Mixed)	
8.55- 9.00	Bruna De Jesus Vicente	Brazil
9.05- 9.10	Isabel Becerra López	Colombia
9.15- 9.20	Gaia Di Gaspare	Italy
9.25- 9.30	Morena Anna Cavaccini	Argentina
9.35- 9.40	Veronika Andělová	Czech Republic
9.45- 9.50	Magdalena Leś	Poland
9.55- 10.00	Emilie Chatton	Switzerland
10.05- 10.10	Arina Akimova	Kazakhstan
10.15- 10.20	Amalia Binder	Germany
10.25- 10.30	Kim Petitpierre	Switzerland
10.35- 10.40	Lotte Pleh	Germany
10.45- 10.50	Vanessa Vardasová	Czech Republic
10.55- 11.00	Aleksandra Szylar	Poland
11.05- 11.10	Chrysafenia Gagka	Greece
11.15- 11.20	Artemis Despoina Theodori	Greece
11.25- 11.30	Agustina Sanguinetti Haluza	Argentina
11.35- 11.40	Oleksandra Alieksieieva	Ukraine
11.45- 11.50	Lilly Lesein	France

RUNNING ORDER SATURDAY

	STAGE 1				STAGE 2	
11.50- 11.55	Valeriia Bova	Ukraine		11.55- 12.00	Sofia Grön Kapitonova	Sweden
12.00-12.05	Emanuela Bezerra	Brazil		12.05-12.10	Serena Beneduce	Italy
MEDAL CEREMONY: AWARDS: LIFETIME ACHIEVEMENT, JUDGE OF THE YEAR, HEAD JUDGE OF THE YEAR						
12.50-12.55	Sarah Philippeaux	France		12.55-1.00	Ambre Mattei	France
1.00- 1.05	Ann Soon	Malaysia		1.05- 1.10	Eleanor-Mae McCrea	Great Britain
1.10- 1.15	Nelly Bach	Germany		1.15- 1.20	Arina Havryshenko	Ukraine
					Aerial Pole Sport Senior 30+ Women	
1.20- 1.25	Aryna Kovtun	Poland		1.25- 1.30	Eva Engeliena Tjalsma	Netherlands
1.30- 1.35	Karyna Mykhalina	USA		1.35- 1.40	Iveta Číla	Czech Republic
1.40- 1.45	Bruna Rocha	Brazil		1.45- 1.50	Serena De Oliveira Pires Novato	Brazil
1.50- 1.55	Julia Jasiczek	Poland		1.55- 2.00	Vladyslava Aprelieva	Ukraine
2.00- 2.05	Finja Rolshausen	Germany		2.05- 2.10	Flore Mazzonetto	France
	Pole Sport Senior Doubles F/M					
2.10- 2.15	Naoto Araya & Shio Yamaguchi	Japan		2.15- 2.20	Olga Lockhart	Portugal
2.20- 2.25	Mircea Marian Bina & Alexandra-Mihaela Butaru	Romania		2.25- 2.30	Kim Gartmann	Switzerland
2.30- 2.35	David Wilson & Tasmin Rymer	Australia		2.35- 2.40	Estefania Arroyo Carreras	Spain
2.40- 2.45	Tom de Klerck & Lieve Warmoeskerken	Netherlands		2.45- 2.50	Tirsa Hagen-Meijerink	Netherlands
	Pole Sport Senior 30+ Men					
2.50- 2.55	Jiang Lei	China		2.55- 3.00	Izabela Czarnecka	USA
3.00- 3.05	Oleg Grechko	Kazakhstan		3.05- 3.10	Saltanat Baïniyazova	Kazakhstan
					Artistic Aerial Hoop Junior Doubles	
3.10- 3.15	Daniel González Obando	Colombia		3.15- 3.20	Leonie Godat & Mara Godat	Switzerland
3.20- 3.25	Nick La Gije	Netherlands		3.25- 3.30	Kamila Kondratska & Oleksandra Tkachuk	Ukraine
3.30- 3.35	Dumitru Rosca	Poland		3.35- 3.40	Kamila Havelková & Armel Pesses	Czech Republic
3.40- 3.45	Jeison Camilo Ortega Santacruz	Colombia		3.45- 3.50	Karina Ulanova & Polina Berezhinskaya	Kazakhstan
3.50- 3.55	Shiima Kitano	Japan		3.55- 4.00	Kylie Cartwright & Sophia Quinteros	USA
4.00- 4.05	Shotaro Ido	Japan		4.05- 4.10	Helena Bysiak & Magdalena Wrońska	Poland
4.10- 4.15	Edgar Alan Zuñiga Cruz	Mexico		4.15- 4.20	Matilde Rinaldi & Rachele Ceccarelli	Italy
	Pole Sport Youth Doubles					
4.20- 4.25	Sayana Zhanbekova & Alina Plakhotnyuk	Kazakhstan		4.25- 4.30	Simona Giordano Díaz & Julia Benitez	Mexico
4.30- 4.35	Daria Koval & Polina Prudnikova	Kyrgyzstan		4.35- 4.40	Isabel Becerra López & Veronika Osorio Sterling	Colombia
					Artistic Aerial Pole Senior 18+ Men	
4.40- 4.45	Eloïse Perrier & Zoé Sampino	France		4.45- 4.50	Jose Antonino Bautista Arroyo	Mexico
MEDAL CEREMONY						
	Para Pole Sports PPD3 Senior (Mixed)				**Artistic Aerial Hoop Masters 50+ Women**	
5.50-5.55	Dyennifer De Melo Luca	France		5.45-5.50	Yvonne Smits	Netherlands
	Para Pole Sports PPMP2 Senior (Mixed)			5.55-6.00	Nataliya Shelegey	Italy
6.00- 6.05	Anna Osińska	Poland		6.05- 6.10	Sandrine Taravel	France
	Para Pole Sports PPMP1 Senior (Mixed)					
6.10- 6.15	Kaitlin Rawson	South Africa		6.15- 6.20	Yuliya Mikloshich	Kazakhstan
6.20- 6.25	Séverine Moine	France		6.25- 6.30	Inka Olsson	Sweden
6.30- 6.35	Joana Anne Mansard	France		6.35- 6.40	Chisa Nishida	Japan
	Pole Sport Masters 60+ Men				**Artistic Aerial Hoop Senior 30+ Women**	
6.40- 6.45	Juan Luis Oubel Barba	Spain		6.45- 6.50	Nancy Sega	France
6.50- 6.55	Richard Glynn Owens	New Zealand		6.55- 7.00	Polina Shut	Kazakhstan
	Pole Sport Masters 40+ Men					
7.00- 7.05	Miguel Areias	Portugal		7.05- 7.10	Michaela Smeds	Sweden
7.10- 7.15	Enrique Alcántara Rico	Mexico		7.15- 7.20	Gabrielle Hill	Aruba
7.20- 7.25	Shigekazu Miyachi	Japan		7.25- 7.30	Elena Governo	Italy
7.30- 7.35	David Chapalain	France		7.35- 7.40	Michaela Sutorý	Czech Republic
7.40- 7.45	Naoto Araya	Japan		7.45- 7.50	Yu Ting Ng	Singapore
	Artistic Pole Groups					
7.50- 7.55	Maria Stefania Filip, Maria Ioana Stere, Angelina Čelić & Katarina Čelić	Romania		7.55- 8.00	Jessica Boutin	Switzerland
8.00- 8.05	Zofia Dabbachi, Julia Dynak, Bibianna Suchan, Aniela Mrożek, Martyna Marciniszyn & Joanna Miedziejko	Poland		8.05- 8.10	Daniela Rodríguez Badajoz	Mexico
8.10- 8.15	Roos Bouwman, Tess Jonk, Maartje Vocking, Aart de Koning, Maud de Groot & Lindsay Brands	Netherlands		8.15- 8.20	Helena Colinas Castellà	Spain


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RUNNING ORDER SATURDAY

	STAGE 1			STAGE 2	
8.20- 8.25	Julia Johansson, Mats Sjögren, Lovisa Sjörsgård, Felicia Edvardsson, Kerstin Dihlén & Celina Berglind	Sweden	8.25- 8.30	Paulina Nielepkowicz	Poland
8.30- 8.35	Vanessa Kümmel, Millene Duarte, Danielle Vaz, Milene Barbosa & Valéria Gasparotto	Brazil	8.35- 8.40	Evelin-Emese Farkas	Romania
8.40- 8.45	Valeriya Grigoryeva, Kamilla Chakan, Alexandra Passut & Yuliya Gorkovenko	Kazakhstan	8.45- 8.50	Anastasia Papavasileiou	Germany
8.50- 8.55	Seiwa Deguchi, Maaya Mizuno, Amii Konda & Marin Yamamoto	Japan	8.55- 9.00	Melissa de Henau	Belgium
9.00- 9.05	Valerie Ruddat, Irene Bückendorf, Rebecca Weber & Finja Rolshausen	Germany	9.05- 9.10	Regina Kürti	Hungary
			9.15- 9.20	Kelly de Vos	Netherlands
			9.25- 9.30	Priscila Shoji	Brazil
Medal Ceremony					

RUNNING ORDER SUNDAY

	STAGE 1			STAGE 2	
	Aerial Pole Sport Senior 18+ Women			**Aerial Pole Sport Novice (Mixed)**	
8.00-8.05	Natalia Borucka	Poland	8.05-8.10	Sofiia Kipko	Ukraine
8.10-8.15	Arina Nossova	Kazakhstan	8.15-8.20	Nikol Osadchenko	Ukraine
8.20-8.25	Yeva Arakelova	Kazakhstan	8.25-8.30	Alexandra Ilkevich	USA
8.30- 8.35	Jessica Cadil	Netherlands	8.35- 8.40	Kira Kim	Kazakhstan
8.40- 8.45	Zuzanna Maligranda	Poland	8.45- 8.50	Carla Conchilla Maldonado	Spain
8.50- 8.55	Sabrina Marie Laurence Savard	Mexico	8.55- 9.00	Zoé Alexa Kovács	Hungary
9.00- 9.05	Lidy Saint-Remy	France	9.05- 9.10	Inês Nunes de Andrade	Portugal
9.10- 9.15	Oryna Kokorieva	Ukraine	9.15- 9.20	Helena Vera Lagerbäck	Sweden
9.20- 9.25	Patricie Opočenská	Czech Republic	9.25- 9.30	Mila Peters	Netherlands
9.30- 9.35	Nola Carrel	Switzerland	9.35- 9.40	Valentina Fumie Watanabe	Brazil
9.40- 9.45	Demi Brama	Netherlands	9.45- 9.50	Kalina Woźniak	Poland
9.50- 9.55	Finja Rolshausen	Germany	9.55- 10.00	Nellie Trobäck	Sweden
	Aerial Pole Sport Masters 50+ (Mixed)				
10.00- 10.05	Corinne Orosco	France	10.05- 10.10	Vladimir Shelestov	Kazakhstan
10.10- 10.15	Michele Rodrigues Watanabe	Brazil	10.15- 10.20	Malwina Naporska	Poland
	Aerial Pole Sport Senior 18+ Men				
10.20- 10.25	Jose Antonino Bautista Arroyo	Mexico	10.25- 10.30	Aruuke Borbueva	Kyrgyzstan
10.30- 10.35	Bartłomiej Ataman	Poland	10.35- 10.40	Victoria Kümmel	Brazil
	Artistic Aerial Silks Senior 30+ Women			**Artistic Aerial Hoop Junior (Mixed)**	
10.40- 10.45	Saltanat Bainiyazova	Kazakhstan	10.45- 10.50	Lilly Lesein	France
10.50- 10.55	Yee Ling Wong	Malaysia	10.55- 11.00	Simona Giordano Díaz	Mexico
11.00- 11.05	Liliana Pugliese	Italy	11.05- 11.10	Raquel Lozano Pérez	Spain
11.10- 11.15	Melina Druta	Romania	11.15- 11.20	Morena Anna Cavaccini	Argentina
11.20- 11.25	Brenda Geraldine Medellín Quiroga	Mexico	11.25- 11.30	Alisa Shtanhieieva	Switzerland
11.30- 11.35			11.35- 11.40	Oleksandra Alieksieieva	Ukraine
11.40- 11.45	Karolina Czublun	Poland	11.45- 11.50	Camila Sánchez Rojas	Colombia
11.50- 11.55	Erika Akiyama	Japan	11.55- 12.00	Arina Akimova	Kazakhstan
12.00-12.05	Joana Magalhães	Portugal	12.05-12.10	Michelle Mosti	Italy
Medal Ceremony					
12.50-12.55	Kristiane Cordes	Germany	12.55-1.00	Daria Koval	Kyrgyzstan
1.00- 1.05	Pamela Chua	Singapore	1.05- 1.10	Arya Padayachee	South Africa
1.10- 1.15	Cahelle Vleeshouwers	Netherlands	1.15- 1.20	Alyx Dinescu	Canada
1.20- 1.25	Fábia Macedo Soares Bastos	Brazil	1.25- 1.30	Yeseo Youn	South Korea
1.30- 1.35	Elin Johansson	Sweden	1.35- 1.40	Alexandra Ilkevich	USA
1.40- 1.45	Giada Maspoli	Switzerland	1.45- 1.50	Andrea-Eleni Stavrou	Greece
	Aerial Pole Sport Youth Doubles				
1.50- 1.55	Zofia Dabbachi & Aniela Mrożek	Poland	1.55- 2.00	Magdalena Wrońska	Poland
2.00- 2.05	Darya Kozhushko & Mariya Borissova	Kazakhstan	2.05- 2.10	Barbora Čaloudová	Czech Republic

RUNNING ORDER SUNDAY

	STAGE 1	
2.10- 2.15	Candice Peuillot & Anna Imbrenda	France
2.20- 2.25	Adèle Treuthardt & Chloé Baertschi	Switzerland
2.30- 2.35	Vasylyna Bredykhina & Yelyzaveta Starostiuk	Ukraine
2.40- 2.45	Sofiia Kipko & Nikol Osadchenko	Ukraine
2.50- 2.55	Artémis Plane & Julia Candolfi	Switzerland
3.00- 3.05	Milena Bagayeva & Kira Kim	Kazakhstan
	Aerial Pole Sport Masters 40+ Women	
3.10- 3.15	Kinga Zarzecka	Poland
3.20- 3.25	Eline Steenvoorden-Visch	Netherlands
3.30- 3.35	Melody Bacher	Switzerland
3.40- 3.45	Marie Cornillon	France
3.50- 3.55	Vilma Táborská	Czech Republic
4.00- 4.05	Liliana Jocelin Cruz Gómez	Mexico
4.10- 4.15	Anna Łotecka - Dabbachi	Poland
4.20- 4.25	Nikoletta Rauschenberger	Hungary
4.30- 4.35	Wiebke Schröder	Germany
	Artistic Aerial Silks Masters 50+ Women	
4.40- 4.45	Yvonne Smits	Netherlands
4.50- 4.55	Monika Skrzypiec-Spring	Poland
	Medal Ceremony	
	Artistic Aerial Pole Senior 30+ Men	
6.00- 6.05	Yoshihiro Kawakami	Japan
6.10- 6.15	Diego Manuel De Souza Brigido	Brazil
6.20- 6.25	Marius Fritze	Germany
	Artistic Aerial Pole Groups	
6.30- 6.35	Angie Pannunzio, Alyssa Jeulin, Letitia Pannunzio & Vincent Pannunzio	France
6.40- 6.45	Mila Peters, Erin Langereis, Zhanar Verbeeck, Marleen Gensmuller, Sherin Madarie & Berber Verbeeck	Netherlands
6.50- 6.55	Nola Carrel, Maya Corbelli & Lucille Stegmüller	Switzerland
7.00- 7.05	Shiima Kitano, Megumi Kitano, Mihito Nishiyama, Kouki Tsubota & Ryusei Kudo	Japan
7.10- 7.15	Natalie Murawjew, Lieselotte Wiener & Lisa Hölzlwimmer	Germany
7.20- 7.25	Zofia Dabbachi, Aniela Mrożek, Hanna Dora, Joanna Miedziejko & Julia Dynak	Poland
	Artistic Aerial Silks Masters 40+ Men	
7.30- 7.35	Matteo Alessio Locaputo	Italy
	Artistic Aerial Pole Senior 30+ Women	
7.40- 7.45	Ruzena Kunstyrova	Czech Republic
7.50- 7.55	Christine Fox	USA
8.00- 8.05	Jagoda Lasota	Poland
8.10- 8.15	Frida Jonsson	Sweden
8.20- 8.25	Flore Mazzonetto	France
8.30- 8.35	Kateryna Fetsiak	Ukraine
8.40- 8.45	Anastasia Papavasileiou	Germany
8.50- 8.55	Sage Cammers-Goodwin	Netherlands
9.00- 9.05	Serena De Oliveira Pires Novato	Brazil
9.10- 9.15	Laura Alicia Villegas Cuevas	Mexico
9.20- 9.25		
	Medal Ceremony and End of Competition	

	STAGE 2	
	Aerial Hoop Sport Senior Doubles	
2.15- 2.20	Sophie Marie Geiger & Hanna Luzie Groß	Germany
2.25- 2.30	Emilie Bouly & Nancy Sega	France
2.35- 2.40	Kano Konishi & Sawa Konishi	Japan
2.45- 2.50	Oliwia Bysiak & Zuzanna Paduch	Poland
2.55- 3.00	Anna-Sophie Beatrix Weber & Nicole Gouriya	Germany
3.05- 3.10	Josine Hoekstra & Betje Postma	Netherlands
3.15- 3.20	Karolína Mrózková & Valerie Smejkalová	Czech Republic
3.25- 3.30	Mai Mochii & Manami Endo	Japan
3.35- 3.40	Lena Michałków & Natalia Borucka	Poland
3.45- 3.50	Yeva Arakelova & Arina Nossova	Kazakhstan
	Aerial Hoop Sport Senior 30+ Men	
3.55- 4.00	Norberto Vanderlei Simões Filho	Germany
4.05- 4.10	Alexis Perez	France
4.15- 4.20	Oleg Grechko	Kazakhstan
4.25- 4.30	Piotr Kapłaniuk	Poland
	Artistic Aerial Pole Masters 50+ Women	
4.35- 4.40	Liliana Jaramillo Fonnegra	Colombia
	Artistic Aerial Silks Masters 50+ Men	
4.45- 4.50	Eduardo Edmundo Sánchez Ruiz	Mexico
	Artistic Aerial Hoop Senior 30+ Men	
4.55- 5.00	Gonçalo Castro	Portugal
	Aerial Hoop Sport Masters 50+ (Mixed)	
5.55-6.00	Ghislaine Nieto	France
6.05- 6.10	Heleen Moorman - van Mourik	Netherlands
6.15- 6.20	Yuuki Nakagawa	Japan
6.25- 6.30	Michele Rodrigues Watanabe	Brazil
6.35- 6.40	Natália Szarvas	Hungary
6.45- 6.50	Eliza Teoh	Singapore
6.55- 7.00	Olga Landina	Kazakhstan
7.05- 7.10	Nataliya Shelegey	Italy
7.15- 7.20	Sandrine Taravel	France
	Artistic Aerial Silks Senior 18+ Women	
7.25- 7.30	Inga Pieczul	Poland
7.35- 7.40	Mariia Kryskiv	Ukraine
7.45- 7.50	Flory Olsthoorn	Netherlands
7.55- 8.00	Yekaterina Yugova	Kazakhstan
8.05- 8.10	Tini Stark	Germany
8.15- 8.20	Frida Lidar	Sweden
8.25- 8.30	Clara Iglesias Stricker	Argentina
8.35- 8.40	Eszter Bako	Finland
8.45- 8.50	Natalie Ng	Singapore
8.55- 9.00	Elise Haugland	Norway
9.05- 9.10	Kateřina Hošková	Czech Republic
9.15- 9.20	Elise Krasowsky	Mexico
9.25- 9.30	Anastasiia Shalyha	Switzerland

WPAC JUDGES PANEL

MEET THE EXPERTS SHAPING THE STANDARDS OF EXCELLENCE

HEAD JUDGES


SABINA PETCU


KELLY BAE


KATERYNA KOSTRIKOVA


NATALIE KOLOT


SVITLANA VAN DEN HOVE


LENKA MARTYNKOVA


GIANINA GALLERES


SANTIAGO MONTI


ESTHER LIM


SUZANNE VINK


GANNA BARTON


BRUNO CARLOS


HEIDI WENDT


DOMINIQUE NACHI


LONGINO ARVIZU

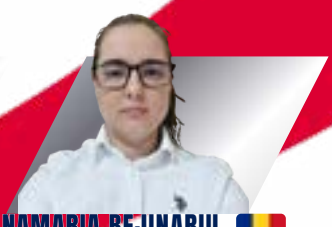

CELIA DURIEZ


MIKA OSAWA


EMESE FEHER

SYSCO


JON HELGE


ANAMARIA BEJINARIU

#TIPS&TRICKS

TIPS & TRICKS from the JUDGES

What every athlete should know before stepping on stage



1. Manage your time wisely

You are allowed a maximum of **40 seconds** without contact with the apparatus during a sports routine.

Exceeding this will result in a **–5** penalty, so structure your routine carefully and avoid long gaps.

2. ALWAYS REVIEW THE OFFICIAL LISTS IN THE RULES & REGULATIONS

PROHIBITED ELEMENTS

Strictly forbidden.
Each occurrence results in a **–5 penalty**

LIMITED ELEMENTS

Only **one element per family** allowed. Any additional element from the same family is treated as prohibited and will result in a **–5** penalty **per additional element.**

3. ASSISTED ELEMENTS COUNT THE SAME

Using a partner or prop does not change the classification of an element.



A partner-assisted cartwheel is still a cartwheel.

OR



A cartwheel on a chair or any prop is still a cartwheel.

=



These still fall under the same limitations and rules.

4. SYNCHRONISATION MATTERS
(DOUBLES & GROUPS)

When limited elements are performed:

- In synchronisation with partners or human props, they are counted as **one element total.**
- Even if not perfectly synchronised, clear intention will still count it as one.

5. WHO IS ALLOWED ON STAGE?



Only the following may step onto the stage:

- A team member or coach wearing a tracksuit.
- Official staff or organisers in event t-shirts.

No unauthorised persons (friends, family, etc.) are permitted.

DEAR ATHLETES – *KEY ADVICE*

1 CHOOSE SMART, NOT JUST IMPRESSIVE

Select elements that match your level. It is better to perform a simpler element well than to risk receiving zero points or incurring execution deductions.

QUALITY ALWAYS SCORES HIGHER THAN RISK.

2 BE CLEAR ABOUT YOUR PROPS
(ARTISTIC DISCIPLINES)

Everything you plan to use on stage must be:

- Clearly listed in your application
- Described in detail.

IF IT IS NOT DESCRIBED IT CANNOT BE USED.

3 DO NOT OVERREACH YOUR LEVEL

Avoid choosing overly complex tricks for your level:

- Reduces risk of injury
- Prevents loss of confidence
- Builds a stronger foundation for progression.

FOCUS ON MASTERING THE BASICS AND PROGRESSING GRADUALLY.

Success is not just about difficulty – it is about execution, control, and understanding the rules.

The athletes who stand out are those who prepare intelligently, respect the structure of the sport, and perform with confidence and clarity.

ACROSS BORDERS:

A Journey Through the IPSF WORLD



My name is Dominique Nachi, and I am an IPSF judge from Japan.

My IPSF journey began after studying Fine Art and Physical Studies in London, where I explored the body and movement through creativity, expression, and physicality.

When I returned to my hometown of Kochi, Japan, I was looking for a way to continue my artistic practice and passion for physical training. That was when I discovered pole, right in the heart of my hometown.

I began training with my teacher, Mika Higuchi, whose guidance had a profound influence on me. I started competing in IPSF competitions in 2017. Through Mika, I developed a deeper understanding of the IPSF rules and discovered both the technical and artistic sides of the sport. Her support eventually inspired me to become a judge.

In 2022, I began my journey as an IPSF judge. At the same time, I moved to Norway to pursue a master's degree in Visual and Performing Arts. Moving to Europe alone was challenging, but it also gave me an incredible opportunity to become part of the wider IPSF community.

One experience I will never forget was my first time judging in Poland. I had the privilege of working with Maya, an excellent Head Judge, and witnessing athletes competing at an exceptionally high level. I was also fascinated by the growing world of serial disciplines, particularly aerial hoop.

The warm welcome from the Polish organizers and the smooth running of the competition taught me how important every organizer is to the success of an event and gave me a deeper appreciation for everything that happens behind the scenes.

Since then, my judging journey has taken me across the world and through many competitions. Each one has brought new experiences, colleagues, and perspectives. I am grateful to the many judges and Head Judges who have supported my development.

I am especially thankful to Jon Helge Laken, System Coordinator, for his continued support. The System Coordinators' work is demanding and often happens behind the scenes, yet it is essential to keeping competitions and scoring running smoothly. I feel very grateful to have worked with him over the years.

Another unforgettable moment was the 2024 WPAC in Uppsala. Petra welcomed me with a warm hug at breakfast, immediately making me feel at home. Alison and Bianca also kindly approached me and recognized me as a judge from Japan. These small moments of kindness and recognition meant a great deal to me.

At WPAC 2025 in Buenos Aires, Argentina, I was deeply honoured to receive the IPSF Judge of the Year Award, presented by Szilvia. It was unexpected and incredibly meaningful, encouraging me to continue learning and growing.

Today, I feel deeply connected to the IPSF community. We come from different countries, cultures, and ways of life, yet we share a passion for the same sport and community.

Thank you to everyone who has been part of this journey. Wherever we come from, I look forward to continuing this journey together, across borders.

Dominique Nachi
IPSF JUDGE

"We come from different countries, cultures, and ways of life, yet we share a passion for the same sport and community."



Grace, Grip & GOOD INTENTIONS

Hello, IPSF community!

Whether you are reading this while stretching out a split, waiting in the wings at a competition, or icing your shoulders after your third practice session of the day — welcome.

When you are at the Worlds, everything is about celebrating — the athletes, the achievements, the community, and let's remember how we got here. Today, let's take a moment to celebrate the less glamorous, highly chaotic, and universally influential quality of what it actually takes to be a pole and aerial athlete.

Because to the untrained eye, our sport is the epitome of effortless grace. But as anyone who has ever stepped onto the stage knows, the reality involves a lot less "grace" and a lot more "squeaking skin and desperate prayers."

THE EVER-EXPANDING CODE OF POINTS

Before you even touch the apparatus, you have to survive the Code of Points. Remember when it was just a regular-sized document? Now, it is a living, breathing entity that just becomes bigger and bigger every season, packed with more and more explanations.

Reading it feels less like preparing for a sports competition and more like studying for a bar exam in a language you only vaguey understand. And just to be clear, this is not only an athlete's problem. Judges read it too. Constantly.

THE JUDGE VS. ATHLETE REALITY

Once you finally decipher the Code, there is a funny thing about judging: the athlete and the judge can watch exactly the same routine and come away with completely different experiences.

The athlete knows how excruciatingly difficult that element was, the close they came to slipping, how much they fought to hold the position, and that the strange-looking transition was definitely intentional.

The judge, unfortunately, has a different perspective.
The first thing athletes may not realize is that is the element starts before the element. You may think the trick begins when you finally hit that glorious final position, but the judge has already been watching you climb, prepare, grip, adjust, and get into it for approximately three business days.

"AND WE KNOW. WE REALLY DO."

We know that little moment when your hand doesn't quite land where you want to it. We know when you have to make a tiny adjustment and hope nobody noticed. We know the difference between a planned transition and a very creative solution to the question of "what was supposed to happen next?"

We have seen it all. We love you, we understand you, and we are absolutely rooting for you. We just also happen to really love consistency.

"We love you, we understand you, and we are absolutely rooting for you."

THE BLACK MARKET OF GRIP AIDS

And why are we taking three business days to adjust? Usually, it's the grip.

Non-aerialists don't understand that our athletes' gyms look like a black-market pharmacy. Athletes spend half the training meticulously applying chalk, water, and paint. They also use just 10 pixels, and hair of unicorns just to have that super-grip.

So yes, we see it. We see the tiny adjustments, the heroic recoveries, and the moments when you are smiling on the outside while your brain is already working on Plan B. And we also know how much work went into getting you there.

So, as we head into another season of training, competing, paperwork, and probably reading the Code of Points one more time "just to be sure" — be kind to yourselves. Good luck on stage, and may the friction be ever in your favor!

Yana Sivrina

IPSF EDUCATION CHAIR
AND HEAD JUDGE

CERTIFICATION - WHY IT MATTERS



Hello all of you! Here I am again with an apparatus norms topic. This time we will talk about certification and why we only allow IPSF certified apparatus at our competitions.

For any of you who don't know me, I'm Kelly de Vos, one of the athletes and coaches from The Netherlands. Besides having my own company where I perform and teach aerials, I am also a mechanical engineer and I'm a rigging volunteer in one of the Dutch training facilities. Last year I did a testing investigation where I tested a lot of drops and movements in different equipos and conditions. I'm so lucky to have been included about the forces that were acting on the rigging point. This year we will talk about certification of the apparatus and why it matters.

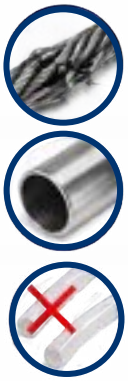
A GROWING AND EVOLVING SPORT

Pole and aerial sports is continuously growing and evolving. The Codes of Points are updated every two years, tricks are getting harder and athletes are becoming more mature. They may even be combining difficult dynamics with other tricks and the dynamic forces may be getting more demanding not only on the body of the athlete, but also on the apparatus. This means that our apparatus have to be able to withstand the demands of the competition without breaking the rules. The competitions that I have been keeping track of them might be different than what we read from in apposites ten years ago. These forces can be as high as a couple kilo Newtons (a couple hundred kilograms).

LOOKING TO THE FUTURE

Apparatus standards will continue to evolve, but safety must remain the priority. Regular checks should cover the apparatus, rigging, attachments and bases. Greater availability of certified suppliers worldwide is essential, allowing federations to access safe, reliable equipment locally rather than having to ship apparatus internationally. This will support safer competitions and the continued global growth of pole and aerial sports.

NOT JUST SAFE – BUT SIGNIFICANTLY STRONGER



We don't want to "just be safe", we want to have equipment that can withstand much higher forces than we think we can actually generate and what the apparatus would normally handle, therefore, we want the apparatus to undergo severe testing. These tests show us whether the apparatus is able to withstand these forces and whether the forces will cause the apparatus to fail (break or deform permanently).

TESTING AND MATERIALS

All suppliers must show several photos, videos and reports of their test results. There is a tensile strength test, where the apparatus is literally pulled apart from high forces. The material of the apparatus has a direct effect on the tensile strength and on the force that the apparatus can handle. For example, a hoop could be made of thin plastic tubing (like a hula hoop), but it is very weak - you can bend it with your hands. Steel, however, is much stronger overall, but only when the correct dimensions are used - a thick plastic tube with thick walls could (in theory) be stronger than a very thin steel one with narrow walls. This is why we have minimum requirements for the materials and dimensions of the apparatus. Suppliers need to show the inner core of the apparatus and show which materials are used.

CONSISTENCY AROUND THE WORLD

Besides the strength testing, we need to make sure that the apparatus is consistent around the world. The Apparatus Norms therefore contain information with regard to materials of construction for all equipment, dimensions and specifications of the apparatus and stages, safety and testing requirements. Only this way, we can make sure that the equipment all over the world will be as equal as possible and athletes have similar, safe conditions no matter their location. This consistency is also important when athletes are being judged in different competitions and when they are preparing for the World Championships.

PROFESSIONALISM AND GLOBAL RECOGNITION

Besides safety and consistency, certification of our apparatus will help in the IPSF's mission to professionalism and global recognition. Imagine if a gymnastics competition e.g. would have athletes bring their own apparatus or have different apparatus on each competition. It is important to maintain standardized apparatus for the athletes.

Kelly de Vos

ATHLETE, COACH & MECHANICAL ENGINEER

#NOEXCUSES

#NO EXCUSES

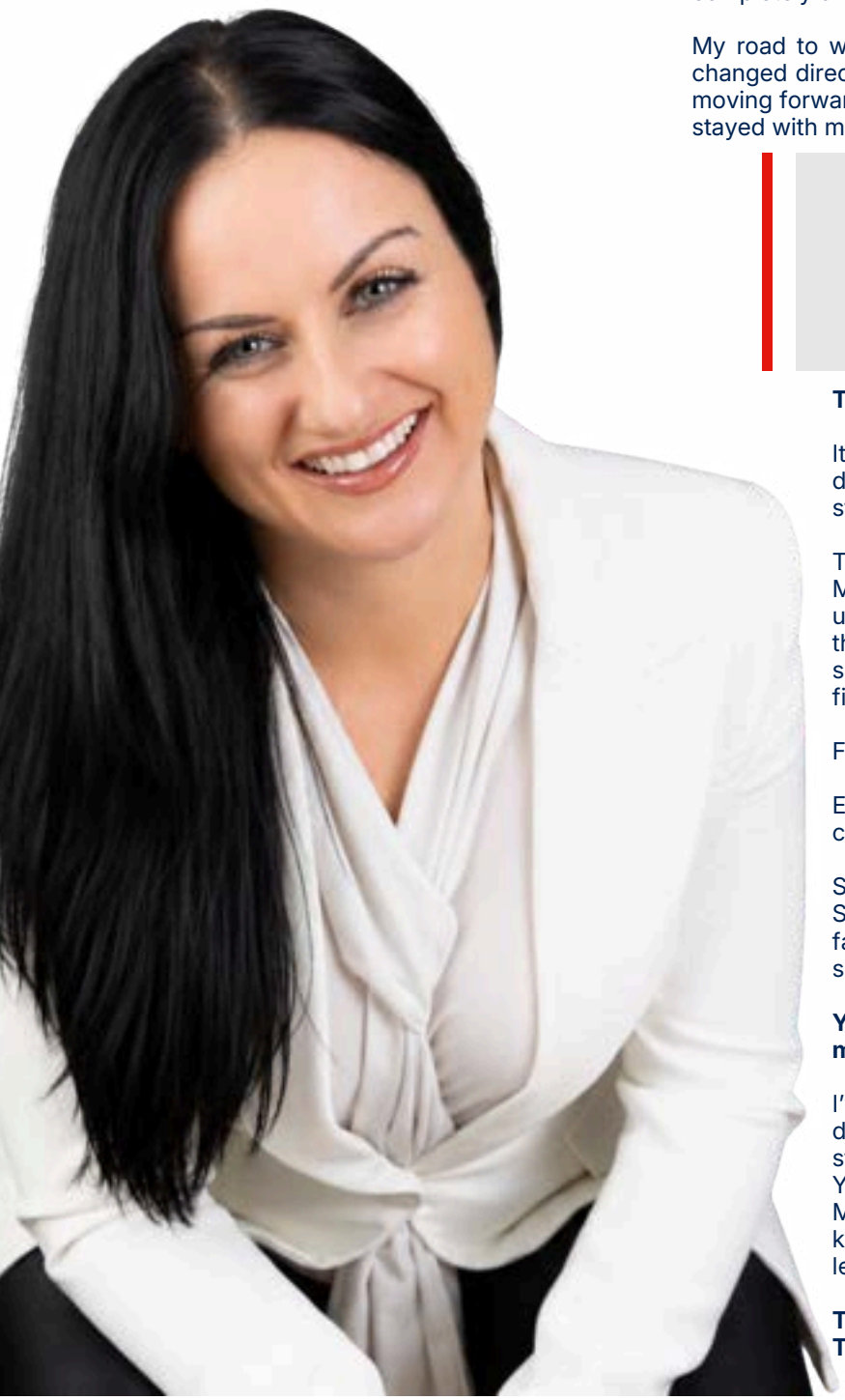
Find the reason you will. #NoExcuses

There will always be a reason not to.

Not enough time. Not enough money. Too tired. Too busy. Too old. Too scared. Not ready. Maybe tomorrow. Maybe when life settles down. Maybe when the timing is better.

I know this because I've had plenty of reasons in my own life to go in a completely different direction.

My road to where I am today wasn't straight, easy or predictable. I've changed direction, figured things out as I went, made mistakes and kept moving forward. Somewhere along the way, I realised something that has stayed with me ever since:



> ***"The direction of your life changes when you decide to take ownership of where you're going."***

That is what #NoExcuses means to me.

It doesn't mean pretending difficult things aren't difficult. It doesn't mean ignoring your limits or believing that everyone starts from the same place. We don't.

To me, it has always been about finding a way forward. Maybe that mindset started earlier than I realised. Growing up, I had a coach who didn't allow us to say "I can't". Using those words at practice usually came with consequences, so we quickly learned to stop saying we couldn't and start figuring out how we could.

Funny enough, that lesson stayed with me.

Even now, I believe there's a big difference between "I can't" and "I haven't figured out how yet."

Sometimes figuring it out means changing the plan. Sometimes it means asking for help. Sometimes it means failing spectacularly and trying again. And sometimes it simply means showing up with whatever you have that day.

You don't need to give 100% every day. Some days, you may only have 20%. Give the 20%.

I've spent a lot of my life figuring things out as I went. I didn't always know the next step, but I learned early that standing still wasn't going to get me anywhere.
You don't need every answer before you move forward. Make the best decision you can, take responsibility for it and keep moving. If it doesn't work, adjust. If you get it wrong, learn from it.

There will always be an excuse available if you want one. There will also be a choice.

Tanya Christopher
IPSF FEDERATIONS CHAIR

WHEN #POSITIVITY TRENDS, WE ALL RISE



A COMMUNITY THAT CONNECTS

In a world that often feels divided and fast-moving, the pole and aerial community stands as a powerful reminder of connection, courage, and creativity. Social media has become the stage where these values are amplified—but with that amplification comes responsibility.

REAL STORIES, REAL IMPACT

Every spin, climb, drop, and transition shared online tells a story. Not just of strength, but of persistence. Each post, whether it's a product review, a behind-the-scenes, or a piece of doubt, brujees, retries, and small victories. When these moments are shared openly, they become more than content—they become fun. Fuel for the beginner too nervous to start. Fuel for the athlete rebuilding. Fuel for anyone who needs to be reminded that progress is earned.

A GLOBAL FORM OF MENTORSHIP

What many people don't realise is that social media is not just a social media platform but a kind of mentorship. Athletes learn from one another across borders through videos, captions, and comments. A simple tip or encouraging word can shape someone's confidence and growth. This means every post carries weight. Every interaction matters.

POSITIVITY IS A CHOICE

And that is where responsibility becomes critical. Positivity is not passive—it is a choice. It is choosing to uplift rather than criticize unnecessarily. It is recognising that behind every screen is a person showing up with vulnerability. In a space where some people may take hold, each individual has a role in creating an environment that encourages rather than diminishes.

LEADERSHIP SETS THE TONE

This responsibility extends to studios, leaders, and federations. The culture they promote online sets that teach positive and inclusive, and addressing negativity with integrity. They shape not just perception—but experience.

A MORE INCLUSIVE NARRATIVE

Social media also gives a voice to the diverse faces of pole and aerial. It can challenge outdated narratives and redefine strength and beauty—but only if people use it intentionally. Representation, respect, and credit are not optional; they are essential.

At its core, social media is not about likes or followers. It is about impact. A comment, a caption, or a repost can influence someone's confidence or sense of belonging.

Because in the pole and aerial community, positivity is not just shared. It is built — one interaction at a time.

The opportunity is powerful—but so is the responsibility.

Tania Becker

IPSF MARKETING CHAIR



KRAFTKARLARNA

Dance Is for Everyone - And Pole Is Too

The arena fell silent as Erik stepped onto the stage. Few people knew they were about to witness history. Minutes later, he became the first athlete with Down syndrome to win a gold medal at the IPSF World Pole & Aerial Championship 2023.

For many, it was a historic sporting achievement. For me, it was the result of one simple belief: talent should never be limited by a lack of opportunity.

That journey began in 2020 in Västerås, Sweden, when I founded Kraftkarlama together with Erik and Mikael, two athletes with Down syndrome. From the very beginning, we shared one motto:

Dance is for everyone — and pole is too.

When I came time to name the team, I didn't choose the name—they did. Proudly, they called themselves Kraftkarlama (The Strong Guys), a name that reflects courage, friendship and determination.



Today, Kraftkarlama are an active pole team. We train every week, perform on major stages and continue to challenge expectations of who belongs in our sport.

In May 2026, Erik and Mikael performed the world's first pole doubles routine featuring two athletes with Down syndrome on a major stage. They performed live at Funksfestivalen in Sweden and received 100000 euros. Over 1000 people, with the performance livestreamed across Sweden.

Through pole, we challenge long-held assumptions about who belongs on the stage, who gets to be called an athlete, and what is considered possible.

Our journey has also helped shape the future of our sport. When Erik first dreamed of competing, there was no category here for him. He was a young athlete with a very different set of equal terms. Together with the IPSF, that dream helped inspire the development of the Special Pole discipline, opening the door for athletes with intellectual disabilities to compete internationally.

> ***"Our role is not to define someone's limits, but to create the conditions in which they can discover their own potential."***

Erik's world title made history, but history is not written by medals alone. It is written every time an athlete is welcomed into a studio, trusted to succeed, and given the opportunity to perform, compete and belong.

Special Pole is still in its early years, and I hope more pole studios, clubs, coaches and athletes around the world will embrace the discipline. The more opportunities we create, the stronger and more inclusive our sport becomes.

Emma Hedlund Vestin

IPSF COACH & FOUNDER OF KRAFTKARLARNA

IPSF EDUCATION

LEARN. DEVELOP. ELEVATE.

Online Courses for the Pole & Aerial Sports Community



1. MASTER RIGGING SAFETY *with IPSF Standards*

Gain essential knowledge of rigging safety, equipment usage, strength ratings, loading forces, and regular inspections. The course is conducted fully online.



2. ANATOMY

For Athletes and Coaches in Pole and Aerial Sports

Join the Anatomy Course for Athletes and Coaches in Pole and Aerial Sports. The course is conducted fully online.

- Comprehensive Understanding of Body Mechanics
- Tailored Plans for Injury Prevention
- Sport-Specific Anatomy Insights

3. CODE OF POINTS COURSES

Understand scoring systems, technical requirements and competition standards for your discipline.

POLE
Code of Points Course

AERIAL HOOP
Code of Points Course

AERIAL POLE
Code of Points Course

4. IPSF JUDGES COURSES

Build your knowledge and progress your judging pathway.

LEVEL 1
Code of Points foundation

LEVEL 2
Judging certification

LEVEL 3
Head Judge development



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CLEAN SPORT
PURE PERFORMANCE

Essential Anti-Doping Guide for IPSF Athletes

1. STRICT LIABILITY

Athletes are responsible for any substance found in their sample. Check every supplement and medication against the WADA Prohibited List.

2. DOPING CONTROL

The doping control process follows this sequence:

- Notification of selection for doping control.
- Athlete remains under supervision at all times.
- Sample provision (urine or blood).
- Sealing of A and B bottles.
- Documentation of all medications and supplements taken in the past 7 days.

3. ATHLETE RIGHTS

- Right to have a representative or interpreter during the process.
- Right to a same-gender Doping Control Officer/chaperone of your choice to observe sample collection.
- Right to a permitted temporary delay under specific circumstances.

4. PROTECTING OUR SPORT TOGETHER

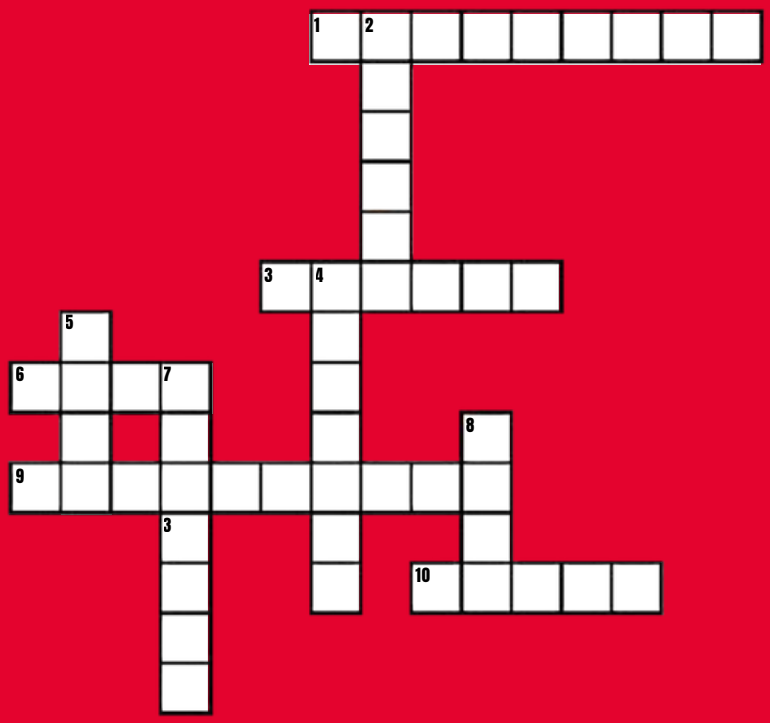
Help keep our sport clean and fair.
Report any concerns about doping confidentially through IPSF/WADA.

5. RESOURCES

- The Cologne List
- Sport Integrity Australia
- These are resources, not IPSF/WADA platforms.

Clean Sport Starts with You. Compete with Integrity.

Anti-Doping Championship Crossword



Clues

Across

- 1. Official appointed to accompany an athlete from notification until testing is complete. (9 letters)
- 3. _____ Liability: Principle holding athletes responsible for any substance found in their body. (6 letters)
- 6. World Anti-Doping Agency acronym. (4 letters)
- 9. Term for substances or methods banned by WADA. (10 letters)
- 10. Competing without banned performance-enhancing substances. (5 letters)

Down

- 2. Value representing sportsmanship, respect, and integrity. (5 letters)
- 4. Doping control procedure conducted in or out of competition. (7 letters)
- 5. Play _____: Competing on equal and unbiased terms. (4 letters)
- 7. The central figure responsible for adhering to anti-doping rules. (7 letters)
- 8. WADA's free education platform for athletes, coaches and sports officials. (4 letters)

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DON'T JUST MAKE MEMORIES – SIGN THEM!

WPAC2026

OUR PARTNERS IN POSSIBILITY

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WPAC 2027

BUCHAREST ROMANIA

OCTOBER 2027

FEDERATIA ROMANA

Pole FITNESS & SPORT