

Tokyo 2020 Olympic Games  
**WOMEN'S ARTISTIC GYMNASTICS**  
Training and Competition Schedule

*Revised on July 20, 2021*



Activity: Training WAG

Date: 19, July, 2021

## Tokyo Big Sight

WAG Training Hall 1

WAG Training Hall 2

Sub 1	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	12:00 - 14:30			
12:00	12:30	General Warm-Up			
12:30	13:00	ITA	MxG 3	JPN	MxG 6
13:00	13:30	MxG 6	ITA	MxG 3	JPN
13:30	14:00	JPN	MxG 6	ITA	MxG 3
14:00	14:30	MxG 3	JPN	MxG 6	ITA

Sub 2	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	13:45 - 16:15			
13:45	14:15	General Warm-Up			
14:15	14:45	CHN	GBR	MxG 7	ROC
14:45	15:15	ROC	CHN	GBR	MxG 7
15:15	15:45	MxG 7	ROC	CHN	GBR
15:45	16:15	GBR	MxG 7	ROC	CHN

Sub 3	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	14:45 - 17:15			
14:45	15:15	General Warm-Up			
15:15	15:45	MxG 8	NED	MxG 1	USA
15:45	16:15	USA	MxG 8	NED	MxG 1
16:15	16:45	MxG 1	USA	MxG 8	NED
16:45	17:15	NED	MxG 1	USA	MxG 8

Sub 4	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	16:30 - 19:00			
16:30	17:00	General Warm-Up			
17:00	17:30	CAN	MxG 4	FRA	ESP
17:30	18:00	ESP	CAN	MxG 4	FRA
18:00	18:30	FRA	ESP	CAN	MxG 4
18:30	19:00	MxG 4	FRA	ESP	CAN

Sub 5	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	17:30 - 20:00			
17:30	18:00	General Warm-Up			
18:00	18:30	MxG5	GER	MxG 2	BEL
18:30	19:00	BEL	MxG5	GER	MxG 2
19:00	19:30	MxG 2	BEL	MxG5	GER
19:30	20:00	GER	MxG 2	BEL	MxG5



Activity: Training WAG

Date: July 20, 2021

## Ariake Gymnastics Centre

## Warm-Up Hall

<b>Sub 1</b>	Open stretch is available 45 min. before the start time in the stretching area.				
<b>Start</b>	<b>Finish</b>	07:55 - 09:45			
7:55	8:17	General Warm-Up			
8:17	8:39	ITA	MxG 3	JPN	MxG 6
8:39	9:01	MxG 6	ITA	MxG 3	JPN
9:01	9:23	JPN	MxG 6	ITA	MxG 3
9:23	9:45	MxG 3	JPN	MxG 6	ITA

<b>Sub 2</b>	Open stretch is available 45 min. before the start time in the stretching area.				
<b>Start</b>	<b>Finish</b>	09:50 - 11:40			
9:50	10:12	General Warm-Up			
10:12	10:34	CHN	GBR	MxG 7	ROC
10:34	10:56	ROC	CHN	GBR	MxG 7
10:56	11:18	MxG 7	ROC	CHN	GBR
11:18	11:40	GBR	MxG 7	ROC	CHN

<b>Sub 4</b>	Open stretch is available 45 min. before the start time in the stretching area.				
<b>Start</b>	<b>Finish</b>	13:05 - 14:55			
13:05	13:27	General Warm-Up			
13:27	13:49	CAN	MxG 4	FRA	ESP
13:49	14:11	ESP	CAN	MxG 4	FRA
14:11	14:33	FRA	ESP	CAN	MxG 4
14:33	14:55	MxG 4	FRA	ESP	CAN

<b>Sub 3</b>	Open stretch is available 45 min. before the start time in the stretching area.				
<b>Start</b>	<b>Finish</b>	15:00 - 16:50			
15:00	15:22	General Warm-Up			
15:22	15:44	MxG 8	NED	MxG 1	USA
15:44	16:06	USA	MxG 8	NED	MxG 1
16:06	16:28	MxG 1	USA	MxG 8	NED
16:28	16:50	NED	MxG 1	USA	MxG 8

<b>Sub 5</b>	Open stretch is available 45 min. before the start time in the stretching area.				
<b>Start</b>	<b>Finish</b>	18:15 - 20:05			
18:15	18:37	General Warm-Up			
18:37	18:59	MxG5	GER	MxG 2	BEL
18:59	19:21	BEL	MxG5	GER	MxG 2
19:21	19:43	MxG 2	BEL	MxG5	GER
19:43	20:05	GER	MxG 2	BEL	MxG5



## Activity: Training WAG

Date: July 20, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Sub 3	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	08:00 - 10:30			
8:00	8:30	General Warm-Up			
8:30	9:00	MxG 8	NED	MxG 1	USA
9:00	9:30	USA	MxG 8	NED	MxG 1
9:30	10:00	MxG 1	USA	MxG 8	NED
10:00	10:30	NED	MxG 1	USA	MxG 8

Sub 5	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	11:45 - 14:15			
11:45	12:15	General Warm-Up			
12:15	12:45	MxG5	GER	MxG 2	BEL
12:45	13:15	BEL	MxG5	GER	MxG 2
13:15	13:45	MxG 2	BEL	MxG5	GER
13:45	14:15	GER	MxG 2	BEL	MxG5

Sub 1	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	14:30 - 17:00			
14:30	15:00	General Warm-Up			
15:00	15:30	ITA	MxG 3	JPN	MxG 6
15:30	16:00	MxG 6	ITA	MxG 3	JPN
16:00	16:30	JPN	MxG 6	ITA	MxG 3
16:30	17:00	MxG 3	JPN	MxG 6	ITA

Sub 2	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	15:40 - 18:10			
15:40	16:10	General Warm-Up			
16:10	16:40	CHN	GBR	MxG 7	ROC
16:40	17:10	ROC	CHN	GBR	MxG 7
17:10	17:40	MxG 7	ROC	CHN	GBR
17:40	18:10	GBR	MxG 7	ROC	CHN

Sub 4	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	19:00 - 21:30			
19:00	19:30	General Warm-Up			
19:30	20:00	CAN	MxG 4	FRA	ESP
20:00	20:30	ESP	CAN	MxG 4	FRA
20:30	21:00	FRA	ESP	CAN	MxG 4
21:00	21:30	MxG 4	FRA	ESP	CAN

\*The Bus allocation issue in the long training for Subdivision 5 has been solved.



## Activity: Training WAG

Date: July 21, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Sub 2					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	08:00 - 09:40			
8:00	8:20	General Warm-Up			
8:20	8:40	CHN	GBR	MxG 7	ROC
8:40	9:00	ROC	CHN	GBR	MxG 7
9:00	9:20	MxG 7	ROC	CHN	GBR
9:20	9:40	GBR	MxG 7	ROC	CHN

Sub 4					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	10:00 - 11:40			
10:00	10:20	General Warm-Up			
10:20	10:40	CAN	MxG 4	FRA	ESP
10:40	11:00	ESP	CAN	MxG 4	FRA
11:00	11:20	FRA	ESP	CAN	MxG 4
11:20	11:40	MxG 4	FRA	ESP	CAN

Sub 1					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	12:00 - 14:30			
12:00	12:30	General Warm-Up			
12:30	13:00	ITA	MxG 3	JPN	MxG 6
13:00	13:30	MxG 6	ITA	MxG 3	JPN
13:30	14:00	JPN	MxG 6	ITA	MxG 3
14:00	14:30	MxG 3	JPN	MxG 6	ITA

Sub 3					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	14:45 - 17:15			
14:45	15:15	General Warm-Up			
15:15	15:45	MxG 8	NED	MxG 1	USA
15:45	16:15	USA	MxG 8	NED	MxG 1
16:15	16:45	MxG 1	USA	MxG 8	NED
16:45	17:15	NED	MxG 1	USA	MxG 8

Sub 5					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	17:30 - 20:00			
17:30	18:00	General Warm-Up			
18:00	18:30	MxG5	GER	MxG 2	BEL
18:30	19:00	BEL	MxG5	GER	MxG 2
19:00	19:30	MxG 2	BEL	MxG5	GER
19:30	20:00	GER	MxG 2	BEL	MxG5

Sub 3					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	08:20 - 10:00			
8:20	8:40	General Warm-Up			
8:40	9:00	MxG 8	NED	MxG 1	USA
9:00	9:20	USA	MxG 8	NED	MxG 1
9:20	9:40	MxG 1	USA	MxG 8	NED
9:40	10:00	NED	MxG 1	USA	MxG 8

Sub 5					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	11:20 - 13:00			
11:20	11:40	General Warm-Up			
11:40	12:00	MxG5	GER	MxG 2	BEL
12:00	12:20	BEL	MxG5	GER	MxG 2
12:20	12:40	MxG 2	BEL	MxG5	GER
12:40	13:00	GER	MxG 2	BEL	MxG5

Sub 2					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	13:45 - 16:15			
13:45	14:15	General Warm-Up			
14:15	14:45	CHN	GBR	MxG 7	ROC
14:45	15:15	ROC	CHN	GBR	MxG 7
15:15	15:45	MxG 7	ROC	CHN	GBR
15:45	16:15	GBR	MxG 7	ROC	CHN

Sub 4					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	16:30 - 19:00			
16:30	17:00	General Warm-Up			
17:00	17:30	CAN	MxG 4	FRA	ESP
17:30	18:00	ESP	CAN	MxG 4	FRA
18:00	18:30	FRA	ESP	CAN	MxG 4
18:30	19:00	MxG 4	FRA	ESP	CAN

Sub 1					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	19:15 - 20:55			
19:15	19:35	General Warm-Up			
19:35	19:55	ITA	MxG 3	JPN	MxG 6
19:55	20:15	MxG 6	ITA	MxG 3	JPN
20:15	20:35	JPN	MxG 6	ITA	MxG 3
20:35	20:55	MxG 3	JPN	MxG 6	ITA



## Activity: Women's Podium Training

Date: July 22, 2021

### Ariake Gymnastics Centre

#### Warm-Up Hall

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	07:55 - 09:45			
7:55	8:17	General Warm-Up			
8:17	8:39	MxG 6	ITA	MxG 3	JPN
8:39	9:01	JPN	MxG 6	ITA	MxG 3
9:01	9:23	MxG 3	JPN	MxG 6	ITA
9:23	9:45	ITA	MxG 3	JPN	MxG 6
Sub 2		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:50 - 11:40			
9:50	10:12	General Warm-Up			
10:12	10:34	ROC	CHN	GBR	MxG 7
10:34	10:56	MxG 7	ROC	CHN	GBR
10:56	11:18	GBR	MxG 7	ROC	CHN
11:18	11:40	CHN	GBR	MxG 7	ROC
Sub 3		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	13:05 - 14:55			
13:05	13:27	General Warm-Up			
13:27	13:49	USA	MxG 8	NED	MxG 1
13:49	14:11	MxG 1	USA	MxG 8	NED
14:11	14:33	NED	MxG 1	USA	MxG 8
14:33	14:55	MxG 8	NED	MxG 1	USA
Sub 4		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	15:00 - 16:50			
15:00	15:22	General Warm-Up			
15:22	15:44	ESP	CAN	MxG 4	FRA
15:44	16:06	FRA	ESP	CAN	MxG 4
16:06	16:28	MxG 4	FRA	ESP	CAN
16:28	16:50	CAN	MxG 4	FRA	ESP
Sub 5		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	18:15 - 20:05			
18:15	18:37	General Warm-Up			
18:37	18:59	BEL	MxG5	GER	MxG 2
18:59	19:21	MxG 2	BEL	MxG5	GER
19:21	19:43	GER	MxG 2	BEL	MxG5
19:43	20:05	MxG5	GER	MxG 2	BEL

#### FOP

Sub 1		Podium Training			
Start	Finish	10:00 - 11:40			
10:00	11:40	1st Call	9:48	March In	9:56
		ITA	MxG 3	JPN	MxG 6
		MxG 6	ITA	MxG 3	JPN
		JPN	MxG 6	ITA	MxG 3
		MxG 3	JPN	MxG 6	ITA
Sub 2		Podium Training			
Start	Finish	11:55 - 13:35			
11:55	13:35	1st Call	11:43	March In	11:51
		CHN	GBR	MxG 7	ROC
		ROC	CHN	GBR	MxG 7
		MxG 7	ROC	CHN	GBR
		GBR	MxG 7	ROC	CHN
Sub 3		Podium Training			
Start	Finish	15:10 - 16:50			
15:10	16:50	1st Call	14:58	March In	15:06
		MxG 8	NED	MxG 1	USA
		USA	MxG 8	NED	MxG 1
		MxG 1	USA	MxG 8	NED
		NED	MxG 1	USA	MxG 8
Sub 4		Podium Training			
Start	Finish	17:05 - 18:45			
17:05	18:45	1st Call	16:53	March In	17:01
		CAN	MxG 4	FRA	ESP
		ESP	CAN	MxG 4	FRA
		FRA	ESP	CAN	MxG 4
		MxG 4	FRA	ESP	CAN
Sub 5		Podium Training			
Start	Finish	20:20 - 22:00			
20:20	22:00	1st Call	20:08	March In	20:16
		MxG5	GER	MxG 2	BEL
		BEL	MxG5	GER	MxG 2
		MxG 2	BEL	MxG5	GER
		GER	MxG 2	BEL	MxG5

All gymnasts may return to the Warm-Up Hall at any time during the podium training. However, they must request permission to use apparatus in use by or assigned to other NOCs.



## Activity: Training WAG

Date: July 22, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	07:25 - 09:05			
7:25	7:45	General Warm-Up			
7:45	8:05	MxG 8	NED	MxG 1	USA
8:05	8:25	USA	MxG 8	NED	MxG 1
8:25	8:45	MxG 1	USA	MxG 8	NED
8:45	9:05	NED	MxG 1	USA	MxG 8

Sub 4		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:10 - 10:50			
9:10	9:30	General Warm-Up			
9:30	9:50	CAN	MxG 4	FRA	ESP
9:50	10:10	ESP	CAN	MxG 4	FRA
10:10	10:30	FRA	ESP	CAN	MxG 4
10:30	10:50	MxG 4	FRA	ESP	CAN

Sub 5		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	12:15 - 13:55			
12:15	12:35	General Warm-Up			
12:35	12:55	MxG5	GER	MxG 2	BEL
12:55	13:15	BEL	MxG5	GER	MxG 2
13:15	13:35	MxG 2	BEL	MxG5	GER
13:35	13:55	GER	MxG 2	BEL	MxG5

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	18:00 - 19:40			
18:00	18:20	General Warm-Up			
18:20	18:40	CHN	GBR	MxG 7	ROC
18:40	19:00	ROC	CHN	GBR	MxG 7
19:00	19:20	MxG 7	ROC	CHN	GBR
19:20	19:40	GBR	MxG 7	ROC	CHN

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:00 - 17:40			
16:00	16:20	General Warm-Up			
16:20	16:40	ITA	MxG 3	JPN	MxG 6
16:40	17:00	MxG 6	ITA	MxG 3	JPN
17:00	17:20	JPN	MxG 6	ITA	MxG 3
17:20	17:40	MxG 3	JPN	MxG 6	ITA



## Activity: Training WAG

Date: July 23, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Sub 1	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	07:20 - 08:45			
7:20	7:41	General Warm-Up			
7:41	7:57	ITA	MxG 3	JPN	MxG 6
7:57	8:13	MxG 6	ITA	MxG 3	JPN
8:13	8:29	JPN	MxG 6	ITA	MxG 3
8:29	8:45	MxG 3	JPN	MxG 6	ITA

Sub 2	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	07:20 - 08:45			
7:20	7:41	General Warm-Up			
7:41	7:57	CHN	GBR	MxG 7	ROC
7:57	8:13	ROC	CHN	GBR	MxG 7
8:13	8:29	MxG 7	ROC	CHN	GBR
8:29	8:45	GBR	MxG 7	ROC	CHN

Sub 3	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	09:00 - 10:25			
9:00	9:21	General Warm-Up			
9:21	9:37	MxG 8	NED	MxG 1	USA
9:37	9:53	USA	MxG 8	NED	MxG 1
9:53	10:09	MxG 1	USA	MxG 8	NED
10:09	10:25	NED	MxG 1	USA	MxG 8

Sub 5	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	10:40 - 12:05			
10:40	11:01	General Warm-Up			
11:01	11:17	MxG5	GER	MxG 2	BEL
11:17	11:33	BEL	MxG5	GER	MxG 2
11:33	11:49	MxG 2	BEL	MxG5	GER
11:49	12:05	GER	MxG 2	BEL	MxG5

Sub 4	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	10:40 - 12:05			
10:40	11:01	General Warm-Up			
11:01	11:17	CAN	MxG 4	FRA	ESP
11:17	11:33	ESP	CAN	MxG 4	FRA
11:33	11:49	FRA	ESP	CAN	MxG 4
11:49	12:05	MxG 4	FRA	ESP	CAN





## Activity: Training WAG

Date: July 24, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Sub 3					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	08:20 - 10:00			
8:20	8:40	General Warm-Up			
8:40	9:00	MxG 8	NED	MxG 1	USA
9:00	9:20	USA	MxG 8	NED	MxG 1
9:20	9:40	MxG 1	USA	MxG 8	NED
9:40	10:00	NED	MxG 1	USA	MxG 8

Sub 4					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	10:45 - 12:25			
10:45	11:05	General Warm-Up			
11:05	11:25	CAN	MxG 4	FRA	ESP
11:25	11:45	ESP	CAN	MxG 4	FRA
11:45	12:05	FRA	ESP	CAN	MxG 4
12:05	12:25	MxG 4	FRA	ESP	CAN

Sub 5					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	13:20 - 15:00			
13:20	13:40	General Warm-Up			
13:40	14:00	MxG5	GER	MxG 2	BEL
14:00	14:20	BEL	MxG5	GER	MxG 2
14:20	14:40	MxG 2	BEL	MxG5	GER
14:40	15:00	GER	MxG 2	BEL	MxG5

Sub 1					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	15:30 - 17:10			
15:30	15:50	General Warm-Up			
15:50	16:10	ITA	MxG 3	JPN	MxG 6
16:10	16:30	MxG 6	ITA	MxG 3	JPN
16:30	16:50	JPN	MxG 6	ITA	MxG 3
16:50	17:10	MxG 3	JPN	MxG 6	ITA

Sub 2					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	18:00 - 19:40			
18:00	18:20	General Warm-Up			
18:20	18:40	CHN	GBR	MxG 7	ROC
18:40	19:00	ROC	CHN	GBR	MxG 7
19:00	19:20	MxG 7	ROC	CHN	GBR
19:20	19:40	GBR	MxG 7	ROC	CHN

Sub 1					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	08:55 - 11:20			
8:55	9:20	General Warm-Up			
9:20	9:50	ITA	MxG 3	JPN	MxG 6
9:50	10:20	MxG 6	ITA	MxG 3	JPN
10:20	10:50	JPN	MxG 6	ITA	MxG 3
10:50	11:20	MxG 3	JPN	MxG 6	ITA

Sub 2					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	11:35 - 14:00			
11:35	12:00	General Warm-Up			
12:00	12:30	CHN	GBR	MxG 7	ROC
12:30	13:00	ROC	CHN	GBR	MxG 7
13:00	13:30	MxG 7	ROC	CHN	GBR
13:30	14:00	GBR	MxG 7	ROC	CHN

Sub 3					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	14:15 - 16:40			
14:15	14:40	General Warm-Up			
14:40	15:10	MxG 8	NED	MxG 1	USA
15:10	15:40	USA	MxG 8	NED	MxG 1
15:40	16:10	MxG 1	USA	MxG 8	NED
16:10	16:40	NED	MxG 1	USA	MxG 8

Sub 4					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	16:55 - 19:20			
16:55	17:20	General Warm-Up			
17:20	17:50	CAN	MxG 4	FRA	ESP
17:50	18:20	ESP	CAN	MxG 4	FRA
18:20	18:50	FRA	ESP	CAN	MxG 4
18:50	19:20	MxG 4	FRA	ESP	CAN

Sub 5					
Open stretch is available 45 min. before the start time in the stretching area.					
Start	Finish	19:35 - 22:00			
19:35	20:00	General Warm-Up			
20:00	20:30	MxG5	GER	MxG 2	BEL
20:30	21:00	BEL	MxG5	GER	MxG 2
21:00	21:30	MxG 2	BEL	MxG5	GER
21:30	22:00	GER	MxG 2	BEL	MxG5



## Activity: Women's Qualification

Date: July 25, 2021

### Ariake Gymnastics Centre

#### Warm-Up Hall

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	07:55 - 09:45			
7:55	8:17	General Warm-Up			
8:17	8:39	MxG 6	ITA	MxG 3	JPN
8:39	9:01	JPN	MxG 6	ITA	MxG 3
9:01	9:23	MxG 3	JPN	MxG 6	ITA
9:23	9:45	ITA	MxG 3	JPN	MxG 6
Sub 2		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:50 - 11:40			
9:50	10:12	General Warm-Up			
10:12	10:34	ROC	CHN	GBR	MxG 7
10:34	10:56	MxG 7	ROC	CHN	GBR
10:56	11:18	GBR	MxG 7	ROC	CHN
11:18	11:40	CHN	GBR	MxG 7	ROC
Sub 3		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	13:05 - 14:55			
13:05	13:27	General Warm-Up			
13:27	13:49	USA	MxG 8	NED	MxG 1
13:49	14:11	MxG 1	USA	MxG 8	NED
14:11	14:33	NED	MxG 1	USA	MxG 8
14:33	14:55	MxG 8	NED	MxG 1	USA
Sub 4		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	15:00 - 16:50			
15:00	15:22	General Warm-Up			
15:22	15:44	ESP	CAN	MxG 4	FRA
15:44	16:06	FRA	ESP	CAN	MxG 4
16:06	16:28	MxG 4	FRA	ESP	CAN
16:28	16:50	CAN	MxG 4	FRA	ESP
Sub 5		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	18:15 - 20:05			
18:15	18:37	General Warm-Up			
18:37	18:59	BEL	MxG5	GER	MxG 2
18:59	19:21	MxG 2	BEL	MxG5	GER
19:21	19:43	GER	MxG 2	BEL	MxG5
19:43	20:05	MxG5	GER	MxG 2	BEL

#### FOP

Sub 1		Competition			
Start	Finish	10:00 - 11:40			
10:00	11:40	1st Call	9:48	March In	9:56
		ITA	MxG 3	JPN	MxG 6
		MxG 6	ITA	MxG 3	JPN
		JPN	MxG 6	ITA	MxG 3
		MxG 3	JPN	MxG 6	ITA
Sub 2		Competition			
Start	Finish	11:55 - 13:35			
11:55	13:35	1st Call	11:43	March In	11:51
		CHN	GBR	MxG 7	ROC
		ROC	CHN	GBR	MxG 7
		MxG 7	ROC	CHN	GBR
		GBR	MxG 7	ROC	CHN
Sub 3		Competition			
Start	Finish	15:10 - 16:50			
15:10	16:50	1st Call	14:58	March In	15:06
		MxG 8	NED	MxG 1	USA
		USA	MxG 8	NED	MxG 1
		MxG 1	USA	MxG 8	NED
		NED	MxG 1	USA	MxG 8
Sub 4		Competition			
Start	Finish	17:05 - 18:45			
17:05	18:45	1st Call	16:53	March In	17:01
		CAN	MxG 4	FRA	ESP
		ESP	CAN	MxG 4	FRA
		FRA	ESP	CAN	MxG 4
		MxG 4	FRA	ESP	CAN
Sub 5		Competition			
Start	Finish	20:20 - 22:00			
20:20	22:00	1st Call	20:08	March In	20:16
		MxG5	GER	MxG 2	BEL
		BEL	MxG5	GER	MxG 2
		MxG 2	BEL	MxG5	GER
		GER	MxG 2	BEL	MxG5

All gymnasts may return to the Warm-Up Hall at any time during the competition.  
However, they must request permission to use apparatus in use by or assigned to other NOCs.



## Activity: Training WAG

Date: July 25, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Sub 3		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	07:25 - 09:05			
7:25	7:45	General Warm-Up			
7:45	8:05	MxG 8	NED	MxG 1	USA
8:05	8:25	USA	MxG 8	NED	MxG 1
8:25	8:45	MxG 1	USA	MxG 8	NED
8:45	9:05	NED	MxG 1	USA	MxG 8

Sub 4		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:10 - 10:50			
9:10	9:30	General Warm-Up			
9:30	9:50	CAN	MxG 4	FRA	ESP
9:50	10:10	ESP	CAN	MxG 4	FRA
10:10	10:30	FRA	ESP	CAN	MxG 4
10:30	10:50	MxG 4	FRA	ESP	CAN

Sub 5		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	12:15 - 13:55			
12:15	12:35	General Warm-Up			
12:35	12:55	MxG5	GER	MxG 2	BEL
12:55	13:15	BEL	MxG5	GER	MxG 2
13:15	13:35	MxG 2	BEL	MxG5	GER
13:35	13:55	GER	MxG 2	BEL	MxG5

Sub 2		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	18:00 - 19:40			
18:00	18:20	General Warm-Up			
18:20	18:40	CHN	GBR	MxG 7	ROC
18:40	19:00	ROC	CHN	GBR	MxG 7
19:00	19:20	MxG 7	ROC	CHN	GBR
19:20	19:40	GBR	MxG 7	ROC	CHN

Sub 1		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:00 - 17:40			
16:00	16:20	General Warm-Up			
16:20	16:40	ITA	MxG 3	JPN	MxG 6
16:40	17:00	MxG 6	ITA	MxG 3	JPN
17:00	17:20	JPN	MxG 6	ITA	MxG 3
17:20	17:40	MxG 3	JPN	MxG 6	ITA



## Activity: Training WAG

Date: July 26, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Team Final 1		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	10:00 - 11:40			
10:00	10:20	General Warm-Up			
10:20	10:40	Team 1	Team 3	Team 5	Team 7
10:40	11:00	Team 7	Team 1	Team 3	Team 5
11:00	11:20	Team 5	Team 7	Team 1	Team 3
11:20	11:40	Team 3	Team 5	Team 7	Team 1

Team Final 2		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	10:00 - 11:40			
10:00	10:20	General Warm-Up			
10:20	10:40	Team 2	Team 4	Team 6	Team 8
10:40	11:00	Team 8	Team 2	Team 4	Team 6
11:00	11:20	Team 6	Team 8	Team 2	Team 4
11:20	11:40	Team 4	Team 6	Team 8	Team 2

AAF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	12:00 - 13:45			
12:00	12:25	General Warm-Up			
12:25	13:45	Open Training Gymnasts Qualifying for AA Final			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	12:00 - 13:45			
12:00	12:25	General Warm-Up			
12:25	13:45	Open Training Gymnasts Qualifying for Apparatus Finals			

Team Final 1		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:00 - 18:30			
16:00	16:30	General Warm-Up			
16:30	17:00	Team 1	Team 3	Team 5	Team 7
17:00	17:30	Team 7	Team 1	Team 3	Team 5
17:30	18:00	Team 5	Team 7	Team 1	Team 3
18:00	18:30	Team 3	Team 5	Team 7	Team 1

Team Final 2		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:00 - 18:30			
16:00	16:30	General Warm-Up			
16:30	17:00	Team 2	Team 4	Team 6	Team 8
17:00	17:30	Team 8	Team 2	Team 4	Team 6
17:30	18:00	Team 6	Team 8	Team 2	Team 4
18:00	18:30	Team 4	Team 6	Team 8	Team 2

AAF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	18:45 - 21:15			
18:45	19:15	General Warm-Up			
19:15	21:15	Open Training Gymnasts Qualifying for AA Final			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	18:45 - 21:15			
18:45	19:15	General Warm-Up			
19:15	21:15	Open Training Gymnasts Qualifying for Apparatus Finals			



## Activity: Women's Team Final

Date: July 27, 2021

### Ariake Gymnastics Centre

#### Warm-Up Hall

#### FOP

Team Final		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	17:40 - 19:30			
17:40	18:02	General Warm-Up			
18:02	18:24	Team 7 Team 8	Team 1 Team 2	Team 3 Team 4	Team 5 Team 6
18:24	18:46	Team 5 Team 6	Team 7 Team 8	Team 1 Team 2	Team 3 Team 4
18:46	19:08	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8	Team 1 Team 2
19:08	19:30	Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8

Team Final		Competition			
Start	Finish	19:45 - 22:10			
19:45	22:10	1st Call	19:33	March In	19:41
		Team 1 Team 2	Team 3 Team 4	Team 5 Team 6	Team 7 Team 8
		Team 7 Team 8	Team 1 Team 2	Team 3 Team 4	Team 5 Team 6
		Team 5 Team 6	Team 7 Team 8	Team 1 Team 2	Team 3 Team 4
		Team 3 Team 4	Team 5 Team 6	Team 7 Team 8	Team 1 Team 2

All gymnasts may return to the Warm-Up Hall at any time during the competition.



## Activity: Training WAG

Date: July 27, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

Team Final 1		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:00 - 10:40			
9:00	9:20	General Warm-Up			
9:20	9:40	Team 1	Team 3	Team 5	Team 7
9:40	10:00	Team 7	Team 1	Team 3	Team 5
10:00	10:20	Team 5	Team 7	Team 1	Team 3
10:20	10:40	Team 3	Team 5	Team 7	Team 1

Team Final 2		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	09:00 - 10:40			
9:00	9:20	General Warm-Up			
9:20	9:40	Team 2	Team 4	Team 6	Team 8
9:40	10:00	Team 8	Team 2	Team 4	Team 6
10:00	10:20	Team 6	Team 8	Team 2	Team 4
10:20	10:40	Team 4	Team 6	Team 8	Team 2

AAF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	10:55 - 12:40			
10:55	11:20	General Warm-Up			
11:20	12:40	Open Training Gymnasts Qualifying for AA Final			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	10:55 - 12:40			
10:55	11:20	General Warm-Up			
11:20	12:40	Open Training Gymnasts Qualifying for Apparatus Finals			

AAF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:40 - 19:10			
16:40	17:10	General Warm-Up			
17:10	19:10	Open Training Gymnasts Qualifying for AA Final			

APF		Open stretch is available 45 min. before the start time in the stretching area.			
Start	Finish	16:40 - 19:10			
16:40	17:10	General Warm-Up			
17:10	19:10	Open Training Gymnasts Qualifying for Apparatus Finals			



## Activity: Training WAG

Date: July 28, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

AAF	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	10:00 - 11:40			
10:00	10:20	General Warm-Up			
10:20	10:40	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4
10:40	11:00	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3
11:00	11:20	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2
11:20	11:40	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	12:00 - 13:30	
12:00	12:18	General Warm-Up	
12:18	13:30	Open Training Gymnasts Qualifying for Apparatus Finals	

AAF	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	16:00 - 18:30			
16:00	16:30	General Warm-Up			
16:30	17:00	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4
17:00	17:30	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3
17:30	18:00	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2
18:00	18:30	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	18:50 - 20:50	
18:50	19:14	General Warm-Up	
19:14	20:50	Open Training Gymnasts Qualifying for Apparatus Finals	



## Activity: Women's All - Around Final

Date: July 29, 2021

### Ariake Gymnastics Centre

Warm-Up Hall

FOP

AAF	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	17:55 - 19:35			
17:55	18:15	General Warm-Up			
18:15	18:35	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3
18:35	18:55	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2
18:55	19:15	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1
19:15	19:35	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4

AAF	Competition				
Start	Finish	19:50 - 22:05			
		1st Call	19:38	March In	19:46
		Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4
19:45	22:10	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3
		Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2
		Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1





## Activity: Training WAG

Date: July 29, 2021

### Tokyo Big Sight

#### WAG Training Hall 1

#### WAG Training Hall 2

AAF	Open stretch is available 45 min. before the start time in the stretching area.				
Start	Finish	10:00 - 11:40			
10:00	10:20	General Warm-Up			
10:20	10:40	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4
10:40	11:00	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3
11:00	11:20	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1	Finalist 7 - 12 & R2
11:20	11:40	Finalist 7 - 12 & R2	Finalist 13 - 18 & R3	Finalist 19 - 24 & R4	Finalist 1 - 6 & R1

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	12:00 - 13:30	
12:00	12:18	General Warm-Up	
12:18	13:30	Open Training Gymnasts Qualifying for Apparatus Finals	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	17:30 - 19:30	
17:30	17:54	General Warm-Up	
17:54	19:30	Open Training Gymnasts Qualifying for Apparatus Finals	



Activity: Training WAG

Date: July 30, 2021

## Tokyo Big Sight

WAG Training Hall 1

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	10:00 - 11:30	
10:00	10:18	General Warm-Up	
10:18	11:30	Open Training Gymnasts Qualifying for Apparatus Finals	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	16:00 - 18:00	
16:00	16:24	General Warm-Up	
16:24	18:00	Open Training Gymnasts Qualifying for Apparatus Finals	











Activity: Training WAG

Date: July 31, 2021

## Tokyo Big Sight

WAG Training Hall 1

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	10:00 - 11:30
10:00	10:18	General Warm-Up
		   
10:18	11:30	Open Training Gymnasts Qualifying for Apparatus Finals

APF	Open stretch is available 45 min. before the start time in the stretching area.	
Start	Finish	16:00 - 18:00
16:00	16:24	General Warm-Up
		   
16:24	18:00	Open Training Gymnasts Qualifying for Apparatus Finals



## Activity: Apparatus Finals (VT/UB)

Date: August 1, 2021

### Ariake Gymnastics Centre

#### Warm-Up Hall

#### FOP

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	09:00 - 10:30	
9:00	9:18	General Warm-Up	
9:18	10:30	Open Training Gymnasts Qualifying for Apparatus Finals	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	14:45 - 16:30	
14:45	16:30	Open Training Gymnasts Qualifying for Apparatus Finals VT,UB	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	14:30 - 16:30	
14:30	15:00	General Warm-Up	
15:00	16:30	Open Training Gymnasts Qualifying for Apparatus Finals BB,FX	

APF	Competition			
Start	Finish	17:55 - 18:39		
		1st Call 17:42	March In 17:50	
17:55	18:39	Apparatus Final VT		

APF			
Start	Finish	16:45 - 20:00	
16:45	20:00	Open Training Gymnasts Qualifying for Apparatus Finals VT,UB	

APF	Competition			
Start	Finish	19:27 - 20:09		
		1st Call 19:14	March In 19:22	
19:27	20:09	Apparatus Final UB		



## Activity: Apparatus Final (FX)

Date: August 2, 2021

### Ariake Gymnastics Centre

#### Warm-Up Hall

#### FOP

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	09:00 - 10:30	
9:00	9:18	General Warm-Up	
9:18	10:30	Open Training Gymnasts Qualifying for Apparatus Final	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	14:45 - 16:30	
14:45	16:30	Open Training Gymnasts Qualifying for Apparatus Final FX	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	14:30 - 16:30	
14:30	15:00	General Warm-Up	
15:00	16:30	Open Training Gymnasts Qualifying for Apparatus Final BB	

APF	Competition			
Start	Finish	18:00 - 18:49		
		1st Call 17:47	March In 17:55	
18:00	18:49	Apparatus Final FX		

APF			
Start	Finish	16:45 - 18:30	
16:45	18:30	Open Training Gymnasts Qualifying for Apparatus Final FX	



## Activity: Apparatus Final (BB)

Date: August 3, 2021

### Ariake Gymnastics Centre

#### Warm-Up Hall

#### FOP

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	09:00 - 10:30	
9:00	9:18	General Warm-Up	
9:18	10:30	Open Training Gymnasts Qualifying for Apparatus Finals	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	14:45 - 16:30	
14:45	16:30	Open Training Gymnasts Qualifying for Apparatus Final BB	

APF	Open stretch is available 45 min. before the start time in the stretching area.		
Start	Finish	16:30 - 18:30	
16:30	18:30	Open Training Gymnasts Qualifying for Apparatus Finals BB	

APF	Competition		
Start	Finish	17:53 - 18:37	
		1st Call 17:40	March In 17:48
18:00	18:37	Apparatus Final BB	