



**2022 The World Games  
Birmingham, AL, (USA)**



**10 July 2022**

**Rhythmic Gymnastics Training**

| <b>Country</b>     | <b>Floor A</b> |          | <b>Floor B</b> |          | <b>FoP</b> |          |
|--------------------|----------------|----------|----------------|----------|------------|----------|
|                    | 2 H            |          | 2 H            |          | 1 H        |          |
| USA (2), JPN (2)   | 12:00:00       | 14:00:00 |                |          | 14:00:00   | 15:00:00 |
| KOR, UZB, GEO, ROU |                |          | 13:00:00       | 15:00:00 | 15:00:00   | 16:00:00 |
| ISR (2), SLO, HUN  | 14:00:00       | 16:00:00 |                |          | 16:00:00   | 17:00:00 |
| UKR (2), AZE, FIN  |                |          | 15:00:00       | 17:00:00 | 17:00:00   | 18:00:00 |
| BUL (2), RSA, BRA  | 16:00:00       | 18:00:00 |                |          | 18:00:00   | 19:00:00 |
| ITA (2), ESP, AUS  |                |          | 17:00:00       | 19:00:00 | 19:00:00   | 20:00:00 |

11 July 2022

**Aerobic Gymnastics Podium Training**

| Country                   | Warm-up  |          | Floor A       |          | Floor B    |          | Transfer<br>Waiting<br>area | FoP      |          |
|---------------------------|----------|----------|---------------|----------|------------|----------|-----------------------------|----------|----------|
|                           |          |          | Without music |          | With music |          |                             |          |          |
|                           | 30m      |          | 1H            |          | 30m        |          | 10m                         | 30m      |          |
| HUN (4), BRA (1)          | 07:55:00 | 08:25:00 | 08:25:00      | 09:25:00 | 09:25:00   | 09:55:00 | 09:55:00                    | 10:05:00 | 10:35:00 |
| ROU (4), EGY (1)          | 09:25:00 | 09:55:00 | 08:55:00      | 09:55:00 | 09:55:00   | 10:25:00 | 10:25:00                    | 10:35:00 | 11:05:00 |
| BUL (2), UKR (3)          | 08:55:00 | 09:25:00 | 09:25:00      | 10:25:00 | 10:25:00   | 10:55:00 | 10:55:00                    | 11:05:00 | 11:35:00 |
| ITA (4), FRA (1)          | 10:25:00 | 10:55:00 | 09:55:00      | 10:55:00 | 10:55:00   | 11:25:00 | 11:25:00                    | 11:35:00 | 12:05:00 |
| AZE (2), FIN (2), POR (1) | 09:55:00 | 10:25:00 | 10:25:00      | 11:25:00 | 11:25:00   | 11:55:00 | 11:55:00                    | 12:05:00 | 12:35:00 |

**Rhythmic Gymnastics Podium Training**

| Country                     | Floor A       |          | Floor B       |          | Waiting<br>area | FoP      |          |
|-----------------------------|---------------|----------|---------------|----------|-----------------|----------|----------|
|                             | Without music |          | Without music |          |                 |          |          |
|                             | 90m           |          | 90m           |          | 5m              | 90m      |          |
| USA (2), JPN (2), KOR, UZB  | 13:10:00      | 14:40:00 |               |          | 14:40:00        | 14:45:00 | 15:30:00 |
| GEO, ROU, ISR (2), SLO, HUN |               |          | 14:40:00      | 16:10:00 | 16:10:00        | 16:15:00 | 17:00:00 |
| UKR (2), AZE, FIN, BUL (2)  | 16:10:00      | 17:40:00 |               |          | 17:40:00        | 17:45:00 | 18:30:00 |
| RSA, BRA, ITA (2), ESP, AUS |               |          | 17:40:00      | 19:10:00 | 19:10:00        | 19:15:00 | 20:00:00 |



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**12 July 2022**

**Rhythmic Gymnastics Training**

| <b>Country</b>   | <b>Floor A</b> |          | <b>Floor B</b> |          |
|--|----------------|----------|----------------|----------|
|  | 2h30m          |          | 2h30m          |          |
| USA (2), JPN (2), KOR, UZB, ROU, ISR,<br>SLO, HUN, AZE | 07:30:00       | 10:00:00 | -              | -        |
| UKR (2), FIN, BUL (2), RSA, BRA, ITA (2),<br>ESP, AUS  | -              | -        | 07:30:00       | 10:00:00 |



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**13 July 2022**

**Rhythmic Gymnastics Training**

| <b>Country</b>   | <b>Floor A</b> |          | <b>Floor B</b> |          |
|--|----------------|----------|----------------|----------|
|  | 2h30m          |          | 2h30m          |          |
| USA (2), JPN (2), KOR, UZB, ROU, ISR,<br>SLO, HUN, AZE | 07:30:00       | 10:00:00 | -              | -        |
| UKR (2), FIN, BUL (2), RSA, BRA, ITA (2),<br>ESP, AUS  | -              | -        | 07:30:00       | 10:00:00 |

14 July 2022

**Trampoline Gymnastics - DMT - Training**

|       | Countries               | Training Area |          | Competition Area |          |
|-------|-------------------------|---------------|----------|------------------|----------|
|       |                         | 1H            |          | 1H               |          |
| DMT M | GBR, NED, POR, GER, JPN | 09:00:00      | 10:00:00 | 10:00:00         | 11:00:00 |
|       | USA, ESP, ARG, SWE, CAN | 10:00:00      | 11:00:00 | 11:00:00         | 12:00:00 |
| DMT W | GBR, GER, AUS, NZL, POR | 11:00:00      | 12:00:00 | 12:00:00         | 13:00:00 |
|       | CAN, SWE, ARG, USA, ESP | 12:00:00      | 13:00:00 | 13:00:00         | 14:00:00 |
| DMT M | GBR, NED, POR, GER, JPN | 13:00:00      | 14:00:00 | 14:00:00         | 15:00:00 |
|       | USA, ESP, ARG, SWE, CAN | 14:00:00      | 15:00:00 | 15:00:00         | 16:00:00 |
| DMT W | GBR, GER, AUS, NZL, POR | 15:00:00      | 16:00:00 | 16:00:00         | 17:00:00 |
|       | CAN, SWE, ARG, USA, ESP | 16:00:00      | 17:00:00 | 17:00:00         | 18:00:00 |

**Trampoline Gymnastics - TUM - Training**

|       | Countries               | Training Area |          | Competition Area |          |
|-------|-------------------------|---------------|----------|------------------|----------|
|       |                         | 1H            |          | 1H               |          |
| TUM M | CAN, GBR, UKR, JPN, BEL | 09:00:00      | 10:00:00 | 10:00:00         | 11:00:00 |
|       | FRA, POR, USA, DEN, AUS | 10:00:00      | 11:00:00 | 11:00:00         | 12:00:00 |
| TUM W | GBR, JPN, UKR, CAN, POL | 11:00:00      | 12:00:00 | 12:00:00         | 13:00:00 |
|       | POR, AUS, USA, FRA, DEN | 12:00:00      | 13:00:00 | 13:00:00         | 14:00:00 |
| TUM M | CAN, GBR, UKR, JPN, BEL | 13:00:00      | 14:00:00 | 14:00:00         | 15:00:00 |
|       | FRA, POR, USA, DEN, AUS | 14:00:00      | 15:00:00 | 15:00:00         | 16:00:00 |
| TUM W | GBR, JPN, UKR, CAN, POL | 15:00:00      | 16:00:00 | 16:00:00         | 17:00:00 |
|       | POR, AUS, USA, FRA, DEN | 16:00:00      | 17:00:00 | 17:00:00         | 18:00:00 |



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**15 July 2022**

**Trampoline Gymnastics - DMT - TUM - Open Training**

| Discipline | Training Area |          |
|------------|---------------|----------|
|            | 2H            |          |
| TUM W      | 10:00:00      | 12:00:00 |
| TUM M      | 10:00:00      | 12:00:00 |
| DMT W      | 10:00:00      | 12:00:00 |



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**16 July 2022**

**Trampoline Gymnastics - DMT - TUM - Open Training**

| Discipline | Training Area |          |
|------------|---------------|----------|
|            | 2H            |          |
| TUM M      | 10:00:00      | 12:00:00 |
| DMT W      | 10:00:00      | 12:00:00 |

14 July 2022

Acrobatic Gymnastics Training

| Country                   | Floor A       |          | Floor B    |          | Waiting area | FoP      |          |
|---------------------------|---------------|----------|------------|----------|--------------|----------|----------|
|                           | Without music |          | with music |          |              |          |          |
|                           | 50m           |          | 50m        |          | 5m           | 45m      |          |
| POR (4), POL (1)          | 08:00:00      | 08:50:00 | 08:50:00   | 09:40:00 | 09:40:00     | 09:45:00 | 10:30:00 |
| KAZ (2), GER (3)          | 08:45:00      | 09:35:00 | 09:35:00   | 10:25:00 | 10:25:00     | 10:30:00 | 11:15:00 |
| UKR (5)                   | 09:30:00      | 10:20:00 | 10:20:00   | 11:10:00 | 11:10:00     | 11:15:00 | 12:00:00 |
| USA (3), AUS (1), ESP (1) | 10:15:00      | 11:05:00 | 11:05:00   | 11:55:00 | 11:55:00     | 12:00:00 | 12:45:00 |
| ISR (3), GBR (2)          | 11:00:00      | 11:50:00 | 11:50:00   | 12:40:00 | 12:40:00     | 12:45:00 | 13:30:00 |
| BEL (3), NED (1)          | 11:45:00      | 12:35:00 | 12:35:00   | 13:25:00 | 13:25:00     | 13:30:00 | 14:15:00 |

| Country                   | Floor A       |          | Floor B    |          | Waiting area | FoP      |          |
|---------------------------|---------------|----------|------------|----------|--------------|----------|----------|
|                           | Without music |          | with music |          |              |          |          |
|                           | 50m           |          | 50m        |          | 5m           | 45m      |          |
| POR (4), POL (1)          | 13:45:00      | 14:35:00 | 14:35:00   | 15:25:00 | 15:25:00     | 15:30:00 | 16:15:00 |
| KAZ (2), GER (3)          | 14:30:00      | 15:20:00 | 15:20:00   | 16:10:00 | 16:10:00     | 16:15:00 | 17:00:00 |
| UKR (5)                   | 15:15:00      | 16:05:00 | 16:05:00   | 16:55:00 | 16:55:00     | 17:00:00 | 17:45:00 |
| USA (3), AUS (1), ESP (1) | 16:00:00      | 16:50:00 | 16:50:00   | 17:40:00 | 17:40:00     | 17:45:00 | 18:30:00 |
| ISR (3), GBR (2)          | 16:45:00      | 17:35:00 | 17:35:00   | 18:25:00 | 18:25:00     | 18:30:00 | 19:15:00 |
| BEL (3), NED (1)          | 17:30:00      | 18:20:00 | 18:20:00   | 19:10:00 | 19:10:00     | 19:15:00 | 20:00:00 |



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**Acrobatic Gymnastics Open Training**

| Discipline | Floor A  |          | Floor B  |          |
|------------|----------|----------|----------|----------|
|            | 2H       |          | 2H       |          |
| MP         | 09:00:00 | 11:00:00 |          |          |
| WG         |          |          | 09:00:00 | 11:00:00 |
| MG         | 11:00:00 | 13:00:00 |          |          |



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**Acrobatic Gymnastics Open Training**

| Discipline | Floor A  |          | Floor B |  |
|------------|----------|----------|---------|--|
|            | 2H       |          | 2H      |  |
| MG         | 10:00:00 | 12:00:00 |         |  |