



CLUJ-NAPOCA 2023

FIG Rhythmic Gymnastics Junior World Championships



RGI and RGG PODIUM TRAINING

6th of July 2023

No	NF	Horia Demian		BT Arena						
		Floor 1	Floor 2	Floor A	Floor B	Floor 4	Floor 3	Floor 2	Floor 1	Podium
1	ARM + AUT	13.15-14.15							8.00-9.00	9.00-9.15
2	BEL + BIH		13.30-14.30					8.15-9.15		9.15-9.30
3	COL + CRO			13.45-14.45			8.30-9.30			9.30-9.45
4	FRA + IND				14.00-15.00	8.45-9.45				9.45-10.00
5	KUW + LAT	14.15-15.15							9.00-10.00	10.00-10.15
6	LUX + MDA		14.30-15.30					9.15-10.15		10.15-10.30
7	MNE + NOR			14.45-15.45			09.30-10.30			10.30-10.45
8	NZL + SGP				15.00-16.00	9.45-10.45				10.45-11.00
9	SMR + SRB	15.15-16.15							10.00-11.00	11.00-11.15
10	TOG + TUN		15.30-16.30					10.15-11.15		11.15-11.30
11	VEN + VIE			15.45-16.45			10.30-11.30			11.30-11.45
12	AUS				16.00-17.00	10.45-11.45				11.45-12.00
13	AZE	16.15-17.15							11.00-12.00	12.00-12.15
14	BOL		16.30-17.30					11.15-12.15		12.15-12.30
15	BRA			16.45-17.45			11.30-12.30			12.30-12.45
16	BUL				17.00-18.00	11.45-12.45				12.45-13.00
17	CAN	17.15-18.15							12.00-13.00	13.00-13.15
18	CHI		17.30-18.30					12.15-13.15		13.15-13.30
19	EGY			17.45-18.45			12.30-13.30			13.30-13.45
20	CZE				18.00-19.00	12.45-13.45				13.45-14.00
21	CYP	18.15-19.15							13.00-14.00	14.00-14.15
22	ESP		18.30-19.30					13.15-14.15		14.15-14.30
23	EST			18.45-19.45			13.30-14.30			14.30-14.45
24	FIN				19.00-20.00	13.45-14.45				14.45-15.00
25	GBR	19.15-20.15							14.00-15.00	15.00-15.15
26	GEO		19.30-20.30					14.15-15.15		15.15-15.30
27	GER			19.45-20.45			14.30-15.30			15.30-15.45
28	GRE				20.00-21.00	14.45-15.45				15.45-16.00

Stretching area will be available 30 minutes prior to the start of official training.



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		Floor 1 🎵	Floor 2 🎵	Floor A 🎵	Floor B 🎵	Floor 4 🎵	Floor 3 🎵	Floor 2 🎵	Floor 1 🎵	Podium 🎵
29	HUN	20.15-21.15							15.00-16.00	16.00-16.15
30	ITA			20.45-21.45				15.15-16.15		16.15-16.30
31	ISR	8.00-9.00					15.30-16.30			16.30-16.45
32	JPN		8.15-9.15			15.45-16.45				16.45-17.00
33	KAZ			8.30-9.30					16.00-17.00	17.00-17.15
34	KGZ				8.45-9.45			16.15-17.15		17.15-17.30
35	KOR	9.00-10.00					16.30-17.30			17.30-17.45
36	LTU		9.15-10.15			16.45-17.45				17.45-18.00
37	MEX			9.30-10.30					17.00-18.00	18.00-18.15
38	MGL				9.45-10.45			17.15-18.15		18.15-18.30
39	POL	10.00-11.00					17.30-18.30			18.30-18.45
40	POR		10.15-11.15			17.45-18.45				18.45-19.00
41	ROU			10.30-11.30					18.00-19.00	19.00-19.15
42	RSA				10.45-11.45			18.15-19.15		19.15-19.30
43	TUR	11.00-12.00					18.30-19.30			19.30-19.45
44	SVK		11.15-12.15			18.45-19.45				19.45-20.00
45	SLO			11.30-12.30					19.00-20.00	20.00-20.15
46	UKR				11.45-12.45			19.15-20.15		20.15-20.30
47	USA	12.00-13.00					19.30-20.30			20.30-20.45
48	UZB		12.15-13.15			19.45-20.45				20.45-21.00
49	AND - PHI			12.30-13.30					20.00-21.00	21.00-21.15

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