

# GTR DETAIL SCHEDULE



**JULY 26th 2024 - WOMEN GTR****CTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 1 FRA - USA - JPN - GBR - ESP - AZE - CAN
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 2 NZL - CHN - BRA - AIN - ECY - GEO
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING

**JULY 26th 2024 - MEN GTR****CTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 1 FRA - USA - JPN - GBR - ESP - GER - AUS - COL
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING

**JULY 27th 2024 - WOMEN CTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 2 NZL - CHN - BRA - AIN - EGY - GEO
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 1 FRA - USA - JPN - CBR - ESP - AZE - CAN
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 2 NZL - CHN - BRA - AIN - EGY - GEO
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 1 FRA - USA - JPN - CBR - ESP - AZE - CAN
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 27th 2024 - MEN CTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 1 FRA - USA - JPN - CBR - ESP - GER - AUS - COL
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 1 FRA - USA - JPN - CBR - ESP - GER - AUS - COL
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 28th 2024 - WOMEN GTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 1 FRA - USA - JPN - GBR - ESP - AZE - CAN
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 2 NZL - CHN - BRA - AIN - EQY - GEO
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 1 FRA - USA - JPN - GBR - ESP - AZE - CAN
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 2 NZL - CHN - BRA - AIN - EQY - GEO
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 28th 2024 - MEN GTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 1 FRA - USA - JPN - GBR - ESP - GER - AUS - COL
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 1 FRA - USA - JPN - GBR - ESP - GER - AUS - COL
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 29th 2024 - WOMEN GTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 2 NZL - CHN - BRA - AIN - EGY - GEO
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 1 FRA - USA - JPN - CBR - ESP - AZE - CAN
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 2 NZL - CHN - BRA - AIN - EGY - GEO
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 1 FRA - USA - JPN - CBR - ESP - AZE - CAN
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 29th 2024 - MEN GTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 1 FRA - USA - JPN - CBR - ESP - GER - AUS - COL
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 1 FRA - USA - JPN - CBR - ESP - GER - AUS - COL
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 30th 2024 - WOMEN CTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 1 FRA - USA - JPN - GBR - ESP - AZE - CAN
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 2 NZL - CHN - BRA - AIN - EGY - GEO
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 1 FRA - USA - JPN - GBR - ESP - AZE - CAN
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 2 NZL - CHN - BRA - AIN - EGY - GEO
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 30th 2024 - MEN CTR****GTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 1 FRA - USA - JPN - GBR - ESP - GER - AUS - COL
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 1 FRA - USA - JPN - GBR - ESP - GER - AUS - COL
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 31st 2024 - WOMEN CTR****CTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 2 NZL - CHN - BRA - AIN - ECY - GEO
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 1 FRA - USA - JPN - CBR - ESP - AZE - CAN
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 2 NZL - CHN - BRA - AIN - ECY - GEO
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 1 FRA - USA - JPN - CBR - ESP - AZE - CAN
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**JULY 31st 2024 - MEN CTR****CTR TRAINING**

PIERRE DE COUBERTIN			
START TIME	DURATION	END TIME	
08:30	/	11:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
08:30	00:30:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	02:00:00	11:00	APPARATUS TRAINING
10:30	/	13:00	GROUP 1 FRA - USA - JPN - CBR - ESP - GER - AUS - COL
10:30	00:30:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	02:00:00	13:00	APPARATUS TRAINING
14:30	/	17:00	GROUP 2 NZL - CHN - BRA - AIN - POR - AUT - KAZ
14:30	00:30:00	15:00	GENERAL WARM-UP - STRETCH AREA
15:00	02:00:00	17:00	APPARATUS TRAINING
16:30	/	19:00	GROUP 1 FRA - USA - JPN - CBR - ESP - GER - AUS - COL
16:30	00:30:00	17:00	GENERAL WARM-UP - STRETCH AREA
17:00	02:00:00	19:00	APPARATUS TRAINING

**AUGUST 1st 2024 - WOMEN GTR****GTR PODIUM TRAINING**

WARM UP HALL			
START TIME	DURATION	END TIME	
08:45	/	10:00	COMPETITION GROUP 1
08:45	00:15:00	09:00	GENERAL WARM-UP - STRETCH AREA
09:00	01:00:00	10:00	APPARATUS TRAINING
09:45	/	11:00	COMPETITION GROUP 2
09:45	00:15:00	10:00	GENERAL WARM-UP - STRETCH AREA
10:00	01:00:00	11:00	APPARATUS TRAINING

FOP			
START TIME	DURATION	END TIME	
10:05	/	11:05	COMPETITION GROUP 1
10:05	01:00:00	11:05	APPARATUS TRAINING
11:05	/	12:05	COMPETITION GROUP 2
11:05	01:00:00	12:05	APPARATUS TRAINING

**AUGUST 1st 2024 - MEN GTR****GTR PODIUM TRAINING**

WARM UP HALL			
START TIME	DURATION	END TIME	
10:45	/	12:00	COMPETITION GROUP 1
10:45	00:15:00	11:00	GENERAL WARM-UP - STRETCH AREA
11:00	01:00:00	12:00	APPARATUS TRAINING
11:45	/	13:00	COMPETITION GROUP 2
11:45	00:15:00	12:00	GENERAL WARM-UP - STRETCH AREA
12:00	01:00:00	13:00	APPARATUS TRAINING

FOP			
START TIME	DURATION	END TIME	
12:05	/	13:05	COMPETITION GROUP 1
12:05	01:00:00	13:05	APPARATUS TRAINING
13:05	/	14:05	COMPETITION GROUP 2
13:05	01:00:00	14:05	APPARATUS TRAINING

\* GROUPS BASED ON COMPETITION ORDER

**AUGUST 2nd 2024 - WOMEN CTR****CTR FINAL**

WARM UP HALL			
START TIME	DURATION	END TIME	
08:35	/	09:35	COMPETITION GROUP 1
08:35	00:30:00	09:05	GENERAL WARM-UP - STRETCH AREA
09:05	00:30:00	09:35	APPARATUS TRAINING
09:40	/	10:40	COMPETITION GROUP 2
09:40	00:30:00	10:10	GENERAL WARM-UP - STRETCH AREA
10:10	00:30:00	10:40	APPARATUS TRAINING

FOP			
START TIME	DURATION	END TIME	
09:40	/	10:40	COMPETITION GROUP 1
09:40	01:00:00	10:40	APPARATUS TRAINING
10:45	/	11:45	COMPETITION GROUP 2
10:45	01:00:00	11:45	APPARATUS TRAINING ON FOP
12:00	/	13:30	COMPETITION GROUP 1 & GROUP 2
12:00	01:30:00	13:30	QUALIFICATIONS
13:50	/	14:20	FINALISTS
13:50	00:30:00	14:20	WOMEN FINAL

**AUGUST 2nd 2024 - MEN CTR****CTR FINAL**

WARM UP HALL			
START TIME	DURATION	END TIME	
14:40	/	15:40	COMPETITION GROUP 1
14:40	00:30:00	15:10	GENERAL WARM-UP - STRETCH AREA
15:10	00:30:00	15:40	APPARATUS TRAINING
15:40	/	16:40	COMPETITION GROUP 2
15:40	00:30:00	16:10	GENERAL WARM-UP - STRETCH AREA
16:10	00:30:00	16:40	APPARATUS TRAINING

FOP			
START TIME	DURATION	END TIME	
15:45	/	16:45	COMPETITION GROUP 1
15:45	01:00:00	16:45	APPARATUS TRAINING
16:45	/	17:45	COMPETITION GROUP 2
16:45	01:00:00	17:45	APPARATUS TRAINING
18:00	/	19:30	COMPETITION GROUP 1 & GROUP 2
18:00	01:30:00	19:30	QUALIFICATIONS
19:50	/	20:20	FINALISTS
19:50	00:30:00	20:20	MEN FINAL

\* GROUPS BASED ON COMPETITION ORDER