

GTR GENERAL SCHEDULE



TIME	JULY 26th 2024 - MEN GTR		JULY 26th 2024 - WOMEN GTR	
	CTR TRAINING		CTR TRAINING	
	PIERRE DE COUBERTIN		PIERRE DE COUBERTIN	
	WARM-UP STRETCH AREA	APPARATUS TRAINING	WARM-UP STRETCH AREA	APPARATUS TRAINING
07:00				
07:15				
07:30				
07:45				
08:00				
08:15	CR1-M ARRIVAL 8:15 - 8:30		CR1-W ARRIVAL 8:15 - 8:30	
08:30	CR1-M WARM-UP 8:30 - 9:00		CR1-W WARM-UP 8:30 - 9:00	
08:45				
09:00		GROUP 1 MEN 9:00 - 11:00		GROUP 1 WOMEN 9:00 - 11:00
09:15				
09:30				
09:45				
10:00		GROUP 2 MEN 11:00 - 13:00		GROUP 2 WOMEN 11:00 - 13:00
10:15	GR2-M ARRIVAL 10:15 - 10:30		GR2-W ARRIVAL 10:15 - 10:30	
10:30	GR2-M WARM-UP 10:30 - 11:00		GR2-W WARM-UP 10:30 - 11:00	
10:45				
11:00				
11:15				
11:30				
11:45				
12:00				
12:15				
12:30				
12:45				
13:00				
13:15				
13:30				

TIME	JULY 27th 2024 - MEN GTR		JULY 27th 2024 - WOMEN GTR	
	GTR TRAINING		GTR TRAINING	
	PIERRE DE COUBERTIN		PIERRE DE COUBERTIN	
	WARM-UP STRETCH AREA	APPARATUS TRAINING	WARM-UP STRETCH AREA	APPARATUS TRAINING
07:00				
07:15				
07:30				
07:45				
08:00				
08:15	GR2-M ARRIVAL 8:15 - 8:30		GR2-W ARRIVAL 8:15 - 8:30	
08:30	GR2-M WARM-UP 8:30 - 9:00		GR2-W WARM-UP 8:30 - 9:00	
08:45				
09:00				
09:15		GROUP 2 MEN TRAINING 1 9:00 - 11:00		GROUP 2 WOMEN TRAINING 1 9:00 - 11:00
09:30				
09:45				
10:00				
10:15	GR1-M ARRIVAL 10:15 - 10:30		GR1-W ARRIVAL 10:15 - 10:30	
10:30	GR1-M WARM-UP 10:30 - 11:00		GR1-W WARM-UP 10:30 - 11:00	
10:45				
11:00				
11:15		GROUP 1 MEN TRAINING 1 11:00 - 13:00		GROUP 1 WOMEN TRAINING 1 11:00 - 13:00
11:30				
11:45				
12:00				
12:15				
12:30				
12:45				
13:00				
13:15				
13:30				
13:45				
14:00				
14:15	GR2-M ARRIVAL 14:15 - 14:30		GR2-W ARRIVAL 14:15 - 14:30	
14:30	GR2-M WARM-UP 14:30 - 15:00		GR2-W WARM-UP 14:30 - 15:00	
14:45				
15:00				
15:15		GROUP 2 MEN TRAINING 2 15:00 - 17:00		GROUP 2 WOMEN TRAINING 2 15:00 - 17:00
15:30				
15:45				
16:00				
16:15	GR1-M ARRIVAL 16:15 - 16:30		GR1-W ARRIVAL 16:15 - 16:30	
16:30	GR1-M WARM-UP 16:30 - 17:00		GR1-W WARM-UP 16:30 - 17:00	
16:45				
17:00				
17:15		GROUP 1 MEN TRAINING 2 17:00 - 19:00		GROUP 1 WOMEN TRAINING 2 17:00 - 19:00
17:30				
17:45				
18:00				
18:15				
18:30				
18:45				
19:00				
19:15				
19:30				

TIME	JULY 28th 2024 - MEN CTR		JULY 28th 2024 - WOMEN CTR	
	CTR TRAINING		CTR TRAINING	
	PIERRE DE COUBERTIN		PIERRE DE COUBERTIN	
	WARM-UP STRETCH AREA	APPARATUS TRAINING	WARM-UP STRETCH AREA	APPARATUS TRAINING
07:00				
07:15				
07:30				
07:45				
08:00				
08:15	CR1-M ARRIVAL 8:15 - 8:30		CR1-W ARRIVAL 8:15 - 8:30	
08:30	CR1-M WARM-UP 8:30 - 9:00		CR1-W WARM-UP 8:30 - 9:00	
08:45				
09:00				
09:15				
09:30		GROUP 1 MEN TRAINING 1 9:00 - 11:00		GROUP 1 WOMEN TRAINING 1 9:00 - 11:00
09:45				
10:00				
10:15	CR2-M ARRIVAL 10:15 - 10:30		CR2-W ARRIVAL 10:15 - 10:30	
10:30	CR2-M WARM-UP 10:30 - 11:00		CR2-W WARM-UP 10:30 - 11:00	
10:45				
11:00				
11:15		GROUP 2 MEN TRAINING 1 11:00 - 13:00		GROUP 2 WOMEN TRAINING 1 11:00 - 13:00
11:30				
11:45				
12:00				
12:15				
12:30				
12:45				
13:00				
13:15				
13:30				
13:45				
14:00				
14:15	CR1-M ARRIVAL 14:15 - 14:30		CR1-W ARRIVAL 14:15 - 14:30	
14:30	CR1-M WARM-UP 14:30 - 15:00		CR1-W WARM-UP 14:30 - 15:00	
14:45				
15:00				
15:15		GROUP 1 MEN TRAINING 2 15:00 - 17:00		GROUP 1 WOMEN TRAINING 2 15:00 - 17:00
15:30				
15:45				
16:00				
16:15	CR2-M ARRIVAL 16:15 - 16:30		CR2-W ARRIVAL 16:15 - 16:30	
16:30	CR2-M WARM-UP 16:30 - 17:00		CR2-W WARM-UP 16:30 - 17:00	
16:45				
17:00				
17:15		GROUP 2 MEN TRAINING 2 17:00 - 19:00		GROUP 2 WOMEN TRAINING 2 17:00 - 19:00
17:30				
17:45				
18:00				
18:15				
18:30				
18:45				
19:00				

TIME	JULY 29th 2024 - MEN CTR		JULY 29th 2024 - WOMEN CTR	
	CTR TRAINING		CTR TRAINING	
	PIERRE DE COUBERTIN		PIERRE DE COUBERTIN	
	WARM-UP STRETCH AREA	APPARATUS TRAINING	WARM-UP STRETCH AREA	APPARATUS TRAINING
07:00				
07:15				
07:30				
07:45				
08:00				
08:15	CR2-M ARRIVAL 8:15 - 8:30		CR2-W ARRIVAL 8:15 - 8:30	
08:30	CR2-M WARM-UP 8:30 - 9:00		CR2-W WARM-UP 8:30 - 9:00	
08:45				
09:00				
09:15				
09:30		GROUP 2 MEN TRAINING 1 9:00 - 11:00		GROUP 2 WOMEN TRAINING 1 9:00 - 11:00
09:45				
10:00				
10:15	CR1-M ARRIVAL 10:15 - 10:30		CR1-W ARRIVAL 10:15 - 10:30	
10:30	CR1-M WARM-UP 10:30 - 11:00		CR1-W WARM-UP 10:30 - 11:00	
10:45				
11:00				
11:15		GROUP 1 MEN TRAINING 1 11:00 - 13:00		GROUP 1 WOMEN TRAINING 1 11:00 - 13:00
11:30				
11:45				
12:00				
12:15				
12:30				
12:45				
13:00				
13:15				
13:30				
13:45				
14:00				
14:15	CR2-M ARRIVAL 14:15 - 14:30		CR2-W ARRIVAL 14:15 - 14:30	
14:30	CR2-M WARM-UP 14:30 - 15:00		CR2-W WARM-UP 14:30 - 15:00	
14:45				
15:00				
15:15		GROUP 2 MEN TRAINING 2 15:00 - 17:00		GROUP 2 WOMEN TRAINING 2 15:00 - 17:00
15:30				
15:45				
16:00				
16:15	CR1-M ARRIVAL 16:15 - 16:30		CR1-W ARRIVAL 16:15 - 16:30	
16:30	CR1-M WARM-UP 16:30 - 17:00		CR1-W WARM-UP 16:30 - 17:00	
16:45				
17:00				
17:15		GROUP 1 MEN TRAINING 2 17:00 - 19:00		GROUP 1 WOMEN TRAINING 2 17:00 - 19:00
17:30				
17:45				
18:00				
18:15				
18:30				
18:45				
19:00				

TIME	JULY 30th 2024 - MEN GTR		JULY 30th 2024 - WOMEN GTR	
	CTR TRAINING		CTR TRAINING	
	PIERRE DE COUBERTIN		PIERRE DE COUBERTIN	
	WARM-UP STRETCH AREA	APPARATUS TRAINING	WARM-UP STRETCH AREA	APPARATUS TRAINING
07:00				
07:15				
07:30				
07:45				
08:00				
08:15	CR1-M ARRIVAL 8:15 - 8:30		CR1-W ARRIVAL 8:15 - 8:30	
08:30	CR1-M WARM-UP 8:30 - 9:00		CR1-W WARM-UP 8:30 - 9:00	
08:45				
09:00				
09:15				
09:30				
09:45				
10:00				
10:15	CR2-M ARRIVAL 10:15 - 10:30		CR2-W ARRIVAL 10:15 - 10:30	
10:30	CR2-M WARM-UP 10:30 - 11:00		CR2-W WARM-UP 10:30 - 11:00	
10:45				
11:00				
11:15				
11:30				
11:45				
12:00				
12:15				
12:30				
12:45				
13:00				
13:15				
13:30				
13:45				
14:00				
14:15	CR1-M ARRIVAL 14:15 - 14:30		CR1-W ARRIVAL 14:15 - 14:30	
14:30	CR1-M WARM-UP 14:30 - 15:00		CR1-W WARM-UP 14:30 - 15:00	
14:45				
15:00				
15:15				
15:30				
15:45				
16:00				
16:15	CR2-M ARRIVAL 16:15 - 16:30		CR2-W ARRIVAL 16:15 - 16:30	
16:30	CR2-M WARM-UP 16:30 - 17:00		CR2-W WARM-UP 16:30 - 17:00	
16:45				
17:00				
17:15				
17:30				
17:45				
18:00				
18:15				
18:30				
18:45				
19:00				

TIME	JULY 31st 2024 - MEN GTR		JULY 31st 2024 - WOMEN GTR	
	GTR TRAINING		GTR TRAINING	
	PIERRE DE COUBERTIN		PIERRE DE COUBERTIN	
	WARM-UP STRETCH AREA	APPARATUS TRAINING	WARM-UP STRETCH AREA	APPARATUS TRAINING
07:00				
07:15				
07:30				
07:45				
08:00				
08:15	GR2-M ARRIVAL 8:15 - 8:30		GR2-W ARRIVAL 8:15 - 8:30	
08:30	GR2-M WARM-UP 8:30 - 9:00		GR2-W WARM-UP 8:30 - 9:00	
08:45				
09:00		GROUP 2 MEN TRAINING 1 9:00 - 11:00		GROUP 2 WOMEN TRAINING 1 9:00 - 11:00
09:15				
09:30				
09:45				
10:00				
10:15	GR1-M ARRIVAL 10:15 - 10:30		GR1-W ARRIVAL 10:15 - 10:30	
10:30	GR1-M WARM-UP 10:30 - 11:00		GR1-W WARM-UP 10:30 - 11:00	
10:45				
11:00		GROUP 1 MEN TRAINING 1 11:00 - 13:00		GROUP 1 WOMEN TRAINING 1 11:00 - 13:00
11:15				
11:30				
11:45				
12:00				
12:15				
12:30				
12:45				
13:00				
13:15				
13:30				
13:45				
14:00				
14:15	GR2-M ARRIVAL 14:15 - 14:30		GR2-W ARRIVAL 14:15 - 14:30	
14:30	GR2-M WARM-UP 14:30 - 15:00		GR2-W WARM-UP 14:30 - 15:00	
14:45				
15:00		GROUP 2 MEN TRAINING 2 15:00 - 17:00		GROUP 2 WOMEN TRAINING 2 15:00 - 17:00
15:15				
15:30				
15:45				
16:00				
16:15	GR1-M ARRIVAL 16:15 - 16:30		GR1-W ARRIVAL 16:15 - 16:30	
16:30	GR1-M WARM-UP 16:30 - 17:00		GR1-W WARM-UP 16:30 - 17:00	
16:45				
17:00		GROUP 1 MEN TRAINING 2 17:00 - 19:00		GROUP 1 WOMEN TRAINING 2 17:00 - 19:00
17:15				
17:30				
17:45				
18:00				
18:15				
18:30				
18:45				
19:00				

TIME	AUGUST 1st 2024 - MEN CTR			AUGUST 1st 2024 - WOMEN CTR		
	CTR PODIUM TRAINING			CTR PODIUM TRAINING		
	BERCV			BERCV		
	WARM-UP STRETCH AREA	WARM-UP	FOP	WARM-UP STRETCH AREA	WARM-UP	FOP
07:00						
07:15						
07:30						
07:45						
08:00						
08:15						
08:30						
08:45				COMP. GR1-W WARM-UP 8:45 - 9:00		
09:00					COMPETITION GROUP 1 WOMEN 9:00 - 10:00	
09:15						
09:30						
09:45				COMP. GR2-W WARM-UP 9:45 - 10:00		
10:00					COMPETITION GROUP 2 WOMEN 10:00 - 11:00	
10:15						
10:30						COMPETITION GROUP 1 WOMEN PODIUM TRAINING 10:05 - 11:05
10:45	COMP. GR1-M WARM-UP 10:45 - 11:00					COMPETITION GROUP 2 WOMEN PODIUM TRAINING 11:05 - 12:05
11:00		COMPETITION GROUP 1 MEN 11:00 - 12:00				
11:15						
11:30						
11:45	COMP. GR2-M WARM-UP 11:45 - 12:00					
12:00		COMPETITION GROUP 2 MEN 12:00 - 13:00				
12:15			COMPETITION GROUP 1 MEN PODIUM TRAINING 12:05 - 13:05			
12:30						
12:45						
13:00			COMPETITION GROUP 2 MEN PODIUM TRAINING 13:05 - 14:05			
13:15						
13:30						
13:45						
14:00						

* GROUPS BASED ON COMPETITION ORDER

TIME	AUGUST 2nd 2024 - MEN CTR			AUGUST 2nd 2024 - WOMEN CTR		
	CTR FINAL			CTR FINAL		
	BERCV			BERCV		
	WARM-UP STRETCH AREA	WARM-UP	FOP	WARM-UP STRETCH AREA	WARM-UP	FOP
07:00						
07:15						
07:30						
07:45						
08:00						
08:15						
08:30						
08:45						
09:00				COMP. GR1-W WARM-UP 8:35 - 9:05		
09:15						
09:30					COMP. GR1-W WARM-UP 9:05 - 9:35	
09:45						
10:00				COMP. GR2-W WARM-UP 9:40 - 10:10		COMPETITION GROUP 1 WOMEN WARM-UP ON FOP 9:40 - 10:40
10:15						
10:30					COMP. GR2-W WARM-UP 10:10 - 10:40	
10:45						
11:00						COMPETITION GROUP 2 WOMEN WARM-UP ON FOP 10:45 - 11:45
11:15						
11:30						
11:45						
12:00						
12:15						
12:30						
12:45						
13:00						COMPETITION GROUP 1 + 2 WOMEN QUALIFICATIONS 12:00 - 13:30
13:15						
13:30						
13:45						
14:00						
14:15						WOMEN FINAL 13:50 - 14:20
14:30						
14:45	COMP. GR1-M WARM-UP 14:40 - 15:10					
15:00						
15:15		COMP. GR1-M WARM-UP 15:10 - 15:40				
15:30						
15:45						
16:00	COMP. GR2-M WARM-UP 15:40 - 16:10		COMPETITION GROUP 1 MEN WARM-UP ON FOP 15:45 - 16:45			
16:15		COMP. GR2-M WARM-UP 16:10 - 16:40				
16:30						
16:45						
17:00			COMPETITION GROUP 2 MEN WARM-UP ON FOP 16:45 - 17:45			
17:15						
17:30						
17:45						
18:00						
18:15						
18:30			COMPETITION GROUP 1 + 2 MEN QUALIFICATIONS 18:00 - 19:30			
18:45						
19:00						
19:15						
19:30						
19:45						
20:00						
20:15			MEN FINAL 19:50 - 20:20			
20:30						

* GROUPS BASED ON COMPETITION ORDER