





# RHYTHMIC GYMNASTICS



## GRY podium training schedule - August 7, 2024 - CPL

Sessions GRY01 and GRY02										
SUBDIVISION	ATHLETES ARRIVAL ON VENUE	WARM-UP								FOP
Individual Athletes		Stretching area	Carpet 5 4th floor Stretching Area	 Carpet 4 4th floor	 Carpet 3 4th floor	Transitions 4>0	Final Carpet 2 Ground Floor	Final Carpet 1 Ground Floor	Transition to FOP	
		40 min.		40 min.	40 min.	5'	12 min.	12 min.	3 min.	
USA	8:05	Open	08:20-09:00	09:00-09:40			09:45-09:57			10:00-10:40
LAO	8:05		08:20-09:00	09:00-09:40			09:45-09:57			10:00-10:40
CYP	8:05		08:20-09:00		09:00-09:40			09:45-09:57		10:00-10:40
UZB	8:05		08:20-09:00		09:00-09:40			09:45-09:57		10:00-10:40
EGY	8:45		09:00-09:40	09:40-10:20			10:25-10:37			10:40-11:20
BUL 1	8:45		09:00-09:40	09:40-10:20			10:25-10:37			10:40-11:20
BUL 2	8:45		09:00-09:40		09:40-10:20			10:25-10:37		10:40-11:20
AUS	8:45		09:00-09:40		09:40-10:20			10:25-10:37		10:40-11:20
HUN	9:25		09:40-10:20	10:20-11:00			11:05-11:17			11:20-12:00
AZE	9:25		09:40-10:20	10:20-11:00			11:05-11:17			11:20-12:00
ITA 1	9:25		09:40-10:20		10:20-11:00			11:05-11:17		11:20-12:00
GER 1	9:25		09:40-10:20		10:20-11:00			11:05-11:17		11:20-12:00
KAZ	10:05		10:20-11:00	11:00-11:40			11:45-11:57			12:00-12:40
ESP 1	10:05		10:20-11:00	11:00-11:40			11:45-11:57			12:00-12:40
UKR	10:05		10:20-11:00		11:00-11:40			11:45-11:57		12:00-12:40
CHN	10:05		10:20-11:00		11:00-11:40			11:45-11:57		12:00-12:40
ROU	10:45		11:00-11:40	11:40-12:20			12:25-12:37			12:40-13:20
ISR	10:45		11:00-11:40	11:40-12:20			12:25-12:37			12:40-13:20
FRA	10:45		11:00-11:40		11:40-12:20			12:25-12:37		12:40-13:20
SLO	10:45		11:00-11:40		11:40-12:20			12:25-12:37		12:40-13:20
ESP 2	11:25		11:40-12:20	12:20-13:00			13:05-13:17			13:20-14:00
BRA	11:25		11:40-12:20	12:20-13:00			13:05-13:17			13:20-14:00
GER 2	11:25		11:40-12:20		12:20-13:00			13:05-13:17		13:20-14:00
ITA 2	11:25		11:40-12:20		12:20-13:00			13:05-13:17		13:20-14:00



# RHYTHMIC GYMNASTICS



## Session GRY03

SUBDIVISION	ATHLETES ARRIVAL ON VENUE	WARM-UP								🎵 FOP
Group athletes		Stretching area	Carpet 5 4th floor Stretching Area	🎵 Carpet 4 4th floor	🎵 Carpet 3 4th floor	Transitions 4>O	Final Carpet 2 Ground Floor	Final Carpet 1 Ground Floor	Transition to FOP	
		40 min.		40 min.	40 min.	5'	12 min.	12 min.	3 min.	30 min
CHN	13:25	Open	13:40-14:20	14:20-15:00			15:05-15:17			15:20-15:50
AZE	13:25		13:40-14:20		14:20-15:00			15:05-15:17		15:20-15:50
UKR	14:05		14:20-15:00	15:00-15:40			15:45-15:57			16:00-16:30
GER	14:05		14:20-15:00		15:00-15:40			15:45-15:57		16:00-16:30
BUL	14:45		15:00-15:40	15:40-16:20			16:25-16:37			16:40-17:10
MEX	14:45		15:00-15:40		15:40-16:20			16:25-16:37		16:40-17:10
FRA	15:25		15:40-16:20	16:20-17:00			17:05-17:17			17:20-17:50
BRA	15:25		15:40-16:20		16:20-17:00			17:05-17:17		17:20-17:50
ESP	16:05		16:20-17:00	17:00-17:40			17:45-17:57			18:00-18:30
UZB	16:05		16:20-17:00		17:00-17:40			17:45-17:57		18:00-18:30
EGY	16:45		17:00-17:40	17:40-18:20			18:25-18:37			18:40-19:10
ITA	16:45		17:00-17:40		17:40-18:20			18:25-18:37		18:40-19:10
AUS	17:25		17:40-18:20	18:20-19:00			19:05-19:17			19:20-19:50
ISR	17:25		17:40-18:20		18:20-19:00			19:05-19:17		19:20-19:50