

AEROBIC GYMNASTICS

	Arrival at venue, Departure from venue
	Meetings (Technical & Judges)
	Presentation
	Training and Warm up
	Qualification
	Final
	Award

Date	Type	Start time	End time	Activity	Run Time
12th August	All			Arrival	
13th August	All			Aclimatation	
14th August	Athletes	08:50:00	10:30:00	Training Group 1 (4 units) - Session 1	1:40:00
	Athletes	09:20:00	11:00:00	Training Group 2 (4 units) - Session 1	1:40:00
	Athletes	09:50:00	11:30:00	Training Group 3 (4 units) - Session 1	1:40:00
	Meeting	10:00:00	11:00:00	Technical Meeting AER	
	Athletes	10:20:00	12:00:00	Training Group 4 (4 units) - Session 1	1:40:00
	Athletes	10:50:00	12:30:00	Training Group 5 (4 units) - Session 1	1:40:00
	Athletes	11:20:00	13:00:00	Training Group 6 (4 units) - Session 1	1:40:00
	Meeting	13:00:00	15:00:00	Judges' Meeting AER (followed by TISSOT's instruction)	
	Athletes	15:00:00	16:40:00	Training Group 1 (4 units) - Session 2	1:40:00
	Athletes	15:30:00	17:10:00	Training Group 2 (4 units) - Session 2	1:40:00
	Athletes	16:00:00	17:40:00	Training Group 3 (4 units) - Session 2	1:40:00
	Athletes	16:30:00	18:10:00	Training Group 4 (4 units) - Session 2	1:40:00
	Athletes	17:00:00	18:40:00	Training Group 5 (4 units) - Session 2	1:40:00
	Athletes	17:30:00	19:10:00	Training Group 6 (4 units) - Session 2	1:40:00
15th August		19:30:00	20:30:00	Rehearsal SPP and ISB	1:00:00
	Athletes	08:15:00	09:55:00	Training Group 1 (3 units) - Units with no competition	1:50:00
	Athletes	08:45:00	10:25:00	Training Group 2 (3 units) - Units with no competition	1:50:00
	Athletes	09:15:00	10:55:00	Training Group 3 (3 units) - Units with no competition	1:50:00
	Athletes	09:45:00	11:25:00	Training Group 4 (3 units) - Units with no competition	1:50:00
	Athletes	12:25:00	15:00:00	Warm up AER Mixed Pairs & AER Group	2:35:00
	Meeting	12:30:00	13:15:00	Judges' Briefing AER	0:30:00
	Athletes	13:27:00	13:37:00	Marshalling Calls Athletes AER 8 counts	0:10:00
	Athletes	13:37:00	13:44:00	Introduction of Athletes - AER 8 counts	0:07:00
	Athletes	13:45:00	13:48:30	Qualification - Unit 1 AER Mixed Pairs	0:03:30
	Athletes	13:48:30	13:52:00	Qualification - Unit 2 AER Mixed Pairs	0:03:30
	Athletes	13:52:00	13:55:30	Qualification - Unit 3 AER Mixed Pairs	0:03:30
	Athletes	13:55:30	13:59:00	Qualification - Unit 4 AER Mixed Pairs	0:03:30
	Athletes	13:59:00	14:02:30	Qualification - Unit 5 AER Mixed Pairs	0:03:30
	Athletes	14:02:30	14:06:00	Qualification - Unit 6 AER Mixed Pairs	0:03:30
	Athletes	14:45:00	14:48:30	Qualification - Unit 1 AER Group	0:03:30
	Athletes	14:48:30	14:52:00	Qualification - Unit 2 AER Group	0:03:30
	Athletes	14:52:00	14:55:30	Qualification - Unit 3 AER Group	0:03:30
	Athletes	14:55:30	14:59:00	Qualification - Unit 4 AER Group	0:03:30
	Athletes	14:59:00	15:02:30	Qualification - Unit 5 AER Group	0:03:30
	Athletes	15:02:30	15:06:00	Qualification - Unit 6 AER Group	0:03:30
	Athletes	18:15:00	19:15:00	Warm up AER Mixed Pairs & AER Group	1:00:00
	Meeting	17:45:00	18:15:00	Judges' Briefing AER	0:30:00
	Athletes	18:40:00	18:50:00	Marshalling Calls Athletes AER 8 counts	
	Athletes	18:55:00	19:02:00	Introduction of Athletes AER 8 counts	0:07:00
	Athletes	19:03:00	19:06:30	FINAL - Unit 1 AER Mixed Pairs	0:03:30
	Athletes	19:06:30	19:10:00	FINAL - Unit 2 AER Mixed Pairs	0:03:30
	Athletes	19:10:00	19:13:30	FINAL - Unit 3 AER Mixed Pairs	0:03:30
	Athletes	19:13:30	19:17:00	FINAL - Unit 4 AER Mixed Pairs	0:03:30
	Athletes	19:25:00	19:28:30	FINAL - Unit 1 AER Group	0:03:30
	Athletes	19:28:30	19:32:00	FINAL - Unit 2 AER Group	0:03:30
	Athletes	19:32:00	19:35:30	FINAL - Unit 3 AER Group	0:03:30
	Athletes	19:35:30	19:39:00	FINAL - Unit 4 AER Group	0:03:30
	Athletes	19:45:00	20:00:00	Award Ceremonies - AER Mixed Pairs / AER Group	0:15:00
	Departure	20:30:00		Departure	
16th August	Arrival	12:00:00		Athletes' arrival and preparation	
	Athletes	12:25:00	15:00:00	Warm up AER Dance & AER Trio	2:35:00
	Meeting	12:30:00	13:15:00	Judges' Briefing AER	0:30:00
	Athletes	13:27:00	13:37:00	Marshalling Calls Athletes AER 8 counts	0:10:00
	Athletes	13:37:00	13:44:00	Introduction of Athletes - AER 8 counts	0:07:00
	Athletes	13:45:00	13:48:30	Qualification - Unit 1 AER Dance	0:03:30
	Athletes	13:48:30	13:52:00	Qualification - Unit 2 AER Dance	0:03:30
	Athletes	13:52:00	13:55:30	Qualification - Unit 3 AER Dance	0:03:30
	Athletes	13:55:30	13:59:00	Qualification - Unit 4 AER Dance	0:03:30
	Athletes	13:59:00	14:02:30	Qualification - Unit 5 AER Dance	0:03:30
	Athletes	14:02:30	14:06:00	Qualification - Unit 6 AER Dance	0:03:30
	Athletes	14:30:00	14:33:30	Qualification - Unit 1 AER Trio	0:03:30
	Athletes	14:33:30	14:37:00	Qualification - Unit 2 AER Trio	0:03:30
	Athletes	14:37:00	14:40:30	Qualification - Unit 3 AER Trio	0:03:30
	Athletes	14:40:30	14:44:00	Qualification - Unit 4 AER Trio	0:03:30
	Athletes	14:44:00	14:47:30	Qualification - Unit 5 AER Trio	0:03:30
	Athletes	14:47:30	14:51:00	Qualification - Unit 6 AER Trio	0:03:30
	Athletes	18:15:00	19:15:00	Warm up AER Dance & AER Trio	
	Meeting	17:45:00	18:15:00	Judges' Briefing AER	0:30:00
	Athletes	18:50:00	19:00:00	Marshalling Calls Athletes AER 8 counts	
	Athletes	19:10:00	19:17:00	Introduction of Athletes AER 8 counts	0:07:00
	Athletes	19:18:00	19:21:30	FINAL - Unit 1 AER Dance	0:03:30
	Athletes	19:21:30	19:25:00	FINAL - Unit 2 AER Dance	0:03:30
	Athletes	19:25:00	19:28:30	FINAL - Unit 3 AER Dance	0:03:30
	Athletes	19:28:30	19:32:00	FINAL - Unit 4 AER Dance	0:03:30
	Athletes	19:40:00	19:43:30	FINAL - Unit 1 AER Trio	0:03:30
	Athletes	19:43:30	19:47:00	FINAL - Unit 2 AER Trio	0:03:30
	Athletes	19:47:00	19:50:30	FINAL - Unit 3 AER Trio	0:03:30
	Athletes	19:50:30	19:54:00	FINAL - Unit 4 AER Trio	0:03:30
	Athletes	20:00:00	20:15:00	Award Ceremonies - AER Dance / AER Trio	0:15:00
	Departure	20:30:00		Departure	

See Training Schedule

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General	Floor 1 (30')	Floor 2 (30')	Transition (10')
12:15:00	12:35:00	13:05:00	13:35:00
12:18:30	12:38:30	13:08:30	13:38:30
12:22:00	12:42:00	13:12:00	13:42:00
12:25:30	12:45:30	13:15:30	13:45:30
12:29:00	12:49:00	13:19:00	13:49:00
12:32:30	12:52:30	13:22:30	13:52:30
General	Floor 1 (30')	Floor 2 (30')	Transition (10')
13:15:00	13:35:00	14:05:00	14:35:00
13:18:30	13:38:30	14:08:30	14:38:30
13:22:00	13:42:00	14:12:00	14:42:00
13:25:30	13:45:30	14:15:30	14:45:30
13:29:00	13:49:00	14:19:00	14:49:00
13:32:30	13:52:30	14:22:30	14:52:30

General	Floor 1 (30')	Floor 2 (30')	Transition (10')
17:33:00	17:53:00	18:23:00	18:53:00
17:36:30	17:56:30	18:26:30	18:56:30
17:40:00	18:00:00	18:30:00	19:00:00
17:43:30	18:03:30	18:33:30	19:03:30
General	Floor 1 (30')	Floor 2 (30')	Transition (10')
17:55:00	18:15:00	18:45:00	19:15:00
17:58:30	18:18:30	18:48:30	19:18:30
18:02:00	18:22:00	18:52:00	19:22:00
18:05:30	18:25:30	18:55:30	19:25:30

General	Floor 1 (30')	Floor 2 (30')	Transition (10')
12:15:00	12:35:00	13:05:00	13:35:00
12:18:30	12:38:30	13:08:30	13:38:30
12:22:00	12:42:00	13:12:00	13:42:00
12:25:30	12:45:30	13:15:30	13:45:30
12:29:00	12:49:00	13:19:00	13:49:00
12:32:30	12:52:30	13:22:30	13:52:30
General	Floor 1 (30')	Floor 2 (30')	Transition (10')
13:00:00	13:20:00	13:50:00	14:20:00
13:03:30	13:23:30	13:53:30	14:23:30
13:07:00	13:27:00	13:57:00	14:27:00
13:10:30	13:30:30	14:00:30	14:30:30
13:14:00	13:34:00	14:04:00	14:34:00
13:17:30	13:37:30	14:07:30	14:37:30

General	Floor 1 (30')	Floor 2 (30')	Transition (10')
17:48:00	18:08:00	18:38:00	19:08:00
17:51:30	18:11:30	18:41:30	19:11:30
17:55:00	18:15:00	18:45:00	19:15:00
17:58:30	18:18:30	18:48:30	19:18:30
General	Floor 1 (30')	Floor 2 (30')	Transition (10')
18:10:00	18:30:00	19:00:00	19:30:00
18:13:30	18:33:30	19:03:30	19:33:30
18:17:00	18:37:00	19:07:00	19:37:00
18:20:30	18:40:30	19:10:30	19:40:30