



Podium Training Sessions

April 17, 2026



HOD & Coach MEETING / Rehearsals 9:30-10:15

| GRP# | Feds/Routines | Warm-up (30m) | | | With Music/ Without Music (3m/Gymnast) | | | Transition (5m) | Stage Floor (3m/Gymnast) | | |
|------|--------------------|------------------|---|-------|----------------------------------------------|---|-------|--------------------|-----------------------------|---|-------|
| 1 | JPN Jr/Yo (14) | 9:30 | - | 10:00 | 10:00 | - | 10:42 | | 10:47 | - | 11:29 |
| 2 | JPN Senior (9) | 10:27 | - | 10:57 | 10:57 | - | 11:24 | | 11:29 | - | 11:56 |
| 3 | UKR(4)AUS(6) | 10:57 | - | 11:27 | 11:27 | - | 11:57 | | 12:02 | - | 12:32 |
| 4 | FIJ(2)GER(6) | 11:33 | - | 12:03 | 12:03 | - | 12:27 | | 12:32 | - | 12:56 |
| 5 | NZL(1)BUL(3)LTU(6) | 12:03 | - | 12:33 | 12:33 | - | 13:03 | | 13:08 | - | 13:38 |

Anniversary photo session 13:40-13:50

Judge's PC Orientation 13:55-14:40

| | | | | | | | | | | | |
|----|---------------|-------|---|-------|-------|---|-------|--|-------|---|-------|
| 6 | MEX(1)AIN2(9) | 13:55 | - | 14:25 | 14:25 | - | 14:55 | | 15:00 | - | 15:30 |
| 7 | EST(1)TUR(9) | 14:25 | - | 14:55 | 14:55 | - | 15:25 | | 15:30 | - | 16:00 |
| 8 | URU(3)FRA(7) | 14:55 | - | 15:25 | 15:25 | - | 15:55 | | 16:00 | - | 16:30 |
| 9 | SVK(1)ITA(9) | 15:25 | - | 15:55 | 15:55 | - | 16:25 | | 16:30 | - | 17:00 |
| 10 | PER(5)IND(6) | 15:55 | - | 16:25 | 16:25 | - | 16:58 | | 17:03 | - | 17:36 |
| 11 | VIE(12) | 16:28 | - | 16:58 | 16:58 | - | 17:34 | | 17:39 | - | 18:15 |
| 12 | ESP(12) | 17:04 | - | 17:34 | 17:34 | - | 18:10 | | 18:15 | - | 18:51 |
| 13 | TPE(21) | 17:40 | - | 18:10 | 18:10 | - | 19:13 | | 19:18 | - | 20:21 |