

DRAW

Subd. 1		Subd. 2	
FX	FRA - COL	FX	MxG 2
PH	MxG 1	PH	EGY - BEL
SR	RSA - JPN	SR	MEX - GBR
VT	MxG 3	VT	MxG 6
PB	AUS - CHN	PB	MxG 4
HB	MxG 5	HB	GER - ITA



Competition

SUB 1
SUB 2

FX	PH	SR	VT	PB	HB
FRA - COL	MxG 1	RSA - JPN	MxG 3	AUS - CHN	MxG 5
MxG 2	EGY - BEL	MEX - GBR	MxG 6	MxG 4	GER - ITA

Wednesday, 04 November 2026

	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00				
7:30:00				
7:45:00				
8:00:00				
8:15:00	S-DIV 1 08:00-08:30			
8:30:00				
8:45:00				
9:00:00				
9:15:00				
9:30:00				
9:45:00				
10:00:00				
10:15:00				
10:30:00				
10:45:00	S-DIV 2 10:30-11:00			
11:00:00				
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22:45:00				
23:00:00				

MAG Training Day

	General Warm-up		Apparatus Training	
	Start	Finish	Start	Finish
S-DIV 1	8:00:00	8:30:00	8:30:00	11:00:00
S-DIV 2	10:30:00	11:00:00	11:00:00	13:30:00



Training Hall #1

Time per rotation including change of apparatus:

00:25:00

Subdivision 1		FX	PH	SR	VT	PB	HB
8:00	8:30	General Warm-up					
8:30	8:55	FRA - COL	MxG 1	RSA - JPN	MxG 3	AUS - CHN	MxG 5
8:55	9:20	MxG 5	FRA - COL	MxG 1	RSA - JPN	MxG 3	AUS - CHN
9:20	9:45	AUS - CHN	MxG 5	FRA - COL	MxG 1	RSA - JPN	MxG 3
9:45	10:10	MxG 3	AUS - CHN	MxG 5	FRA - COL	MxG 1	RSA - JPN
10:10	10:35	RSA - JPN	MxG 3	AUS - CHN	MxG 5	FRA - COL	MxG 1
10:35	11:00	MxG 1	RSA - JPN	MxG 3	AUS - CHN	MxG 5	FRA - COL

Time per rotation including change of apparatus:

00:25:00

Subdivision 2		FX	PH	SR	VT	PB	HB
10:30	11:00	General Warm-up					
11:00	11:25	MxG 2	EGY - BEL	MEX - GBR	MxG 6	MxG 4	GER - ITA
11:25	11:50	GER - ITA	MxG 2	EGY - BEL	MEX - GBR	MxG 6	MxG 4
11:50	12:15	MxG 4	GER - ITA	MxG 2	EGY - BEL	MEX - GBR	MxG 6
12:15	12:40	MxG 6	MxG 4	GER - ITA	MxG 2	EGY - BEL	MEX - GBR
12:40	13:05	MEX - GBR	MxG 6	MxG 4	GER - ITA	MxG 2	EGY - BEL
13:05	13:30	EGY - BEL	MEX - GBR	MxG 6	MxG 4	GER - ITA	MxG 2

Thursday, 05 November 2026				
	Stretching Area	Training Hall #1	Warm-up Hall	FOP
7:15:00				
7:30:00				
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MAG Podium Training

	General Warm-up		Apparatus Training		Warm-up		FOP	
	Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	17:15:00	17:30:00	17:30:00	18:45:00	8:00:00	9:45:00	10:00:00	12:30:00
S-DIV 2	19:30:00	19:45:00	19:45:00	21:00:00	11:00:00	12:45:00	13:00:00	15:30:00



Training Hall #1

Warm-up									
Time per rotation including change of apparatus: 00:15:00									
Subdivision 1		FX	PH	SR	VT	PB	HC		
8:00	8:15								
8:15	8:30	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN		
8:30	8:45	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3		
8:45	9:00	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN		
9:00	9:15	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1		
9:15	9:30	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL		
9:30	9:45	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5		

Time per rotation including change of apparatus: 00:15:00									
Subdivision 2		FX	PH	SR	VT	PB	HC		
11:00	11:15								
11:15	11:30	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4		
11:30	11:45	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6		
11:45	12:00	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR		
12:00	12:15	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL		
12:15	12:30	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2		
12:30	12:45	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA		

Time per rotation including change of apparatus: 00:12:30									
Subdivision 1		FX	PH	SR	VT	PB	HB		
17:15	17:30								
17:30	17:42	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5		
17:42	17:55	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN		
17:55	18:07	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3		
18:07	18:20	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN		
18:20	18:32	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1		
18:32	18:45	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL		

Time per rotation including change of apparatus: 00:12:30									
Subdivision 2		FX	PH	SR	VT	PB	HB		
19:30	19:45								
19:45	19:57	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA		
19:57	20:10	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4		
20:10	20:22	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6		
20:22	20:35	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR		
20:35	20:47	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL		
20:47	21:00	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2		

FOP									
Time per rotation including change of apparatus: 00:25:00									
Subdivision 1		FX	PH	SR	VT	PB	HC		
9:45	10:00								
10:00	10:25	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5		
10:25	10:50	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN		
10:50	11:15	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3		
11:15	11:40	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN		
11:40	12:05	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1		
12:05	12:30	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL		

Time per rotation including change of apparatus: 00:25:00									
Subdivision 2		FX	PH	SR	VT	PB	HC		
12:45	13:00								
13:00	13:25	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA		
13:25	13:50	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4		
13:50	14:15	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6		
14:15	14:40	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR		
14:40	15:05	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL		
15:05	15:30	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2		

Friday, 06 November 2026

	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00				
7:30:00				
7:45:00				
8:00:00				
8:15:00	S-DIV 1 08:00-08:30			
8:30:00				
8:45:00				
9:00:00				
9:15:00				
9:30:00				
9:45:00				
10:00:00				
10:15:00				
10:30:00				
10:45:00	S-DIV 2 10:30-11:00			
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MAG Training Day

	General Warm-up		Apparatus Training	
	Start	Finish	Start	Finish
S-DIV 1	8:00:00	8:30:00	8:30:00	11:00:00
S-DIV 2	10:30:00	11:00:00	11:00:00	13:30:00



Training Hall #1

Time per rotation including change of apparatus:

00:25:00

Subdivision 1		FX	PH	SR	VT	PB	HB
8:00	8:30	General Warm-up					
8:30	8:55	FRA - COL	MxG 1	RSA - JPN	MxG 3	AUS - CHN	MxG 5
8:55	9:20	MxG 5	FRA - COL	MxG 1	RSA - JPN	MxG 3	AUS - CHN
9:20	9:45	AUS - CHN	MxG 5	FRA - COL	MxG 1	RSA - JPN	MxG 3
9:45	10:10	MxG 3	AUS - CHN	MxG 5	FRA - COL	MxG 1	RSA - JPN
10:10	10:35	RSA - JPN	MxG 3	AUS - CHN	MxG 5	FRA - COL	MxG 1
10:35	11:00	MxG 1	RSA - JPN	MxG 3	AUS - CHN	MxG 5	FRA - COL

Time per rotation including change of apparatus:

00:25:00

Subdivision 2		FX	PH	SR	VT	PB	HB
10:30	11:00	General Warm-up					
11:00	11:25	MxG 2	EGY - BEL	MEX - GBR	MxG 6	MxG 4	GER - ITA
11:25	11:50	GER - ITA	MxG 2	EGY - BEL	MEX - GBR	MxG 6	MxG 4
11:50	12:15	MxG 4	GER - ITA	MxG 2	EGY - BEL	MEX - GBR	MxG 6
12:15	12:40	MxG 6	MxG 4	GER - ITA	MxG 2	EGY - BEL	MEX - GBR
12:40	13:05	MEX - GBR	MxG 6	MxG 4	GER - ITA	MxG 2	EGY - BEL
13:05	13:30	EGY - BEL	MEX - GBR	MxG 6	MxG 4	GER - ITA	MxG 2

Saturday, 07 November 2026				
	Stretching Area	Training Hall #1	Warm-ups Hall	FOP
7:15:00				
7:30:00				
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MAG Qualifications

	General Warm-up		Apparatus Transition		Warm-up		FOP	
	Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	17:15:00	17:30:00	17:30:00	18:45:00	8:00:00	9:45:00	10:00:00	12:30:00
S-DIV 2	20:30:00	20:45:00	20:45:00	22:00:00	12:00:00	13:45:00	14:00:00	16:30:00



Training Hall #1

Warm-up									
Time per rotation including change of apparatus:									
Subdivision 1			FX	PH	SR	VT	PB	HB	00:15:00
8:00	8:15		General Warm-up						
8:15	8:30		MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	
8:30	8:45		AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	
8:45	9:00		MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	
9:00	9:15		RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	
9:15	9:30		MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	
9:30	9:45		FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	

Time per rotation including change of apparatus:									
Subdivision 2			FX	PH	SR	VT	PB	HB	00:15:00
12:00	12:15		General Warm-up						
12:15	12:30		GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	
12:30	12:45		MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	
12:45	13:00		MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	
13:00	13:15		MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	
13:15	13:30		EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	
13:30	13:45		MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	

Time per rotation including change of apparatus:									
Subdivision 1			FX	PH	SR	VT	PB	HB	00:12:30
17:15	17:30		General Warm-up						
17:30	17:42		FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	
17:42	17:55		MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	
17:55	18:07		AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	
18:07	18:20		MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	
18:20	18:32		RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	
18:32	18:45		MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	

Time per rotation including change of apparatus:									
Subdivision 2			FX	PH	SR	VT	PB	HB	00:12:30
20:30	20:45		General Warm-up						
20:45	20:57		MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	
20:57	21:10		GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	
21:10	21:22		MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	
21:22	21:35		MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	
21:35	21:47		MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	
21:47	22:00		EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	

FOP									
Time per rotation including change of apparatus:									
Subdivision 1			FX	PH	SR	VT	PB	HB	00:25:00
9:45	10:00		Transition						
10:00	10:25		FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	
10:25	10:50		MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	AUS - CHN	
10:50	11:15		AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	MKG 3	
11:15	11:40		MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	RSA - JPN	
11:40	12:05		RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	MKG 1	
12:05	12:30		MKG 1	RSA - JPN	MKG 3	AUS - CHN	MKG 5	FRA - COL	

Time per rotation including change of apparatus:									
Subdivision 2			FX	PH	SR	VT	PB	HB	00:25:00
13:45	14:00		Transition						
14:00	14:25		MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	
14:25	14:50		GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	MKG 4	
14:50	15:15		MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	MKG 6	
15:15	15:40		MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	MEX - GBR	
15:40	16:05		MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	EGY - BEL	
16:05	16:30		EGY - BEL	MEX - GBR	MKG 6	MKG 4	GER - ITA	MKG 2	

Sunday, 08 November 2026

	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00				
7:30:00				
7:45:00				
8:00:00	MAG Team Final Gen. W-up Training 08:00-08:27			
8:15:00				
8:30:00				
8:45:00				
9:00:00				
9:15:00				
9:30:00				
9:45:00				
10:00:00				
10:15:00	MAG AAF / MTF Gen. W-up Training 08:00-08:27			
10:30:00				
10:45:00				
11:00:00				
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11:45:00				
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12:30:00	MAG Open Gen. W-up Training 08:00-08:27			
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MAG Training Day

	General Warm-up		Apparatus Training		Warm-up		FOP	
	Start	Finish	Start	Finish	Start	Finish	Start	Finish
MAG Team Fin.	8:00:00	8:27:00	8:27:00	10:45:00				
MAG AA / MT Fin.	10:18:00	10:45:00	10:45:00	13:03:00				
MAG Open *	12:36:00	13:03:00	13:03:00	15:21:00				

* Non qualified Gymnasts and NF substitute

** for NF without qualified MAG Gymnast

Training Hall #1

Time per rotation including change of apparatus:		00:23:00					
MAG TF - Training		FX	PH	SR	VT	PB	HB
8:00	8:27	General Warm-up					
8:27	8:50	TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8		
8:50	9:13		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8	
9:13	9:36			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8
9:36	9:59	TF Q7-Q8			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6
9:59	10:22	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2	TF Q3-Q4
10:22	10:45	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2

Time per rotation including change of apparatus:		00:23:00					
MAG AAF / MTF - Training		FX	PH	SR	VT	PB	HB
10:18	10:45	General Warm-up					
10:45	11:08	AA Q1-Q6 + R4**	AA Q7-Q12 + R3**	AA Q13-Q18 + R1-R2**		MTF Q1-Q4	MTF Q9-Q12 + R1
11:08	11:31	MTF Q9-Q12 + R1	AA Q1-Q6 + R4**	AA Q7-Q12 + R3**	AA Q13-Q18 + R1-R2**	MTF Q5-Q8	MTF Q1-Q4
11:31	11:54	MTF Q1-Q4		AA Q1-Q6 + R4**	AA Q7-Q12 + R3**	AA Q13-Q18 + R1-R2**	MTF Q5-Q8
11:54	12:17	MTF Q5-Q8			AA Q1-Q6 + R4**	AA Q7-Q12 + R3**	AA Q13-Q18 + R1-R2**
12:17	12:40	AA Q13-Q18 + R1-R2**				AA Q1-Q6 + R4**	AA Q7-Q12 + R3**
12:40	13:03	AA Q7-Q12 + R3**	AA Q13-Q18 + R1-R2**			MTF Q9-Q12 + R1	AA Q1-Q6 + R4**

Time per rotation including change of apparatus:		00:23:00					
MAG Open - Training		FX	PH	SR	VT	PB	HB
12:36	13:03	General Warm-up					
13:03	13:26	Open Training					
13:26	13:49						
13:49	14:12						
14:12	14:35						
14:35	14:58						
14:58	15:21						



Monday, 09 November 2026				
	Swimming	Training	Warm-up	FCP
	Start	Start	Start	
7:15:00				
7:30:00				
7:45:00				
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23:00:00				

MAG Team Final		General Warm-up		Operation Training		Warm-up		FCP	
		Start	Finish	Start	Finish	Start	Finish	Start	Finish
MAG Team Final		17:15:00	17:42:00	17:42:00	20:00:00	8:30:00	8:55:00	10:30:00	12:50:00
MAG AKI MP FN		17:15:00	17:42:00	17:42:00	20:00:00				
MAG Open		19:30:00	20:00:00	20:00:00	22:18:00				

* Non qualified gymnasts and NP substitute
** for NP without qualified MAG gymnast



Training Set #1

Warm-up							
Time per rotation including change of apparatus							
		FX	PH	SR	VT	PB	00:15:00
8:30	8:45						
8:45	9:00		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8	
9:00	9:15			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8
9:15	9:30	TF Q1-Q2	TF Q3-Q4		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6
9:30	9:45	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2	TF Q3-Q4
9:45	10:00	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2
10:00	10:15	TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8		

FCP							
Time per rotation including change of apparatus							
		FX	PH	SR	VT	PB	00:20:00
10:15	10:30						
10:30	10:45	TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8		
10:45	11:00		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8	
11:00	11:15			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8
11:15	11:30	TF Q1-Q2	TF Q3-Q4		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6
11:30	11:45	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2	TF Q3-Q4
11:45	12:00	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2
12:00	12:15	TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8		

Time per rotation including change of apparatus							
		FX	PH	SR	VT	PB	00:23:00
17:15	17:42						
17:42	18:05	AA Q1-Q2 + R1*	AA Q3-Q4 + R1*	AA Q5-Q6 + R1*	MTF Q1-Q2	MTF Q3-Q4 + R1	
18:05	18:28	MTF Q5-Q6 + R1	AA Q1-Q2 + R1*	AA Q3-Q4 + R1*	MTF Q5-Q6	MTF Q7-Q8	
18:28	18:51	MTF Q1-Q4	AA Q1-Q2 + R1*	AA Q3-Q4 + R1*	AA Q5-Q6 + R1*	MTF Q5-Q6	
18:51	19:14	MTF Q5-Q6		AA Q1-Q2 + R1*	AA Q3-Q4 + R1*	AA Q5-Q6 + R1*	
19:14	19:37	AA Q1-Q2 + R1*	AA Q3-Q4 + R1*		AA Q5-Q6 + R1*	AA Q7-Q8 + R1*	
19:37	20:00	AA Q1-Q2 + R1*	AA Q3-Q4 + R1*		MTF Q5-Q6 + R1	AA Q1-Q2 + R1*	

Time per rotation including change of apparatus							
		FX	PH	SR	VT	PB	00:23:00
19:13	20:00						
20:00	20:23						
20:23	20:46						
20:46	21:09						
21:09	21:32						
21:32	21:55						
21:55	22:18						

Tuesday, 10 November 2026				
	Swimming	Training	Warm-up	FOP
	Labels	Heat #		
7:15:00				
7:30:00				
7:45:00				
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MAG All-Around Final

General Warm-up		Appearances		Warm-up		FOP	
	Start	Finish	Start	Finish	Start	Start	Finish
MAG Warm-up	18:33:00	19:00:00	19:00:00	20:18:00	9:30:00	11:15:00	11:30:00
MAG Warm-up	18:33:00	19:00:00	19:00:00	20:18:00	9:30:00	11:15:00	11:30:00

* Non qualified gymnasts and NF substitute
** for NF without qualified MAG gymnast

DAKAR
2026



Training Heat #1

Warm-up						
Time per rotation including change of apparatus						
Start	End	FX	PH	SR	VT	FB
9:30	9:45					
9:45	10:00		AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**	
10:00	10:15		AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**	
10:15	10:30			AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**
10:30	10:45	AA Q13-Q18 + R1-R2**			AA Q1-Q8 + R4**	AA Q1-Q12 + R3**
10:45	11:00	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**			AA Q1-Q8 + R4**
11:00	11:15	AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**		

FOP						
Time per rotation including change of apparatus						
Start	End	FX	PH	SR	VT	FB
11:15	11:30					
11:30	11:45	AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**		
11:45	12:00	AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**		
12:00	12:15			AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**
12:15	12:30			AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**
12:30	12:45	AA Q13-Q18 + R1-R2**			AA Q1-Q8 + R4**	AA Q1-Q12 + R3**
12:45	13:00	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**			AA Q1-Q8 + R4**
13:00	13:15	AA Q1-Q8 + R4**	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**		
13:15	13:30	AA Q1-Q12 + R3**	AA Q13-Q18 + R1-R2**			
13:30	13:45					
13:45	14:00					

Time per rotation including change of apparatus						
Start	End	FX	PH	SR	VT	FB
16:15	16:42					
16:42	17:05					
17:05	17:28					
17:28	17:51					
17:51	18:14					
18:14	18:37					
18:37	19:00					

Time per rotation including change of apparatus						
Start	End	FX	PH	SR	VT	FB
18:33	19:00					
19:00	19:46	MTF Q1-Q4		MTF Q5-Q8		MTF Q9-Q12 + R1
19:46	20:32	MTF Q9-Q12 + R1		MTF Q1-Q4		MTF Q5-Q8
20:32	21:18	MTF Q5-Q8		MTF Q9-Q12 + R1		MTF Q1-Q4

	Marketing Plan	Marketing Budget	Marketing Strategy	Marketing Tactics	Marketing Results
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*** for NF without qualified MAG Gymnast



Line area rotation including change of apparatus:								00:20:00
Area	Open	Training	PA	PH	SR	VT	PS	PR
10:10	10:45							
10:45	11:05							
11:05	11:25							
11:25	11:45							
11:45	12:05							
12:05	12:25							
12:25	12:45							