

DRAW

Subd. 1		Subd. 2		Subd. 3		Subd. 4		Subd. 5		Subd. 6	
FX	CAN	FX	AS 1	FX	AA 2	FX	GBR	FX	BEL	FX	ISR
PH	TPE	PH	AS 2	PH	HUN	PH	JPN	PH	ITA	PH	KAZ
SR	AA 8	SR	UKR	SR	EGY	SR	AA 9	SR	CHN	SR	SUI
VT	FRA	VT	KOR	VT	NED	VT	USA	VT	AA 3	VT	AA 10
PB	BRA	PB	CYP	PB	COL	PB	AUS	PB	AA 6	PB	GER
HB	AA 5	HB	RUS	HB	AA 7	HB	AA 1	HB	ESP	HB	AA 4

Competition

SUB 1
SUB 2
SUB 3
SUB 4
SUB 5
SUB 6

FX	PH	SR	VT	PB	HB
CAN	TPE	AA 8	FRA	BRA	AA 5
AS 1	AS 2	UKR	KOR	CYP	RUS
AA 2	HUN	EGY	NED	COL	AA 7
GBR	JPN	AA 9	USA	AUS	AA 1
BEL	ITA	CHN	AA 3	AA 6	ESP
ISR	KAZ	SUI	AA 10	GER	AA 4



Tuesday, 13 October 2026

	Stretching Area	Training Hall #1	Stretching Area	Training Hall #2	Warm-Up Hall	FOP
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
8:45:00						
9:00:00						
9:15:00	S-DIV 1 09:15-09:30		S-DIV 5 09:15-09:30			
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12:15:00	S-DIV 2 12:15-12:30		S-DIV 6 12:15-12:30			
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16:00:00	S-DIV 3 16:00-16:15					
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23:00:00						

MAG Training Day

	General Warm-up		Apparatus Training	
	Start	Finish	Start	Finish
S-DIV 1	9:15:00	9:30:00	9:30:00	12:30:00
S-DIV 2	12:15:00	12:30:00	12:30:00	15:30:00
S-DIV 3	16:00:00	16:15:00	16:15:00	19:15:00
S-DIV 4	18:15:00	18:30:00	18:30:00	21:30:00
S-DIV 5	9:15:00	9:30:00	9:30:00	12:30:00
S-DIV 6	12:15:00	12:30:00	12:30:00	15:30:00
OPEN	20:00:00	20:15:00	20:15:00	21:30:00



Training Hall #1

30 min/rotation		00:30					
Subdivision 1		FX	PH	SR	VT	PB	HB
9:15	9:30	General Warm-up					
9:30	10:00	CAN	TPE	AA 8	FRA	BRA	AA 5
10:00	10:30	AA 5	CAN	TPE	AA 8	FRA	BRA
10:30	11:00	BRA	AA 5	CAN	TPE	AA 8	FRA
11:00	11:30	FRA	BRA	AA 5	CAN	TPE	AA 8
11:30	12:00	AA 8	FRA	BRA	AA 5	CAN	TPE
12:00	12:30	TPE	AA 8	FRA	BRA	AA 5	CAN

30 min/rotation		00:30					
Subdivision 2		FX	PH	SR	VT	PB	HB
12:15	12:30	General Warm-up					
12:30	13:00	AS 1	AS 2	UKR	KOR	CYP	RUS
13:00	13:30	RUS	AS 1	AS 2	UKR	KOR	CYP
13:30	14:00	CYP	RUS	AS 1	AS 2	UKR	KOR
14:00	14:30	KOR	CYP	RUS	AS 1	AS 2	UKR
14:30	15:00	UKR	KOR	CYP	RUS	AS 1	AS 2
15:00	15:30	AS 2	UKR	KOR	CYP	RUS	AS 1

30 min/rotation		00:30					
Subdivision 3		FX	PH	SR	VT	PB	HB
16:00	16:15	General Warm-up					
16:15	16:45	AA 2	HUN	EGY	NED	COL	AA 7
16:45	17:15	AA 7	AA 2	HUN	EGY	NED	COL
17:15	17:45	COL	AA 7	AA 2	HUN	EGY	NED
17:45	18:15	NED	COL	AA 7	AA 2	HUN	EGY
18:15	18:45	EGY	NED	COL	AA 7	AA 2	HUN
18:45	19:15	HUN	EGY	NED	COL	AA 7	AA 2

12 min 30 sec/rot.		00:12					
MAG Open for AS		FX	PH	SR	VT	PB	HB
20:00	20:15	General Warm-up					
20:15	20:27	Open Training for Apparatus Specialists					
20:27	20:40						
20:40	20:52						
20:52	21:05						
21:05	21:17						
21:17	21:30						

Training Hall #2

30 min/rotation		00:30					
Subdivision 5		FX	PH	SR	VT	PB	HB
9:15	9:30	General Warm-up					
9:30	10:00	BEL	ITA	CHN	AA 3	AA 6	ESP
10:00	10:30	ESP	BEL	ITA	CHN	AA 3	AA 6
10:30	11:00	AA 6	ESP	BEL	ITA	CHN	AA 3
11:00	11:30	AA 3	AA 6	ESP	BEL	ITA	CHN
11:30	12:00	CHN	AA 3	AA 6	ESP	BEL	ITA
12:00	12:30	ITA	CHN	AA 3	AA 6	ESP	BEL

30 min/rotation		00:30					
Subdivision 6		FX	PH	SR	VT	PB	HB
12:15	12:30	General Warm-up					
12:30	13:00	ISR	KAZ	SUI	AA 10	GER	AA 4
13:00	13:30	AA 4	ISR	KAZ	SUI	AA 10	GER
13:30	14:00	GER	AA 4	ISR	KAZ	SUI	AA 10
14:00	14:30	AA 10	GER	AA 4	ISR	KAZ	SUI
14:30	15:00	SUI	AA 10	GER	AA 4	ISR	KAZ
15:00	15:30	KAZ	SUI	AA 10	GER	AA 4	ISR

30 min/rotation		00:30					
Subdivision 4		FX	PH	SR	VT	PB	HB
18:15	18:30	General Warm-up					
18:30	19:00	GBR	JPN	AA 9	USA	AUS	AA 1
19:00	19:30	AA 1	GBR	JPN	AA 9	USA	AUS
19:30	20:00	AUS	AA 1	GBR	JPN	AA 9	USA
20:00	20:30	USA	AUS	AA 1	GBR	JPN	AA 9
20:30	21:00	AA 9	USA	AUS	AA 1	GBR	JPN
21:00	21:30	JPN	AA 9	USA	AUS	AA 1	GBR

Wednesday, 14 October 2026						
Stretching Appl.	Training Hall #1	Stretching Appl.	Training Hall #2	Warm-up Hall	FOP	
7:15:00						
7:30:00						
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MAG Podium Training Sub 1-4

	General Warm-up		Apparatus Training		Warm-up		FOP	
	Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	16:00:00	16:15:00	16:15:00	17:45:00	8:15:00	9:45:00	10:00:00	11:50:00
S-DIV 2	18:00:00	18:15:00	18:15:00	19:45:00	10:25:00	11:55:00	12:10:00	14:00:00
S-DIV 3	8:30:00	8:45:00	8:45:00	10:15:00	14:15:00	15:45:00	16:00:00	17:50:00
S-DIV 4	10:30:00	10:45:00	10:45:00	12:15:00	16:25:00	17:55:00	18:10:00	20:00:00
S-DIV 5	10:00:00	10:15:00	10:15:00	13:15:00				
S-DIV 6	12:15:00	12:30:00	12:30:00	15:30:00				
OPEN	20:00:00	20:15:00	20:15:00	21:30:00				



Training Hall #1

30 min/rotation										00:15	
Subdivision 3		FX	PH	SR	VT	PB	HB				
8:30		General Warm-up									
8:30		8:45									
8:45		9:00	AA 2	HUN	EGY	NED	COL	AA 7			
9:00		9:15	AA 7	AA 2	HUN	EGY	NED	COL			
9:15		9:30	COL	AA 7	AA 2	HUN	EGY	NED			
9:30		9:45	NED	COL	AA 7	AA 2	HUN	EGY			
9:45		10:00	EGY	NED	COL	AA 7	AA 2	HUN			
10:00		10:15	HUN	EGY	NED	COL	AA 7	AA 2			

Training Hall #2

15 min/rotation										00:15	
Subdivision 4		FX	PH	SR	VT	PB	HB				
10:30	10:45	General Warm-up									
10:45	11:00	GBR	JPN	AA 9	USA	AUS	AA 1				
11:00	11:15	AA 1	GBR	JPN	AA 9	USA	AUS				
11:15	11:30	AUS	AA 1	GBR	JPN	AA 9	USA				
11:30	11:45	USA	AUS	AA 1	GBR	JPN	AA 9				
11:45	12:00	AA 9	USA	AUS	AA 1	GBR	JPN				
12:00	12:15	JPN	AA 9	USA	AUS	AA 1	GBR				

Warm-up

12 min and 30 sec/rot		00:12							
Subdivision 1		FX	PH	SR	VT	PB		HB	
8:15 8:30		General Warm-up							
8:30	8:42	AA 5	CAN	TPE	AA 8	FRA	BRA		
8:42	8:55	BRA	AA 5	CAN	TPE	AA 8	FRA		
8:55	9:07	FRA	BRA	AA 5	CAN	TPE	AA 8		
9:07	9:20	AA 8	FRA	BRA	AA 5	CAN	TPE		
9:20	9:32	TPE	AA 8	FRA	BRA	AA 5	CAN		
9:32	9:45	CAN	TPE	AA 8	FRA	BRA	AA 5		

FOP

18 min/rot 00:18								
Subdivision 1		FX	PH	SR	VT	PB	HB	
9:45	10:00	Transition						
10:00	10:18	CAN	TPE	AA 8	FRA	BRA	AA 5	
10:18	10:36	AA 5	CAN	TPE	AA 8	FRA	BRA	
10:36	10:55	BRA	AA 5	CAN	TPE	AA 8	FRA	
10:55	11:13	FRA	BRA	AA 5	CAN	TPE	AA 8	
11:13	11:31	AA 8	FRA	BRA	AA 5	CAN	TPE	
11:31	11:50	TPE	AA 8	FRA	BRA	AA 5	CAN	

30 min/rotation 00:30

Subdivision 5		FX	PH	SR	VT	PB	HB
10:00	10:15	General Warm-up					
10:15	10:45	BEL	ITA	CHN	AA 3	AA 6	ESP
10:45	11:15	ESP	BEL	ITA	CHN	AA 3	AA 6
11:15	11:45	AA 6	ESP	BEL	ITA	CHN	AA 3
11:45	12:15	AA 3	AA 6	ESP	BEL	ITA	CHN
12:15	12:45	CHN	AA 3	AA 6	ESP	BEL	ITA
12:45	13:15	ITA	CHN	AA 3	AA 6	ESP	BEL

30 min/rotation 00:30

Subdivision 6		FX	PH	SR	VT	PB	HB
12:15	12:30	General Warm-up					
12:30	13:00	ISR	KAZ	SUI	AA 10	GER	AA 4
13:00	13:30	AA 4	ISR	KAZ	SUI	AA 10	GER
13:30	14:00	GER	AA 4	ISR	KAZ	SUI	AA 10
14:00	14:30	AA 10	GER	AA 4	ISR	KAZ	SUI
14:30	15:00	SUI	AA 10	GER	AA 4	ISR	KAZ
15:00	15:30	KAZ	SUI	AA 10	GER	AA 4	ISR

15 min/rotation 00:15

Subdivision 1		FX	PH	SR	VT	PB	HB
16:00	16:15	General Warm-up					
16:15	16:30	CAN	TPE	AA 8	FRA	BRA	AA 5
16:30	16:45	AA 5	CAN	TPE	AA 8	FRA	BRA
16:45	17:00	BRA	AA 5	CAN	TPE	AA 8	FRA
17:00	17:15	FRA	BRA	AA 5	CAN	TPE	AA 8
17:15	17:30	AA 8	FRA	BRA	AA 5	CAN	TPE
17:30	17:45	TPE	AA 8	FRA	BRA	AA 5	CAN

15 min/rotation 00:15

Subdivision 2		FX	PH	SR	VT	PB	HB
18:00	18:15	General Warm-up					
18:15	18:30	AS 1	AS 2	UKR	KOR	CYP	RUS
18:30	18:45	RUS	AS 1	AS 2	UKR	KOR	CYP
18:45	19:00	CYP	RUS	AS 1	AS 2	UKR	KOR
19:00	19:15	KOR	CYP	RUS	AS 1	AS 2	UKR
19:15	19:30	UKR	KOR	CYP	RUS	AS 1	AS 2
19:30	19:45	AS 2	UKR	KOR	CYP	RUS	AS 1

12 min 30 sec/rot 00:12

MAG Open for AS		FX	PH	SR	VT	PB	HB
20:00	20:15	General Warm-up					
20:15	20:27						
20:27	20:40						
20:40	20:52	Open Training for Apparatus Specialists					
20:52	21:05						
21:05	21:17						
21:17	21:30						

Open Training for Apparatus Specialists

12 min and 30 sec/rot 00:12

Subdivision 3		FX	PH	SR	VT	PB	HB
14:15	14:30	General Warm-up					
14:30	14:42	AA 7	AA 2	HUN	EGY	NED	COL
14:42	14:55	COL	AA 7	AA 2	HUN	EGY	NED
14:55	15:07	NED	COL	AA 7	AA 2	HUN	EGY
15:07	15:20	EGY	NED	COL	AA 7	AA 2	HUN
15:20	15:32	HUN	EGY	NED	COL	AA 7	AA 2
15:32	15:45	AA 2	HUN	EGY	NED	COL	AA 7

Thursday, 15 October 2026						
Stretching Japz	Training Hall #1	Stretching Japz	Training Hall #2	Warm-Up Hut	FOP	
7:15:00						
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MAG Podium Training Sub 5-6

	General Warm-up				Apparatus Training				Warm-up				FOP			
	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	10:00:00	10:15:00	10:15:00	10:30:00												
S-DIV 2	12:15:00	12:30:00	12:30:00	12:45:00												
S-DIV 3	15:00:00	15:15:00	15:15:00	15:30:00												
S-DIV 4	18:15:00	18:30:00	18:30:00	18:45:00												
S-DIV 5	16:00:00	16:15:00	16:15:00	16:30:00	17:45:00	18:00:00	8:15:00	8:30:00	9:45:00	10:00:00	11:50:00					
S-DIV 6	18:00:00	18:15:00	18:15:00	18:30:00	19:45:00	20:00:00	10:25:00	10:40:00	11:55:00	12:10:00	14:00:00					
OPEN	20:00:00	20:15:00	20:15:00	20:30:00												



Training Hall #1

30 min/rotation		00:30					
Subdivision 2		FX	PH	SR	VT	PB	HB
12:15	12:30	General Warm-up					
12:30	13:00	AS 1	AS 2	UKR	KOR	CYP	RUS
13:00	13:30	RUS	AS 1	AS 2	UKR	KOR	CYP
13:30	14:00	CYP	RUS	AS 1	AS 2	UKR	KOR
14:00	14:30	KOR	CYP	RUS	AS 1	AS 2	UKR
14:30	15:00	UKR	KOR	CYP	RUS	AS 1	AS 2
15:00	15:30	AS 2	UKR	KOR	CYP	RUS	AS 1

Training Hall #2

30 min/rotation 00:30									
Subdivision 1	FX	PH	SR	VT	PB	HB			
10:15	10:45	CAN	TPE	AA 8	FRA	BRA	AA 5		
10:45	11:15	AA 5	CAN	TPE	AA 8	FRA	BRA		
11:15	11:45	BRA	AA 5	CAN	TPE	AA 8	FRA		
11:45	12:15	FRA	BRA	AA 5	CAN	TPE	AA 8		
12:15	12:45	AA 8	FRA	BRA	AA 5	CAN	TPE		
12:45	13:15	TPE	AA 8	FRA	BRA	AA 5	CAN		

Warm-up

12 min and 30 sec/rot.		00:12					
Subdivision 5		FX	PH	SR	VT	PB	HB
8:15	8:30	General Warm-up					
8:30	8:42	ESP	BEL	ITA	CHN	AA 3	AA 6
8:42	8:55	AA 6	ESP	BEL	ITA	CHN	AA 3
8:55	9:07	AA 3	AA 6	ESP	BEL	ITA	CHN
9:07	9:20	CHN	AA 3	AA 6	ESP	BEL	ITA
9:20	9:32	ITA	CHN	AA 3	AA 6	ESP	BEL
9:32	9:45	BEL	ITA	CHN	AA 3	AA 6	ESP

FOP

18 min/rot.		00:18						
Subdivision 5		FX	PH	SR	VT	PB	HB	
9:45	10:00	Transition						
10:00	10:18	BEL	ITA	CHN	AA 3	AA 6	ESP	
10:18	10:36	ESP	BEL	ITA	CHN	AA 3	AA 6	
10:36	10:55	AA 6	ESP	BEL	ITA	CHN	AA 3	
10:55	11:13	AA 3	AA 6	ESP	BEL	ITA	CHN	
11:13	11:31	CHN	AA 3	AA 6	ESP	BEL	ITA	
11:31	11:50	ITA	CHN	AA 3	AA 6	ESP	BEL	

15 min/rotation 00:15

Subdivision 5		FX	PH	SR	VT	PB	HB
16:00	16:15	General Warm-up					
16:15	16:30	BEL	ITA	CHN	AA 3	AA 6	ESP
16:30	16:45	ESP	BEL	ITA	CHN	AA 3	AA 6
16:45	17:00	AA 6	ESP	BEL	ITA	CHN	AA 3
17:00	17:15	AA 3	AA 6	ESP	BEL	ITA	CHN
17:15	17:30	CHN	AA 3	AA 6	ESP	BEL	ITA
17:30	17:45	ITA	CHN	AA 3	AA 6	ESP	BEL

30 min/rotation 00:30

Subdivision 3		FX	PH	SR	VT	PB	HB
15:00	15:15	General Warm-up					
15:15	15:45	AA 2	HUN	EGY	NED	COL	AA 7
15:45	16:15	AA 7	AA 2	HUN	EGY	NED	COL
16:15	16:45	COL	AA 7	AA 2	HUN	EGY	NED
16:45	17:15	NED	COL	AA 7	AA 2	HUN	EGY
17:15	17:45	EGY	NED	COL	AA 7	AA 2	HUN
17:45	18:15	HUN	EGY	NED	COL	AA 7	AA 2

12 min and 30 sec/rot 00:12

Subdivision 6		FX	PH	SR	VT	PB	HB
10:25	10:40	General Warm-up					
10:40	10:52	AA 4	ISR	KAZ	SUI	AA 10	GER
10:52	11:05	GER	AA 4	ISR	KAZ	SUI	AA 10
11:05	11:17	AA 10	GER	AA 4	ISR	KAZ	SUI
11:17	11:30	SUI	AA 10	GER	AA 4	ISR	KAZ
11:30	11:42	KAZ	SUI	AA 10	GER	AA 4	ISR
11:42	11:55	ISR	KAZ	SUI	AA 10	GER	AA 4

18 min/rot 00:18

Subdivision 6		FX	PH	SR	VT	PB	HB
11:55	12:10	Transition					
12:10	12:28	ISR	KAZ	SUI	AA 10	GER	AA 4
12:28	12:46	AA 4	ISR	KAZ	SUI	AA 10	GER
12:46	13:05	GER	AA 4	ISR	KAZ	SUI	AA 10
13:05	13:23	AA 10	GER	AA 4	ISR	KAZ	SUI
13:23	13:41	SUI	AA 10	GER	AA 4	ISR	KAZ
13:41	14:00	KAZ	SUI	AA 10	GER	AA 4	ISR

30 min/rotation 00:30

Subdivision 4		FX	PH	SR	VT	PB	HB
18:15	18:30	General Warm-up					
18:30	19:00	GBR	JPN	AA 9	USA	AUS	AA 1
19:00	19:30	AA 1	GBR	JPN	AA 9	USA	AUS
19:30	20:00	AUS	AA 1	GBR	JPN	AA 9	USA
20:00	20:30	USA	AUS	AA 1	GBR	JPN	AA 9
20:30	21:00	AA 9	USA	AUS	AA 1	GBR	JPN
21:00	21:30	JPN	AA 9	USA	AUS	AA 1	GBR

15 min/rotation 00:15

Subdivision 6		FX	PH	SR	VT	PB	HB
18:00	18:15	General Warm-up					
18:15	18:30	ISR	KAZ	SUI	AA 10	GER	AA 4
18:30	18:45	AA 4	ISR	KAZ	SUI	AA 10	GER
18:45	19:00	GER	AA 4	ISR	KAZ	SUI	AA 10
19:00	19:15	AA 10	GER	AA 4	ISR	KAZ	SUI
19:15	19:30	SUI	AA 10	GER	AA 4	ISR	KAZ
19:30	19:45	KAZ	SUI	AA 10	GER	AA 4	ISR

	Stretching Area	Training Hall #1	Stretching Area	Training Hall #2	Warm-Up Hall	FOP
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
8:45:00						
9:00:00						
9:15:00	S-DIV 5 09:15-09:30		S-DIV 1 09:15-09:30			
9:30:00		S-DIV 5 09:30-12:30		S-DIV 1 09:30-12:30		
9:45:00						
10:00:00						
10:15:00						
10:30:00						
10:45:00						
11:00:00						
11:15:00						
11:30:00						
11:45:00						
12:00:00						
12:15:00	S-DIV 6 12:15-12:30		S-DIV 2 12:15-12:30			
12:30:00		S-DIV 6 12:30-15:30		S-DIV 2 12:30-15:30		
12:45:00						
13:00:00						
13:15:00						
13:30:00						
13:45:00						
14:00:00						
14:15:00						
14:30:00						
14:45:00						
15:00:00						
15:15:00						
15:30:00						
15:45:00						
16:00:00			S-DIV 3 16:00-16:15			
16:15:00				S-DIV 3 16:15-19:15		
16:30:00						
16:45:00						
17:00:00						
17:15:00						
17:30:00						
17:45:00						
18:00:00						
18:15:00	S-DIV 4 18:15-18:30					
18:30:00		S-DIV 4 18:30-21:30				
18:45:00						
19:00:00						
19:15:00						
19:30:00						
19:45:00						
20:00:00				OPEN for AS 20:00-21:30		
20:15:00						
20:30:00						
20:45:00						
21:00:00						
21:15:00						
21:30:00						
21:45:00						
22:00:00						
22:15:00						
22:30:00						
22:45:00						
23:00:00						

General Warm-up		Apparatus Training		
	Start	Finish	Start	Finish
S-DIV 1	9:15:00	9:30:00	9:30:00	12:30:00
S-DIV 2	12:15:00	12:30:00	12:30:00	15:30:00
S-DIV 3	16:00:00	16:15:00	16:15:00	19:15:00
S-DIV 4	18:15:00	18:30:00	18:30:00	21:30:00
S-DIV 5	9:15:00	9:30:00	9:30:00	12:30:00
S-DIV 6	12:15:00	12:30:00	12:30:00	15:30:00
OPEN	20:00:00	20:15:00	20:15:00	21:30:00



30 min/rotation		00:30					
Subdivision 5		FX	PH	SR	VT	PB	HB
9:15	9:30	General Warm-up					
9:30	10:00	BEL	ITA	CHN	AA 3	AA 6	ESP
10:00	10:30	ESP	BEL	ITA	CHN	AA 3	AA 6
10:30	11:00	AA 6	ESP	BEL	ITA	CHN	AA 3
11:00	11:30	AA 3	AA 6	ESP	BEL	ITA	CHN
11:30	12:00	CHN	AA 3	AA 6	ESP	BEL	ITA
12:00	12:30	ITA	CHN	AA 3	AA 6	ESP	BEL

30 min/rotation		00:30					
Subdivision 1		FX	PH	SR	VT	PB	HB
9:15	9:30	General Warm-up					
9:30	10:00	CAN	TPE	AA 8	FRA	BRA	AA 5
10:00	10:30	AA 5	CAN	TPE	AA 8	FRA	BRA
10:30	11:00	BRA	AA 5	CAN	TPE	AA 8	FRA
11:00	11:30	FRA	BRA	AA 5	CAN	TPE	AA 8
11:30	12:00	AA 8	FRA	BRA	AA 5	CAN	TPE
12:00	12:30	TPE	AA 8	FRA	BRA	AA 5	CAN

30 min/rotation		00:30							
Subdivision 6		FX	PH	SR	VT	PB	HB		
12:15	12:30	General Warm-up							
12:30	13:00	ISR	KAZ	SUI	AA 10	GER	AA 4		
13:00	13:30	AA 4	ISR	KAZ	SUI	AA 10	GER		
13:30	14:00	GER	AA 4	ISR	KAZ	SUI	AA 10		
14:00	14:30	AA 10	GER	AA 4	ISR	KAZ	SUI		
14:30	15:00	SUI	AA 10	GER	AA 4	ISR	KAZ		
15:00	15:30	KAZ	SUI	AA 10	GER	AA 4	ISR		

30 min/rotation		00:30					
Subdivision 2		FX	PH	SR	VT	PB	HB
12:15	12:30	General Warm-up					
12:30	13:00	AS 1	AS 2	UKR	KOR	CYP	RUS
13:00	13:30	RUS	AS 1	AS 2	UKR	KOR	CYP
13:30	14:00	CYP	RUS	AS 1	AS 2	UKR	KOR
14:00	14:30	KOR	CYP	RUS	AS 1	AS 2	UKR
14:30	15:00	UKR	KOR	CYP	RUS	AS 1	AS 2
15:00	15:30	AS 2	UKR	KOR	CYP	RUS	AS 1

30 min/rotation		00:30					
Subdivision 4		FX	PH	SR	VT	PB	HB
18:15	18:30	General Warm-up					
18:30	19:00	GBR	JPN	AA 9	USA	AUS	AA 1
19:00	19:30	AA 1	GBR	JPN	AA 9	USA	AA 1
19:30	20:00	AUS	AA 1	GBR	JPN	AA 9	USA
20:00	20:30	USA	AUS	AA 1	GBR	JPN	AA 9
20:30	21:00	AA 9	USA	AUS	AA 1	GBR	JPN
21:00	21:30	JPN	AA 9	USA	AUS	AA 1	GBR

30 min/rotation		00:30					
Subdivision 3		FX	PH	SR	VT	PB	HB
16:00	16:15	General Warm-up					
16:15	16:45	AA 2	HUN	EGY	NED	COL	AA 7
16:45	17:15	AA 7	AA 2	HUN	EGY	NED	COL
17:15	17:45	COL	AA 7	AA 2	HUN	EGY	NED
17:45	18:15	NED	COL	AA 7	AA 2	HUN	EGY
18:15	18:45	EGY	NED	COL	AA 7	AA 2	HUN
18:45	19:15	HUN	EGY	NED	COL	AA 7	AA 2

12 min 30 sec/rot.		00:12					
MAG Open for AS		FX	PH	SR	VT	PB	HB
20:00	20:15	General Warm-up					
20:15	20:27	Open Training for Apparatus Specialists					
20:27	20:40						
20:40	20:52						
20:52	21:05						
21:05	21:17						
21:17	21:30						

Saturday, 17 October 2026						
Stretching Appt.	Training Hall #1	Stretching Appt.	Training Hall #2	Warm-Up Hall	FOP	
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
8:45:00						
9:00:00						
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22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Qualifications Sub 1-4									
General Warm-up				Apparatus Training		Warm-up		FOP	
Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-Div 1	16:00:00	16:15:00	16:15:00	17:45:00	8:15:00	8:45:00	10:00:00	11:20:00	11:20:00
S-Div 2	18:00:00	18:15:00	18:15:00	19:45:00	10:25:00	11:55:00	12:10:00	14:00:00	14:00:00
S-Div 3	8:30:00	8:45:00	8:45:00	10:15:00	14:15:00	15:45:00	16:00:00	17:50:00	17:50:00
S-Div 4	10:30:00	10:45:00	10:45:00	12:15:00	16:25:00	17:55:00	18:10:00	20:00:00	20:00:00
S-Div 5	10:00:00	10:15:00	10:15:00	13:15:00					
S-Div 6	12:15:00	12:30:00	12:30:00	15:30:00					
OPEN	20:00:00	20:15:00	20:15:00	21:30:00					



Training Hall #1									
30 min/rotation		00:15							
Subdivision 3		FX	PH	SR	VT	PB	HB		
8:30		General Warm-up							
8:30		8:45							
8:45	9:00	AA 2	HUN	EGY	NED	COL	AA 7		
9:00	9:15	AA 7	AA 2	HUN	EGY	NED	COL		
9:15	9:30	COL	AA 7	AA 2	HUN	EGY	NED		
9:30	9:45	NED	COL	AA 7	AA 2	HUN	EGY		
9:45	10:00	EGY	NED	COL	AA 7	AA 2	HUN		
10:00	10:15	HUN	EGY	NED	COL	AA 7	AA 2		

Training Hall #2							
15 min/rotation		00:15					
Subdivision 4	FX	PH	SR	VT	PB	HB	
General Warm-up							
10:30	10:45						
10:45	11:00	GBR	JPN	AA 9	USA	AUS	AA 1
11:00	11:15	AA 1	GBR	JPN	AA 9	USA	AUS
11:15	11:30	AUS	AA 1	GBR	JPN	AA 9	USA
11:30	11:45	USA	AUS	AA 1	GBR	JPN	AA 9
11:45	12:00	AA 9	USA	AUS	AA 1	GBR	JPN
12:00	12:15	JPN	AA 9	USA	AUS	AA 1	GBR

Warm-up									
12 min and 30 sec/rot.		00:12							
Subdivision 1		FX	PH	SR	VT	PB	HB		
General Warm-up									
8:15	8:30								
8:30	8:42	AA 5	CAN	TPE	AA 8	FRA	BRA		
8:42	8:55	BRA	AA 5	CAN	TPE	AA 8	FRA		
8:55	9:07	FRA	BRA	AA 5	CAN	TPE	AA 8		
9:07	9:20	AA 8	FRA	BRA	AA 5	CAN	TPE		
9:20	9:32	TPE	AA 8	FRA	BRA	AA 5	CAN		
9:32	9:45	CAN	TPE	AA 8	FRA	BRA	AA 5		

FOP									
18 min/rot.		00:18							
Subdivision 1		FX	PH	SR	VT	PB	HB		
9:45	10:00	Transition							
10:00	10:18	CAN	TPE	AA 8	FRA	BRA	AA 5		
10:18	10:36	AA 5	CAN	TPE	AA 8	FRA	BRA		
10:36	10:55	BRA	AA 5	CAN	TPE	AA 8	FRA		
10:55	11:13	FRA	BRA	AA 5	CAN	TPE	AA 8		
11:13	11:31	AA 8	FRA	BRA	AA 5	CAN	TPE		
11:31	11:50	TPE	AA 8	FRA	BRA	AA 5	CAN		

30 min/rotation		00:30							
Subdivision 5		FX	PH	SR	VT	PB		HB	
10:00	10:15	General Warm-up							
10:15	10:45	BEL	ITA	CHN	AA 3	AA 6	ESP		
10:45	11:15	ESP	BEL	ITA	CHN	AA 3	AA 6		
11:15	11:45	AA 6	ESP	BEL	ITA	CHN	AA 3		
11:45	12:15	AA 3	AA 6	ESP	BEL	ITA	CHN		
12:15	12:45	CHN	AA 3	AA 6	ESP	BEL	ITA		
12:45	13:15	ITA	CHN	AA 3	AA 6	ESP	BEL		

30 min/rotation		00:30							
Subdivision 6		FX	PH	SR	VT	PB	HB		
12:15	12:30	General Warm-up							
12:30	13:00	ISR	KAZ	SUI	AA 10	GER		AA 4	
13:00	13:30	AA 4	ISR	KAZ	SUI	AA 10		GER	
13:30	14:00	GER	AA 4	ISR	KAZ	SUI		AA 10	
14:00	14:30	AA 10	GER	AA 4	ISR	KAZ		SUI	
14:30	15:00	SUI	AA 10	GER	AA 4	ISR		KAZ	
15:00	15:30	KAZ	SUI	AA 10	GER	AA 4		ISR	

12 min and 30 sec/rot		00:12							
Subdivision 2		FX	PH	SR	VT	PB	HB		
10:25	10:40	General Warm-up							
10:40	10:52	RUS	AS 1	AS 2	UKR	KOR	CYP		
10:52	11:05	CYP	RUS	AS 1	AS 2	UKR	KOR		
11:05	11:17	KOR	CYP	RUS	AS 1	AS 2	UKR		
11:17	11:30	UKR	KOR	CYP	RUS	AS 1	AS 2		
11:30	11:42	AS 2	UKR	KOR	CYP	RUS	AS 1		
11:42	11:55	AS 1	AS 2	UKR	KOR	CYP	RUS		

18 min/rot		00:18							
Subdivision 2		FX	PH	SR	VT	PB	HB		
11:55	12:10	Transition							
12:10	12:28	AS 1	AS 2	UKR	KOR	CYP	RUS		
12:28	12:46	RUS	AS 1	AS 2	UKR	KOR	CYP		
12:46	13:05	CYP	RUS	AS 1	AS 2	UKR	KOR	CYP	
13:05	13:23	KOR	CYP	RUS	AS 1	AS 2	UKR	CYP	
13:23	13:41	UKR	KOR	CYP	RUS	AS 1	AS 2		
13:41	14:00	AS 2	UKR	KOR	CYP	RUS	AS 1	AS 1	

15 min/rotation		00:15						
Subdivision 1		FX	PH	SR	VT	PB	HB	
16:00	16:15	General Warm-up						
16:15	16:30	CAN	TPE	AA 8	FRA	BRA	AA 5	
16:30	16:45	AA 5	CAN	TPE	AA 8	FRA	BRA	
16:45	17:00	BRA	AA 5	CAN	TPE	AA 8	FRA	
17:00	17:15	FRA	BRA	AA 5	CAN	TPE	AA 8	
17:15	17:30	AA 8	FRA	BRA	AA 5	CAN	TPE	
17:30	17:45	TPE	AA 8	FRA	BRA	AA 5	CAN	

15 min/rotation		00:15							
Subdivision 2		FX	PH	SR	VT	PB	HB		
18:00	18:15	General Warm-up							
18:15	18:30	AS 1	AS 2	UKR	KOR	CYP	RUS		
18:30	18:45	RUS	AS 1	AS 2	UKR	KOR	CYP		
18:45	19:00	CYP	RUS	AS 1	AS 2	UKR	KOR		
19:00	19:15	KOR	CYP	RUS	AS 1	AS 2	UKR		
19:15	19:30	UKR	KOR	CYP	RUS	AS 1	AS 2		
19:30	19:45	AS 2	UKR	KOR	CYP	RUS	AS 1		

Sunday, 18 October 2026						
Stretching Japz	Training Hall #1	Stretching Japz	Training Hall #2	Warm-Up Hut	FOP	
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
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22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Qualifications Sub 5-6						
	General Warm-up		Apparatus Training		Warm-up	
	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	10:00:00	10:15:00	10:15:00	10:30:00		
S-DIV 2	12:15:00	12:30:00	12:30:00	12:45:00		
S-DIV 3	15:00:00	15:15:00	15:15:00	15:30:00		
S-DIV 4	18:15:00	18:30:00	18:30:00	18:45:00		
S-DIV 5	16:00:00	16:15:00	16:15:00	16:30:00	8:15:00	8:30:00
S-DIV 6	18:00:00	18:15:00	18:15:00	18:30:00	10:25:00	10:40:00
OPEN	20:00:00	20:15:00	20:15:00	20:30:00	11:55:00	12:10:00



Training Hall #1							
30 min/rotation		00:30					
Subdivision 2	FX	PH	SR	VT	PB	HB	
12:15	12:30	General Warm-up					
12:30	13:00	AS 1	AS 2	UKR	KOR	CYP	RUS
13:00	13:30	RUS	AS 1	AS 2	UKR	KOR	CYP
13:30	14:00	CYP	RUS	AS 1	AS 2	UKR	KOR
14:00	14:30	KOR	CYP	RUS	AS 1	AS 2	UKR
14:30	15:00	UKR	KOR	CYP	RUS	AS 1	AS 2
15:00	15:30	AS 2	UKR	KOR	CYP	RUS	AS 1

Training Hall #2							
30 min/rotation		00:30					
Subdivision 1		FX	PH	SR	VT	PB	HB
10:00	10:15	General Warm-up					
10:15	10:45	CAN	TPE	AA 8	FRA	BRA	AA 5
10:45	11:15	AA 5	CAN	TPE	AA 8	FRA	BRA
11:15	11:45	BRA	AA 5	CAN	TPE	AA 8	FRA
11:45	12:15	FRA	BRA	AA 5	CAN	TPE	AA 8
12:15	12:45	AA 8	FRA	BRA	AA 5	CAN	TPE
12:45	13:15	TPE	AA 8	FRA	BRA	AA 5	CAN

Warm-up									
12 min and 30 sec/rot.		00:12							
Subdivision 5		FX	PH	SR	VT	PB	HB		
General Warm-up									
8:15	8:30								
8:30	8:42	ESP	BEL	ITA	CHN	AA 3	AA 6		
8:42	8:55	AA 6	ESP	BEL	ITA	CHN	AA 3		
8:55	9:07	AA 3	AA 6	ESP	BEL	ITA	CHN		
9:07	9:20	CHN	AA 3	AA 6	ESP	BEL	ITA		
9:20	9:32	ITA	CHN	AA 3	AA 6	ESP	BEL		
9:32	9:45	BEL	ITA	CHN	AA 3	AA 6	ESP		

FOP							
18 min/rot.		00:18					
Subdivision 5		FX	PH	SR	VT	PB	HB
9:45		Transition					
10:00		10:00					
10:00		10:18	BEL	ITA	CHN	AA 3	AA 6
10:18		10:36	ESP	BEL	ITA	CHN	AA 3
10:36		10:55	AA 6	ESP	BEL	ITA	CHN
10:55		11:13	AA 3	AA 6	ESP	BEL	ITA
11:13		11:31	CHN	AA 3	AA 6	ESP	BEL
11:31		11:50	JTA	CHN	AA 3	AA 6	ESP

15 min/rotation		00:15						
Subdivision 5		FX	PH	SR	VT	PB	HB	
16:00	16:15	General Warm-up						
16:15	16:30	BEL	ITA	CHN	AA 3	AA 6	ESP	
16:30	16:45	ESP	BEL	ITA	CHN	AA 3	AA 6	
16:45	17:00	AA 6	ESP	BEL	ITA	CHN	AA 3	
17:00	17:15	AA 3	AA 6	ESP	BEL	ITA	CHN	
17:15	17:30	CHN	AA 3	AA 6	ESP	BEL	ITA	
17:30	17:45	ITA	CHN	AA 3	AA 6	ESP	BEL	

30 min/rotation		00:30					
Subdivision 3		FX	PH	SR	VT	PB	HB
15:00	15:15	General Warm-up					
15:15	15:45	AA 2	HUN	EGY	NED	COL	AA 7
15:45	16:15	AA 7	AA 2	HUN	EGY	NED	COL
16:15	16:45	COL	AA 7	AA 2	HUN	EGY	NED
16:45	17:15	NED	COL	AA 7	AA 2	HUN	EGY
17:15	17:45	EGY	NED	COL	AA 7	AA 2	HUN
17:45	18:15	HUN	EGY	NED	COL	AA 7	AA 2

12 min and 30 sec/rot.		00:12					
Subdivision 6		FX	PHI	SR	VT	PB	HB
10:25	10:40	General Warm-up					
10:40	10:52	AA 4	ISR	KAZ	SUI	AA 10	GER
10:52	11:05	GER	AA 4	ISR	KAZ	SUI	AA 10
11:05	11:17	AA 10	GER	AA 4	ISR	SUI	SUI
11:17	11:30	SUI	AA 10	GER	AA 4	ISR	KAZ
11:30	11:42	KAZ	SUI	AA 10	GER	AA 4	ISR
11:42	11:55	ISR	KAZ	SUI	AA 10	GER	AA 4

18 min/rot		00:18						
Subdivision 6		FX	PH	SR	VT	PB	HB	
11:55		12:10		Transition				
12:10		12:28	ISR	KAZ	SUI	AA 10	GER	AA 4
12:28		12:46	AA 4	ISR	KAZ	SUI	AA 10	GER
12:46		13:05	GER	AA 4	ISR	KAZ	SUI	AA 10
13:05		13:23	AA 10	GER	AA 4	ISR	KAZ	SUI
13:23		13:41	SUI	AA 10	GER	AA 4	ISR	KAZ
13:41		14:00	KAZ	SUI	AA 10	GER	AA 4	ISR

30 min/rotation		00:30					
Subdivision 4		FX	PH	SR	VT	PB	HB
18:15	18:30	General Warm-up					
18:30	19:00	GBR	JPN	AA 9	USA	AUS	AA 1
19:00	19:30	AA 1	GBR	JPN	AA 9	USA	AUS
19:30	20:00	AUS	AA 1	GBR	JPN	AA 9	USA
20:00	20:30	USA	AUS	AA 1	GBR	JPN	AA 9
20:30	21:00	AA 9	USA	AUS	AA 1	GBR	JPN
21:00	21:30	JPN	AA 9	USA	AUS	AA 1	GBR

	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00				
7:30:00				
7:45:00				
8:00:00				
8:15:00				
8:30:00				
8:45:00				
9:00:00				
9:15:00		Open Training 09:00-12:00		
9:30:00				
9:45:00				
10:00:00				
10:15:00				
10:30:00				
10:45:00				
11:00:00				
11:15:00				
11:30:00				
11:45:00				
12:00:00		MAG Team Final Training 12:00-15:00		
12:15:00				
12:30:00				
12:45:00				
13:00:00				
13:15:00				
13:30:00				
13:45:00				
14:00:00				
14:15:00				
14:30:00				
14:45:00				
15:00:00		MAG Apparatus Final Training 15:00-18:00		
15:15:00				
15:30:00				
15:45:00				
16:00:00				
16:15:00				
16:30:00				
16:45:00				
17:00:00				
17:15:00				
17:30:00				
17:45:00				
18:00:00		MAG All Around Final Training 18:00-21:00		
18:15:00				
18:30:00				
18:45:00				
19:00:00				
19:15:00				
19:30:00				
19:45:00				
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22:15:00				
22:30:00				
22:45:00				
23:00:00				

[illegible]

** for NF without qualified MAG Gymnast

25 min/rot.	00:25							
MAG Open - Training	FX	PH	SR	VT	PB	HB		
9:00	9:30	General Warm-up						
9:30	9:55							
9:55	10:20							
10:20	10:45							
10:45	11:10	Open Training						
11:10	11:35							
11:35	12:00							

25 min/rot.		00:25					
MAG TF - Training		FX	PH	SR	VT	PB	HB
12:00	12:30	General Warm-up					
12:30	12:55	TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8		
12:55	13:20		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8	
13:20	13:45			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8
13:45	14:10	TF Q7-Q8			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6
14:10	14:35	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2	TF Q3-Q4
14:35	15:00	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2

25 min/rot.	00:25					
MAG AF - Training	FX	PH	SR	VT	PB	HB
15:00	General Warm-up					
15:30						
15:55						
16:20						
16:45						
17:10						
17:35						
18:00						
	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R

25 min/rot.		00:25							
MAG AAF - Training		FX	PH	SR	VT	PB	HB		
18:00	18:30	General Warm-up							
18:30	18:55	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**		
18:55	19:20	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**		
19:20	19:45	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**		
19:45	20:10	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**		
20:10	20:35	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8		
20:35	21:00	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4		

	Shedding Area	Training 10:00-12:00	Practice 12:00-13:00	FCP
7:30-8:00				
8:00-8:30				
8:30-9:00				
9:00-9:30				
9:30-10:00				
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13:30-14:00				
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14:30-15:00				
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21:30-22:00				
22:00-22:30				
22:30-23:00				
23:00-23:30				
23:30-24:00				
24:00-24:30				

[illegible]

** for NF without qualified MAG Gymnast

Training Shift #1							
20 min/leg	00:30						
Mod 1F - Training	FX	PH	SR	WT	YF	PB	HS
10:00 - 10:30				General Warm-up			
10:30 - 10:50	TF Q1-Q2			TF Q3-Q4	TF Q1-Q2		
10:50 - 11:10		TF Q1-Q2		TF Q3-Q4	TF Q5-Q6	TF Q7-Q8	
11:10 - 11:30			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6		TF Q7-Q8
11:30 - 11:50	TF Q3-Q4			TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	
11:50 - 12:10		TF Q3-Q4		TF Q5-Q6		TF Q7-Q8	
12:10 - 12:30			TF Q5-Q6	TF Q7-Q8			TF Q1-Q2

25 min/rot.	00:25					
Mag AF - Training	FX	PH	SR	VT	PB	HB
12:30	General Warm-up					
13:00						
13:25						
13:50						
13:50						
14:15	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
14:40						
15:05						

25 min/lot		00:25								
MAG AA - Training		FX	PH	SR	VT	General Warm-up			PB	HB
15:30	16:00									
16:00	16:25	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4*	AA Q13-Q16 + R3*	AA Q17-Q20 + R2*			AA Q21-Q24 + R1**	
16:25	16:50	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4*	AA Q13-Q16 + R3*	AA Q17-Q20 + R2*	AA Q21-Q24 + R1**		AA Q25-Q28 + R2**
16:50	17:15	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4*	AA Q13-Q16 + R3*	AA Q17-Q20 + R2*	AA Q21-Q24 + R1**		AA Q25-Q28 + R2**	
17:15	17:40	AA Q1-Q4 + R3*	AA Q1-Q20 + R2**	AA Q1-Q24 + R1**	AA Q1-Q24 + R1**	AA Q1-Q24 + R1**	AA Q1-Q24 + R1**		AA Q25-Q28 + R2**	
17:40	18:05	AA Q1-Q12 + R4*	AA Q13-Q16 + R3*	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4			AA Q25-08	
18:05	18:30	AA Q5-Q8	AA Q9-Q12 + R4*	AA Q13-Q16 + R3*	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4		AA Q1-Q4	

25 min/rot.	00:25							
MAG Open - Training		FX	PH	SR	VT	PB	HB	
18:30	19:00	General Warm-up						
19:00	19:25							
19:25	19:50							
19:50	20:15	Open Training						
20:15	20:40							
20:40	21:05							
21:05	21:30							



Warm-up									
15 min/last	00:15								
MMU Team Total	FX	PH	SR	VT	PB	HB			
17:30	17:45	General Warm-up							
17:45	18:00	TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8	TF Q9-Q10			
18:00	18:15		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8	TF Q9-Q10		
18:15	18:30	TF Q1-Q6		TF Q1-Q2	TF Q3-Q4	TF Q5-Q6			
18:30	18:45	TF Q5-Q6	TF Q7-Q8			TF Q1-Q2	TF Q3-Q4		
18:45	19:00	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8				TF Q1-Q2	
19:00	19:15	TF Q1-Q2	TF Q3-Q4	TF Q5-Q6	TF Q7-Q8				

FOP									
27 min 30 sec/hd		00:27							
Main Program Final		FX	PH	GR	VT	PB		HB	
19:15	19:30				Interview	TF 01-G8			
19:30	19:45	TF 01-G2	TF 04-G4	TF 05-G6					
19:45	20:05		TF 01-G2	TF 01-G2	TF 02-G4	TF 02-G8			
20:05	20:30			TF 01-G2	TF 03-G4	TF 02-G8			TF 01-G8
20:30	21:00	TF 01-G6			TF 01-G2	TF 01-G2			TF 05-G6
21:00	21:47	TF 05-G6	TF 01-G8			TF 01-G2			TF 03-G4
21:47	22:30	TF 01-G4	TF 01-G8	TF 01-G8					TF 01-G2
22:30		Award Ceremony							

	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
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22:45:00				
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[illegible]

** for NF without qualified MAG Gymnast

25 min/rot.	00:25						
MAG Open - Training	FX	PH	SR	VT	PB	HB	
10:00	10:30	General Warm-up					
10:30	10:55						
10:55	11:20						
11:20	11:45	Open Training					
11:45	12:10						
12:10	12:35						
12:35	13:00						

25 min/rot.	00:25					
MAG AF - Training	FX	PH	SR	VT	PB	HB
13:00	General Warm-up					
13:30	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
13:30						
13:55						
14:20						
14:20						
14:45						
15:10						
15:35						

25 min/rot.		00:25					
MAG AAF - Training		FX	PH	SR	VT	PB	HB
16:00	16:30	General Warm-up					
16:30	16:55	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**
16:55	17:20	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**
17:20	17:45	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**
17:45	18:10	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**
18:10	18:35	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8
18:35	19:00	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4



Thursday, 22 October 2020				
Start/Finish	Activity	Start/Finish	Activity	FO?
7:15:00				
7:30:00				
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[illegible]

* Non-qualified Gymnasts and NF substitutes

²² for NF without qualified MAG Gymnast[illegible]

25 min/rot.	00:25					
Mid AF - Training	FX	PH	SR	VT	PB	HB
13:15	General Warm-up					
13:45	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
14:10						
14:35						
15:00						
15:25						
15:50						

25 min/rel	00:25							
	FX	PH	SR	VT	PB	HB		
MMD Open - Training								
16:15	16:45	General Warm-up						
16:45	17:10							
17:10	17:35							
17:35	18:00	Open Training						
18:00	18:25							
18:25	18:50							
18:50	19:15							

[illegible]

FOP									
00:22									
22 min 30 w/hold									
MAE: 0.00 Annual FOP									
FX		PH		SR		VT		FB	
19:15	19:30	Innovation							
19:30	19:30	AA 01-Q1	AA 05-G8	AA 09-Q12	AA 01-Q18	R3**	AA 01-Q20	R2**	AA 021-Q24
19:35	20:10	AA 01-Q12	AA 01-Q14	AA 01-Q28	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
20:10	20:30	AA 01-Q12	AA 01-Q12	AA 01-Q12	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
20:30	20:35	AA 01-Q12	AA 01-Q12	AA 01-Q12	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
20:35	20:37	AA 01-Q12	AA 01-Q12	AA 01-Q12	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
20:37	21:00	AA 01-Q12	AA 01-Q12	AA 01-Q12	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
21:00	21:20	AA 09-Q12	AA 01-Q12	AA 01-Q12	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
21:20	21:40	AA 01-Q12	AA 01-Q12	AA 01-Q12	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
21:40	21:45	AA 01-Q12	AA 01-Q12	AA 01-Q12	AA 01-Q12	R4**	AA 01-Q28	R4**	AA 01-Q28
21:45	22:00	Award Ceremony							

	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00				
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11:30:00				
11:45:00				
12:00:00				
12:15:00		Open Training 12:00-15:00		
12:30:00				
12:45:00				
13:00:00				
13:15:00				
13:30:00				
13:45:00				
14:00:00				
14:15:00		MAG Apparatus Final Training 15:00-18:00		
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[illegible]

Training Hall #1

MAG Open - Training		FX	PH	SR	VT	PB	HB
12:00	12:30	General Warm-up					
12:30	12:55	Open Training					
12:55	13:20						
13:20	13:45						
13:45	14:10						
14:10	14:35						
14:35	15:00						

MAG AF - Training		FX	PH	SR	VT	PB	HB
15:00	15:30	General Warm-up					
15:30	15:55	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
15:55	16:20						
16:20	16:45						
16:45	17:10						
17:10	17:35						
17:35	18:00						



Saturday, 24 October 2020				
Time	Event	Start	End	Location
07:00				
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Saturday, 24 October 2020				
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Saturday, 24 October 2020				
Time	Event	Start	End	Location
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Saturday, 24 October 2020				
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Saturday, 24 October 2020				
Time	Event	Start	End	Location
07:00				
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* including Reserves and NF substitute
** Non qualified Gymnasts only

Training week #1							
24 November	02:25	VI	IX	IXB			
		Exercise morning					
25 November	02:25	VI					
26 November	02:25	VI					
27 November	02:25	VI					
28 November	02:25	VI					
29 November	02:25	VI					
30 November	02:25	VI					
01 December	02:25	VI					
02 December	02:25	VI					
03 December	02:25	VI					
04 December	02:25	VI					
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06 December	02:25	VI					
07 December	02:25	VI					
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09 December	02:25	VI					
10 December	02:25	VI					
11 December	02:25	VI					
12 December	02:25	VI					
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29 December	02:25	VI					
30 December	02:25	VI					
31 December	02:25	VI					
01 January	02:25	VI					
02 January	02:25	VI					
03 January	02:25	VI					
04 January	02:25	VI					
05 January	02:25	VI					
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28 January	02:25	VI					
29 January	02:25	VI					
30 January	02:25	VI					
31 January	02:25	VI					

FOP - Training			
01.00			
FOP - Training		VI	PS
13.00	13.00	General Working and Open Training	



Warm-up			
Warm-up Activities		VI	VB
12:00	18:00	General Warm-up and Open Warm-up	

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