Men's Gymnastics

Detailed Competition and Training Schedule

Updated on 2026/9/23 11:48

17 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Subdivision 1

Duration	Start	End	FX	PH	SR	VT	PB	HB	HB
	0:30	11:30	12:00	General Warm- up / Streching Area					
1	0:25	12:00	12:25	PHI	SGP	MG 1	IRI	MG 2	VIE
2	0:25	12:25	12:50	VIE	PHI	SGP	MG 1	IRI	MG 2
3	0:25	12:50	13:15	MG 2	VIE	PHI	SGP	MG 1	IRI
4	0:25	13:15	13:40	IRI	MG 2	VIE	PHI	SGP	MG 1
5	0:25	13:40	14:05	MG 1	IRI	MG 2	VIE	PHI	SGP
6	0:25	14:05	14:30	SGP	MG 1	IRI	MG 2	VIE	PHI

Subdivision 2

Rotation	Duration	Start	End	FX	PH	SR	VT	PB	HB
	0:30	14:30	15:00	General Warm- up / Streching Area					
1	0:25	15:00	15:25	CHN	JPN	KOR	KAZ	TPE	UZB
2	0:25	15:25	15:50	UZB	CHN	JPN	KOR	KAZ	TPE
3	0:25	15:50	16:15	TPE	UZB	CHN	JPN	KOR	KAZ
4	0:25	16:15	16:40	KAZ	TPE	UZB	CHN	JPN	KOR
5	0:25	16:40	17:05	KOR	KAZ	TPE	UZB	CHN	JPN
6	0:25	17:05	17:30	JPN	KOR	KAZ	TPE	UZB	CHN

18 SEPTEMBER 2026 — MAG PODIUM TRAINING

Competition Venu (Nagoya City General Gymnasium [Rainbow Hall]

Subdivision 1

WARM-UP HALL

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
	0:30	8:00	8:30	General Warm- up / Streching Area					
1	0:13	8:30	8:43	PHI	SGP	MG 1	IRI	MG 2	VIE
2	0:13	8:43	8:56	VIE	PHI	SGP	MG 1	IRI	MG 2
3	0:13	8:56	9:09	MG 2	VIE	PHI	SGP	MG 1	IRI
4	0:13	9:09	9:22	IRI	MG 2	VIE	PHI	SGP	MG 1
5	0:13	9:22	9:35	MG 1	IRI	MG 2	VIE	PHI	SGP
6	0:13	9:35	9:48	SGP	MG 1	IRI	MG 2	VIE	PHI

FOP

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
1	0:25	10:00	10:25	PHI	SGP	MG 1	IRI	MG 2	VIE
2	0:25	10:25	10:50	VIE	PHI	SGP	MG 1	IRI	MG 2
3	0:25	10:50	11:15	MG 2	VIE	PHI	SGP	MG 1	IRI
4	0:25	11:15	11:40	IRI	MG 2	VIE	PHI	SGP	MG 1
5	0:25	11:40	12:05	MG 1	IRI	MG 2	VIE	PHI	SGP
6	0:25	12:05	12:30	SGP	MG 1	IRI	MG 2	VIE	PHI

Subdivision 2

WARM-UP HALL

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
	0:30	12:30	13:00	General Warm- up / Streching Area					
1	0:13	13:00	13:13	CHN	JPN	KOR	KAZ	TPE	UZB
2	0:13	13:13	13:26	UZB	CHN	JPN	KOR	KAZ	TPE
3	0:13	13:26	13:39	TPE	UZB	CHN	JPN	KOR	KAZ
4	0:13	13:39	13:52	KAZ	TPE	UZB	CHN	JPN	KOR
5	0:13	13:52	14:05	KOR	KAZ	TPE	UZB	CHN	JPN
6	0:13	14:05	14:18	JPN	KOR	KAZ	TPE	UZB	CHN

FOP

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
1	0:25	14:30	14:55	CHN	JPN	KOR	KAZ	TPE	UZB
2	0:25	14:55	15:20	UZB	CHN	JPN	KOR	KAZ	TPE
3	0:25	15:20	15:45	TPE	UZB	CHN	JPN	KOR	KAZ
4	0:25	15:45	16:10	KAZ	TPE	UZB	CHN	JPN	KOR
5	0:25	16:10	16:35	KOR	KAZ	TPE	UZB	CHN	JPN
6	0:25	16:35	17:00	JPN	KOR	KAZ	TPE	UZB	CHN

19 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Subdivision 1

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
	0:30	8:30	9:00	General Warm- up / Streching Area					
1	0:15	9:00	9:15	PHI	SGP	MG 1	IRI	MG 2	VIE
2	0:15	9:15	9:30	VIE	PHI	SGP	MG 1	IRI	MG 2
3	0:15	9:30	9:45	MG 2	VIE	PHI	SGP	MG 1	IRI
4	0:15	9:45	10:00	IRI	MG 2	VIE	PHI	SGP	MG 1
5	0:15	10:00	10:15	MG 1	IRI	MG 2	VIE	PHI	SGP
6	0:15	10:15	10:30	SGP	MG 1	IRI	MG 2	VIE	PHI

Subdivision 2

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
	0:30	10:00	10:30	General Warm- up / Streching Area					
1	0:15	10:30	10:45	CHN	JPN	KOR	KAZ	TPE	UZB
2	0:15	10:45	11:00	UZB	CHN	JPN	KOR	KAZ	TPE
3	0:15	11:00	11:15	TPE	UZB	CHN	JPN	KOR	KAZ
4	0:15	11:15	11:30	KAZ	TPE	UZB	CHN	JPN	KOR
5	0:15	11:30	11:45	KOR	KAZ	TPE	UZB	CHN	JPN
6	0:15	11:45	12:00	JPN	KOR	KAZ	TPE	UZB	CHN

20 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Subdivision 1

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
	0:30	11:30	12:00	General Warm- up / Streching Area					
1	0:25	12:00	12:25	PHI	SGP	MG 1	IRI	MG 2	VIE
2	0:25	12:25	12:50	VIE	PHI	SGP	MG 1	IRI	MG 2
3	0:25	12:50	13:15	MG 2	VIE	PHI	SGP	MG 1	IRI
4	0:25	13:15	13:40	IRI	MG 2	VIE	PHI	SGP	MG 1
5	0:25	13:40	14:05	MG 1	IRI	MG 2	VIE	PHI	SGP
6	0:25	14:05	14:30	SGP	MG 1	IRI	MG 2	VIE	PHI

Subdivision 2

Rotation	DURATION	START	END	FX	PH	SR	VT	PB	HB
	0:30	14:30	15:00	General Warm- up / Streching Area					
1	0:25	15:00	15:25	CHN	JPN	KOR	KAZ	TPE	UZB
2	0:25	15:25	15:50	UZB	CHN	JPN	KOR	KAZ	TPE
3	0:25	15:50	16:15	TPE	UZB	CHN	JPN	KOR	KAZ
4	0:25	16:15	16:40	KAZ	TPE	UZB	CHN	JPN	KOR
5	0:25	16:40	17:05	KOR	KAZ	TPE	UZB	CHN	JPN
6	0:25	17:05	17:30	JPN	KOR	KAZ	TPE	UZB	CHN

Men's Gymnastics

Detailed Competition and Training Schedule

Updated on 2026/9/23 11:48

21 SEPTEMBER 2026 — MAG QUALIFICATION and ALL-AROUND FINAL

Competition Venu (Nagoya City General Gymnasium [Rainbow Hall]

Subdivision 1									
WARM-UP HALL									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	8:00	8:30	GENERAL WARM-UP - STRETCH AREA					
1	0:13	8:30	8:43	VIE	PHI	SGP	MG 1	IRI	MG 2
2	0:13	8:43	8:56	MG 2	VIE	PHI	SGP	MG 1	IRI
3	0:13	8:56	9:09	IRI	MG 2	VIE	PHI	SGP	MG 1
4	0:13	9:09	9:22	MG 1	IRI	MG 2	VIE	PHI	SGP
5	0:13	9:22	9:35	SGP	MG 1	IRI	MG 2	VIE	PHI
6	0:13	9:35	9:48	PHI	SGP	MG 1	IRI	MG 2	VIE
FOP									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
1	0:25	10:00	10:25	PHI	SGP	MG 1	IRI	MG 2	VIE
2	0:25	10:25	10:50	VIE	PHI	SGP	MG 1	IRI	MG 2
3	0:25	10:50	11:15	MG 2	VIE	PHI	SGP	MG 1	IRI
4	0:25	11:15	11:40	IRI	MG 2	VIE	PHI	SGP	MG 1
5	0:25	11:40	12:05	MG 1	IRI	MG 2	VIE	PHI	SGP
6	0:25	12:05	12:30	SGP	MG 1	IRI	MG 2	VIE	PHI

Subdivision 2									
WARM-UP HALL									
Rotation	**DURATION**	**START**	**END**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	12:30	13:00	GENERAL WARM-UP - STRETCH AREA					
1	0:13	13:00	13:13	UZB	CHN	JPN	KOR	KAZ	TPE
2	0:13	13:13	13:26	TPE	UZB	CHN	JPN	KOR	KAZ
3	0:13	13:26	13:39	KAZ	TPE	UZB	CHN	JPN	KOR
4	0:13	13:39	13:52	KOR	KAZ	TPE	UZB	CHN	JPN
5	0:13	13:52	14:05	JPN	KOR	KAZ	TPE	UZB	CHN
6	0:13	14:05	14:18	CHN	JPN	KOR	KAZ	TPE	UZB
FOP									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
1	0:25	14:30	14:55	CHN	JPN	KOR	KAZ	TPE	UZB
2	0:25	14:55	15:20	UZB	CHN	JPN	KOR	KAZ	TPE
3	0:25	15:20	15:45	TPE	UZB	CHN	JPN	KOR	KAZ
4	0:25	15:45	16:10	KAZ	TPE	UZB	CHN	JPN	KOR
5	0:25	16:10	16:35	KOR	KAZ	TPE	UZB	CHN	JPN
6	0:25	16:35	17:00	JPN	KOR	KAZ	TPE	UZB	CHN

Victory Ceremony				
	0:15	17:00	17:15	Men's All-Around Final Vitory Ceremony

22 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Team Qualifiers (2, 4, 6, 8) (+Reserve Team)									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	10:00	10:30	General Warm- up / Streching Area					
1	0:25	10:30	10:55	Team 2	Team 4	Team 6	Team 8	R1	
2	0:25	10:55	11:20		Team 2	Team 4	Team 6	Team 8	R1
3	0:25	11:20	11:45	R1		Team 2	Team 4	Team 6	Team 8
4	0:25	11:45	12:10	Team 8	R1		Team 2	Team 4	Team 6
5	0:25	12:10	12:35	Team 6	Team 8	R1		Team 2	Team 4
6	0:25	12:35	13:00	Team 4	Team 6	Team 8	R1		Team 2

Team Qualifiers (1, 3, 5, 7)									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	13:00	13:30	General Warm- up / Streching Area					
1	0:25	13:30	13:55	Team 1	Team 3	Team 5	Team 7		
2	0:25	13:55	14:20		Team 1	Team 3	Team 5	Team 7	
3	0:25	14:20	14:45			Team 1	Team 3	Team 5	Team 7
4	0:25	14:45	15:10	Team 7			Team 1	Team 3	Team 5
5	0:25	15:10	15:35	Team 5	Team 7			Team 1	Team 3
6	0:25	15:35	16:00	Team 3	Team 5	Team 7			Team 1

Apparatus Final Qualifiers & Non-Qualifiers									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	16:00	16:30	General Warm- up / Streching Area					
	2:30	16:30	19:00	Open Training					

23 SEPTEMBER 2026 — MAG TEAM FINAL

Competition Venu (Nagoya City General Gymnasium [Rainbow Hall]

MAG Team Final									
WARM-UP HALL									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	11:00	11:30	GENERAL WARM-UP - STRETCH AREA					
1	0:13	11:30	11:43		TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8	
2	0:13	11:43	11:56			TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8
3	0:13	11:56	12:09	TEAM 7-8			TEAM 1-2	TEAM 3-4	TEAM 5-6
4	0:13	12:09	12:22	TEAM 5-6	TEAM 7-8			TEAM 1-2	TEAM 3-4
5	0:13	12:22	12:35	TEAM 3-4	TEAM 5-6	TEAM 7-8			TEAM 1-2
6	0:13	12:35	12:48	TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8		
FOP									
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
1	0:25	13:00	13:25	TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8		
2	0:25	13:25	13:50		TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8	
3	0:25	13:50	14:15			TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8
4	0:25	14:15	14:40	TEAM 7-8			TEAM 1-2	TEAM 3-4	TEAM 5-6
5	0:25	14:40	15:05	TEAM 5-6	TEAM 7-8			TEAM 1-2	TEAM 3-4
6	0:25	15:05	15:30	TEAM 3-4	TEAM 5-6	TEAM 7-8			TEAM 1-2

Victory Ceremony				
	0:25	15:30	15:55	Men's Team Final Vitory Ceremony

Training Venue (Portmesse Nagoya Exhibition Hall #2)

MAG	Apparatus Finals Qualifiers								
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	14:00	14:30	General Warm- up / Streching Area					
	2:30	14:30	17:00	OPEN TRAINING					

MAG	Non-Qualifying Gymnasts								
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	17:00	17:30	General Warm- up / Streching Area					
	2:30	17:30	20:00	OPEN TRAINING					

20th Asian Games Aichi-Nagoya 2026

Men's Gymnastics

Detailed Competition and Training Schedule

Updated on 2026/9/23 11:48

24 SEPTEMBER 2026 — MAG & WAG Apparatus Finals Day 1

Competition Venue (Nagoya General Gymnasium [Rainbow Hall]

APPARATUS FINAL DAY 1									
WARM-UP HALL / FOP									
No.	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:10	15:15	15:25	General Warm- up - NO APPARATUS TRAINING					
	1:00	15:30	16:30	FOP WARM-UP					
FOP									
No.	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
1	0:40	17:00	17:40	MEN'S FLOOR EXERCISE FINAL					
VC	0:15	17:40	17:55	VICTORY CEREMONY — MEN'S FLOOR					
2	0:40	17:55	18:35	WOMEN'S VAULT FINAL					
3	0:40	18:35	19:15	MEN'S POMMEL HORSE FINAL					
VC	0:30	19:15	19:45	VICTORY CEREMONIES — WAG VAULT + MAG POMMEL HORSE					
4	0:40	19:45	20:25	WOMEN'S UNEVEN BARS FINAL					
5	0:40	20:25	21:05	MEN'S STILL RINGS FINAL					
VC	0:30	21:05	21:35	VICTORY CEREMONIES — WAG UNEVEN BARS + MAG STILL RINGS					

Training Venue (Portmesse Nagoya Exhibition Hall #2)

MAG				Apparatus Final Qualifiers					
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	9:00	9:30	General Warm- up / Streching Area					
	2:30	9:30	12:00	OPEN TRAINING					

MAG				Non-Qualifying Gymnasts					
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	12:00	12:30	General Warm- up / Streching Area					
	2:30	12:30	15:00	OPEN TRAINING					

25 SEPTEMBER 2026 — MAG & WAG Apparatus Finals Day 2

Competition Venue (Nagoya General Gymnasium [Rainbow Hall]

APPARATUS FINAL DAY 2									
WARM-UP HALL / FOP									
No.	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:10	13:15	13:25	GENERAL WARM-UP - NO APPARATUS TRAINING					
	1:00	13:30	14:30	FOP WARM-UP					
FOP									
No.	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
1	0:40	15:00	15:40	MEN'S VAULT FINAL					
2	0:30	15:40	16:10	WOMEN'S BALANCE BEAM FINAL					
VC	0:40	16:10	16:50	VICTORY CEREMONIES — MAG VAULT + WAG BALANCE BEAM					
3	0:40	16:50	17:30	MEN'S PARALLEL BARS FINAL					
4	0:30	17:30	18:00	WOMEN'S FLOOR EXERCISE FINAL					
VC	0:40	18:00	18:40	VICTORY CEREMONIES — MAG PARALLEL BARS + WAG FLOOR					
5	0:40	18:40	19:20	MEN'S HORIZONTAL BAR FINAL					
VC	0:15	19:20	19:35	VICTORY CEREMONY — MEN'S HORIZONTAL BAR					

Training Venue (Portmesse Nagoya Exhibition Hall #2)

MAG				Non-Qualifying Gymnasts					
Rotation	**Duration**	**Start**	**End**	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
	0:30	9:00	9:30	General Warm- up / Streching Area					
	2:30	9:30	12:00	OPEN TRAINING					