20th Asian Games
Aichi-Nagoya 2026

Women's Artistic Gymnastics

Detailed Competition and Training Schedule

updated on 2026/9/23 11:50

17 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Subdivision 1							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	10:00	10:40	General Warm-up / Streching Area			
1	0:35	10:40	11:15	SGP	MG 1	PHI	TPE
2	0:35	11:15	11:50	TPE	SGP	MG 1	PHI
3	0:35	11:50	12:25	PHI	TPE	SGP	MG 1
4	0:35	12:25	13:00	MG 1	PHI	TPE	SGP

Subdivision 2							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	13:00	13:40	General Warm-up / Streching Area			
1	0:35	13:40	14:15	KAZ	MG 2	MAS	UZB
2	0:35	14:15	14:50	UZB	KAZ	MG 2	MAS
3	0:35	14:50	15:25	MAS	UZB	KAZ	MG 2
4	0:35	15:25	16:00	MG 2	MAS	UZB	KAZ

Subdivision 3							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	16:00	16:40	General Warm-up / Streching Area			
1	0:35	16:40	17:15	CHN	JPN	KOR	PRK
2	0:35	17:15	17:50	PRK	CHN	JPN	KOR
3	0:35	17:50	18:25	KOR	PRK	CHN	JPN
4	0:35	18:25	19:00	JPN	KOR	PRK	CHN

18 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Subdivision 1							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	10:00	10:40	General Warm-up / Streching Area			
1	0:35	10:40	11:15	SGP	MG 1	PHI	TPE
2	0:35	11:15	11:50	TPE	SGP	MG 1	PHI
3	0:35	11:50	12:25	PHI	TPE	SGP	MG 1
4	0:35	12:25	13:00	MG 1	PHI	TPE	SGP

Subdivision 2							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	13:00	13:40	General Warm-up / Streching Area			
1	0:35	13:40	14:15	KAZ	MG 2	MAS	UZB
2	0:35	14:15	14:50	UZB	KAZ	MG 2	MAS
3	0:35	14:50	15:25	MAS	UZB	KAZ	MG 2
4	0:35	15:25	16:00	MG 2	MAS	UZB	KAZ

Subdivision 3							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	16:00	16:40	General Warm-up / Streching Area			
1	0:35	16:40	17:15	CHN	JPN	KOR	PRK
2	0:35	17:15	17:50	PRK	CHN	JPN	KOR
3	0:35	17:50	18:25	KOR	PRK	CHN	JPN
4	0:35	18:25	19:00	JPN	KOR	PRK	CHN

19 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Subdivision 1							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	8:00	8:40	General Warm-up / Streching Area			
1	0:20	8:40	9:00	SGP	MG 1	PHI	TPE
2	0:20	9:00	9:20	TPE	SGP	MG 1	PHI
3	0:20	9:20	9:40	PHI	TPE	SGP	MG 1
4	0:20	9:40	10:00	MG 1	PHI	TPE	SGP

Subdivision 2							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	9:30	10:10	General Warm-up / Streching Area			
1	0:20	10:10	10:30	KAZ	MG 2	MAS	UZB
2	0:20	10:30	10:50	UZB	KAZ	MG 2	MAS
3	0:20	10:50	11:10	MAS	UZB	KAZ	MG 2
4	0:20	11:10	11:30	MG 2	MAS	UZB	KAZ

Subdivision 3							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	11:00	11:40	General Warm-up / Streching Area			
1	0:20	11:40	12:00	CHN	JPN	KOR	PRK
2	0:20	12:00	12:20	PRK	CHN	JPN	KOR
3	0:20	12:20	12:40	KOR	PRK	CHN	JPN
4	0:20	12:40	13:00	JPN	KOR	PRK	CHN

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20 SEPTEMBER 2026 — WAG PODIUM TRAINING

Competition Venu (Nagoya City General Gymnasium [Rainbow Hall]

Subdivision 1							
WARM-UP HALL							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:30	10:00	10:30	General Warm-up / Streching Area			
1	0:20	10:30	10:50	TPE	SGP	MX 1	PHI
2	0:20	10:50	11:10	PHI	TPE	SGP	MX 1
3	0:20	11:10	11:30	MX 1	PHI	TPE	SGP
4	0:20	11:30	11:50	SGP	MX 1	PHI	TPE
FOP							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
1	0:25	12:00	12:25	SGP	MX 1	PHI	TPE
2	0:25	12:25	12:50	TPE	SGP	MX 1	PHI
3	0:25	12:50	13:15	PHI	TPE	SGP	MX 1
4	0:25	13:15	13:40	MX 1	PHI	TPE	SGP

Subdivision 2							
WARM-UP HALL							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:30	12:00	12:30	General Warm-up / Streching Area			
1	0:20	12:30	12:50	UZB	KAZ	MX 2	MAS
2	0:20	12:50	13:10	MAS	UZB	KAZ	MX 2
3	0:20	13:10	13:30	MX 2	MAS	UZB	KAZ
4	0:20	13:30	13:50	KAZ	MX 2	MAS	UZB
FOP							
Rotation	**DURATION**	**START**	**END**	**VT**	**UB**	**BB**	**FX**
1	0:25	14:00	14:25	KAZ	MX 2	MAS	UZB
2	0:25	14:25	14:50	UZB	KAZ	MX 2	MAS
3	0:25	14:50	15:15	MAS	UZB	KAZ	MX 2
4	0:25	15:15	15:40	MX 2	MAS	UZB	KAZ

Subdivision 3							
WARM-UP HALL							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:30	15:30	16:00	General Warm-up / Streching Area			
1	0:20	16:00	16:20	PRK	CHN	JPN	KOR
2	0:20	16:20	16:40	KOR	PRK	CHN	JPN
3	0:20	16:40	17:00	JPN	KOR	PRK	CHN
4	0:20	17:00	17:20	CHN	JPN	KOR	PRK
FOP							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
1	0:25	17:30	17:55	CHN	JPN	KOR	PRK
2	0:25	17:55	18:20	PRK	CHN	JPN	KOR
3	0:25	18:20	18:45	KOR	PRK	CHN	JPN
4	0:25	18:45	19:10	JPN	KOR	PRK	CHN

21 SEPTEMBER 2026 — TRAINING DAY IN TRAINING VENUE

Training Venue (Portmesse Nagoya Exhibition Hall #2)

Subdivision 1							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	10:00	10:40	General Warm-up / Streching Area			
1	0:20	10:40	11:00	SGP	MG 1	PHI	TPE
2	0:20	11:00	11:20	TPE	SGP	MG 1	PHI
3	0:20	11:20	11:40	PHI	TPE	SGP	MG 1
4	0:20	11:40	12:00	MG 1	PHI	TPE	SGP

Subdivision 2							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	13:00	13:40	General Warm-up / Streching Area			
1	0:20	13:40	14:00	KAZ	MG 2	MAS	UZB
2	0:20	14:00	14:20	UZB	KAZ	MG 2	MAS
3	0:20	14:20	14:40	MAS	UZB	KAZ	MG 2
4	0:20	14:40	15:00	MG 2	MAS	UZB	KAZ

Subdivision 3							
Rotation	**Duration**	**Start**	**End**	**VT**	**UB**	**BB**	**FX**
	0:40	16:00	16:40	General Warm-up / Streching Area			
1	0:20	16:40	17:00	CHN	JPN	KOR	PRK
2	0:20	17:00	17:20	PRK	CHN	JPN	KOR
3	0:20	17:20	17:40	KOR	PRK	CHN	JPN
4	0:20	17:40	18:00	JPN	KOR	PRK	CHN

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22 SEPTEMBER 2026 — WAG QIUALIFICATION and ALL-AROUND FINAL

Competition Venue（Nagoya General Gymnasium [Rainbow Hall]

Subdivision 1							
WARM-UP HALL							
Rotation	Duration	Start	End	VT	UB	BB	FX
	0:30	10:00	10:30	General Warm-up / Streching Area			
1	0:20	10:30	10:50	TPE	SGP	MX 1	PHI
2	0:20	10:50	11:10	PHI	TPE	SGP	MX 1
3	0:20	11:10	11:30	MX 1	PHI	TPE	SGP
4	0:20	11:30	11:50	SGP	MX 1	PHI	TPE
FOP							
Rotation	DURATION	START	END	VT	UB	BB	FX
1	0:25	12:00	12:25	SGP	MX 1	PHI	TPE
2	0:25	12:25	12:50	TPE	SGP	MX 1	PHI
3	0:25	12:50	13:15	PHI	TPE	SGP	MX 1
4	0:25	13:15	13:40	MX 1	PHI	TPE	SGP

Subdivision 2							
WARM-UP HALL							
Rotation	Duration	Start	End	VT	UB	BB	FX
	0:30	12:00	12:30	General Warm-up / Streching Area			
1	0:20	12:30	12:50	UZB	KAZ	MX 2	MAS
2	0:20	12:50	13:10	MAS	UZB	KAZ	MX 2
3	0:20	13:10	13:30	MX 2	MAS	UZB	KAZ
4	0:20	13:30	13:50	KAZ	MX 2	MAS	UZB
FOP							
Rotation	DURATION	START	END	VT	UB	BB	FX
1	0:25	14:00	14:25	KAZ	MX 2	MAS	UZB
2	0:25	14:25	14:50	UZB	KAZ	MX 2	MAS
3	0:25	14:50	15:15	MAS	UZB	KAZ	MX 2
4	0:25	15:15	15:40	MX 2	MAS	UZB	KAZ

Subdivision 3			15:30-19:10				
WARM-UP HALL							
Rotation	DURATION	START	END	VT	UB	BB	FX
	0:30	15:30	16:00	General Warm-up / Streching Area			
1	0:20	16:00	16:20	PRK	CHN	JPN	KOR
2	0:20	16:20	16:40	KOR	PRK	CHN	JPN
3	0:20	16:40	17:00	JPN	KOR	PRK	CHN
4	0:20	17:00	17:20	CHN	JPN	KOR	PRK
FOP							
Rotation	DURATION	START	END	VT	UB	BB	FX
1	0:25	17:30	17:55	CHN	JPN	KOR	PRK
2	0:25	17:55	18:20	PRK	CHN	JPN	KOR
3	0:25	18:20	18:45	KOR	PRK	CHN	JPN
4	0:25	18:45	19:10	JPN	KOR	PRK	CHN

Victory Ceremony			19:10-19:25	
	0:15	19:10	19:25	Women's All-Around Final Vitory Ceremony

23 SEPTEMBER 2026 — WAG TEAM FINAL

Competition Venue（Nagoya General Gymnasium [Rainbow Hall]

WAG Team Final							
WARM-UP HALL							
Rotation	DURATION	START	END	VT	UB	BB	FX
	0:30	17:00	17:30	General Warm-up / Streching Area			
1	0:20	17:30	17:50	TEAM 7-8	TEAM 1-2	TEAM 3-4	TEAM 5-6
2	0:20	17:50	18:10	TEAM 5-6	TEAM 7-8	TEAM 1-2	TEAM 3-4
3	0:20	18:10	18:30	TEAM 3-4	TEAM 5-6	TEAM 7-8	TEAM 1-2
4	0:20	18:30	18:50	TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8
FOP							
Rotation	DURATION	START	END	VT	UB	BB	FX
1	0:30	19:00	19:30	TEAM 1-2	TEAM 3-4	TEAM 5-6	TEAM 7-8
2	0:30	19:30	20:00	TEAM 7-8	TEAM 1-2	TEAM 3-4	TEAM 5-6
3	0:30	20:00	20:30	TEAM 5-6	TEAM 7-8	TEAM 1-2	TEAM 3-4
4	0:30	20:30	21:00	TEAM 3-4	TEAM 5-6	TEAM 7-8	TEAM 1-2

Victory Ceremony				
	0:25	21:00	21:25	Women's Team Final Vitory Ceremony

Training Venue（Portmesse Nagoya Exhibition Hall #2)

WAG				Apparatus Finals Qualifiers			
Rotation	DURATION	START	END	VT	UB	BB	FX
	0:30	9:30	10:00	General Warm-up / Streching Area			
	2:30	10:00	12:30	OPEN TRAINING			

WAG				Non-Qualifying Gymnasts			
Rotation	DURATION	START	END	VT	UB	BB	FX
	0:30	12:30	13:00	General Warm-up / Streching Area			
	2:30	13:00	15:30	OPEN TRAINING			

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24 SEPTEMBER 2026 — MAG & WAG Apparatus Finals Day 1

Competition Venue (Nagoya General Gymnasium [Rainbow Hall]

Apparatus Finals Day 1				
WARM-UP HALL / FOP				
No.	**DURATION**	**START**	**END**	**EVENT**
	0:10	15:15	15:25	General Warm-up (WUH) - NO APPARATUS TRAINING
	1:00	15:30	16:30	FOP WARM-UP
FOP				
No.	**DURATION**	**START**	**END**	**EVENT**
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)

WAG				Apparatus Finals Qualifiers			
Rotation	**DURATION**	**START**	**END**	**VT**	**UB**	**BB**	**FX**
	0:30	9:00	9:30	General Warm-up / Streching Area			
	2:30	9:30	12:00	OPEN TRAINING			

WAG				Non-Qualifying Gymnasts			
Rotation	**DURATION**	**START**	**END**	**VT**	**UB**	**BB**	**FX**
	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 Finals Day 2				
WARM-UP HALL / FOP				
No.	**DURATION**	**START**	**END**	**EVENT**
	0:10	13:15	13:25	General Warm-up (WUH) - NO APPARATUS TRAINING
	1:00	13:30	14:30	FOP WARM-UP
FOP				
No.	**DURATION**	**START**	**END**	**EVENT**
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)

WAG				Non-Qualifying Gymnasts			
Rotation	**DURATION**	**START**	**END**	**VT**	**UB**	**BB**	**FX**
	0:30	9:00	9:30	General Warm-up / Streching Area			
	2:30	9:30	12:00	OPEN TRAINING			