# Rhythmic Gymnastics

# Competition and Training Schedule

**UPDATED : 2026/08/19**

## September 29 (Tue)

| TRAINING VENUE | | | | | |
|---|---|---|---|---|---|
| *Each training group consists of 2 gymnasts. | Arrival | Stretching Area | | Apparatus Training | |
| | | 45 min | | 135 min | |
| | | Start | Finish | Start | Finish |
| RGI Training Group 1-6 | 7:45 | 8:00 | 8:45 | 8:45 | 11:00 |
| RGI Training Group 7-10 | 10:45 | 11:00 | 11:45 | 11:45 | 14:00 |
| RGI Training Group 11 | 10:45 | 11:00 | 11:45 | 11:45 | 14:20 |
| RGG 1-5 | 13:45 | 14:00 | 14:45 | 14:45 | 17:00 |
| RGG 6-10 | 16:45 | 17:00 | 17:45 | 17:45 | 20:00 |

## September 30 (Wed) GRY Podium Training

| COMPETITION VENUE | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| *Each group consists of 4 gymnasts. Except group 6 with 3 gymnasts | Arrival | Stretching Area | | Warm-up | | Final Carpet | | FOP | |
| | | 30 min | | 45 min | | 10 min | | 40 min | |
| | | Start | Finish | Start | Finish | Start | Finish | Start | Finish |
| RGI Group 1 | 7:00 | 7:15 | 7:35 | 7:38 | 9:43 | 9:46 | 9:56 | 10:00 | 10:40 |
| RGI Group 2 | 7:45 | 8:00 | 8:20 | 8:23 | 10:28 | 10:31 | 10:41 | 10:45 | 11:25 |
| RGI Group 3 | 8:30 | 8:45 | 9:05 | 9:08 | 11:13 | 11:16 | 11:26 | 11:30 | 12:10 |
| RGI Group 4 | 9:15 | 9:30 | 9:50 | 9:53 | 11:58 | 12:01 | 12:11 | 12:15 | 12:55 |
| RGI Group 5 | 10:00 | 10:15 | 10:35 | 10:38 | 12:43 | 12:46 | 12:56 | 13:00 | 13:40 |
| RGI Group 6 | 10:45 | 11:00 | 11:20 | 11:23 | 13:28 | 13:31 | 13:41 | 13:45 | 14:15 |
| *Each group consists of 2 NOC's. | Arrival | 30 min | | 45 min | | 10 min | | 40 min | |
| | | Start | Finish | Start | Finish | Start | Finish | Start | Finish |
| RGG Group 1 | 13:30 | 13:45 | 14:05 | 14:08 | 16:13 | 16:16 | 16:26 | 16:30 | 17:10 |
| RGG Group 2 | 14:15 | 14:30 | 14:50 | 14:53 | 16:58 | 17:01 | 17:11 | 17:15 | 17:55 |
| RGG Group 3 | 15:00 | 15:15 | 15:35 | 15:38 | 17:43 | 17:46 | 17:56 | 18:00 | 18:40 |
| RGG Group 4 | 15:45 | 16:00 | 16:20 | 16:23 | 18:28 | 18:31 | 18:41 | 18:45 | 19:25 |
| RGG Group 5 | 16:30 | 16:45 | 17:05 | 17:08 | 19:13 | 19:16 | 19:26 | 19:30 | 20:10 |

## October 1 (Thu) GRY Individual Qualification

| COMPETITION VENUE | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | Arrival | Stretching Area | | Warm-up | | Final Carpet | | FOP | |
| | | 30 min | | 100 min | | 10 min | | 4 min | |
| | | Start | Finish | Start | Finish | Start | Finish | Start | Finish |
| Subdivision 1 | | | | | | | | | |
| Individual All-Around Qual. 1-4 | 8:15 | See the detailed schedule | | | | | | Rotation 1-2-3-4 | |
| Individual All-Around Qual. 5-8 | 8:30 | | | | | | | 11:00 | 14:30 |
| Individual All-Around Qual. 9-12 | 8:45 | | | | | | | | |
| Subdivision 2 | | | | | | | | | |
| Individual All-Around Qual. 13-16 | 12:45 | See the detailed schedule | | | | | | Rotation 1-2-3-4 | |
| Individual All-Around Qual. 17-20 | 13:00 | | | | | | | 15:30 | 18:45 |
| Individual All-Around Qual. 21-23 | 13:15 | | | | | | | | |

| TRAINING VENUE | | | | | |
|---|---|---|---|---|---|
| | Arrival | Stretching Area | | Apparatus Training | |
| | | 45 min | | 135 min | |
| | | Start | Finish | Start | Finish |
| RGG 1-5 | 9:45 | 10:00 | 10:45 | 10:45 | 13:00 |
| RGG 6-10 | 12:45 | 13:00 | 13:45 | 13:45 | 16:00 |

## October 2 (Fri) GRY Group Qualification

| COMPETITION VENUE | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | Arrival | Stretching Area | | Warm-up | | Final Carpet | | FOP | |
| | | 40min | | 105min | | 10 min | | 6 min | |
| | | Start | Finish | Start | Finish | Start | Finish | Start | Finish |
| Group All-Around Qual. 1-3 | 15:00 | See the detailed schedule | | | | | | 18:00 | 20:40 |
| Group All-Around Qual. 4-6 | 15:15 | | | | | | | | |
| Group All-Around Qual. 7-10 | 15:40 | | | | | | | | |

| TRAINING VENUE | | | | | |
|---|---|---|---|---|---|
| | Arrival | Stretching Area | | Apparatus Training | |
| | | 45 min | | 75 min | |
| | | Start | Finish | Start | Finish |
| RGG 1-5 | 8:45 | 9:00 | 9:45 | 9:45 | 11:00 |
| RGG 6-10 | 10:45 | 11:00 | 11:45 | 11:45 | 13:00 |
| | | 45 min | | 135 min | |
| RGI Qualifiers | 12:45 | 13:00 | 13:45 | 13:45 | 16:00 |

# Rhythmic Gymnastics

# Competition and Training Schedule

October 3 (Sat) GRY Individual Final & Group Final

| COMPETITION VENUE | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | Arrival | Stretching Area | | Warm-up | | Final Carpet | | FOP | |
| | | 30min | | 100min | | 10 min | | 4min | |
| | | Start | Finish | Start | Finish | Start | Finish | Start | Finish |
| Individual All-Around Final 1-5 | 10:05 | See the detailed schedule | | | | | | 13:00 | 16:25 |
| Individual All-Around Final 6-10 | 10:25 | | | | | | | | |
| Victory Ceremony | | | | | | | | 16:25 | 16:40 |
| | Arrival | Stretching Area | | Warm-up | | Final Carpet | | FOP | |
| | | 50min | | 105min | | 10 min | | 6 min | |
| | | Start | Finish | Start | Finish | Start | Finish | Start | Finish |
| Groupl All-Around Final 1-4 | 16:00 | See the detailed schedule | | | | | | 19:00 | 21:00 |
| Groupl All-Around Final 5-8 | 16:20 | | | | | | | | |
| Victory Ceremony | | | | | | | | 21:00 | 21:25 |