



Rio 2016 Olympic Games

**WOMEN'S ARTISTIC GYMNASTICS**  
Training and Competition Schedule

Activity: TRAINING WAG

Date: July 24, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 2

13:00-15:30

13:00-13:30 - General warm up

					
13:30	14:00	ITA	MxG5	RUS	MxG6
14:00	14:30	MxG6	ITA	MxG5	RUS
14:30	15:00	RUS	MxG6	ITA	MxG5
15:00	15:30	MxG5	RUS	MxG6	ITA

Sub 3

13:00-15:30

13:00-13:30 - General warm up

					
13:30	14:00	MxG8	GBR	BRA	GER
14:00	14:30	GER	MxG8	GBR	BRA
14:30	15:00	BRA	GER	MxG8	GBR
15:00	15:30	GBR	BRA	GER	MxG8

Sub 4

15:45-18:15

15:45-16:15 - General warm up

					
16:15	16:45	MxG4	NED	MxG2	USA
16:45	17:15	USA	MxG4	NED	MxG2
17:15	17:45	MxG2	USA	MxG4	NED
17:45	18:15	NED	MxG2	USA	MxG4

Sub 5

15:45-18:15

15:45-16:15 - General warm up

					
16:15	16:45	JPN	FRA	CAN	MxG3
16:45	17:15	MxG3	JPN	FRA	CAN
17:15	17:45	CAN	MxG3	JPN	FRA
17:45	18:15	FRA	CAN	MxG3	JPN

Sub 1

18:30-21:00

18:30-19:00 - General warm up

					
19:00	19:30	MxG7	BEL	CHN	MxG1
19:30	20:00	MxG1	MxG7	BEL	CHN
20:00	20:30	CHN	MxG1	MxG7	BEL
20:30	21:00	BEL	CHN	MxG1	MxG7

Activity: TRAINING WAG

Date: July 25, 2016

ATHLETES' PARK





Hall 1 - WAG

Hall 2 - WAG

Sub 2

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	ITA	MxG5	RUS	MxG6
8:40	9:00	MxG6	ITA	MxG5	RUS
9:00	9:20	RUS	MxG6	ITA	MxG5
9:20	9:40	MxG5	RUS	MxG6	ITA

Sub 3

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	MxG8	GBR	BRA	GER
8:40	9:00	GER	MxG8	GBR	BRA
9:00	9:20	BRA	GER	MxG8	GBR
9:20	9:40	GBR	BRA	GER	MxG8

Sub 5

10:00-11:40





10:00-10:20 - General warm up

					
10:20	10:40	JPN	FRA	CAN	MxG3
10:40	11:00	MxG3	JPN	FRA	CAN
11:00	11:20	CAN	MxG3	JPN	FRA
11:20	11:40	FRA	CAN	MxG3	JPN

Sub 4

10:00-11:40

10:00-10:20 - General warm up

					
10:20	10:40	MxG4	NED	MxG2	USA
10:40	11:00	USA	MxG4	NED	MxG2
11:00	11:20	MxG2	USA	MxG4	NED
11:20	11:40	NED	MxG2	USA	MxG4

Sub 1

12:00-14:30

12:00-12:30 - General warm up

					
12:30	13:00	MxG7	BEL	CHN	MxG1
13:00	13:30	MxG1	MxG7	BEL	CHN
13:30	14:00	CHN	MxG1	MxG7	BEL
14:00	14:30	BEL	CHN	MxG1	MxG7

Sub 2

13:45-16:15

13:45-14:15 - General warm up

					
14:15	14:45	ITA	MxG5	RUS	MxG6
14:45	15:15	MxG6	ITA	MxG5	RUS
15:15	15:45	RUS	MxG6	ITA	MxG5
15:45	16:15	MxG5	RUS	MxG6	ITA

Sub 3

15:30-18:00

15:30-16:00 - General warm up

					
16:00	16:30	MxG8	GBR	BRA	GER
16:30	17:00	GER	MxG8	GBR	BRA
17:00	17:30	BRA	GER	MxG8	GBR
17:30	18:00	GBR	BRA	GER	MxG8

Sub 5

16:30-19:00

16:30-17:00 - General warm up

					
17:00	17:30	JPN	FRA	CAN	MxG3
17:30	18:00	MxG3	JPN	FRA	CAN
18:00	18:30	CAN	MxG3	JPN	FRA
18:30	19:00	FRA	CAN	MxG3	JPN

Sub 4

18:15-20:45

18:15-18:45 - General warm up

					
18:45	19:15	MxG4	NED	MxG2	USA
19:15	19:45	USA	MxG4	NED	MxG2
19:45	20:15	MxG2	USA	MxG4	NED
20:15	20:45	NED	MxG2	USA	MxG4

Sub 1

19:15-20:55

19:15-19:35 - General warm up

					
19:35	19:55	MxG7	BEL	CHN	MxG1
19:55	20:15	MxG1	MxG7	BEL	CHN
20:15	20:35	CHN	MxG1	MxG7	BEL
20:35	20:55	BEL	CHN	MxG1	MxG7

Activity: TRAINING WAG

Date: July 26, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 5

08:00-09:40

08:00-08:20 - General warm up

		工	冫	ㄥ	■
8:20	8:40	JPN	FRA	CAN	MxG3
8:40	9:00	MxG3	JPN	FRA	CAN
9:00	9:20	CAN	MxG3	JPN	FRA
9:20	9:40	FRA	CAN	MxG3	JPN

Sub 4

08:00-09:40

08:00-08:20 - General warm up

		工	冫	ㄥ	■
8:20	8:40	MxG4	NED	MxG2	USA
8:40	9:00	USA	MxG4	NED	MxG2
9:00	9:20	MxG2	USA	MxG4	NED
9:20	9:40	NED	MxG2	USA	MxG4

Sub 1

10:00-11:40

10:00-10:20 - General warm up

		工	冫	ㄥ	■
10:20	10:40	MxG7	BEL	CHN	MxG1
10:40	11:00	MxG1	MxG7	BEL	CHN
11:00	11:20	CHN	MxG1	MxG7	BEL
11:20	11:40	BEL	CHN	MxG1	MxG7

Sub 2

10:00-11:40

10:00-10:20 - General warm up

		工	冫	ㄥ	■
10:20	10:40	ITA	MxG5	RUS	MxG6
10:40	11:00	MxG6	ITA	MxG5	RUS
11:00	11:20	RUS	MxG6	ITA	MxG5
11:20	11:40	MxG5	RUS	MxG6	ITA

Sub 3

12:00-14:30

12:00-12:30 - General warm up

		工	冫	ㄥ	■
12:30	13:00	MxG8	GBR	BRA	GER
13:00	13:30	GER	MxG8	GBR	BRA
13:30	14:00	BRA	GER	MxG8	GBR
14:00	14:30	GBR	BRA	GER	MxG8

Sub 5

13:45-16:15

13:45-14:15 - General warm up

		工	冫	ㄥ	■
14:15	14:45	JPN	FRA	CAN	MxG3
14:45	15:15	MxG3	JPN	FRA	CAN
15:15	15:45	CAN	MxG3	JPN	FRA
15:45	16:15	FRA	CAN	MxG3	JPN

Sub 4

15:30-18:00

15:30-16:00 - General warm up

		工	冫	ㄥ	■
16:00	16:30	MxG4	NED	MxG2	USA
16:30	17:00	USA	MxG4	NED	MxG2
17:00	17:30	MxG2	USA	MxG4	NED
17:30	18:00	NED	MxG2	USA	MxG4

Sub 1

16:30-19:00

16:30-17:00 - General warm up

		工	冫	ㄥ	■
17:00	17:30	MxG7	BEL	CHN	MxG1
17:30	18:00	MxG1	MxG7	BEL	CHN
18:00	18:30	CHN	MxG1	MxG7	BEL
18:30	19:00	BEL	CHN	MxG1	MxG7

Sub 2

18:15-20:45

18:15-18:45 - General warm up

		工	冫	ㄥ	■
18:45	19:15	ITA	MxG5	RUS	MxG6
19:15	19:45	MxG6	ITA	MxG5	RUS
19:45	20:15	RUS	MxG6	ITA	MxG5
20:15	20:45	MxG5	RUS	MxG6	ITA

Sub 3

19:15-20:55

19:15-19:35 - General warm up

		工	冫	ㄥ	■
19:35	19:55	MxG8	GBR	BRA	GER
19:55	20:15	GER	MxG8	GBR	BRA
20:15	20:35	BRA	GER	MxG8	GBR
20:35	20:55	GBR	BRA	GER	MxG8

Activity: TRAINING WAG

Date: July 27, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 1

08:00-09:40					
08:00-08:20 - General warm up					
		⌒	⌒	⌒	■
8:20	8:40	MxG7	BEL	CHN	MxG1
8:40	9:00	MxG1	MxG7	BEL	CHN
9:00	9:20	CHN	MxG1	MxG7	BEL
9:20	9:40	BEL	CHN	MxG1	MxG7

Sub 2

08:00-09:40					
08:00-08:20 - General warm up					
		⌒	⌒	⌒	■
8:20	8:40	ITA	MxG5	RUS	MxG6
8:40	9:00	MxG6	ITA	MxG5	RUS
9:00	9:20	RUS	MxG6	ITA	MxG5
9:20	9:40	MxG5	RUS	MxG6	ITA

Sub 3

10:00-11:40					
10:00-10:20 - General warm up					
		⌒	⌒	⌒	■
10:20	10:40	MxG8	GBR	BRA	GER
10:40	11:00	GER	MxG8	GBR	BRA
11:00	11:20	BRA	GER	MxG8	GBR
11:20	11:40	GBR	BRA	GER	MxG8

Sub 5

10:00-11:40					
10:00-10:20 - General warm up					
		⌒	⌒	⌒	■
10:20	10:40	JPN	FRA	CAN	MxG3
10:40	11:00	MxG3	JPN	FRA	CAN
11:00	11:20	CAN	MxG3	JPN	FRA
11:20	11:40	FRA	CAN	MxG3	JPN

Sub 4

12:00-14:30					
12:00-12:30 - General warm up					
		⌒	⌒	⌒	■
12:30	13:00	MxG4	NED	MxG2	USA
13:00	13:30	USA	MxG4	NED	MxG2
13:30	14:00	MxG2	USA	MxG4	NED
14:00	14:30	NED	MxG2	USA	MxG4

Sub 1

13:45-16:15					
13:45-14:15 - General warm up					
		⌒	⌒	⌒	■
14:15	14:45	MxG7	BEL	CHN	MxG1
14:45	15:15	MxG1	MxG7	BEL	CHN
15:15	15:45	CHN	MxG1	MxG7	BEL
15:45	16:15	BEL	CHN	MxG1	MxG7

Sub 2

15:30-18:00					
15:30-16:00 - General warm up					
		⌒	⌒	⌒	■
16:00	16:30	ITA	MxG5	RUS	MxG6
16:30	17:00	MxG6	ITA	MxG5	RUS
17:00	17:30	RUS	MxG6	ITA	MxG5
17:30	18:00	MxG5	RUS	MxG6	ITA

Sub 3

16:30-19:00					
16:30-17:00 - General warm up					
		⌒	⌒	⌒	■
17:00	17:30	MxG8	GBR	BRA	GER
17:30	18:00	GER	MxG8	GBR	BRA
18:00	18:30	BRA	GER	MxG8	GBR
18:30	19:00	GBR	BRA	GER	MxG8

Sub 5

18:15-20:45					
18:15-18:45 - General warm up					
		⌒	⌒	⌒	■
18:45	19:15	JPN	FRA	CAN	MxG3
19:15	19:45	MxG3	JPN	FRA	CAN
19:45	20:15	CAN	MxG3	JPN	FRA
20:15	20:45	FRA	CAN	MxG3	JPN

Sub 4

19:15-20:55					
19:15-19:35 - General warm up					
		⌒	⌒	⌒	■
19:35	19:55	MxG4	NED	MxG2	USA
19:55	20:15	USA	MxG4	NED	MxG2
20:15	20:35	MxG2	USA	MxG4	NED
20:35	20:55	NED	MxG2	USA	MxG4

Activity: TRAINING WAG

Date: July 28, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 3

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	MxG8	GBR	BRA	GER
8:40	9:00	GER	MxG8	GBR	BRA
9:00	9:20	BRA	GER	MxG8	GBR
9:20	9:40	GBR	BRA	GER	MxG8

Sub 4

10:00-11:40

10:00-10:20 - General warm up

					
10:20	10:40	MxG4	NED	MxG2	USA
10:40	11:00	USA	MxG4	NED	MxG2
11:00	11:20	MxG2	USA	MxG4	NED
11:20	11:40	NED	MxG2	USA	MxG4

Sub 2

12:00-14:30

12:00-12:30 - General warm up

					
12:30	13:00	ITA	MxG5	RUS	MxG6
13:00	13:30	MxG6	ITA	MxG5	RUS
13:30	14:00	RUS	MxG6	ITA	MxG5
14:00	14:30	MxG5	RUS	MxG6	ITA

Sub 5

15:30-18:00

15:30-16:00 - General warm up

					
16:00	16:30	JPN	FRA	CAN	MxG3
16:30	17:00	MxG3	JPN	FRA	CAN
17:00	17:30	CAN	MxG3	JPN	FRA
17:30	18:00	FRA	CAN	MxG3	JPN

Sub 1

18:15-20:45

18:15-18:45 - General warm up

					
18:45	19:15	MxG7	BEL	CHN	MxG1
19:15	19:45	MxG1	MxG7	BEL	CHN
19:45	20:15	CHN	MxG1	MxG7	BEL
20:15	20:45	BEL	CHN	MxG1	MxG7

Sub 5

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	JPN	FRA	CAN	MxG3
8:40	9:00	MxG3	JPN	FRA	CAN
9:00	9:20	CAN	MxG3	JPN	FRA
9:20	9:40	FRA	CAN	MxG3	JPN

Sub 1

10:00-11:40

10:00-10:20 - General warm up

					
10:20	10:40	MxG7	BEL	CHN	MxG1
10:40	11:00	MxG1	MxG7	BEL	CHN
11:00	11:20	CHN	MxG1	MxG7	BEL
11:20	11:40	BEL	CHN	MxG1	MxG7

Sub 3

13:45-16:15





13:45-14:15 - General warm up

					
14:15	14:45	MxG8	GBR	BRA	GER
14:45	15:15	GER	MxG8	GBR	BRA
15:15	15:45	BRA	GER	MxG8	GBR
15:45	16:15	GBR	BRA	GER	MxG8

Sub 4

16:30-19:00

16:30-17:00 - General warm up

					
17:00	17:30	MxG4	NED	MxG2	USA
17:30	18:00	USA	MxG4	NED	MxG2
18:00	18:30	MxG2	USA	MxG4	NED
18:30	19:00	NED	MxG2	USA	MxG4

Sub 2

19:15-20:55

19:15-19:35 - General warm up

					
19:35	19:55	ITA	MxG5	RUS	MxG6
19:55	20:15	MxG6	ITA	MxG5	RUS
20:15	20:35	RUS	MxG6	ITA	MxG5
20:35	20:55	MxG5	RUS	MxG6	ITA

Activity: TRAINING WAG





Date: July 29, 2016

ATHLETES' PARK





Hall 1 - WAG

Hall 2 - WAG





Sub 4

08:00-09:40					
08:00-08:20 - General warm up					
					
8:20	8:40	MxG4	NED	MxG2	USA
8:40	9:00	USA	MxG4	NED	MxG2
9:00	9:20	MxG2	USA	MxG4	NED
9:20	9:40	NED	MxG2	USA	MxG4





Sub 2

10:00-11:40					
10:00-10:20 - General warm up					
					
10:20	10:40	ITA	MxG5	RUS	MxG6
10:40	11:00	MxG6	ITA	MxG5	RUS
11:00	11:20	RUS	MxG6	ITA	MxG5
11:20	11:40	MxG5	RUS	MxG6	ITA





Sub 5

12:00-14:30					
12:00-12:30 - General warm up					
					
12:30	13:00	JPN	FRA	CAN	MxG3
13:00	13:30	MxG3	JPN	FRA	CAN
13:30	14:00	CAN	MxG3	JPN	FRA
14:00	14:30	FRA	CAN	MxG3	JPN





Sub 1

15:30-18:00					
15:30-16:00 - General warm up					
					
16:00	16:30	MxG7	BEL	CHN	MxG1
16:30	17:00	MxG1	MxG7	BEL	CHN
17:00	17:30	CHN	MxG1	MxG7	BEL
17:30	18:00	BEL	CHN	MxG1	MxG7





Sub 3

18:15-20:45					
18:15-18:45 - General warm up					
					
18:45	19:15	MxG8	GBR	BRA	GER
19:15	19:45	GER	MxG8	GBR	BRA
19:45	20:15	BRA	GER	MxG8	GBR
20:15	20:45	GBR	BRA	GER	MxG8





Sub 1

08:00-09:40					
08:00-08:20 - General warm up					
					
8:20	8:40	MxG7	BEL	CHN	MxG1
8:40	9:00	MxG1	MxG7	BEL	CHN
9:00	9:20	CHN	MxG1	MxG7	BEL
9:20	9:40	BEL	CHN	MxG1	MxG7

Sub 3

10:00-11:40					
10:00-10:20 - General warm up					
					
10:20	10:40	MxG8	GBR	BRA	GER
10:40	11:00	GER	MxG8	GBR	BRA
11:00	11:20	BRA	GER	MxG8	GBR
11:20	11:40	GBR	BRA	GER	MxG8





Sub 4

13:45-16:15					
13:45-14:15 - General warm up					
					
14:15	14:45	MxG4	NED	MxG2	USA
14:45	15:15	USA	MxG4	NED	MxG2
15:15	15:45	MxG2	USA	MxG4	NED
15:45	16:15	NED	MxG2	USA	MxG4

Sub 2

16:30-19:00					
16:30-17:00 - General warm up					
					
17:00	17:30	ITA	MxG5	RUS	MxG6
17:30	18:00	MxG6	ITA	MxG5	RUS
18:00	18:30	RUS	MxG6	ITA	MxG5
18:30	19:00	MxG5	RUS	MxG6	ITA

Sub 5

19:15-20:55					
19:15-19:35 - General warm up					
					
19:35	19:55	JPN	FRA	CAN	MxG3
19:55	20:15	MxG3	JPN	FRA	CAN
20:15	20:35	CAN	MxG3	JPN	FRA
20:35	20:55	FRA	CAN	MxG3	JPN

Activity: TRAINING WAG





Date: July 30, 2016

ATHLETES' PARK





Hall 1 - WAG

Hall 2 - WAG





Sub 2

08:00-09:40					
08:00-08:20 - General warm up					
					
8:20	8:40	ITA	MxG5	RUS	MxG6
8:40	9:00	MxG6	ITA	MxG5	RUS
9:00	9:20	RUS	MxG6	ITA	MxG5
9:20	9:40	MxG5	RUS	MxG6	ITA





Sub 3

08:00-09:40					
08:00-08:20 - General warm up					
					
8:20	8:40	MxG8	GBR	BRA	GER
8:40	9:00	GER	MxG8	GBR	BRA
9:00	9:20	BRA	GER	MxG8	GBR
9:20	9:40	GBR	BRA	GER	MxG8





Sub 5

10:00-11:40					
10:00-10:20 - General warm up					
					
10:20	10:40	JPN	FRA	CAN	MxG3
10:40	11:00	MxG3	JPN	FRA	CAN
11:00	11:20	CAN	MxG3	JPN	FRA
11:20	11:40	FRA	CAN	MxG3	JPN





Sub 4

10:00-11:40					
10:00-10:20 - General warm up					
					
10:20	10:40	MxG4	NED	MxG2	USA
10:40	11:00	USA	MxG4	NED	MxG2
11:00	11:20	MxG2	USA	MxG4	NED
11:20	11:40	NED	MxG2	USA	MxG4





Sub 1

12:00-14:30					
12:00-12:30 - General warm up					
					
12:30	13:00	MxG7	BEL	CHN	MxG1
13:00	13:30	MxG1	MxG7	BEL	CHN
13:30	14:00	CHN	MxG1	MxG7	BEL
14:00	14:30	BEL	CHN	MxG1	MxG7





Sub 2

13:45-16:15					
13:45-14:15 - General warm up					
					
14:15	14:45	ITA	MxG5	RUS	MxG6
14:45	15:15	MxG6	ITA	MxG5	RUS
15:15	15:45	RUS	MxG6	ITA	MxG5
15:45	16:15	MxG5	RUS	MxG6	ITA





Sub 3

15:30-18:00					
15:30-16:00 - General warm up					
					
16:00	16:30	MxG8	GBR	BRA	GER
16:30	17:00	GER	MxG8	GBR	BRA
17:00	17:30	BRA	GER	MxG8	GBR
17:30	18:00	GBR	BRA	GER	MxG8





Sub 5

16:30-19:00					
16:30-17:00 - General warm up					
					
17:00	17:30	JPN	FRA	CAN	MxG3
17:30	18:00	MxG3	JPN	FRA	CAN
18:00	18:30	CAN	MxG3	JPN	FRA
18:30	19:00	FRA	CAN	MxG3	JPN

Sub 4

18:15-20:45					
18:15-18:45 - General warm up					
					
18:45	19:15	MxG4	NED	MxG2	USA
19:15	19:45	USA	MxG4	NED	MxG2
19:45	20:15	MxG2	USA	MxG4	NED
20:15	20:45	NED	MxG2	USA	MxG4

Sub 1

19:15-20:55					
19:15-19:35 - General warm up					
					
19:35	19:55	MxG7	BEL	CHN	MxG1
19:55	20:15	MxG1	MxG7	BEL	CHN
20:15	20:35	CHN	MxG1	MxG7	BEL
20:35	20:55	BEL	CHN	MxG1	MxG7



Activity: TRAINING WAG

Date: July 31, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 5

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	JPN	FRA	CAN	MxG3
8:40	9:00	MxG3	JPN	FRA	CAN
9:00	9:20	CAN	MxG3	JPN	FRA
9:20	9:40	FRA	CAN	MxG3	JPN

Sub 1

10:00-11:40

10:00-10:20 - General warm up

					
10:20	10:40	MxG7	BEL	CHN	MxG1
10:40	11:00	MxG1	MxG7	BEL	CHN
11:00	11:20	CHN	MxG1	MxG7	BEL
11:20	11:40	BEL	CHN	MxG1	MxG7

Sub 3

12:00-14:30

12:00-12:30 - General warm up

					
12:30	13:00	MxG8	GBR	BRA	GER
13:00	13:30	GER	MxG8	GBR	BRA
13:30	14:00	BRA	GER	MxG8	GBR
14:00	14:30	GBR	BRA	GER	MxG8

Sub 4

15:30-18:00



15:30-16:00 - General warm up

					
16:00	16:30	MxG4	NED	MxG2	USA
16:30	17:00	USA	MxG4	NED	MxG2
17:00	17:30	MxG2	USA	MxG4	NED
17:30	18:00	NED	MxG2	USA	MxG4

Sub 2

18:15-20:45




18:15-18:45 - General warm up

					
18:45	19:15	ITA	MxG5	RUS	MxG6
19:15	19:45	MxG6	ITA	MxG5	RUS
19:45	20:15	RUS	MxG6	ITA	MxG5
20:15	20:45	MxG5	RUS	MxG6	ITA

Sub 4

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	MxG4	NED	MxG2	USA
8:40	9:00	USA	MxG4	NED	MxG2
9:00	9:20	MxG2	USA	MxG4	NED
9:20	9:40	NED	MxG2	USA	MxG4

Sub 2

10:00-11:40

10:00-10:20 - General warm up

					
10:20	10:40	ITA	MxG5	RUS	MxG6
10:40	11:00	MxG6	ITA	MxG5	RUS
11:00	11:20	RUS	MxG6	ITA	MxG5
11:20	11:40	MxG5	RUS	MxG6	ITA

Sub 5

13:45-16:15

13:45-14:15 - General warm up

					
14:15	14:45	JPN	FRA	CAN	MxG3
14:45	15:15	MxG3	JPN	FRA	CAN
15:15	15:45	CAN	MxG3	JPN	FRA
15:45	16:15	FRA	CAN	MxG3	JPN

Sub 1

16:30-19:00

16:30-17:00 - General warm up

					
17:00	17:30	MxG7	BEL	CHN	MxG1
17:30	18:00	MxG1	MxG7	BEL	CHN
18:00	18:30	CHN	MxG1	MxG7	BEL
18:30	19:00	BEL	CHN	MxG1	MxG7

Sub 3

19:15-20:55

19:15-19:35 - General warm up

					
19:35	19:55	MxG8	GBR	BRA	GER
19:55	20:15	GER	MxG8	GBR	BRA
20:15	20:35	BRA	GER	MxG8	GBR
20:35	20:55	GBR	BRA	GER	MxG8

Activity: TRAINING WAG

Date: August 1, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 4

08:00-10:30

08:00-08:30 - General warm up

		⌒	⌒	⌒	■
8:30	9:00	MxG4	NED	MxG2	USA
9:00	9:30	USA	MxG4	NED	MxG2
9:30	10:00	MxG2	USA	MxG4	NED
10:00	10:30	NED	MxG2	USA	MxG4

Sub 5

08:00-10:30

08:00-08:30 - General warm up

		⌒	⌒	⌒	■
8:30	9:00	JPN	FRA	CAN	MxG3
9:00	9:30	MxG3	JPN	FRA	CAN
9:30	10:00	CAN	MxG3	JPN	FRA
10:00	10:30	FRA	CAN	MxG3	JPN

Sub 1

14:30-17:00

14:30-15:00 - General warm up

		⌒	⌒	⌒	■
15:00	15:30	MxG7	BEL	CHN	MxG1
15:30	16:00	MxG1	MxG7	BEL	CHN
16:00	16:30	CHN	MxG1	MxG7	BEL
16:30	17:00	BEL	CHN	MxG1	MxG7

Sub 2

15:30-18:00

15:30-16:00 - General warm up

		⌒	⌒	⌒	■
16:00	16:30	ITA	MxG5	RUS	MxG6
16:30	17:00	MxG6	ITA	MxG5	RUS
17:00	17:30	RUS	MxG6	ITA	MxG5
17:30	18:00	MxG5	RUS	MxG6	ITA

Sub 3

18:30-21:00

18:30-19:00 - General warm up

		⌒	⌒	⌒	■
19:00	19:30	MxG8	GBR	BRA	GER
19:30	20:00	GER	MxG8	GBR	BRA
20:00	20:30	BRA	GER	MxG8	GBR
20:30	21:00	GBR	BRA	GER	MxG8

**Activity: TRAINING WAG**

Date: August 1, 2016

**ROA**

**Warm up Hall - WAG**

**Sub 1**

07:55-09:35

07:55-08:15 - General warm up

					
8:15	8:35	MxG7	BEL	CHN	MxG1
8:35	8:55	MxG1	MxG7	BEL	CHN
8:55	9:15	CHN	MxG1	MxG7	BEL
9:15	9:35	BEL	CHN	MxG1	MxG7

**Sub 2**

09:40-11:20

09:40-10:00 - General warm up

					
10:00	10:20	ITA	MxG5	RUS	MxG6
10:20	10:40	MxG6	ITA	MxG5	RUS
10:40	11:00	RUS	MxG6	ITA	MxG5
11:00	11:20	MxG5	RUS	MxG6	ITA

**Sub 3**

12:40-14:20


12:40-13:00 - General warm up

					
13:00	13:20	MxG8	GBR	BRA	GER
13:20	13:40	GER	MxG8	GBR	BRA
13:40	14:00	BRA	GER	MxG8	GBR
14:00	14:20	GBR	BRA	GER	MxG8

**Sub 4**

15:40-17:20

15:40-16:00 - General warm up

					
16:00	16:20	MxG4	NED	MxG2	USA
16:20	16:40	USA	MxG4	NED	MxG2
16:40	17:00	MxG2	USA	MxG4	NED
17:00	17:20	NED	MxG2	USA	MxG4

**Sub 5**

18:50-20:30

18:50-19:10 - General warm up

					
19:10	19:30	JPN	FRA	CAN	MxG3
19:30	19:50	MxG3	JPN	FRA	CAN
19:50	20:10	CAN	MxG3	JPN	FRA
20:10	20:30	FRA	CAN	MxG3	JPN

Activity: TRAINING WAG

Date: August 2, 2016

ATHLETES' PARK





Hall 1 - WAG

Hall 2 - WAG

Sub 4

08:00-10:30





08:00-08:30 - General warm up

					
8:30	9:00	MxG4	NED	MxG2	USA
9:00	9:30	USA	MxG4	NED	MxG2
9:30	10:00	MxG2	USA	MxG4	NED
10:00	10:30	NED	MxG2	USA	MxG4

Sub 5

08:00-10:30


08:00-08:30 - General warm up

					
8:30	9:00	JPN	FRA	CAN	MxG3
9:00	9:30	MxG3	JPN	FRA	CAN
9:30	10:00	CAN	MxG3	JPN	FRA
10:00	10:30	FRA	CAN	MxG3	JPN

Sub 1

14:30-17:00

14:30-15:00 - General warm up

					
15:00	15:30	MxG7	BEL	CHN	MxG1
15:30	16:00	MxG1	MxG7	BEL	CHN
16:00	16:30	CHN	MxG1	MxG7	BEL
16:30	17:00	BEL	CHN	MxG1	MxG7

Sub 2

15:30-18:00

15:30-16:00 - General warm up

					
16:00	16:30	ITA	MxG5	RUS	MxG6
16:30	17:00	MxG6	ITA	MxG5	RUS
17:00	17:30	RUS	MxG6	ITA	MxG5
17:30	18:00	MxG5	RUS	MxG6	ITA

Sub 3

18:30-21:00

18:30-19:00 - General warm up

					
19:00	19:30	MxG8	GBR	BRA	GER
19:30	20:00	GER	MxG8	GBR	BRA
20:00	20:30	BRA	GER	MxG8	GBR
20:30	21:00	GBR	BRA	GER	MxG8

**Activity: TRAINING WAG**

Date: August 2, 2016

**ROA**

**Warm up Hall - WAG**

**Sub 1**

07:55-09:35

07:55-08:15 - General warm up

					
8:15	8:35	MxG7	BEL	CHN	MxG1
8:35	8:55	MxG1	MxG7	BEL	CHN
8:55	9:15	CHN	MxG1	MxG7	BEL
9:15	9:35	BEL	CHN	MxG1	MxG7

**Sub 2**

09:40-11:20

09:40-10:00 - General warm up

					
10:00	10:20	ITA	MxG5	RUS	MxG6
10:20	10:40	MxG6	ITA	MxG5	RUS
10:40	11:00	RUS	MxG6	ITA	MxG5
11:00	11:20	MxG5	RUS	MxG6	ITA

**Sub 3**

12:40-14:20

12:40-13:00 - General warm up

					
13:00	13:20	MxG8	GBR	BRA	GER
13:20	13:40	GER	MxG8	GBR	BRA
13:40	14:00	BRA	GER	MxG8	GBR
14:00	14:20	GBR	BRA	GER	MxG8

**Sub 4**

15:40-17:20

15:40-16:00 - General warm up

					
16:00	16:20	MxG4	NED	MxG2	USA
16:20	16:40	USA	MxG4	NED	MxG2
16:40	17:00	MxG2	USA	MxG4	NED
17:00	17:20	NED	MxG2	USA	MxG4

**Sub 5**

18:50-20:30

18:50-19:10 - General warm up

					
19:10	19:30	JPN	FRA	CAN	MxG3
19:30	19:50	MxG3	JPN	FRA	CAN
19:50	20:10	CAN	MxG3	JPN	FRA
20:10	20:30	FRA	CAN	MxG3	JPN

Activity: TRAINING WAG

Date: August 3, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 1

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	MxG7	BEL	CHN	MxG1
8:40	9:00	MxG1	MxG7	BEL	CHN
9:00	9:20	CHN	MxG1	MxG7	BEL
9:20	9:40	BEL	CHN	MxG1	MxG7

Sub 2

10:00-11:40

10:00-10:20 - General warm up

					
10:20	10:40	ITA	MxG5	RUS	MxG6
10:40	11:00	MxG6	ITA	MxG5	RUS
11:00	11:20	RUS	MxG6	ITA	MxG5
11:20	11:40	MxG5	RUS	MxG6	ITA

Sub 3

12:00-14:30

12:00-12:30 - General warm up

					
12:30	13:00	MxG8	GBR	BRA	GER
13:00	13:30	GER	MxG8	GBR	BRA
13:30	14:00	BRA	GER	MxG8	GBR
14:00	14:30	GBR	BRA	GER	MxG8

Sub 4

15:30-18:00


15:30-16:00 - General warm up

					
16:00	16:30	MxG4	NED	MxG2	USA
16:30	17:00	USA	MxG4	NED	MxG2
17:00	17:30	MxG2	USA	MxG4	NED
17:30	18:00	NED	MxG2	USA	MxG4

Sub 5

18:15-20:45



18:15-18:45 - General warm up

					
18:45	19:15	JPN	FRA	CAN	MxG3
19:15	19:45	MxG3	JPN	FRA	CAN
19:45	20:15	CAN	MxG3	JPN	FRA
20:15	20:45	FRA	CAN	MxG3	JPN

Sub 4

08:00-09:40

08:00-08:20 - General warm up

					
8:20	8:40	MxG4	NED	MxG2	USA
8:40	9:00	USA	MxG4	NED	MxG2
9:00	9:20	MxG2	USA	MxG4	NED
9:20	9:40	NED	MxG2	USA	MxG4

Sub 5

10:00-11:40

10:00-10:20 - General warm up

					
10:20	10:40	JPN	FRA	CAN	MxG3
10:40	11:00	MxG3	JPN	FRA	CAN
11:00	11:20	CAN	MxG3	JPN	FRA
11:20	11:40	FRA	CAN	MxG3	JPN

Sub 1

13:45-16:15

13:45-14:15 - General warm up

					
14:15	14:45	MxG7	BEL	CHN	MxG1
14:45	15:15	MxG1	MxG7	BEL	CHN
15:15	15:45	CHN	MxG1	MxG7	BEL
15:45	16:15	BEL	CHN	MxG1	MxG7

Sub 2

16:30-19:00

16:30-17:00 - General warm up

					
17:00	17:30	ITA	MxG5	RUS	MxG6
17:30	18:00	MxG6	ITA	MxG5	RUS
18:00	18:30	RUS	MxG6	ITA	MxG5
18:30	19:00	MxG5	RUS	MxG6	ITA

Sub 3

19:15-20:55

19:15-19:35 - General warm up

					
19:35	19:55	MxG8	GBR	BRA	GER
19:55	20:15	GER	MxG8	GBR	BRA
20:15	20:35	BRA	GER	MxG8	GBR
20:35	20:55	GBR	BRA	GER	MxG8

**Activity: TRAINING WAG**

Date: August 4, 2016

**ATHLETES' PARK**

**Hall 1 - WAG**

**Sub 4**

08:30-10:10

08:30-08:50 - General warm up

					
8:50	9:10	MxG4	NED	MxG2	USA
9:10	9:30	USA	MxG4	NED	MxG2
9:30	9:50	MxG2	USA	MxG4	NED
9:50	10:10	NED	MxG2	USA	MxG4

**Sub 5**

10:30-12:10

10:30-10:50 - General warm up

					
10:50	11:10	JPN	FRA	CAN	MxG3
11:10	11:30	MxG3	JPN	FRA	CAN
11:30	11:50	CAN	MxG3	JPN	FRA
11:50	12:10	FRA	CAN	MxG3	JPN

**Sub 1**

16:00-17:40

16:00-16:20 - General warm up

					
16:20	16:40	MxG7	BEL	CHN	MxG1
16:40	17:00	MxG1	MxG7	BEL	CHN
17:00	17:20	CHN	MxG1	MxG7	BEL
17:20	17:40	BEL	CHN	MxG1	MxG7

**Sub 2**

18:00-19:40

18:00-18:20 - General warm up

					
18:20	18:40	ITA	MxG5	RUS	MxG6
18:40	19:00	MxG6	ITA	MxG5	RUS
19:00	19:20	RUS	MxG6	ITA	MxG5
19:20	19:40	MxG5	RUS	MxG6	ITA

**Sub 3**









































20:00-21:40

20:00-20:20 - General warm up

					
20:20	20:40	MxG8	GBR	BRA	GER
20:40	21:00	GER	MxG8	GBR	BRA
21:00	21:20	BRA	GER	MxG8	GBR
21:20	21:40	GBR	BRA	GER	MxG8

Activity: **PODIUM TRAINING WAG**

Date: August 4, 2016

ROA						FOP					
Warm up Hall - WAG						FOP					
<b>Sub 1</b>						<b>Sub 1</b>					
07:55-09:35						09:45-11:15					
07:55-08:15 - General warm up						09:45-11:15					
											
8:15	8:35	MxG1	MxG7	BEL	CHN	09:45		MxG7	BEL	CHN	MxG1
8:35	8:55	CHN	MxG1	MxG7	BEL	11:15		MxG1	MxG7	BEL	CHN
8:55	9:15	BEL	CHN	MxG1	MxG7			CHN	MxG1	MxG7	BEL
9:15	9:35	MxG7	BEL	CHN	MxG1			BEL	CHN	MxG1	MxG7
<b>Sub 2</b>						<b>Sub 2</b>					
09:40-11:20						11:30-13:00					
09:40-10:00 - General warm up						11:30-13:00					
											
10:00	10:20	MxG6	ITA	MxG5	RUS	11:30		ITA	MxG5	RUS	MxG6
10:20	10:40	RUS	MxG6	ITA	MxG5	13:00		MxG6	ITA	MxG5	RUS
10:40	11:00	MxG5	RUS	MxG6	ITA			RUS	MxG6	ITA	MxG5
11:00	11:20	ITA	MxG5	RUS	MxG6			MxG5	RUS	MxG6	ITA
<b>Sub 3</b>						<b>Sub 3</b>					
12:40-14:20						14:30-16:00					
12:40-13:00 - General warm up						14:30-16:00					
											
13:00	13:20	GER	MxG8	GBR	BRA	14:30		MxG8	GBR	BRA	GER
13:20	13:40	BRA	GER	MxG8	GBR	16:00		GER	MxG8	GBR	BRA
13:40	14:00	GBR	BRA	GER	MxG8			BRA	GER	MxG8	GBR
14:00	14:20	MxG8	GBR	BRA	GER			GBR	BRA	GER	MxG8
<b>Sub 4</b>						<b>Sub 4</b>					
15:40-17:20						17:30-19:00					
15:40-16:00 - General warm up						17:30-19:00					
											
16:00	16:20	USA	MxG4	NED	MxG2	17:30		MxG4	NED	MxG2	USA
16:20	16:40	MxG2	USA	MxG4	NED	19:00		USA	MxG4	NED	MxG2
16:40	17:00	NED	MxG2	USA	MxG4			MxG2	USA	MxG4	NED
17:00	17:20	MxG4	NED	MxG2	USA			NED	MxG2	USA	MxG4
<b>Sub 5</b>						<b>Sub 5</b>					
18:40-20:20						20:30-22:00					
18:40-19:00 - General warm up						20:30-22:00					
											
19:00	19:20	MxG3	JPN	FRA	CAN	20:30		JPN	FRA	CAN	MxG3
19:20	19:40	CAN	MxG3	JPN	FRA	22:00		MxG3	JPN	FRA	CAN
19:40	20:00	FRA	CAN	MxG3	JPN			CAN	MxG3	JPN	FRA
20:00	20:20	JPN	FRA	CAN	MxG3			FRA	CAN	MxG3	JPN



Activity: TRAINING WAG

Date: August 5, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

Sub 1

07:00-09:00




07:00-07:28 - General warm up

					
7:28	7:51	MxG7	BEL	CHN	MxG1
7:51	8:14	MxG1	MxG7	BEL	CHN
8:14	8:37	CHN	MxG1	MxG7	BEL
8:37	9:00	BEL	CHN	MxG1	MxG7

Sub 2

07:00-09:00



07:00-07:28 - General warm up

					
7:28	7:51	ITA	MxG5	RUS	MxG6
7:51	8:14	MxG6	ITA	MxG5	RUS
8:14	8:37	RUS	MxG6	ITA	MxG5
8:37	9:00	MxG5	RUS	MxG6	ITA

Sub 3

08:30-10:30





08:30-08:58 - General warm up (MAG Hall 2)

					
8:58	9:21	MxG8	GBR	BRA	GER
9:21	9:44	GER	MxG8	GBR	BRA
9:44	10:07	BRA	GER	MxG8	GBR
10:07	10:30	GBR	BRA	GER	MxG8

Sub 4

10:00-12:00





10:00-10:28 - General warm up

					
10:28	10:51	MxG4	NED	MxG2	USA
10:51	11:14	USA	MxG4	NED	MxG2
11:14	11:37	MxG2	USA	MxG4	NED
11:37	12:00	NED	MxG2	USA	MxG4

Sub 5

10:00-12:00

10:00-10:28 - General warm up (MAG Hall 2)

					
10:28	10:51	JPN	FRA	CAN	MxG3
10:51	11:14	MxG3	JPN	FRA	CAN
11:14	11:37	CAN	MxG3	JPN	FRA
11:37	12:00	FRA	CAN	MxG3	JPN

Activity: TRAINING WAG





Date: August 6, 2016

ATHLETES' PARK





Hall 1 - WAG

Hall 2 - WAG





Sub 1

08:00-09:40					
08:00-08:20 - General warm up					
					
8:20	8:40	MxG7	BEL	CHN	MxG1
8:40	9:00	MxG1	MxG7	BEL	CHN
9:00	9:20	CHN	MxG1	MxG7	BEL
9:20	9:40	BEL	CHN	MxG1	MxG7





Sub 2

10:00-11:40					
10:00-10:20 - General warm up					
					
10:20	10:40	ITA	MxG5	RUS	MxG6
10:40	11:00	MxG6	ITA	MxG5	RUS
11:00	11:20	RUS	MxG6	ITA	MxG5
11:20	11:40	MxG5	RUS	MxG6	ITA





Sub 3

12:00-14:30					
12:00-12:30 - General warm up					
					
12:30	13:00	MxG8	GBR	BRA	GER
13:00	13:30	GER	MxG8	GBR	BRA
13:30	14:00	BRA	GER	MxG8	GBR
14:00	14:30	GBR	BRA	GER	MxG8





Sub 4

15:30-18:00					
15:30-16:00 - General warm up					
					
16:00	16:30	MxG4	NED	MxG2	USA
16:30	17:00	USA	MxG4	NED	MxG2
17:00	17:30	MxG2	USA	MxG4	NED
17:30	18:00	NED	MxG2	USA	MxG4





Sub 5

18:15-20:45					
18:15-18:45 - General warm up					
					
18:45	19:15	JPN	FRA	CAN	MxG3
19:15	19:45	MxG3	JPN	FRA	CAN
19:45	20:15	CAN	MxG3	JPN	FRA
20:15	20:45	FRA	CAN	MxG3	JPN





Sub 4

08:00-09:40					
08:00-08:20 - General warm up					
					
8:20	8:40	MxG4	NED	MxG2	USA
8:40	9:00	USA	MxG4	NED	MxG2
9:00	9:20	MxG2	USA	MxG4	NED
9:20	9:40	NED	MxG2	USA	MxG4



Sub 5

10:00-11:40					
10:00-10:20 - General warm up					
					
10:20	10:40	JPN	FRA	CAN	MxG3
10:40	11:00	MxG3	JPN	FRA	CAN
11:00	11:20	CAN	MxG3	JPN	FRA
11:20	11:40	FRA	CAN	MxG3	JPN





Sub 1

13:45-16:15					
13:45-14:15 - General warm up					
					
14:15	14:45	MxG7	BEL	CHN	MxG1
14:45	15:15	MxG1	MxG7	BEL	CHN
15:15	15:45	CHN	MxG1	MxG7	BEL
15:45	16:15	BEL	CHN	MxG1	MxG7

Sub 2

16:30-19:00					
16:30-17:00 - General warm up					
					
17:00	17:30	ITA	MxG5	RUS	MxG6
17:30	18:00	MxG6	ITA	MxG5	RUS
18:00	18:30	RUS	MxG6	ITA	MxG5
18:30	19:00	MxG5	RUS	MxG6	ITA

Sub 3

19:15-20:55					
19:15-19:35 - General warm up					
					
19:35	19:55	MxG8	GBR	BRA	GER
19:55	20:15	GER	MxG8	GBR	BRA
20:15	20:35	BRA	GER	MxG8	GBR
20:35	20:55	GBR	BRA	GER	MxG8

**Activity: TRAINING WAG**

Date: August 7, 2016





**ATHLETES' PARK**

**WAG Hall 1**

**Sub 4**

08:30-10:10

08:30-08:50 - General warm up

					
8:50	9:10	MxG4	NED	MxG2	USA
9:10	9:30	USA	MxG4	NED	MxG2
9:30	9:50	MxG2	USA	MxG4	NED
9:50	10:10	NED	MxG2	USA	MxG4

**Sub 5**

10:30-12:10


10:30-10:50 - General warm up

					
10:50	11:10	JPN	FRA	CAN	MxG3
11:10	11:30	MxG3	JPN	FRA	CAN
11:30	11:50	CAN	MxG3	JPN	FRA
11:50	12:10	FRA	CAN	MxG3	JPN

**Sub 1**

16:00-17:40

16:00-16:20 - General warm up

					
16:20	16:40	MxG7	BEL	CHN	MxG1
16:40	17:00	MxG1	MxG7	BEL	CHN
17:00	17:20	CHN	MxG1	MxG7	BEL
17:20	17:40	BEL	CHN	MxG1	MxG7

**Sub 2**

18:00-19:40

18:00-18:20 - General warm up

					
18:20	18:40	ITA	MxG5	RUS	MxG6
18:40	19:00	MxG6	ITA	MxG5	RUS
19:00	19:20	RUS	MxG6	ITA	MxG5
19:20	19:40	MxG5	RUS	MxG6	ITA

**Sub 3**

20:00-21:40

20:00-20:20 - General warm up

					
20:20	20:40	MxG8	GBR	BRA	GER
20:40	21:00	GER	MxG8	GBR	BRA
21:00	21:20	BRA	GER	MxG8	GBR
21:20	21:40	GBR	BRA	GER	MxG8

Activity: CI WAG

Date: August 7, 2016

ROA

Warm up Hall - WAG

FOP

Sub 1

07:55-09:35

07:55-08:15 - General warm up

					
8:15	8:35	MxG1	MxG7	BEL	CHN
8:35	8:55	CHN	MxG1	MxG7	BEL
8:55	9:15	BEL	CHN	MxG1	MxG7
9:15	9:35	MxG7	BEL	CHN	MxG1

Sub 1

09:45-11:15

					
09:45 11:15		MxG7	BEL	CHN	MxG1
		MxG1	MxG7	BEL	CHN
		CHN	MxG1	MxG7	BEL
		BEL	CHN	MxG1	MxG7

Sub 2





09:40-11:20

09:40-10:00 - General warm up

					
10:00	10:20	MxG6	ITA	MxG5	RUS
10:20	10:40	RUS	MxG6	ITA	MxG5
10:40	11:00	MxG5	RUS	MxG6	ITA
11:00	11:20	ITA	MxG5	RUS	MxG6

Sub 2

11:30-13:00

					
11:30 13:00		ITA	MxG5	RUS	MxG6
		MxG6	ITA	MxG5	RUS
		RUS	MxG6	ITA	MxG5
		MxG5	RUS	MxG6	ITA

Sub 3

12:40-14:20

12:40-13:00 - General warm up

					
13:00	13:20	GER	MxG8	GBR	BRA
13:20	13:40	BRA	GER	MxG8	GBR
13:40	14:00	GBR	BRA	GER	MxG8
14:00	14:20	MxG8	GBR	BRA	GER

Sub 3





14:30-16:00

					
14:30 16:00		MxG8	GBR	BRA	GER
		GER	MxG8	GBR	BRA
		BRA	GER	MxG8	GBR
		GBR	BRA	GER	MxG8

Sub 4





15:40-17:20

15:40-16:00 - General warm up

					
16:00	16:20	USA	MxG4	NED	MxG2
16:20	16:40	MxG2	USA	MxG4	NED
16:40	17:00	NED	MxG2	USA	MxG4
17:00	17:20	MxG4	NED	MxG2	USA

Sub 4

17:30-19:00

					
17:30 19:00		MxG4	NED	MxG2	USA
		USA	MxG4	NED	MxG2
		MxG2	USA	MxG4	NED
		NED	MxG2	USA	MxG4

Sub 5

18:40-20:20

18:40-19:00 - General warm up

					
19:00	19:20	MxG3	JPN	FRA	CAN
19:20	19:40	CAN	MxG3	JPN	FRA
19:40	20:00	FRA	CAN	MxG3	JPN
20:00	20:20	JPN	FRA	CAN	MxG3

Sub 5

20:30-22:00

					
20:30 22:00		JPN	FRA	CAN	MxG3
		MxG3	JPN	FRA	CAN
		CAN	MxG3	JPN	FRA
		FRA	CAN	MxG3	JPN

Activity: TRAINING WAG

Date: August 8, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

CIV - 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>

09:30-11:10





09:30-09:50 - General warm up

					
9:50	10:10	1 <sup>st</sup> place	3 <sup>rd</sup> place	5 <sup>th</sup> place	7 <sup>th</sup> place
10:10	10:30	7 <sup>th</sup> place	1 <sup>st</sup> place	3 <sup>rd</sup> place	5 <sup>th</sup> place
10:30	10:50	5 <sup>th</sup> place	7 <sup>th</sup> place	1 <sup>st</sup> place	3 <sup>rd</sup> place
10:50	11:10	3 <sup>rd</sup> place	5 <sup>th</sup> place	7 <sup>th</sup> place	1 <sup>st</sup> place

CII + Reserves

11:15-13:15

11:15-11:47 - General warm up

					
11:47	12:09	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>
12:09	12:31	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>
12:31	12:53	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>
12:53	13:15	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>

CIV - 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>

15:10-17:40





15:10-15:40 - General warm up

					
15:40	16:10	1 <sup>st</sup> place	3 <sup>rd</sup> place	5 <sup>th</sup> place	7 <sup>th</sup> place
16:10	16:40	7 <sup>th</sup> place	1 <sup>st</sup> place	3 <sup>rd</sup> place	5 <sup>th</sup> place
16:40	17:10	5 <sup>th</sup> place	7 <sup>th</sup> place	1 <sup>st</sup> place	3 <sup>rd</sup> place
17:10	17:40	3 <sup>rd</sup> place	5 <sup>th</sup> place	7 <sup>th</sup> place	1 <sup>st</sup> place

CII + Reserves

17:45-19:45

17:45-18:17 - General warm up

					
18:17	18:39	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>
18:39	19:01	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>
19:01	19:23	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>
19:23	19:45	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>

CIV - 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>

09:30-11:10





09:30-09:50 - General warm up

					
9:50	10:10	2 <sup>nd</sup> place	4 <sup>th</sup> place	6 <sup>th</sup> place	8 <sup>th</sup> place
10:10	10:30	8 <sup>th</sup> place	2 <sup>nd</sup> place	4 <sup>th</sup> place	6 <sup>th</sup> place
10:30	10:50	6 <sup>th</sup> place	8 <sup>th</sup> place	2 <sup>nd</sup> place	4 <sup>th</sup> place
10:50	11:10	4 <sup>th</sup> place	6 <sup>th</sup> place	8 <sup>th</sup> place	2 <sup>nd</sup> place

CIII + Reserves

11:15-13:15

11:15-11:47 - General warm up

					
11:47 13:15		Finalists CIII + Reserves			

CIV - 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>

15:10-17:40

15:10-15:40 - General warm up

					
15:40	16:10	2 <sup>nd</sup> place	4 <sup>th</sup> place	6 <sup>th</sup> place	8 <sup>th</sup> place
16:10	16:40	8 <sup>th</sup> place	2 <sup>nd</sup> place	4 <sup>th</sup> place	6 <sup>th</sup> place
16:40	17:10	6 <sup>th</sup> place	8 <sup>th</sup> place	2 <sup>nd</sup> place	4 <sup>th</sup> place
17:10	17:40	4 <sup>th</sup> place	6 <sup>th</sup> place	8 <sup>th</sup> place	2 <sup>nd</sup> place

CIII + Reserves

17:45-19:45

17:45-18:17 - General warm up

					
18:17 19:45		Finalists CIII + Reserves			

Activity: TRAINING WAG

Date: August 9, 2016

ATHLETES' PARK

Hall 1 - WAG

Hall 2 - WAG

CIV - 2<sup>a</sup>, 4<sup>a</sup>, 6<sup>a</sup>, 8<sup>a</sup>

08:00-09:40

08:00-08:20 - General warm up

		⌒	⌒	⌒	■
8:20	8:40	1 <sup>a</sup> place	3 <sup>a</sup> place	5 <sup>a</sup> place	7 <sup>a</sup> place
8:40	9:00	7 <sup>a</sup> place	1 <sup>a</sup> place	3 <sup>a</sup> place	5 <sup>a</sup> place
9:00	9:20	5 <sup>a</sup> place	7 <sup>a</sup> place	1 <sup>a</sup> place	3 <sup>a</sup> place
9:20	9:40	3 <sup>a</sup> place	5 <sup>a</sup> place	7 <sup>a</sup> place	1 <sup>a</sup> place

CII + Reserves

10:00-12:30

10:00-10:30 - General warm up

		⌒	⌒	⌒	■
10:30	11:00	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>
11:00	11:30	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>
11:30	12:00	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>
12:00	12:30	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>

CII + Reserves

The groups will be defined after CI

17:00-19:30

17:00-17:30 - General warm up

		⌒	⌒	⌒	■
17:30 19:30	Group 1	Group 2	Group 3	Group 4	
	Group 4	Group 1	Group 2	Group 3	
	Group 3	Group 4	Group 1	Group 2	
	Group 2	Group 3	Group 4	Group 1	

CIV - 1<sup>a</sup>, 3<sup>a</sup>, 5<sup>a</sup>, 7<sup>a</sup>

08:00-09:40

08:00-08:20 - General warm up

		⌒	⌒	⌒	■
8:20	8:40	2 <sup>a</sup> place	4 <sup>a</sup> place	6 <sup>a</sup> place	8 <sup>a</sup> place
8:40	9:00	8 <sup>a</sup> place	2 <sup>a</sup> place	4 <sup>a</sup> place	6 <sup>a</sup> place
9:00	9:20	6 <sup>a</sup> place	8 <sup>a</sup> place	2 <sup>a</sup> place	4 <sup>a</sup> place
9:20	9:40	4 <sup>a</sup> place	6 <sup>a</sup> place	8 <sup>a</sup> place	2 <sup>a</sup> place

CIII + Reserves

10:00-12:30

10:00-10:30 - General warm up

		⌒	⌒	⌒	■
10:30 12:30	Finalists CIII + Reserves				

CIII + Reserves

17:00-19:30

17:00-17:30 - General warm up

		⌒	⌒	⌒	■
17:30 19:30	Finalists CIII + Reserves				

Activity: CIV WAG

Date: August 9, 2016

ROA

Warm up Hall - WAG

FOP

CIV Finalists

14:10-15:50

14:10-14:30 - General warm up

		⌒	⌒	⌒	■
14:30	14:50	Team 8	Team 2	Team 4	Team 6
		Team 7	Team 1	Team 3	Team 5
14:50	15:10	Team 5	Team 7	Team 1	Team 3
		Team 6	Team 8	Team 2	Team 4
15:10	15:30	Team 3	Team 5	Team 7	Team 1
		Team 4	Team 6	Team 8	Team 2
15:30	15:50	Team 2	Team 4	Team 6	Team 8
		Team 1	Team 3	Team 5	Team 7

CIV

16:00-18:10

		⌒	⌒	⌒	■
16:00 18:10	Team 1	Team 3	Team 5	Team 7	
	Team 2	Team 4	Team 6	Team 8	
	Team 8	Team 2	Team 4	Team 6	
	Team 7	Team 1	Team 3	Team 5	
	Team 5	Team 7	Team 1	Team 3	
	Team 6	Team 8	Team 2	Team 4	
	Team 4	Team 6	Team 8	Team 2	
	Team 3	Team 5	Team 7	Team 1	

**Activity: TRAINING WAG**

Date: August 10, 2016




**ATHLETES' PARK**

**Hall 1 - WAG**

**CII + Reserves**

09:30-11:10





09:30-09:50 - General warm up

					
9:50	10:10	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>
10:10	10:30	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>
10:30	10:50	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>
10:50	11:10	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>

**CIII + Reserves**

11:15-12:55





11:15-11:35 - General warm up

					
11:35	12:55	Finalists CIII + Reserves			

**CII + Reserves**

15:30-18:00





15:30-16:00 - General warm up









					
16:00	16:30	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>
16:30	17:00	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>
17:00	17:30	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>
17:30	18:00	Group 2 7 <sup>th</sup> to 12 <sup>th</sup>	Group 3 13 <sup>th</sup> to 18 <sup>th</sup>	Group 4 19 <sup>th</sup> to 24 <sup>th</sup>	Group 1 1 <sup>st</sup> to 6 <sup>th</sup>













**CIII + Reserves**

18:15-20:45

18:15-18:45 - General warm up

					
18:45	20:45	Finalists CIII + Reserves			

<b>Activity: CII WAG</b>					
Date: August 11, 2016					
<b>ROA</b>					
<b>Warm up Hall - WAG</b>			<b>FOP</b>		
<b>C II Finalists</b>					
14:10-15:50					
14:10-14:30 - General warm up					
					
14:30	14:50	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>
14:50	15:10	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>
15:10	15:30	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>
15:30	15:50	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>
<b>CII</b>					
16:00-18:10					
					
16:00		Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>
18:10		Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>
18:10-18:25:		Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>
18:10-18:25: Victory Ceremony					

<b>Activity: TRAINING WAG</b>					
Date: August 11, 2016					
<b>ATHLETES' PARK</b>					
<b>Hall 1 - WAG</b>					
<b>CII - Finalists</b>					
08:00-09:40					
08:00-08:20 - General warm up					
					
8:20	8:40	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>
8:40	9:00	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>
9:00	9:20	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>
9:20	9:40	Group 2 7 <sup>a</sup> to 12 <sup>a</sup>	Group 3 13 <sup>a</sup> to 18 <sup>a</sup>	Group 4 19 <sup>a</sup> to 24 <sup>a</sup>	Group 1 1 <sup>a</sup> to 6 <sup>a</sup>
<b>CIII - Finalists</b>					
10:00-11:40					
10:00-10:20 - General warm up					
					
10:20 11:40		Finalists CIII + Reserves			
<b>CIII - Finalists</b>					
17:30-20:00					
17:30-18:00 - General warm up					
					
18:00 20:00		Finalists CIII + Reserves			





**Activity: TRAINING WAG**

Date: August 12, 2016

**ATHLETES' PARK**  
Hall 1 - WAG

<b>CIII - Finalists</b>		<b>09:00-11:00</b>			
09:00-09:30 - General warm up					
09:30	11:00	Finalists CIII + Reserves			

<b>CIII - Finalists</b>		<b>17:30-19:30</b>			
17:30-18:00 - General warm up					
18:00	19:30	Finalists CIII + Reserves			

**Activity: TRAINING WAG**

Date: August 13, 2016

**ATHLETES' PARK**  
Hall 1 - WAG

<b>CIII - Finalists</b>		<b>09:00-11:00</b>			
09:00-09:30 - General warm up					
09:30	11:00	Finalists CIII + Reserves			

<b>CIII - Finalists</b>		<b>17:30-19:30</b>			
17:30-18:00 - General warm up					
18:00	19:30	Finalists CIII + Reserves			





**Activity: TRAINING WAG**

Date: August 14, 2016

**ATHLETES' PARK**  
Hall 1 - WAG

**CIII + Reserves**





07:30-11:00

					
07:30 11:00	Open to all Finalists CIII + Reserves				

**CIII + Reserves**

17:30-19:30

17:30-18:00 - General warm up

					
18:00 19:30	Open to all Finalists CIII + Reserves				



**Activity: TRAINING WAG**

Date: August 15, 2016

**ATHLETES' PARK**  
Hall 1 - WAG

**CIII + Reserves**

07:30-11:00

					
07:30 11:00	Open to remaining Finalists CIII + Reserves				

**CIII + Reserves**

17:30-19:30

17:30-18:00 - General warm up

					
18:00 19:30	Open to remaining Finalists CIII + Reserves				


**Activity: TRAINING WAG**

Date: August 16, 2016

**ATHLETES' PARK**  
Hall 1 - WAG

**CIII + Reserves**

07:30-11:00

					
07:30 11:00	Open to remaining finalists CIII + Reserves				



Rio 2016 Olympic Games  
MAG and WAG training schedule for CIII

**Activity: CIII MAG/WAG**

Date: August 14, 2016

ROA Warm up Hall - MAG/WAG		ROA FOP - MAG/WAG		
<b>Finalists</b>				
11:45-13:30				
Warm up before competition				
	MAG		WAG	
	[MAG icons]		[WAG icons]	
12:00 13:30	Open to the Finalists + Reserves			
<b>Finalists</b>		<b>Finalists</b>		
13:30-17:00		CIII 14:00-17:00		
MAG		Competition		
[MAG icons]		[Competition icons]		
13:30 17:00	Open to the Finalists + Reserves			
14:00	14:30	MAG		
14:35	14:42		Award Ceremony	
14:44	15:14		WAG	
15:19	15:26			Award Ceremony
15:29	15:59			MAG
16:04	16:11			Award Ceremony
16:14	16:44			WAG
16:49	16:56			Award Ceremony

**Activity: CIII MAG/WAG**

Date: August 15, 2016

ROA Warm up Hall - MAG/WAG		ROA FOP - MAG/WAG		
<b>Finalists</b>				
11:45-13:30				
Warm up before competition				
	MAG		WAG	
	[MAG icons]		[WAG icons]	
12:00 13:30	Open to the Finalists + Reserves			
<b>Finalists</b>		<b>Finalists</b>		
13:30-16:15		CIII 14:00-16:15		
MAG		Competition		
[MAG icons]		[Competition icons]		
13:30 17:00	Open to the Finalists + Reserves			
14:00	14:30	MAG		
14:35	14:42		Award Ceremony	
14:52	15:22		MAG	
15:27	15:34			Award Ceremony
15:42	16:12			WAG
16:17	16:24			Award Ceremony



Rio 2016 Olympic Games  
MAG and WAG training schedule for CIII

**Activity: CIII MAG/WAG**

Date: August 16, 2016

ROA Warm up Hall - MAG/WAG		ROA		ROA FOP - MAG/WAG	
		<b>Finalists</b>		<b>12:00-13:30</b>	
				Warm up before competition	
		MAG		WAG	
		12:00 13:30		Open to the Finalists + Reserves	
		<b>Finalists</b>		<b>13:30-16:15</b>	
		MAG		WAG	
		13:30 17:00		Open to the Finalists + Reserves	
		<b>Finalists</b>		<b>CIII 14:00-16:15</b>	
				Competition	
		MAG		Award Ceremony	
		14:00   14:30		Award Ceremony	
		14:35   14:42		Award Ceremony	
		14:45   15:15		WAG	
		15:20   15:27		Award Ceremony	
		15:30   16:00		MAG	
		16:05   16:12		Award Ceremony	