

AEROBIC GYMNASTICS - Training 20.07.2017

1st session

Group	FED	General warm-up from 10:00	Marked floor no music	AER floor with music	Transfer	Competition floor
			30'	30'	5'	30'
1	RUS (19) / ESP (2)	Free training	11:25:00 - 11:55:00	11:55:00 - 12:25:00	12:30:00	12:30:00 - 13:00:00
2	JPN (3) / HUN (17) / RSA (3)	Free training	11:55:00 - 12:25:00	12:25:00 - 12:55:00	13:00:00	13:00:00 - 13:30:00
3	CHN (14) / FRA (5) / ITA (5)	Free training	12:25:00 - 12:55:00	12:55:00 - 13:25:00	13:30:00	13:30:00 - 14:00:00
4	ROU (12) / KOR (12)	Free training	12:55:00 - 13:25:00	13:25:00 - 13:55:00	14:00:00	14:00:00 - 14:30:00
5	BRA (8) / UKR (8) / MGL (8)	Free training	13:25:00 - 13:55:00	13:55:00 - 14:25:00	14:30:00	14:30:00 - 15:00:00

AEROBIC GYMNASTICS - Training 21.07.2017

Group	FED	General warm-up from 07:30	Marked floor no music	AER floor with music	Transfer	Competition floor (no music)
			30'	30'	5'	30'
1	RUS (19) / ESP (2)	Free training	8:00:00 - 8:30:00	8:30:00 - 9:00:00	9:05:00	9:05:00 - 9:35:00
2	JPN (3) / HUN (17) / RSA (3)	Free training	8:30:00 - 9:00:00	9:00:00 - 9:30:00	9:35:00	9:35:00 - 10:05:00
3	CHN (14) / FRA (5) / ITA (5)	Free training	9:00:00 - 9:30:00	9:30:00 - 10:00:00	10:05:00	10:05:00 - 10:35:00
4	ROU (12) / KOR (12)	Free training	9:30:00 - 10:00:00	10:00:00 - 10:30:00	10:35:00	10:35:00 - 11:05:00
5	BRA (8) / UKR (8) / MGL (8)	Free training	10:00:00 - 10:30:00	10:30:00 - 11:00:00	11:05:00	11:05:00 - 11:35:00

AEROBIC GYMNASTICS

Qualifications competitions - Mixed Pairs / AER Step / AER Dance - 21.07.2017

Mixed Pairs

Start	FED	General warm-up 40'	Specific warm up no music 20'	Routine with music 10'	Transfer/ Waiting area 6'	Competition 3'
8-counts (Presentation of nations with all competitors) 7'						14:00:00 - 15:07:00
1	JPN	12:52:00 - 13:32:00	13:32:00 - 13:52:00	13:52:00 - 14:02:00	14:02:00 - 14:08:00	14:08:00 - 14:11:00
2	ESP	12:55:00 - 13:35:00	13:35:00 - 13:55:00	13:55:00 - 14:05:00	14:05:00 - 14:11:00	14:11:00 - 14:14:00
3	ROU	12:58:00 - 13:38:00	13:38:00 - 13:58:00	13:58:00 - 14:08:00	14:08:00 - 14:14:00	14:14:00 - 14:17:00
4	HUN	13:01:00 - 13:41:00	13:41:00 - 14:01:00	14:01:00 - 14:11:00	14:11:00 - 14:17:00	14:17:00 - 14:20:00
5	RUS	13:04:00 - 13:44:00	13:44:00 - 14:04:00	14:04:00 - 14:14:00	14:14:00 - 14:20:00	14:20:00 - 14:23:00
6	ITA	13:07:00 - 13:47:00	13:47:00 - 14:07:00	14:07:00 - 14:17:00	14:17:00 - 14:23:00	14:23:00 - 14:26:00

AER Step

Start	FED	General warm-up 40'	Specific warm up no music 20'	Routine with music 10'	Transfer/ Waiting area 6'	Competition 3'
1	KOR	13:14:00 - 13:54:00	13:54:00 - 14:14:00	14:14:00 - 14:24:00	14:24:00 - 14:30:00	14:30:00 - 14:33:00
2	MGL	13:17:00 - 13:57:00	13:57:00 - 14:17:00	14:17:00 - 14:27:00	14:27:00 - 14:33:00	14:33:00 - 14:36:00
3	HUN	13:20:00 - 14:00:00	14:00:00 - 14:20:00	14:20:00 - 14:30:00	14:30:00 - 14:36:00	14:36:00 - 14:39:00
4	UKR	13:23:00 - 14:03:00	14:03:00 - 14:23:00	14:23:00 - 14:33:00	14:33:00 - 14:39:00	14:39:00 - 14:42:00
5	RUS	13:26:00 - 14:06:00	14:06:00 - 14:26:00	14:26:00 - 14:36:00	14:36:00 - 14:42:00	14:42:00 - 14:45:00
6	CHN	13:29:00 - 14:09:00	14:09:00 - 14:29:00	14:29:00 - 14:39:00	14:39:00 - 14:45:00	14:45:00 - 14:48:00

AER Dance

Start	FED	General warm-up 40'	Specific warm up no music 20'	Routine with music 10'	Transfer/ Waiting area 6'	Competition 3'
1	ROU	13:39:00 - 14:19:00	14:19:00 - 14:39:00	14:39:00 - 14:49:00	14:49:00 - 14:55:00	14:55:00 - 14:58:00
2	KOR	13:42:00 - 14:22:00	14:22:00 - 14:42:00	14:42:00 - 14:52:00	14:52:00 - 14:58:00	14:58:00 - 15:01:00
3	HUN	13:45:00 - 14:25:00	14:25:00 - 14:45:00	14:45:00 - 14:55:00	14:55:00 - 15:01:00	15:01:00 - 15:04:00
4	BRA	13:48:00 - 14:28:00	14:28:00 - 14:48:00	14:48:00 - 14:58:00	14:58:00 - 15:04:00	15:04:00 - 15:07:00
5	CHN	13:51:00 - 14:31:00	14:31:00 - 14:51:00	14:51:00 - 15:01:00	15:01:00 - 15:07:00	15:07:00 - 15:10:00
6	RUS	13:54:00 - 14:34:00	14:34:00 - 14:54:00	14:54:00 - 15:04:00	15:04:00 - 15:10:00	15:10:00 - 15:13:00

[illegible]

AEROBIC GYMNASTICS - Training 22.07.2017

Group	FED	General warm-up from 07:30	Marked floor no music	AER floor with music	Transfer	Competition floor (no music)
			30'	30'	5'	30'
1	RUS (19) / ESP (2)	Free training	8:00:00 - 8:30:00	8:30:00 - 9:00:00	9:05:00	9:05:00 - 9:35:00
2	JPN (3) / HUN (17) / RSA (3)	Free training	8:30:00 - 9:00:00	9:00:00 - 9:30:00	9:35:00	9:35:00 - 10:05:00
3	CHN (14) / FRA (5) / ITA (5)	Free training	9:00:00 - 9:30:00	9:30:00 - 10:00:00	10:05:00	10:05:00 - 10:35:00
4	ROU (12) / KOR (12)	Free training	9:30:00 - 10:00:00	10:00:00 - 10:30:00	10:35:00	10:35:00 - 11:05:00
5	BRA (8) / UKR (8) / MGL (8)	Free training	10:00:00 - 10:30:00	10:30:00 - 11:00:00	11:05:00	11:05:00 - 11:35:00

AEROBIC GYMNASTICS

Qualifications competitions - Groups / Trios - 22.07.2017

Groups

Start	FED	General warm-up 40'	Specific warm up no music 20'	Routine with music 10'	Transfer/ Waiting area 6'	Competition 3'
8-counts (Presentation of nations with all competitors) 7'						15:00:00 15:07:00
1	ITA	14:04:00 - 14:34:00	14:34:00 - 14:59:00	14:59:00 - 15:02:00	15:02:00 - 15:08:00	15:08:00 - 15:11:00
2	HUN	14:07:00 - 14:37:00	14:37:00 - 15:02:00	15:02:00 - 15:05:00	15:05:00 - 15:11:00	15:11:00 - 15:14:00
3	CHN	14:10:00 - 14:40:00	14:40:00 - 15:05:00	15:05:00 - 15:08:00	15:08:00 - 15:14:00	15:14:00 - 15:17:00
4	FRA	14:13:00 - 14:43:00	14:43:00 - 15:08:00	15:08:00 - 15:11:00	15:11:00 - 15:17:00	15:17:00 - 15:20:00
5	RUS	14:16:00 - 14:46:00	14:46:00 - 15:11:00	15:11:00 - 15:14:00	15:14:00 - 15:20:00	15:20:00 - 15:23:00
6	ROU	14:19:00 - 14:49:00	14:49:00 - 15:14:00	15:14:00 - 15:17:00	15:17:00 - 15:23:00	15:23:00 - 15:26:00

Trios

Start	FED	General warm-up 40'	Specific warm up no music 20'	Routine with music 10'	Transfer/ Waiting area 6'	Competition 3
1	RSA	14:26:00 - 14:56:00	14:56:00 - 15:21:00	15:21:00 - 15:24:00	15:24:00 - 15:30:00	15:30:00 - 15:33:00
2	JPN	14:29:00 - 14:59:00	14:59:00 - 15:24:00	15:24:00 - 15:27:00	15:27:00 - 15:33:00	15:33:00 - 15:36:00
3	KOR	14:32:00 - 15:02:00	15:02:00 - 15:27:00	15:27:00 - 15:30:00	15:30:00 - 15:36:00	15:36:00 - 15:39:00
4	CHN	14:35:00 - 15:05:00	15:05:00 - 15:30:00	15:30:00 - 15:33:00	15:33:00 - 15:39:00	15:39:00 - 15:42:00
5	RUS	14:38:00 - 15:08:00	15:08:00 - 15:33:00	15:33:00 - 15:36:00	15:36:00 - 15:42:00	15:42:00 - 15:45:00
6	FRA	14:41:00 - 15:11:00	15:11:00 - 15:36:00	15:36:00 - 15:39:00	15:39:00 - 15:45:00	15:45:00 - 15:48:00

