











EXAMPLE WAG PODIUM TRAINING - THE SAME PRINCIPLES APPLY FOR MAG



[illegible]



Draw / # of gymnasts announced per apparatus		Podium Training		Draw / # of gymnasts announced per apparatus		Podium Training		Draw / # of gymnasts announced per apparatus		Podium Training	
Starting Order		Starting Order		Starting Order		Starting Order		Starting Order		Starting Order	
1	SUI	1	SUI Country Group 9 minutes	1	GRE	1	GRE Country Group 9 minutes	1	FRA	1	FRA Country Group 9 minutes
2	SUI			2	GRE			2	FRA		
3	SUI			3	GRE			3	FRA		
4	GBR	2	GBR Country Group 9 minutes	4	BRA	2	BRA Country Group 9 minutes	4	QAT	2	QAT THA LAT Mixed Group 15 minutes
5	GBR			5	BRA			5	QAT		
6	GBR			6	BRA			6	THA		
7	CYP	3	CYP DOM Mixed Group 6 minutes	7	ISL	3	ISL Mixed Group 6 minutes	7	THA	2	MGL
8	DOM			8	ISL			8	LAT		
1	CAN	1	CAN Country Group 9 minutes	1	GRE	1	GRE Country Group 9 minutes	1	FRA	1	FRA Country Group 9 minutes
2	CAN			2	GRE			2	FRA		
3	CAN			3	GRE			3	FRA		
4	ECU	2	ECU TTO GUA MGL SVK Mixed Group 15 minutes	4	BRA	2	BRA Country Group 9 minutes	4	QAT	2	QAT THA LAT Mixed Group 15 minutes
5	TTO			5	BRA			5	QAT		
6	GUA			6	BRA			6	THA		
7	MGL	2	ECU TTO GUA MGL SVK Mixed Group 15 minutes	7	ISL	3	ISL Mixed Group 6 minutes	7	THA	2	MGL
8	SVK			8	ISL			8	LAT		

ROTATION 2	
1	2
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83	84
85	86
87	88
89	90
91	92
93	94
95	96
97	98
99	100

Draw / # of gymnasts announced per apparatus			Podium Training		
Starting Order			Starting Order		
1	CAN	1	CAN	Country Group 6 minutes	
2	CAN				
3	ECU	2	ECU TTO MGL SVK Mixed Group 12 minutes		
4	TTO				
5	MGL				
6	SVK				

Draw / # of gymnasts announced per apparatus			Podium Training		
Starting Order			Starting Order		
1	SUI	1	SUI	Country Group 9 minutes	
2	SUI				
3	SUI				
4	GBR	2	GBR	Country Group 6 minutes	
5	GBR				
6	DOM	3	DOM	Mixed Group 5 minutes	

Draw / # of gymnasts announced per apparatus			Podium Training		
Starting Order			Starting Order		
1	GRE	1	GRE	Country Group 9 minutes	
2	GRE				
3	GRE				
4	BRA	2	BRA	Country Group 9 minutes	
5	BRA				
6	BRA				
7	ISL	3	ISL	Mixed Group 6 minutes	
8	ISL				

Draw / # of gymnasts announced per apparatus			Podium Training		
Starting Order			Starting Order		
1	FRA	1	FRA	Country Group 5 minutes	
2	QAT				
3	QAT	2	QAT THA LAT Mixed Group 12 minutes		
4	THA				
5	LAT				

**SAME PRINCIPLES FOR SUBSEQUENT ROTATIONS**