



FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FIG RHYTHMIC GYMNASTICS WORLD CUP SOFIA
OFFICIAL TRAINING SCHEDULE
ARENA ARMEEC
29th March 2018

	NF	Carpet 8	Carpet 7	Carpet 6 <i>with music</i>	NF	Carpets 5-4-3-2		Podium Carpet 1
1	NOR LBN EST	08.00-08.30	08.30-09.00	09.00-09.30	LAT MDA	<div style="border: 1px dashed black; width: 100%; height: 100%; display: flex; align-items: center; justify-content: center;"> <p style="font-size: 2em; margin: 0;">FREE</p> </div>		09.00-09.30
2	CAN	08.30-09.00	09.00-09.30	09.30-10.00	FIN			09.30-10.00
3	UZB USA	09.00-09.30	09.30-10.00	10.00-10.30	POL POR			10.00-10.30
4	JPN IND	09.30-10.00	10.00-10.30	10.30-11.00	SVK ROU			10.30-11.00
5	ITA	10.00-10.30	10.30-11.00	11.00-11.30	ARM AUS AUT			11.00-11.30
6	ISR	10.30-11.00	11.00-11.30	11.30-12.00	ESP			11.30-12.00
7	BLR	11.00-11.30	11.30-12.00	12.00-12.30	CZE AZE			12.00-12.30
8	RUS	11.30-12.00	12.00-12.30	12.30-13.00	FRA BEL			12.30-13.00
9	UKR	12.00-12.30	12.30-13.00	13.00-13.30	KOR			13.00-13.30
10	BUL	12.30-13.00	13.00-13.30	13.30-14.00	KAZ			13.30-14.00
11	SLO BRA	13.00-13.30	13.30-14.00	14.00-14.30	GER GRE			14.00-14.30
12	LAT MDA	13.30-14.00	14.00-14.30	14.30-15.00	NOR LBN EST			14.30-15.00
13	FIN	14.00-14.30	14.30-15.00	15.00-15.30	CAN	15.00-15.30		
14	POL POR	14.30-15.00	15.00-15.30	15.30-16.00	UZB USA	15.30-16.00		

	NF	Carpet 8	Carpet 7	Carpet 6	NF				Podium Carpet 1
15	SVK ROU	15.00-15.30	15.30-16.00	16.00-16.30	JPN IND				16.00-16.30
16	ARM AUS AUT	15.30-16.00	16.00-16.30	16.30-17.00	ITA		FREE		16.30-17.00
17	ESP	16.00-16.30	16.30-17.00	17.00-17.30	ISR			17.00-17.30	
18	CZE AZE	16.30-17.00	17.00-17.30	17.30-18.00	BLR			17.30-18.00	
19	FRA BEL	17.00-17.30	17.30-18.00	18.00-18.30	RUS			18.00-18.30	
20	KOR	17.30-18.00	18.00-18.30	18.30-19.00	UKR			18.30-19.00	
21	KAZ	18.00-18.30	18.30-19.00	19.00-19.30	BUL			19.00-19.30	
22	GER GRE	18.30-19.00	19.00-19.30	19.30-20.00	SLO BRA			19.30-20.00	
23		19.00-19.30	19.30-20.00	20.00-20.30				20.00-20.30	
24		19.30-20.00	20.00-20.30	20.30-21.00			20.30-21.00		



FIG RHYTHMIC GYMNASTICS WORLD CUP SOFIA
OFFICIAL TRAINING SCHEDULE
ARENA ARMEEC
30th March 2018



	World CUP	Carpet 8	Carpet 7	Carpet 6 <i>With music</i>	Carpet 5	Carpet 4	Carpet 3	Carpet 2	Podium Carpet 1
1	FIN	08.00-08.15	08.15-08.30	08.30-08.45					
2	CAN	08.15-08.30	08.30-08.45	08.45-09.00					
3	UKR	08.30-08.45	08.45-09.00	09.00-09.15	<p align="center">From 10h30</p> <p align="center">Warm up for Individuals</p> <p align="center">13h00</p> <p align="center">Competition Individuals</p>				
4	KAZ	08.45-09.00	09.00-09.15	09.15-09.30					
5	GRE	09.00-09.15	09.15-09.30	09.30-09.45					
6	BLR	09.15-09.30	09.30-09.45	09.45-10.00					
7	FRA	09.30-09.45	09.45-10.00	10.00-10.15					
8	ITA	09.45-10.00	10.00-10.15	10.15-10.30					
9	AUS	10.00-10.15	10.15-10.30	10.30-10.45					
10	SLO	10.15-10.30	10.30-10.45	10.45-11.00					
11	KOR	10.30-10.45	10.45-11.00	11.00-11.15					
12	ESP	10.45-11.00	11.00-11.15	11.15-11.30					
13	JPN	11.00-11.15	11.15-11.30	11.30-11.45					
14	ISR	11.15-11.30	11.30-11.45	11.45-12.00					
15	BUL	11.30-11.45	11.45-12.00	12.00-12.15					
16	RUS	11.45-12.00	12.00-12.15	12.15-12.30					
17	UZB	12.00-12.15	12.15-12.30	12.30-12.45					
18	CZE	12.15-12.30	12.30-12.45	12.45-13.00					

FIG RHYTHMIC GYMNASTICS WORLD CUP SOFIA

Training schedule

Groups

ARENA ARMEEC

31st March 2018



	World CUP	Carpet 8	Carpet 7	Carpet 6 <i>With music</i>	Carpet 5	Carpet 4	Carpet 3	Carpet 2	Podium Carpet 1
1	ISR	08.00-08.15	08.15-08.30	08.30-08.45					
2	BUL	08.15-08.30	08.30-08.45	08.45-09.00	<p style="text-align: center;">From 11h30</p> <p style="text-align: center;">Warm up for Individuals</p> <p style="text-align: center;">From 14h00</p> <p style="text-align: center;">Competition Individuals</p>				
3	RUS	08.30-08.45	08.45-09.00	09.00-09.15					
4	UZB	08.45-09.00	09.00-09.15	09.15-09.30					
5	CZE	09.00-09.15	09.15-09.30	09.30-09.45					
6	SLO	09.15-09.30	09.30-09.45	09.45-10.00					
7	KOR	09.30-09.45	09.45-10.00	10.00-10.15					
8	ESP	09.45-10.00	10.00-10.15	10.15-10.30					
9	JPN	10.00-10.15	10.15-10.30	10.30-10.45					
10	GRE	10.15-10.30	10.30-10.45	10.45-11.00					
11	BLR	10.30-10.45	10.45-11.00	11.00-11.15					
12	FRA	10.45-11.00	11.00-11.15	11.15-11.30					
13	ITA	11.00-11.15	11.15-11.30	11.30-11.45					
14	AUS	11.15-11.30	11.30-11.45	11.45-12.00					
15	FIN	11.30-11.45	11.45-12.00	12.00-12.15					
16	CAN	11.45-12.00	12.00-12.15	12.15-12.30					
17	UKR	12.00-12.15	12.15-12.30	12.30-12.45					
18	KAZ	12.15-12.30	12.30-12.45	12.45-13.00					



FIG RHYTHMIC GYMNASTICS WORLD CUP SOFIA
Training schedule
FINALS ARENA ARMEEC
1st of April 2018



RANK	Carpet 8	Carpet 7	Carpet 6	Carpet 5	Carpet 4	Carpet 3	Carpet 2	Podium Carpet 1		
Groups	FREE									
1								07.00-08.00	08.00-08.15	
2								07.15-08.15		08.15-08.30
3							07.30-08.30			08.30-08.45
4						07.45-08.45				08.45-09.00
5									08.00-09.00	09.00-09.15
6								08.15-09.15		09.15-09.30
7							08.30-09.30			09.30-09.45
8						08.45-09.45				09.45-10.00
9							09.00-10.00	10.00-10.15		
Individuals										
1						09.15-10.15		10.15-10.30		
2					09.30-10.30			10.30-10.45		
3				09.45-10.45				10.45-11.00		
4							10.00-11.00	11.00-11.15		
5						10.15-11.15		11.15-11.30		
6					10.30-11.30			11.30-11.45		
7				10.45-11.45				11.45-12.00		
8							11.00-12.00	12.00-12.15		
9						11.15-12.15		12.15-12.30		