

GA / MEN Training and Warm-up Schedule

Day -4, Tuesday, 02 October- OPEN TRAINING

as of 28 September 2018

12:00 - 18:00	Open Training	GA / MEN	Warm-up Hall
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Day -3, Wednesday, 03 October- GA / MEN TRAINING & FOCUS DAY

09:00 - 11:30	Structured Training			Flight 1 (12 gymnasts)			Warm-up Hall	
Gymnasts	ARG			AZE			BEL	
	BRA			CAN			CHN	
	CZE			ECU			EGY	
	FRA			GBR			GER	
	time	FX (B)	PH	SR	VT	PB	HB	
09:00 - 09:30	30´	WARM-UP						
09:30 - 11:30	120´	OPEN						

11:30 - 14:00	Structured Training			Flight 2 (12 gymnasts)			Warm-up Hall	
Gymnasts	HUN			IRI			ISL	
	ISR			ITA			JPN	
	KAZ			KOR			LAT	
	NOR			NZL			PUR	
	time	FX (B)	PH	SR	VT	PB	HB	
11:30 - 12:00	30´	WARM-UP						
12:00 - 14:00	120´	OPEN						

14:00 - 16:30	Structured Training			Flight 3 (12 gymnasts)			Warm-up Hall	
Gymnasts	ROU			RSA			RUS	
	SRB			SWE			TPE	
	TUR			UKR			USA	
	UZB			VEN			VIE	
	time	FX (B)	PH	SR	VT	PB	HB	
14:00 - 14:30	30´	WARM-UP						
14:30 - 16:30	120´	OPEN						

ALL GYMNASTS ARE REQUIRED TO BE PRESENT AT THE FOCUS DAY EVENT FROM 18:00-20:00.

COACHES ARE REQUIRED TO ATTEND THE TECHNICAL MEETING AT 20:00.

Day -2, Thursday, 04 October- PODIUM TRAINING & OPEN TRAINING

Group 1	CHERNOVA - YANG			Group 4	MARCHENKO - DONG		
Group 2	KABAEVA - UCHIMURA			Group 5	CHUSOVITINA - BESSONOVA		
Group 3	COMANECI - WITHLOCK			Group 6	BILES - MACLENNAN		
11:00 - 12:45	Warm-up			GA / MEN		Warm-up Hall	
	time	FX (D)	PH	SR	VT	PB	HB
10:45 - 11:15	30'	WARM-UP					
11:15 - 11:30	15'	Group 6	Group 1	Group 2	Group 3	Group 4	Group 5
11:30 - 11:45	15'	Group 5	Group 6	Group 1	Group 2	Group 3	Group 4
11:45 - 12:00	15'	Group 4	Group 5	Group 6	Group 1	Group 2	Group 3
12:00 - 12:15	15'	Group 3	Group 4	Group 5	Group 6	Group 1	Group 2
12:15 - 12:30	15'	Group 2	Group 3	Group 4	Group 5	Group 6	Group 1
12:30 - 12:45	15'	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
13:00 - 15:00	Podium Training			GA / MEN		FOP	
	time	FX	PH	SR	VT	PB	HB
13:00 - 13:17	17'	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
13:20 - 13:37	17'	Group 6	Group 1	Group 2	Group 3	Group 4	Group 5
13:40 - 13:57	17'	Group 5	Group 6	Group 1	Group 2	Group 3	Group 4
14:00 - 14:17	17'	Group 4	Group 5	Group 6	Group 1	Group 2	Group 3
14:20 - 14:37	17'	Group 3	Group 4	Group 5	Group 6	Group 1	Group 2
14:40 - 14:57	17'	Group 2	Group 3	Group 4	Group 5	Group 6	Group 1

19:00 - 20:30	Short Training			GA / MEN ALL		Warm-up Hall	
		FX (D)	PH	SR	VT	PB	HB
19:00 - 19:20	20'	WARM-UP					
19:20 - 20:30	70'	OPEN					

Day -1, Friday, 05 October- GA / MEN TRAINING

Group A				Group B			
CHERNOVA - YANG				MARCHENKO - DONG			
KABAEVA - UCHIMURA				CHUSOVITINA - BESSONOVA			
COMANECI - WHITLOCK				BILES - MACLENNAN			
10:30 - 12:00	Short Training			GA / MEN Group B (18)		Training Hall	
	time	FX	PH	SR	VT	PB	HB
10:30 - 10:50	20'	WARM-UP stretching area					
10:50 - 12:00	70'	OPEN					
18:30 - 21:00	Long Training			GA / MEN Group A (18)		Warm-up Hall	
	time	FX (D)	PH	SR	VT	PB	HB
18:30 - 19:00	30'	WARM-UP stretching area					
19:00 - 21:00	120'	OPEN					

16:30 - 19:00	Long Training			GA / MEN Group B (18)		Warm-up Hall	
	time	FX (D)	PH	SR	VT	PB	HB
16:30 - 17:00	30'	WARM-UP stretching area					
17:00 - 19:00	120'	OPEN					

12:00 - 13:30	Short Training			GA / MEN Group A (18)		Training Hall	
	time	FX	PH	SR	VT	PB	HB
12:00 - 12:20	20'	WARM-UP stretching area					
12:20 - 13:30	70'	OPEN					

Day 0, Saturday, 06 October- OPENING CEREMONIES & GA / MEN TRAINING

Group A				Group B			
CHERNOVA - YANG				MARCHENKO - DONG			
KABAEVA - UCHIMURA				CHUSOVITINA - BESSONOVA			
COMANECI - WHITLOCK				BILES - MACLENNAN			
08:20 - 10:20	Med Training			GA / MEN Group B (18)		Warm-up Hall	
	time	FX (D)	PH	SR	VT	PB	HB
08:20 - 08:50	30'	WARM-UP Stretching area only					
08:50 - 10:20	90'	OPEN					

Note: FX (D) from 09:12 to 09:36 and 10:00 to 10:20

09:50 - 11:50	Med Training			GA / MEN Group A (18)		Warm-up Hall	
	time	FX (B)	PH	SR	VT	PB	HB
09:50 - 10:20	30'	WARM-UP Stretching area only					
10:20 - 11:50	90'	OPEN					

Note: FX (B) from 10:50 to 11:50

Day 1, Sunday, 07 October- GA / MEN QUALIFICATIONS PH/FX & TRAINING

Subdivision 1

12:35 - 16:41	Qualifications & Warm-up	All Teams	Warm-up Hall & FOP
12:35 - 16:15	Warm-up	GA / MEN PH	Warm-up Hall
14:03 - 16:41	Qualifications	GA / MEN PH	FOP

All Apparatus Open from 12:35 - 16:41 (except PH from 13:10-16:15)

Stretching	time	Apparatus	Rotation	PH	FOP
12:35 - 13:05	30'	13:10 - 13:40	Rotation 1	KABAEVA - UCHIMURA	14:00
13:05 - 13:35	30'	13:40 - 14:10	Rotation 2	CHERNOVA - YANG	14:23
13:35 - 14:05	30'	14:10 - 14:40	Rotation 3	COMANECI - WHITLOCK	14:46
14:05 - 14:35	30'	14:40 - 15:10	Rotation 4	MARCHENKO - DONG	15:24
14:40 - 15:10	30'	15:15 - 15:45	Rotation 5	CHUSOVITINA - BESSONOVA	16:02
15:10 - 15:40	30'	15:45 - 16:15	Rotation 6	BILES - MACLENNAN	16:25

Subdivision 2

17:00 - 22:19	Qualifications & Warm-up	All Teams	Warm-up Hall & FOP
17:00 - 21:30	Warm-up	GA / MEN FX	Warm-up Hall
19:06 - 22:19	Qualifications	GA / MEN FX	FOP

All Apparatus Open from 17:00 - 22:19 (except FX from 18:15 - 21:30)

FX (D)	time	FX(B)	Rotation	FX men	FOP
17:40 - 18:10	30'	18:15 - 18:45	Rotation 1	CHERNOVA - YANG	19:00
18:18 - 18:48	30'	18:53 - 19:23	Rotation 2	COMANECI - WHITLOCK	19:38
18:55 - 19:25	30'	19:30 - 20:00	Rotation 3	MARCHENKO - DONG	20:16
19:25 - 19:55	30'	20:00 - 20:30	Rotation 4	CHUSOVITINA - BESSONOVA	20:42
19:55 - 20:25	30'	20:30 - 21:00	Rotation 5	BILES - MACLENNAN	21:08
20:25 - 20:55	30'	21:00 - 21:30	Rotation 6	KABAEVA - UCHIMURA	21:46

Day 2, Monday, 08 October GA / MEN QUALIFICATIONS SR/VT & TRAINING

Subdivision 1

12:40 - 21:00	Qualifications & Warm-up	All Teams	Warm-up Hall & FOP
12:40 - 16:20	Warm-up	GA / MEN SR	Warm-up Hall
14:03 - 16:53	Qualifications	GA / MEN SR	FOP

All Apparatus Open from 12:40 - 16:53 (except SR from 13:15 - 16:20)

Stretching		Apparatus	Rotation	SR	FOP
12:40 - 13:10	30'	13:15 - 13:45	Rotation 1	COMANECI - WHITLOCK	14:00
13:10 - 13:40	30'	13:45 - 14:15	Rotation 2	MARCHENKO - DONG	14:32
13:40 - 14:10	30'	14:15 - 14:45	Rotation 3	CHUSOVITINA - BESSONOVA	15:04
14:15 - 14:45	30'	14:50 - 15:20	Rotation 4	BILES - MACLENNAN	15:36
14:45 - 15:15	30'	15:20 - 15:50	Rotation 5	KABAEVA - UCHIMURA	16:08
15:15 - 15:45	30'	15:50 - 16:20	Rotation 6	CHERNOVA - YANG	16:34

Subdivision 2

17:00 - 22:19	Qualifications & Warm-up	All Teams	Warm-up Hall & FOP
17:00 - 20:25	Warm-up	GA / MEN VT	Warm-up Hall
19:03 - 21:31	Qualifications	GA / MEN VT	FOP

All Apparatus Open from 17:00 - 21:31 (except VT from 18:20 - 20:25)

Stretching		Apparatus	VT	Rotation	VT men	FOP
17:45 - 18:15	30'	18:20 - 18:50	1	Rotation 1	MARCHENKO - DONG	19:00
17:51 - 18:41	30'	18:46 - 19:16	2	Rotation 2	CHUSOVITINA - BESSONOVA	19:26
18:37 - 19:07	30'	19:12 - 19:42	1	Rotation 3	BILES - MACLENNAN	19:52

19:03 - 19:33	30'	19:38 - 20:08	2	Rotation 4	KABAEVA - UCHIMURA	20:18
19:25 - 19:55	30'	20:00 - 20:34	1	Rotation 5	CHERNOVA - YANG	20:44
19:55 - 20:25	30'	20:30 - 21:00	2	Rotation 6	COMANECI - WHITLOCK	21:10

Day 3, Tuesday, 09 October- GA / MEN QUALIFICATIONS PB & TRAINING

17:45 - 22:19	Qualifications	All Teams	Warm-up Hall & FOP
17:45 - 21:40	Warm-up	GA / MEN PB	Warm-up Hall
19:07 - 22:19	Qualifications	GA / MEN PB	FOP

All Apparatus Open from 17:45 - 22:19 (except PB 18:20 - 21:40)

Stretching		Apparatus	Rotation	PB	FOP
17:45 - 18:15	30'	18:20 - 18:50	Rotation 1	CHUSOVITINA - BESSONOVA	19:00
18:19 - 18:49	30'	19:54 - 19:24	Rotation 2	BILES - MACLENNAN	19:34
18:53 - 19:23	30'	19:28 - 19:58	Rotation 3	KABAEVA - UCHIMURA	20:08
19:27 - 19:57	30'	20:02 - 20:32	Rotation 4	CHERNOVA - YANG	20:42
20:01 - 20:31	30'	20:36 - 21:06	Rotation 5	COMANECI - WHITLOCK	21:16
20:35 - 21:05	30'	21:10 - 21:40	Rotation 6	MARCHENKO - DONG	21:50

10:00 - 11:30	Short Training			Flight 1			Warm-up Hall	
CHUSOVITINA - BESSONOVA								
BILES - MACLENNAN								
KABAEVA - UCHIMURA								
	time	FX	PH	SR	VT	PB	HB	
10:00 - 10:20	20´	WARM-UP						
10:20 - 11:30	70´	OPEN						

11:30 - 13:00	Short Training		Flight 2			Warm-up Hall	
CHERNOVA – YANG							
COMANECI – WHITLOCK							
MARCHENKO – DONG							
	time	FX	PH	SR	VT	PB	HB
11:30 - 11:50	20´	WARM-UP					
11:50 - 13:00	70´	OPEN					

Day 4, Wednesday, 10 October- GA / MEN QUALIFICATIONS HB & TRAINING

17:45 - 22:19	Qualifications	All Teams	Warm-up Hall & FOP
17:45 - 21:20	Warm-up	GA / MEN HB	Warm-up Hall
19:05 - 22:19	Qualifications	GA / MEN HB	FOP

All Apparatus Open from 17:45 - 22:19 (except HB from 18:20 - 21:20)

Stretching	time	Apparatus	Rotations	HB	FOP
17:45 - 18:15	30´	18:20 - 18:50	Rotation 1	BILES - MACLENNAN	19:00
18:17 - 18:47	30´	18:52 - 19:22	Rotation 2	KABAEVA - UCHIMURA	19:32
18:49 - 19:19	30´	19:24 - 19:54	Rotation 3	CHERNOVA - YANG	20:04
19:21 - 19:51	30´	19:56 - 20:26	Rotation 4	COMANECI - WHITLOCK	20:36
19:53 - 20:23	30´	20:28 - 20:58	Rotation 5	MARCHENKO - DONG	21:08
20:15 - 20:45	30´	20:50 - 21:20	Rotation 6	CHUSOVITINA - BESSONOVA	21:40

10:00 - 11:30		Short Training		Flight 1		Warm-up Hall	
BILES - MACLENNAN							
KABAEVA - UCHIMURA							
CHERNOVA - YANG							
	time	FX	PH	SR	VT	PB	HB
10:00 - 10:20	20´	WARM-UP					
10:20 - 11:30	70´	OPEN					

11:30 - 13:00		Short Training		Flight 2		Warm-up Hall	
COMANECI - WHITLOCK							
MARCHENKO - DONG							
CHUSOVITINA - BESSONOVA							
	time	FX	PH	SR	VT	PB	HB
11:30 - 11:50	20´	WARM-UP					
11:50 - 13:00	70´	OPEN					

Day 5, Thursday, 11 October- GA / MEN AA FINALS & TRAINING

Subdivision 1 (8 gymnasts)

15:00 - 16:45		Warm-up			GA / MEN AA		Warm-up Hall
	time	FX (B)	PH	SR	VT	PB	HB
15:00 - 15:30	30´	WARM-UP					
15:30 - 16:45	75´	OPEN					
17:02-18:31		Finals			GA / MEN AA		FOP
		FX	PH	SR	VT	PB	HB
17:00 - 17:12		11,14,13,12	15,18,17,16				
17:17 - 17:27			14,13,12,11	18,17,16,15			
17:32 - 17:42				13,12,11,14	17,16,15,18		
17:47 - 17:58					12,11,14,13	16,15,18,17	
18:03 - 18:14						11,14,13,12	15,18,17,16
18:19 - 18:31		18,17,16,15					14,13,12,11

Subdivision 2 (10 gymnasts)

17:00 - 18:45		Warm-up			GA / MEN AA		Warm-up Hall	
	time	FX (B)	PH	SR	VT	PB	HB	
17:00 - 17:30	30'	WARM-UP						
17:30 - 18:45	75'	OPEN						
19:02:30 - 20:48:20		Finals			GA / MEN AA		FOP	
	FX	PH	SR	VT	PB	HB		
19:00 - 19:15	5,4,3,2,1	10,9,8,7,6,						
19:20 - 19:32		4,3,2,1,5	9,8,7,6,10					
19:37 - 19:50			3,2,1,5,4	8,7,6,10,9				
19:55 - 20:09				2,1,5,4,3	7,6,10,9,8			
20:14 - 20:28					1,5,4,3,2	6,10,9,8,7		
20:33 - 20:48	10,9,8,7,6					5,4,3,2,1		

9:00 - 10:30		Short Training			GA / MEN AA Finalists		Warm-up Hall	
	time	FX (B)	PH	SR	VT	PB	HB	
09:00 - 09:20	20'	WARM-UP						
09:20 - 10:30	70'	OPEN						

11:00 - 13:30		Long Training			GA / MEN non-AA finalists		Training Hall	
	time	FX	PH	SR	VT	PB	HB	
11:00 - 11:30	30'	WARM-UP						
11:30 - 13:30	90'	OPEN						

18:30 - 20:00		Short Training			GA / MEN non-AA finalists		Warm-up Hall	
	time	FX (B)	PH	SR	VT	PB	HB	
18:30 - 18:50	20'	WARM-UP						
18:50 - 20:00	70'	OPEN						

Day 6, Friday, 12 October- GA / MEN TRAINING

10:00 - 12:30		Long Training			GA / MEN Apparatus Finalists		Warm-up Hall	
	time	FX	PH	SR	VT	PB	HB	
10:00 - 10:30	30'	WARM-UP						
10:30 - 12:30	120'	APPARATUS FINALISTS						

11:00 - 13:30		Long Training			GA / MEN Non-Apparatus Finalists		Training Hall	
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	time	FX	PH	SR	VT	PB	HB
11:00 - 11:30	30'	WARM-UP					
11:30 - 13:30	120'	NON-APPARATUS FINALISTS					

17:00 - 18:30	Short Training			GA / MEN Apparatus Finalists		Warm-up Hall	
	time	FX	PH	SR	VT	PB	HB
17:00 - 17:20	20'	WARM-UP					
17:20 - 18:30	70'	APPARATUS FINALISTS					

18:30 - 20:00	Short Training			GA / MEN Non-Apparatus Finalists		Warm-up Hall	
	time	FX	PH	SR	VT	PB	HB
18:30 - 18:50	20'	WARM-UP					
18:50 - 20:00	70'	NON-APPARATUS FINALISTS					

Day 7, Saturday, 13 October- GA / MEN APPARATUS FINALS FX/PH & TRAINING

15:00 - 15:25	Warm-up		WARM-UP HALL
15:30 - 16:30	Warm-up on Podium	GA / MEN FX/PH	FOP
17:02 - 19:14	Apparatus Finals	GA / MEN FX/PH	FOP
GA / MEN FX/PH			WARM-UP HALL
	time	FX men	PH
16:30 - 19:30	240'	Apparatus Finalists	Apparatus Finalists

09:00 - 11:30	Long Training			GA / MEN Apparatus Finalists			Warm-up Hall
	time	FX (D)	PH	SR	VT	PB	HB
09:00 - 09:30	30'	WARM-UP					
09:30 - 11:30	120'	APPARATUS FINALISTS					

15:30 - 17:00	Short Training		GA / MEN Apparatus Finalists			Training Hall
	time	SR	VT	PB	HB	
15:30 - 15:50	20´	WARM-UP				
15:50 - 17:00	70´	APPARATUS FINALISTS				

11:00 - 13:30	Open Long Training		GA / MEN Non-Apparatus Finalists			Training Hall	
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Day 8, Sunday, 14 October- GA / MEN APPARATUS FINALS SR/VT & TRAINING

15:00 - 15:25	Warm-up		WARM-UP HALL
15:30 - 16:30	Warm-up on Podium	GA / MEN SR/VT	FOP
17:00 - 19:07	Apparatus Finals	GA / MEN SR/VT	FOP
GA / MEN SR/VT			WARM-UP HALL
	time	SR	VT Men
16:30 - 19:30	240'	Apparatus Finalists	Apparatus Final

09:00 - 11:30	Short Training	GA / MEN Apparatus Finalists Days 8 & 9	Warm-up Hall
09:00 - 09:20	20'	WARM-UP	
09:20 - 11:30	70'	APPARATUS FINALISTS	

11:00 - 13:30	Open Long Training	GA / MEN Non-Apparatus Finalists Days 8 or 9	Training Hall
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14:30 - 17:00	Long Training	GA / MEN Apparatus Finalists Day 9	Warm-up Hall
14:30 - 15:00	30'	WARM-UP	
15:00 - 17:00	120'	APPARATUS FINALISTS	

Day 9, Monday, 15 October- GA / MEN APPARATUS FINALS PB/HB & TRAINING

15:00 - 15:25	Warm up		WARM-UP HALL
15:30 - 16:30	Warm-up on Podium	PB/HB	FOP
17:40 - 20:40	Apparatus Finals	PB/HB	FOP
	WARM-UP HALL		
	time	PB	HB
16:30 - 20:30	240'	Apparatus Finalists	Apparatus Finalists

09:00 - 10:30	Short Training	Apparatus Finals Day 9	Warm-up Hall
09:00 - 09:20	20'	Warm-up	
09:20 - 10:30	70'	Apparatus Finalists	Apparatus Finalists

11:00 - 13:30	Open Long Training	GA / MEN Non-Apparatus Finalists Day 9	Training Hall
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